

SENIOR SPARKS



VOLUME 40 ISSUE 5 MANSFIELD SENIOR CENTER ASSOCIATION

MAY 2014

303 Maple Road, Storrs Mansfield CT 06268 (860) 429-0262 ext. 5

THE CAMERA & QUILTING GROUPS WILL HAVE A "SHOW AND TELL" OF THEIR QUILTS & PHOTOS



**WEDNESDAY, MAY 21 AT 12:45
LUNCH AT NOON**

**STUFFED CHICKEN BREAST, BAKED POTATO,
GREEN BEANS ALMANDINE & APPLE PIE**

COST OF LUNCH: \$5 SIGN UP BY MAY 14



MANSFIELD RESIDENTS



REFERENDUM ON REGION 19

(E. O. SMITH HIGH SCHOOL) BUDGET:

TUESDAY, MAY 6, 6:00 A.M. - 8:00 P.M.

EVERYONE VOTES AT TOWN HALL COUNCIL CHAMBERS.

ABSENTEE BALLOT AVAILABLE ONLY IN PERSON
AT TOWN CLERK'S OFFICE

PUBLIC INFORMATION SESSION ON THE MANSFIELD TOWN BUDGET:

WEDNESDAY, MAY 7 AT 7:00 P.M.

IN TOWN HALL COUNCIL CHAMBERS

TO VIEW ON YOUR COMPUTER, GO TO:

[HTTP://TOWNHALLSTREAMS.COM/LOCATIONS/MANSFIELD-CT](http://TOWNHALLSTREAMS.COM/LOCATIONS/MANSFIELD-CT)

MANSFIELD TOWN MEETING TO VOTE ON TOWN BUDGET:

TUESDAY, MAY 13 AT 7:00 P.M.

AT MANSFIELD MIDDLE SCHOOL.

TO VIEW ON YOUR COMPUTER IN

REAL TIME OR DURING THE

SUBSEQUENT 31 DAYS, GO TO:

[HTTP://TOWNHALLSTREAMS.COM/LOCATIONS/MANSFIELD-CT](http://TOWNHALLSTREAMS.COM/LOCATIONS/MANSFIELD-CT)



A TOWN BUDGET REFERENDUM MIGHT BE HELD IN
JUNE IF 2% OF REGISTERED VOTERS PETITION FOR A
BUDGET REFERENDUM AFTER THE TOWN MEETING.

MANSFIELD'S MEMORIAL DAY PARADE & CEREMONY MONDAY, MAY 26 AT 9:00 A.M.

STARTS AT BASSETTS BRIDGE ROAD & ROUTE 195

VETERANS & ACTIVE DUTY MILITARY ARE
INVITED TO MARCH AT THE HEAD OF THE
PARADE. IF IT RAINS, A SHORT CEREMONY
WILL BE HELD AT THE MANSFIELD MIDDLE
SCHOOL GYM.

CALL 860 429-3336 EXT 5 FOR MORE INFORMATION.



THE SENIOR CENTER WILL BE CLOSED
ON MONDAY, MAY 26
FOR THE MEMORIAL DAY HOLIDAY.

THURSDAY SUMMER EVENING PROGRAM — MAY 8 AT 5:00

ENJOY A PASTA DINNER
AND
FRANK PENDOLA

THE TROUBADOR FROM RHODE ISLAND

COST: \$5 SIGN UP BY MONDAY, MAY 5
EVERYONE IS WELCOME !



**SENIOR SPARKS IS A PUBLICATION OF
THE MANSFIELD SENIOR CENTER ASSOCIATION**

CYNARA STITES, SPARKS EDITOR
PLEASE E-MAIL SUBMISSIONS TO:
CYNARASTITES@GMAIL.COM OR PUT THEM IN
CYNARA STITES' SPARKS MAILBOX AMONG THE MSCA
MAILBOXES BEHIND THE FRONT DESK BY THE
10TH DAY OF THE MONTH FOR NEXT MONTH'S ISSUE.



**TO THE MANSFIELD SENIOR CENTER
ASSOCIATION'S NEWEST MEMBERS:**

ARMAND BIRON OLIVIA SCHLOSSER (BIRON)
MICHAEL GATES ROBIN WEST

**MANSFIELD SENIOR CENTER ASSOCIATION
EXECUTIVE BOARD**

PRESIDENT: ESTELLE ELLIOTT
VICE-PRESIDENT: JEAN ANN KENNY
IMMEDIATE PAST PRESIDENT:
RITA BRASWELL
SECRETARY: BEV GOTCH
FINANCE OFFICER: DON STITTS
TREASURER: MIKE BESCHLER
ASSISTANT TREASURER &



SPARKS SUBSCRIPTIONS MANAGER: KATHY RULE
MEMBER AT-LARGE: SAM GORDON
COMPUTER COMMITTEE CHAIR: VACANCY
PROGRAM COMMITTEE CO-CHAIRS:
JOAN TERRY & MARIE HAKMILLER
SPARKS COMMITTEE CHAIR: RITA BRASWELL
TRAVEL COMMITTEE CHAIR: KAY WARREN
WAYS & MEANS COMMITTEE: VACANCY

M.S.C.A. COMMITTEE MEETINGS

EXECUTIVE BOARD: WEDNESDAY, MAY 14 AT 10:00
WAYS & MEANS COMMITTEE: ON HIATUS
COMPUTER COMMITTEE: TUESDAY, MAY 6 AT 2:30
PROGRAM COMMITTEE:

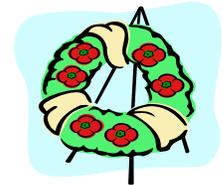
MANY THANKS TO THE SENIORS WHO HELPED
WITH THE PRODUCTION OF THE APRIL SPARKS:

LINDA BILOKUR, RITA BRASWELL,
JUNE CURTIS, BEV GOTCH,
ALICE JANSEN, SUE KWASTEL,
KATHY RULE & KAREN PETERS



IN MEMORY OF:

ELLEN BENEDIX
CURTIS HOFFMAN



**MANSFIELD COMMISSION
ON AGING
MEETS AT 9:30
ON MONDAY, MAY 12**

**NEEDED: WRAPPED CANDY
OR MONEY TO BUY WRAPPED CANDY
TO GIVE AWAY AT THE FRONT DESK.
NO CHOCOLATE, PLEASE !**



**IT'S TIME TO BUY OR RENEW
A SUBSCRIPTION TO THE SPARKS
FOR 2014 - 2015
NEW SUBSCRIPTION STARTS WITH JULY ISSUE.**

- 1) FILL OUT THE SUBSCRIPTION FORM ON PAGE 12**
- 2) WRITE YOUR CHECK (PAYABLE TO M.S.C.A.)
BULK RATE - \$8.00 FIRST CLASS - \$12.00**
- 3) MAIL IN THE FORM & YOUR CHECK OR
DROP OFF THE FORM & YOUR CHECK
FOR KATHY RULE AT THE FRONT DESK
BY JUNE 15**



MSCA TRIPS

FLYERS & INFORMATION AT FRONT TRAVEL DESK
OR CALL THE TRAVEL DESK AT **860-429-0262 EXT 6**
MONDAYS, WEDNESDAYS & FRIDAYS 8:30 - 2:00
OR CALL KAY WARREN AT HOME 860-487-3744

WELL, THE WINTER IS FINALLY GONE! NO MORE WORRIES ABOUT CANCELLING TRIPS DUE TO THE WEATHER. WE HAVE A FULL BUS AND A WAITING LIST FOR THE TRIP TO **PARKER'S MAPLE BARN** IN NEW HAMPSHIRE. I WILL LET YOU KNOW HOW THE TRIP WENT IN THE NEXT SPARKS.



THE NEXT TRIP ON **MAY 21** WILL BE TO **GRAND OAK VILLA** IN OAKVILLE, CT TO SEE **JIMMY STURR AND HIS 10-PIECE ORCHESTRA** AND, AS AN ADDED PLUS THIS YEAR, THE ORIGINAL **FOUR ACES** WILL APPEAR. A FAMILY-STYLE LUNCH WILL BE SERVED. COST: \$84

ON **JUNE 18**, WE WILL GO TO THE BEAUTIFUL **ELIZABETH PARK ROSE GARDEN** IN WEST HARTFORD. THE ROSES WILL BE IN FULL BLOOM, AND TO TOP OFF THE DAY, A **TENOR** WILL ENTERTAIN US EITHER WHILE WE HAVE **LUNCH** OR SHORTLY AFTER. YOU WILL HAVE PLENTY OF TIME TO SEE THE ROSES. ALL FOR: \$80



REMINDER TO THE SENIORS WHO SIGNED UP FOR THE **AMISH TRIP** AT THE END OF JUNE: *PLEASE SEND IN YOUR DEPOSITS.*

KAY WARREN
MSCA TRAVEL COMMITTEE

MANSFIELD SENIOR & WELLNESS CENTER

303 MAPLE ROAD
STORRS MANSFIELD, CT 06268
HOURS: MON - FRI 8:30 A.M. - 4:30 P.M.
SENIORCENTER@MANSFIELDCT.ORG
WWW.MANSFIELDCT.ORG
(860) 429-0262

RECEPTIONIST/FRONT DESK EXT 0

MANSFIELD SENIOR CENTER ASSOCIATION EXT 5

SENIOR CENTER SUPERVISOR
CINDY DANTON EXT 9
DANTONCH@MANSFIELDCT.ORG

TRANSPORTATION MANAGER
GIANNA STEBBINS EXT 2
STEBBINSG@MANSFIELDCT

WELLNESS CENTER APPOINTMENTS
KATHY YAFFEE EXT 4

SOCIAL WORKER
KATHY ANN EASLEY, MSW EXT 1

LUNCH PROGRAM/KITCHEN
SHARON CARON EXT 8

MANSFIELD SENIOR CENTER CHORUS MONDAYS, 1:30 - 3:00

IF YOU LIKE TO SING & HAVE FUN, COME AND JOIN US! YOU DON'T HAVE TO BE A "SENIOR"! LEARN TO SING 4 PART CHORAL PIECES. WE PERFORM AT LOCAL NURSING HOMES, SENIOR HOUSING, AND REHABILITATION FACILITIES.



FOR MORE INFORMATION, CONTACT STU SIDNEY AT: 860 429-7271 OR STUSIDNEY@GMAIL.COM.

POSITIVE AGING SERIES

FRIDAY, MAY 2 at 10:00

PROJECT RENEWAL: A RETIREMENT MODEL FOR CAREER WOMEN MAKE THE NEXT CHAPTER OF LIFE EQUAL TO OR MORE SATISFYING THAN YOUR PREVIOUS ONE.

FRIDAY, MAY 9 at 10:00

Strengthening Your Social Portfolio A diversified social portfolio, like a balanced financial portfolio where diversification protects your investments, ensures that individuals remain engaged no matter what changes they may experience.

PERSPECTIVES ON THE PASSAGE OF TIME



CLEOPATRA LIVED CLOSER IN TIME TO THE BUILDING OF PIZZA HUT THAN THE PYRAMIDS! THE GREAT PYRAMID WAS BUILT CIRCA 2560 BC AND CLEOPATRA LIVED AROUND 30 BC. THE FIRST PIZZA HUT OPENED IN 1958, WHICH IS 500 YEARS CLOSER IN TIME.



THE OLDEST LIVING PERSON’S BIRTH IS CLOSER TO THE SIGNING OF THE U.S. CONSTITUTION THAN TO PRESENT DAY! MISAO OKAWA WAS BORN IN 1898, AN ASTONISHING 116 YEARS AGO. THE U.S. CONSTITUTION WAS SIGNED IN 1787, WHICH MAKES HER LIFE FOUR YEARS CLOSER TO THE HISTORIC CONVENTION IN PHILADELPHIA THAN TO TODAY.



OXFORD UNIVERSITY IS OLDER THAN THE AZTECS!



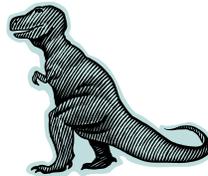
TEACHING STARTED AT OXFORD AS EARLY AS 1096 AND THE UNIVERSITY WAS OFFICIALLY FOUNDED BY 1249. THE AZTEC CIVILIZATION AS WE KNOW IT BEGAN WITH THE FOUNDING OF TENOCHTITLAN IN 1325.

BETTY WHITE IS OLDER THAN SLICED BREAD! BETTY WAS BORN IN 1922, AND OTTO FREDERICK ROHWEDDER INVENTED SLICED BREAD IN 1928. BREAD, OF COURSE, ALREADY EXISTED LONG BEFORE BETTY’S BIRTH, JUST NOT IN THE PRE-SLICED FORM.

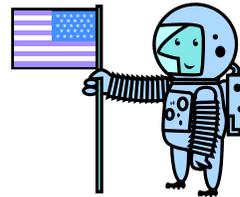


THERE WAS MORE TIME BETWEEN THE STEGOSAURUS AND THE TYRANNOSAURUS REX THAN BETWEEN THE TYRANNOSAURUS REX AND US!

THE STEGOSAURUS LIVED ABOUT 150 MILLION YEARS AGO, WHILE THE T-REX LIVED ONLY ABOUT 65 MILLION YEARS AGO. PRACTICALLY YESTERDAY.

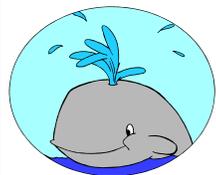


IN THE SPAN OF 66 YEARS, WE WENT FROM FIRST FLIGHT TO LANDING ON THE MOON! IN 1903, THE



WRIGHT BROTHERS FLEW A PLANE FOR A WHOPPING 59 SECONDS. APOLLO 11 LANDED ON THE MOON IN 1969.

THERE ARE WHALES ALIVE TODAY WHO WERE BORN BEFORE *MOBY DICK* WAS WRITTEN!



SOME OF THE BOWHEAD WHALES LIVING OFF THE COAST OF ALASKA ARE WELL OVER 200 YEARS OLD. HERMANN MELVILLE WROTE *MOBY DICK* IN 1851.

WHEN WARNER BROTHERS FORMED, THE OTTOMAN EMPIRE WAS STILL INTACT! HARRY, ALBERT, SAM AND JACK WARNER OPENED THEIR FIRST

THEATER, THE CASCADE, IN NEW CASTLE, PENNSYLVANIA, IN 1903. MEANWHILE, THE OTTOMAN EMPIRE SPANNED FROM 1299 TO 1923, WHEN TURKEY BECAME AN INDEPENDENT NATION.



THE FIRST PYRAMIDS WERE BUILT WHILE WOOLLY MAMMOTHS WERE STILL LIVING!

WHILE MOST MAMMOTHS DIED OUT LONG BEFORE CIVILIZATIONS AROSE, A SMALL POPULATION SURVIVED UNTIL 1650 BC. BY THAT TIME, EGYPT WAS HALFWAY THROUGH ITS EMPIRE, AND THE GIZA PYRAMIDS WERE ALREADY 1,000 YEARS OLD.



THE LAST TIME THE CHICAGO CUBS BASEBALL TEAM WON A WORLD SERIES, WOMEN WERE NOT ALLOWED TO VOTE IN THE UNITED STATES! THE CHICAGO CUBS’



INFAMOUS COLD STREAK EXTENDS BACK TO 1908 WHEN THEY WON THEIR SECOND WORLD SERIES. AMERICAN WOMEN GOT THE RIGHT TO VOTE IN 1920.

WELLNESS PROGRAMS

**PLEASE CALL KATHY YAFFEE AT 860 429-0262 EXT 4
MONDAY THROUGH FRIDAY, 8:30 TO 4:30
TO SCHEDULE APPOINTMENTS
WITH THE PROVIDERS LISTED BELOW**

**ADULT HEALTH SCREENINGS by VNA East Nurse
Mary Hess** Wednesday, May 7, 1:00 - 3:00
Blood pressure, cholesterol, blood glucose, earwax
& foot care

FOOTCARE with Dr. Walter, Podiatrist, on Tuesday,
May 20, 9:00 to noon. Medicare will be billed if you
are eligible. Dr. Walter carries Dr. Comfort shoes,
including M/C Diabetic shoes.

REIKI WITH BETTE GIORDANO ONE-HOUR SESSIONS ON
THURSDAY, MAY 1, 9:00 - 11:00 COST: \$30 PER HOUR



MINI-SPA MONDAY, MAY 12
9:00 - 12:15
WOMEN'S & MEN'S HAIRCUTS - \$10
MANICURE OR PEDICURE - \$10

FREE BLOOD PRESSURE CHECKS
11:30 - noon on Wednesday,
May 7, sponsored by
Hermann Blood Pressure Clinic
NO APPOINTMENTS NECESSARY



ELDERCARE LAW: ATTORNEY GATES FROM
CONNECTICUT Legal Services provides free legal
consultations to people 60 years or older on
Monday, May 19, 1:00 - 3:00
Call 860 429-0262 ext 0 (front desk) for appointment



**INTERIM HEALTHCARE PRESENTS:
INS & OUTS OF HOMECARE**
TUESDAY, MAY 13 AT 11:00

UPDATED INFORMATION ON
GETTING ASSISTANCE AT HOME

SUPPORT GROUPS

CAREGIVERS SUPPORT GROUP
THURSDAY, MAY 15 at 6:30 p.m.

LOW VISION GROUP
MONDAY, MAY 12 AT 11:00

MS SUPPORT GROUP
TUESDAY, MAY 13 AT 7:00 P.M. IN THE CRAFT ROOM
FOR MORE INFORMATION, CONTACT
JOAN AT 860 429-7271 OR JENNIFER AT 860 450-0530

SOCIAL WORKER

MANSFIELD HUMAN SERVICES HAS A
SOCIAL WORKER, **KATHY ANN EASLEY, MSW**
AT THE MANSFIELD SENIOR & WELLNESS CENTER
8:30 - 4:30 MONDAY THROUGH FRIDAY
TO ASSIST MANSFIELD RESIDENTS
THROUGH A VARIETY OF SERVICES.
CALL 860 429-0262 EXT 1

FOODSHARE VAN

THURSDAYS: MAY 1, 15, & 29 AT 11:30
IN THE WRIGHT'S WAY PARKING LOT
(NEXT TO THE SENIOR CENTER)
FREE FOOD FOR THOSE WHO NEED IT !
NO QUESTIONS ASKED ABOUT INCOME !
BRING A SHOPPING BAG !



SENIOR RESOURCES PRESENTS:

HEALTHY LIVING EXPO
9:30 - 12:30 ON FRIDAY, MAY 9
AT THE EASTBROOK MALL

INFORMATION FOR SENIORS, CAREGIVERS & OTHERS

THE "CARING FOR THE CAREGIVER" SERIES

IN COLLABORATION WITH THE
ALZHEIMER'S ASSOCIATION
THAT WAS ORIGINALLY SCHEDULED FOR MAY
HAS BEEN POSTPONED TO THE FALL.
WATCH THE SPARKS FOR FURTHER NOTICE.

**M. S. C. A.
COMPUTER LEARNING CENTER**

FREE HELP FOR PC USERS WITH DAN GEBBEN
EVERY MONDAY 10:00 TO 11:00

**FREE HELP FOR MAC USERS
BY APPOINTMENT WITH MIKE PALMER**
LEAVE MIKE A MESSAGE AT 860 429-0262 EXT 7

PHOTO CLUB WITH DAN GEBBEN
FRIDAYS, MAY 2 & 16, 10:00 TO NOON
COST: \$20 A YEAR PAYABLE IN JANUARY

INTERNET WITH GEORGE JONES

LEARN HOW TO BROWSE THE INTERNET, SEARCH FOR INFORMATION, BUY OR SELL ITEMS ONLINE, AND THE INS AND OUTS OF E-MAILING

WEDNESDAYS, MAY 7 & 14
9:00 - 11:00

LIMIT: 6 STUDENTS

COST: \$10 SIGN UP AT FRONT DESK.



**BASICS OF EXCEL 2010
WITH MIKE BESCHLER**

THIS **BASIC** CLASS COVERS ENTERING AND FORMATTING TEXT AND NUMBERS, CREATING FORMULAS TO PERFORM CALCULATIONS, MAKING AND USING A DATABASE, NAMING AND SAVING YOUR WORK, AND RECALLING IT FOR FUTURE USE. TUESDAY, MAY 13 & THURSDAY, MAY 15
1:00 - 3:00

LIMIT: 6 STUDENTS

COST: \$10 SIGN UP AT FRONT DESK.



**ADVANCED EXCEL 2010 CLASS
WITH MIKE BESCHLER**

THIS **ADVANCED** CLASS IS FOR THOSE WHO ARE **FAMILIAR** WITH BASIC EXCEL. CLASS COVERS MORE COMPLICATED FORMULAS, RETRIEVING DATA FROM A DATABASE, AND LINKING & USING DATA FROM ONE SPREADSHEET TO ANOTHER. TUESDAY, MAY 20 & THURSDAY, MAY 22

1:00 - 4:00 LIMIT: 6 STUDENTS

COST: \$10 SIGN UP AT FRONT DESK.



**GENEALOGY GROUP
TUESDAY, MAY 13 AT 10:00**

ALL ARE WELCOME, INCLUDING BEGINNERS. THE LEADER BRINGS NEW INFORMATION AND WE ALL SHARE IDEAS. GET HELP WITH YOUR GENEALOGICAL RESEARCH PROBLEMS. WE WILL BE TAKING TRIPS TO LIBRARIES & ARCHIVES IN THE COMING YEAR TO WORK ON GENEALOGY. CALL FOR DETAILS: 860 429-4557

**CONVERSATIONS WITH BETTY
THURSDAY, MAY 1, 11:00 - NOON**

Everyone is welcome for this friendly, lively discussion. If you have any questions, please call Betty at 860-429-6324

MARCH 21 DUPLICATE BRIDGE RESULTS

NORTH/SOUTH

- 1. JERRY SHAFFER & SAM WHEELER 58.0
- 2. JEANNE HAAS & ALINE BOOTH 53.5
- 3. PAULA TATE & JANE STEPHENS 51.0



EAST/WEST

- 1. SHEP SHEPARD & RAY CRAVEN 58.5
- 2. ANNA McCLAIN & DORIS LEDOYT 57.5
- 3. ELLIE TAMBORNINI & SUE LOSEE 46.0

**DO YOU WANT TO PLAY SCRABBLE ?
TUESDAYS & FRIDAYS, 10:00 - NOON**

COME JOIN OUR FRIENDLY & EASYGOING GROUP. WE LOOK UP WORDS AND HELP EACH OTHER, AND WE ALLOW "DO-OVERS." PLAYERS OF ALL SKILL LEVELS ARE WELCOME.

**OPENINGS FOR WII BOWLERS
WITH ANY SKILL LEVEL**

MONDAYS AT 3:15 OR THURSDAYS AT 2:30
CALL 860 429-0262 EXT 0 FOR INFO



DO YOU NEED TRANSPORTATION?

FREE TRANSPORTATION

— FOR MANSFIELD RESIDENTS ONLY —

IS AVAILABLE FOR MEDICAL & DENTAL APPOINTMENTS.

MAKE REQUESTS AT LEAST 7 – 10 DAYS AHEAD.

14 DAYS ADVANCE NOTICE IS REQUIRED FOR

RIDES TO APPOINTMENTS AS FAR AWAY AS

GLASTONBURY, MANCHESTER & NEWINGTON.

**CALL GIANNA STEBBINS, VOLUNTEER TRANSPORTATION
MANAGER AT 860 429-0262 EXT 2.**

DIAL-A-RIDE

PROVIDES RIDES TO PEOPLE AGE 60 AND OLDER

TO BIG Y & MANSFIELD SENIOR CENTER

A \$1.50 DONATION FOR EACH ONE-WAY TRIP

IS REQUESTED AT THE END OF EACH MONTH.

CALL DIAL-A-RIDE AT 860 456-1462.

SENIOR VAN OUTINGS



WEDNESDAY, MAY 7

AQUA TURF IN PLANTSVILLE, CT

**FAMILY-STYLE LUNCHEON & PERFORMANCES BY
YALE WHIFFENPOOFS & CONNECTICUT SWEET ADELINES**

MENU: CHICKEN FRANCIS, ROAST BEEF,

VEGETABLE, SALAD, PASTA, POTATO & DESSERT

LEAVE AT 9:30 & RETURN BY 4:30

COST: \$38

FRIDAY, MAY 9

RINGLING BROTHERS CIRCUS AT XL CENTER

& LUNCH AT VERNON DINER

LEAVE AT 9:00 & RETURN BY 4:00

CIRCUS: \$13 LUNCH AT YOUR EXPENSE

SIGN UP BY TUESDAY, MAY 6

TUESDAY, MAY 13

MAGIC WINGS BUTTERFLY MUSEUM IN DEERFIELD, MA

& LUNCH AT THE FARM TABLE AT KRINGLE CANDLE

(MENU IS AVAILABLE AT THE FRONT DESK.)

LEAVE AT 9:00 & RETURN BY 4:00

COST: \$11 LUNCH AT YOUR EXPENSE

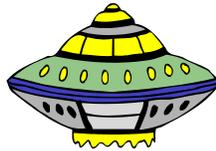
SIGN UP BY FRIDAY, MAY 9

CONTINUED FROM PAGE 4

**PERSPECTIVES ON THE
PASSAGE OF TIME**

**FRANCE WAS STILL EXECUTING PEOPLE BY GUILLOTINE
WHEN “STAR WARS” CAME OUT!**

“STAR WARS” PREMIERED IN THEATERS
IN MAY 1977. THE LAST EXECUTION
BY GUILLOTINE IN FRANCE TOOK PLACE
ON SEPTEMBER 10, 1977.



**IF YOU ARE OLDER THAN 45, THE HUMAN POPULATION
ON EARTH HAS DOUBLED IN YOUR LIFETIME!**



IN 1968, THE WORLD POPULATION WAS
3,557,000,000. TODAY THE WORLD
POPULATION IS 7,217,000,000 AND
GROWING BY OVER 200,000 DAILY.

**IF THE HISTORY OF THE EARTH WERE
COMPRESSED INTO A SINGLE YEAR,
MODERN HUMANS WOULD APPEAR ON
DECEMBER 31ST AT ABOUT 11:58 P.M.**

THE HUMAN RACE HAS LIVED ON EARTH
FOR ONLY 0.004% OF THE PLANET’S EXISTENCE.



BLUEBERRY STUDY



**BLUEBERRIES MUST BE ORDERED
BY NOON ON THURSDAY, MAY 8
NO EXCEPTIONS!**

**BLUEBERRY PICK-UP WILL BE ON FRIDAY, MAY 16
AT 11:00 IN THE SENIOR CENTER PARKING LOT.**

BLUEBERRIES ARE AVAILABLE TO STUDY PARTICIPANTS
ONLY. IF YOU WANT TO BECOME A NEW PARTICIPANT
IN THE STUDY, LEAVE A MESSAGE FOR HOWARD
RAPHAELSON AT THE FRONT DESK: 860 429-0262 EXT 0.

MANSFIELD SENIOR CENTER ASSOCIATION

PROPOSED BUDGET FOR FISCAL YEAR JULY 2014 TO JUNE 2015

BY MICHAEL BESCHLER

MSCA TREASURER

INCOME

01 ASSOC. INCOME	\$	700.00
02 BREAD	\$	300.00
03 BRIDGE	\$	200.00
04 CARDS	\$	200.00
05 CRAFT FAIRS (2)	\$	530.00
06 DONATIONS	\$	250.00
07 JEWELRY	\$	300.00
08 KNITTING	\$	500.00
09 SPARKS SALES	\$	300.00
10 SPARKS SUB- SCRIPTIONS	\$	3,500.00
11 SPECIAL LUNCH INCOME	\$	1,600.00
12 TRAVEL (2014- 2015)	\$	2,000.00
13 HOLIDAY BA- ZAAR	\$	1,500.00
14 SPRING BAZAAR	\$	1,100.00
TOTAL INCOME	\$	12,980.00

EXPENSES

01 ASSOC. EX- PENSE	#####
02 FOOD SUPPLIES	#####
03 INSURANCE	\$ 830.00
04 MUSIC	\$ 500.00
05 PAPER GOODS	\$ 350.00
06 PROGRAM EN- TERTAINMENT	#####
07 SPARKS EX- PENSES	#####
08 WAYS & MEANS EXPENSES	\$ 600.00
09 PETTY CASH	\$ 300.00
TOTAL EXPENSES	#####



MEAL PROGRAM

The TVCC A meal program is subsidized through the Older Americans Act and is available to seniors 60 years or older for a suggested donation of **\$3.00**. Seniors who are younger than 60 are welcome to eat, but are asked to pay the actual cost of the meal — **\$10**. Reservations must be made by 10:00 a.m. one day in advance.

Guests and new members must complete a registration form at the time they make a reservation. Homebound seniors may call 1-800-953-1365 to receive Meals-on-Wheels.

MAY MENUS

- Th, 1: salisbury steak w/gravy, mashed potatoes, mixed veggies
- Mon, 5: chicken supreme, seasoned rice
- Tu, 6: baked cod w/tomato black bean & corn relish, roasted potatoes
- Wed, 7: **MAY BIRTHDAY LUNCH**
Cheeseburger noodle casserole, peas
- Th, 8: stuffed shells w/marinara sauce, broccoli, wax beans, fruit cocktail
- Fri, 9: **MOTHER'S DAY CELEBRATION**
pineapple glazed ham, mashed sweet potatoes, Capri vegetable medley
- Mon, 12: cheese omelet, roasted potatoes, chuck wagon vegetable medley
- Tu, 13: eggplant rolette, penne pasta
- Wed, 14: chicken cacciatore, rice
- Th, 15: beef stroganoff, buttered noodle
- Fri, 16: **PICNIC LUNCH** - hamburger, potato salad, coleslaw, peach cobbler
COST: \$5 Pay by Thursday, May 8
- Mon, 19: stuffed chicken breast, broccoli & cheese, mashed potatoes
- Tu, 20: Cuban pork stew, potatoes
- Wed, 21: **MSCA LUNCH**- stuffed chicken breast, baked potato, green beans, & apple pie **COST:\$5 Pay by Wed, May 14**
- Th, 22: baked chicken w/alfredo pesto cream sauce, seasoned rice, veggies
- Fri, 23: meatloaf w/gravy, scalloped potatoes, chuck wagon vegetable medley
- Tu, 27: chicken leg quarter w/marsala sauce, rice pilaf, broccoli, fresh fruit



MAY BIRTHDAYS



- 1 - BARBARA ALLEY, ELEANORE GAYNOR, CONSTANCE GREENE, PATRICIA HISER, ANGELINE PAULSON, NAOMI SANDERS
- 2 -
- 3 - ELIZABETH NORRIS, JOHN ROULIER
- 4 - JOHN BERG, WILLIAM NAUSS, SHIRLEY OLSEN
- 5 - JEAN ALCORN
- 6 - SHIRLEY DUNNACK, LEROY FAULKNER, ALICE RAPHAELSON, PAMELA SKOOG
- 7 - GLADENE FAIT, IVAN FRANSON, BETTEJANE KARNES, LOUISE LONGO, JOANNE WOOD
- 8 - DOREEN SIMONSEN, GEORGE WALLER
- 9 -
- 10 - JOAN WATSON
- 11 - JEAN LANDRY
- 12 - CAMILLA AYALA, ROBERT GUTTAY, BARBARA HOOD, PATRICIA KIRTLEY, LOUIS O'MARA, DORIS OUIMETTE, BRENDA SHAW, BARBARA SIMMONS
- 13 - PATRICIA MCHUGH, HOWARD YORKE
- 14 - PAULA CLEBNIK, SYLVIA CORCORAN, HELEN DOMBROWSKI, JOAN GRIFFITH, CLYDE MCKENNA, ALICE REYNOLDS
- 15 - ROBERT BURNS, BENJAMIN COSENZA, KAY HOLT, KENNETH MOORHEAD, JOANNE NOLAN, KATHORIN STUART
- 16 - MARY THATCHER
- 17 - EDITH BREAUULT, ALBERT CHING, MARY TURCOTTE

- 18 - FRED BROWN, I. RIDGEWAY DAVIS, WINIFRED JAMES, BARBARA ROY, BETTY SAVAGE
- 19 - JOAN DEBELLA, LINDA FRAZIER, LOUISE HAWKINS, RON MILAVSKY, CARL RAYNOR, HARRIET PETTINGILL
- 20 - ELINOR CHOVNICK, LOUIS LOYZIM, GEORGETTE COMEAU, CATHERINE JOHNSON
- 21 - JAMES FANDELL
- 22 - VIRGINIA ADAMS, JIM DURDAN, EVELYN BUDZINSKI, MAUREEN CEPELAK, BEVERLY YOUNG
- 23 - WALTER BANAS, GAIL FARNHAM, ERIKA KARES, GERDA MICHAELS, CAROLINE PROVOST, DOROTHY RONDEAU, HELEN SCHROETER
- 24 - PAUL KLEMENS, MARTINA WHARTON
- 25 - MAY GUTTAY, HEDI LABRANCHE
- 26 - JESSIE DANIELS, TERESA GALIPEAU, SVEIN WINTHER
- 27 - RICHARD BROWN, KIM HENRYK, SANDY MARTINO, ANNE PIONTEK
- 28 - HENRY BEMONT
- 29 - ALINE BOOTH, JANE HOWARD, MARION RYAN
- 30 - PAUL BARBEAU, MIKE BESCHLER, SHIRLEY CORCORAN, MARY FRANCIS, SUZANNE HILL, LOIS MEYERS, DON STITTS
- 31 - ELINOR GADOURY, SUSAN MCDOUGALL, BARBARA MOORE

MENU continued:
Th, 29: sloppy Joe's, buttered noodles, Italian vegetable medley
Fri, 30: crispy cod patty, mashed potatoes, stewed tomatoes, fruit cocktail

CHANGE IN LUNCH PROGRAM ON FRIDAY, MAY 16

THE TVCCA, WHICH PROVIDES THE SENIOR CENTER'S LUNCHES, WILL BE CLOSED ON FRIDAY, MAY 16. IF YOU WANT LUNCH ON MAY 16, YOU MUST REGISTER AND PAY \$5 BY THURSDAY, MAY 8TH.

THE MANSFIELD SENIOR & WELLNESS CENTER WILL BE CLOSED JUNE 23 - 27 FOR THE ANNUAL CLEANING.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
	<h1>MAY</h1> <h1>2014</h1>			<p>1. 8:30-Strength class 9:00-Reiki 10:00-Wii Bowl 10:00- Quilting 10:15-Sparkettes Practice 11:00-conversations w/ Betty 11:30-Foodshare 12:00-Lunch 12:30 Power of Aging 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15- Senior Aerobics</p>	<p>2. 10:00- Positive Aging 10:00-Scrabble 10:00- Photo Club 10:00-Knitting & Crocheting 10:30 -Sit & Get Fit 11:15-Brain Aerobics 12:00-Lunch 1:00-Art Studio</p> <p>3. Saturday <i>Kentucky Derby</i></p> <p>~~~~~</p> <p> 4. Sunday <i>National Bird Day</i></p>
<p>5. 9:00-Senior Aerobics 10:00-Quilting Retreat 9:00-Walking DVD 10:00-Art Studio 10:00-PC Help 10:15-Sparkettes 12:00-Lunch 1:00-Mahjongg 1:30-Chorus 3:15- Wii bowling Cinco deMayo</p>	<p>6. 8:30-Strength class 10:00-Scrabble 10:00-Wii 11:00- Power of Aging 12:00- Lunch 1:00-Bingo 2:00 -Art Class 2:30- Computer Com.</p>	<p>7. 9:00- Walking DVD 9:00-Internet Class 10:00- Writing Gr. 11:30- Herrmman Blood Pressure clinic 11:00-Gentle Yoga 12:00-Causeries 12:00- Birthday Lunch 1:00-Fund. of Tap 1:00-VNA East</p>	<p>8. 8:30-Strength class 10:00-Wii Bowl 10:00- Quilting 10:15-Sparkettes Practice 12:00-Lunch 12:30 Power of Aging 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15- Senior Aerobics 5:00pm- A Summer evening Meal & Show</p>	<p>9. 10:00-Positive Aging 10:00-Scrabble 10:00-Knitting & Crocheting 10:30 -Sit & Get Fit 11:15-Brain Aerobics 12:00-Lunch 1:00-Art Studio</p> <p>10. Saturday</p> <p>~~~~~</p> <p>11. Sunday <i>Mother's Day</i></p> 	
<p>12. 9:00-Senior Aerobics 9:00- Mini Spa 9:00-Walking DVD 9:30- COA Mtg. 10:00-Art Studio 10:00-PC Help 10:15-Sparkettes 11:00- Low vision Gr. 12:00-Lunch 1:00-Mahjongg 1:30-Chorus 3:15- Wii Bowling</p>	<p>13. 8:30-Strength class 10:00- Genealogy Gr. 10:00-Scrabble 10:00-Wii Bowl 11:00-Power of Aging 11:00-Homecare Info 12:00-Lunch 1:00-Bingo 1:00-Excel Basic 2:00- Art Class 7:00 MS Support Group</p>	<p>14. 9:00- Walking DVD 9:00-Internet class 10:00-Writing Group 10:30-MSCA Ex. Mtg. 11:00-Gentle Yoga 12:00-Causeries 12:00- Lunch 1:00-Fund. of Tap 2:00- Book Club 7:00- TNT Quilters</p>	<p>15. 8:30-Strength Class 10:00-Wii Bowl 10:00- Quilting 10:15-Sparkettes Practice 11:30-Foodshare 12:00-Lunch 12:30 -Power of Aging 1:00-Bridge 1:00-Jewelry 1:00-Excel basic 2:30- Wii Bowl 3:15- Senior Aerobics 6:30- Caregiver Support Gr</p>	<p>16. 10:00-Scrabble 10:00-Knitting & Crocheting 10:00-Photo club 10:30 -Sit & Get Fit 11:15-Brain Aerobics 12:00-Special Lunch 1:00-Art Studio 1:00- Duplicate Bridge</p> <p>17. Saturday</p> <p>~~~~~</p> <p>18. Sunday</p>	

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SAT. & SUN.**

19. 9:00-Senior Aerobics 9:00-Walking DVD 10:00-Art Studio 10:00-PC Help 10:15-Sparkettes 12:00-Lunch 1:00-Mahjongg 1:00-Attorney Gates 1:30-Chorus 3:15-Wii bowling	20. 8:30- Strength class 9:00-Footcare 10:00-Scrabble 10:00-Wii Bowl 11:00-Power of Aging 12:00-Lunch 1:00- Bingo 1:00-Excel Advance 2:00- Art Class	21. 9:00- Walking DVD. 10:00-Writing Group 11:00- Gentle Yoga 12:00- Causeries 12:00- MSCA Lunch 12:45- Entertainment 1:00 -Fund. of Tap 2:00- Red Hatters	22. 8:30- Strength class 10:00-Wii Bowl 10:00 Quilting 10:15-Sparkettes Prac. 12:00-Lunch 12:30 Power of Aging 1:00-Bridge 1:00-Jewelry 1:00-Excel Advance 2:30-Wii Bowl 3:15- Senior Aerobics	23. 10:00-Scrabble 10:00-Knitting/ Crocheting 10:30 - Sit & Get Fit 11:15-Brain Aerobics 12:00-Lunch 1:00-Art Studio Lucky Penny Day 	24. Saturday ~~~~~ 25. Sunday <i>National Tap Day</i>
26. Memorial Day The Center is Closed 	27. 8:30- Strength class 10:00-Scrabble 10:00-Wii Bowl 11:00-Power of Aging 12:00-Lunch 1:00- Bingo 2:00- Art Class	28. 9:00 -Walking DVD 10:00-Writing Group 11:00- Gentle Yoga 12:00- Causeries 12:00- Lunch 1:00 Fund. of Tap 2:00- Book Club 7:00-TNT Quilter	29. 8:30- Strength class 10:00-Wii Bowl 10:00 Quilting 10:15-Sparkettes Prac. 11:30-FoodShare 12:00-Lunch 12:30 Power of Aging 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15- Senior Aerobics	30. 10:00-Scrabble 10:00-Knitting/ Crocheting 10:30 - Sit & Get Fit 11:15-Brain Aerobics 12:00-Lunch 1:00-Art Studio	31. Saturday

Current & Coming Events at the Mansfield Senior Center:

Thursday, May 8th—First Summer Evening Event at 5:00pm
June 23rd—27th — The Mansfield Senior & Wellness Center is closed for Annual Cleaning
Thursday, July 3rd—Second Summer Evening Event at 5:00pm
Friday, July 4th — The Mansfield Senior & Wellness Center is closed for the Holiday

Note: Calendar is subject to change without notice

SENIOR SPARKS

Mansfield Senior Center Association
Mansfield Senior & Wellness Center
303 Maple Road
Storrs Mansfield, Connecticut 06268
860-429-0262



NON-PROFIT ORGANIZATION
PRE-SORT STANDARD #57
U.S. POSTAGE PAID

Occupant or

PLACE TOP OF LABEL
BY THE DARK LINE

FOODSHARE VAN - PAGE 5

HEALTHY LIVING EXPO - PAGE 5

M.S.C.A. 2014/15 BUDGET - PAGE 8

PERSPECTIVES ON THE
PASSAGE OF TIME - PAGES 4 & 7

PICNIC LUNCH ON FRIDAY, MAY 16 - P. 9

POSITIVE AGING SERIES - PAGE 3

SENIOR VAN OUTINGS - PAGE 7

SPARKS SUBSCRIPTION - PAGES 2 & 12

THURSDAY SUMMER EVENING
PASTA DINNER & TROUBADOR - PAGE 1

I WANT TO BUY A SPARKS SUBSCRIPTION
FROM JULY 2014 TO JUNE 30 2015.
(PLEASE PRINT)

NAME: _____

MAILING ADDRESS: _____

TOWN: _____ ZIP: _____

NEW SUBSCRIPTION _____ OR RENEWAL _____

BULK RATE @ \$8.00 _____ OR FIRST CLASS @ \$12.00 _____

AMOUNT ENCLOSED: _____

(CHECK MADE TO M.S.C.A.)

LEAVE AT FRONT DESK OR SEND TO:

KATHY RULE

MANSFIELD SENIOR & WELLNESS CENTER

303 MAPLE ROAD

STORRS MANSFIELD, CT 06268