



INTRO TO THE COMPUTER 5 CLASSES \$10.00 DAN GEBBEN
AUG. 5, 7, 12, 14, AND THE 19TH TUESDAY'S AND THURSDAY'S 10AM
TO 12NOON. SEVEN STUDENTS, EACH HAVE A COMPUTER. SIGN UP AT
THE RECEPTIONIST DESK.

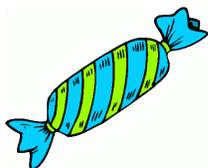
FREE: EMAIL: TWO HOUR SEMINAR, AUGUST 6TH WEDNESDAY, 10AM
TO 12 NOON. UNDERSTANDING THE ASPECTS OF EMAIL, LEARNING TO
USE IT MORE COMPREHENSIVELY.

FREE: ME AND MY IPAD: TWO HOUR SEMINAR AUG. 13TH WEDNES-
DAY. CONNECTION, HOW TO REMOVE PROGRAMS, ICONS, TOUCH SCREEN
NAVIGATION, PHOTOGRAPHY, ETC. DAN GEBBEN

FREE: INTRO TO FACEBOOK: AUGUST 20TH 10AM -12 NOON. HOW TO WORK WITH THIS
PROGRAM TO STAY IN TOUCH WITH FRIENDS AND FAMILY. DAN GEBBEN **WORD BASIC:**

SEPTEMBER 16TH & 18TH FROM 1:00 TO 4:00PM. THIS CLASS IS FOR THOSE WITH NO
KNOWLEDGE OF "WORD". MIKE BESCHLER. **WORD ADVANCED:** SEPTEMBER 23RD & 25TH
FROM 1:00 TO 4:00PM. THIS CLASS IS DESIGNED FOR THOSE FAMILIAR WITH "WORD". MIKE
BESCHLER. CLASSES ARE IN THE COMPUTER LAB.

MEALS ON WHEELS DRIVER NEEDED FOR WEDNESDAYS, MILEAGE
REIMBURSEMENT. CALL SHARON 860-429-0262 EXT. 8



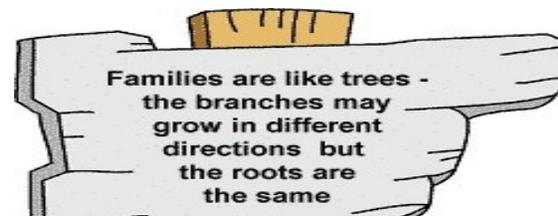
IF YOU ENJOY A SWEET SNACK, PLEASE DONATE MONEY, OR
WRAPPED CANDY. THANK YOU.

.....

CLIR IN AUGUST: MEMORY AND THE HUMAN LIFESPAN SIX AFTERNOON CLASSES AT
UCONN DEPOT CAMPUS, ALL INVITED, NO COST. FOR DETAILS CALL BETTY 860-429-6324

GENEALOGY GROUP

TUESDAY, AUGUST 12TH AT 10AM.



THE SUMMER HAS BEEN NICE AND WARM, SUNNY, AND I HOPE PLEASANT. WE WILL BE APPROACHING FALL SOON WITH THE LEAVES CHANGING AND COOLER WEATHER.

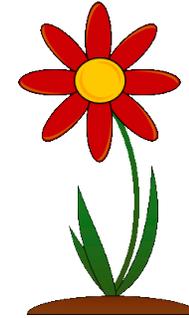
THE CENTER IS A REALLY GOOD PLACE TO COME IN AND HAVE A COMFORTABLE SEAT AND READ A BOOK FROM OUR LIBRARY. IF YOU DO NOT FINISH FEEL FREE TO MARK YOUR PLACE OR TAKE THE BOOK HOME TO FINISH.

THERE ARE SO MANY THINGS YOU CAN ENJOY HERE, I THINK PEOPLE DO NOT REALIZE ALL THAT IS AVAILABLE. TO NAME SOME, WII BOWLING, BRIDGE, DUPLICATE BRIDGE, MAHJONGG AND BINGO. MANY OF THESE ARE FREE - JUST COME AND SEE. LOOK AT THE CALENDAR, BUT PLEASE THINK ABOUT STOPPING IN AND VISITING THE CENTER.

THERE WILL NOT BE A PROGRAM IN AUGUST AS THE COMMITTEE JOINS TOGETHER AND PUTS THEIR IDEAS IN FORMATION.

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH, WE WILL HAVE CELEBRATIONS AND SPECIAL ACTIVITIES.

AS YOU COME IN TO THE CENTER PLEASE FEEL FREE TO STOP IN MY OFFICE AND SAY HI. GREETING NEW FACES AND CHATTING WITH FAMILIAR FACES IS ALWAYS PLEASANT. HOPE TO SEE YOU SOON.



ESTELLE ELLIOTT, PRESIDENT

TRAVEL BY KAY WARREN — 860-429-0262 EXT.5



WE ARE ON A WAITING LIST FOR THE **TRIPLE LOBSTER TRIP AUG. 12TH**. IN FACT, IF YOU WANT TO GO PLEASE CALL, BECAUSE IF THERE ARE ENOUGH PEOPLE ON THE WAITING LIST THE COMPANY WILL PUT A SECOND BUS ON.



SEPT 18TH BRINGS US TO THE NEWPORT

PLAYHOUSE FOR 2 SHOWS AND A HUGE BUFFET. \$93.00.

ANYONE WANTING TO GO TO **NIAGARA FALLS AND TORONTO, FROM SEPT. 22-26**, \$474.00 PLEASE CALL NOW.



I HAVE FLYERS READY FOR THE **ATLANTIC CITY TRIP IN FEB. OF 2015**. THE DATES ARE 18-19-20. PACKAGE INCLUDES MOTORCOACH, 3 NIGHTS AT THE TAJ MAHAL. COST \$190.00 .

\$90.00 SLOT BONUS FOR EACH PERSON, 1 BREAKFAST BUFFET, 2 BUFFET DINNERS AND 1 SHOW AT THE XANADU THEATER, TAXES , HOTEL BAGGAGE HANDLING AND DRIVER GRATUITY. WOW!

REMEMBER OUR **CRUISE APRIL 15-24TH 2015**, ON THE NORWEGIAN GEM TO SAN JUAN, PR, ST THOMAS , ST MARTEN



AUGUST BIRTHDAYS

Hot! Hot! Hot!



- 1 MARCELINE GUHL, FRITZIE MANN, WINTHROP SMITH, WU KUI YANG
- 2 DORIS BACHAND, LINDA MILLER, ROY PETTINGILL, MARY SHINOSKI, BILLY SKELLY, JULIE SOJA
- 3 MARGUERITE GUILBAULT, JEFFREY KEEL
- 4 THERESA EIFLER, MARY FAY, RUTH KLEMENS, WAYNE MARCOTTE, RACHEL SHERMAN, MARION WHITMORE
- 5 KENNETH DOEG, ELLIOTT WOLK, JAMES MORAN
- 6 PAUL GENEROUS
- 7 DOROTHY BLOCKER, MARUICE ELLIOTT, GERTRUDE HUARD, DORIS PALMER, PATRICIA STUKEL
- 8 FRANCIS ANTHONY, JO CALER, FRAN LITTLE, JOAN NAUSS
- 9 THOMAS BURKE, JOHN ELWOOD, VICKI HARRINGTON PLATT, IRENE OUELLETTE, RUTH PENEVOLPE, DORIS SAIREMAMMANO, HARRIET SCHNEIDERMAN, CAMILLE TURCOTTE, JANE WATERS
- 10 LORRAINE CLOUTIER, LEONARD TODD
- 11 CLARA HUTT, ANTHONY SALVATORE
- 12 CLEMMMA GEBBIE, ANDREW SEIDL, JEAN WILLIAMS
- 13 CHRISTINE ASHE
- 14 EUGENE DUCHARME
- 15 ESTELLE ELLIOTT, HYUNYONG KIM, IRENE MESITI
- 16 DON ARSENAULT, RALPH BARTRAM, SUZANNE DURDAN, VIRGINIA STALLMAN
- 17 ELIZABETH SLATER
- 18 JUDITH FOCHRENBACH, NANCY LANDERMAN, CAROL MENDITTO
- 19 PAT ALLEN, ELLIE LAMB, RUTH LANGIN, LOUISE PIKARSKI, MARY SEDERQUEST, LENA SOKOLOVSKY
- 20 EVA GRIFFITH, KATHARINE KENDERDINE, HOWARD RAPHAELSON, SANDRA TOURTELLOTTE
- 21 ALISON BEVIN, JOAN BRODEUR, BILL DREXLER, ELIZABETH ROBINSON, EDWARD SOLTESZ, JOYCE WATROUS
- 22 LUCIEN BERGERON, LORRAINE CARDINAL, NATALIE DODGE, KATHY FACCHINETTI, JOHN KIM, PETER MARCHESE
LUCILLE NYE, THOMAS ROGERS, VICTORIA SANTI, MILTON STERN
- 23 ELVIN DICKSON, MYRTLE MORAN, EDWARD SICARD, FEATHER SPEARMAN
- 24 JIM FINDLEY, RICHARD MILLER
- 25 AINA SADESKI
- 26 PHILIP MAIORANA, BONNIE PEABODY, AINA SADESKI, ANITA EVANS, ANN MARIE FORTIER, DENISE LABONTE
PHILIP SECKER, EDWARD WANDERSEE
- 27 CATHERINE BUTLER, STAN DUGAN, CAROL McMILLAN, PAUL MOEWS
- 28 JEAN LONERGAN, MARIE LONG, PARTICIA MAINES, PATRICIA PATENAUDE, TOVE ROSADO, DANA WILLIAMS
- 29 LIONEL BOUDREAU, BARBARA DOYLE, HENRY GANTICK, KATHRYN KRUY, BEVERLY NASS, ROBIN WEST
- 30 ELAINE COELHO, W. GATES, MICHAEL GATES
- 31 MARIO BELLIZZI, LORRAINE JACOBSON, DEB MORIN

NEW MEMBERS

PATRICIA BECKERT, LINDA PELLETIER, JOSE SANTIAGO,
DOFFIE ROTTER, KATHY BENTON, ELMER TAYLOR JR., CAR-
OLYN HEBERT, MARY HUSSEY, SHIRLEY LAWS, SANDRA PELC,
KAVI RUUSKANEN, MARIO BELLIZZI, BOB JORDAN, MORENE
PHILLIPS, LI SUN, JOSEPH NOVAK JR, DICK BLUTO, AND LOR-
RAINE QUINN





Mansfield Senior & Wellness Center,
303 Maple Road,
Storrs/Mansfield CT 06268

MANSFIELD SENIOR CENTER

860-429-0262, EXT. 0

FAX: (860) 429-3208

E-MAIL:

SENIORCENTER@MANSFIELDCT.ORG

WWW.MANSFIELDCT.ORG

HOURS: MONDAY TO FRIDAY

8:30 AM TO 4:30 PM

SENIOR CENTER SUPERVISOR:

CINDY DAINTON, EXT. 9

DAINTONCH@MANSFIELDCT.ORG

PROGRAM COORDINATOR:

SARAH TAYLOR, EXT 3

ADULT SERVICES SOCIAL WORKER:

KATHY ANN EASLEY

860-487-9873

OUTREACH WORKER:

CAROLYN MCAULIFFE

860-487-9875

VOLUNTEER TRANSPORTATION

MANAGER:

GIANNA STEBBINS, EXT. 2

RECEPTIONIST:

KATHY YAFFEE, EXT. 4

SITE SERVER:

SHARON, CARON, EXT. 8

THE MUNICIPAL AGENT FOR THE ELDERLY: KATHY ANN EASLEY, MSW, (860) 429-0262, EXT. 1.

TRANSPORTATION: DIAL-A-RIDE TRANSPORTATION (860) 456-1462, **48 HOURS** IN ADVANCE.

We Have a Volunteer Transportation Program

For Mansfield Residents only

We have volunteers available to drive you to Medical and Dental appointments.

Please, we need 7-10 days advance request.

Hello Everyone!

There are a number of great activities happening this month and September promises to be action packed. Please make certain that you notice the deadlines for various events so that you do not miss out on a wonderful opportunity.

Welcome to Sarah as the new Mansfield Senior Center Program Coordinator! Sarah began her position at the Senior Center on Monday, July 21st and is off and running. Please take a moment during the month to stop in and say welcome!



September is National Senior Center month and there are many special activities planned to celebrate! Please take advantage of the offerings available. There is a save the date further in the newsletter.

Enjoy the Month!
Cindy

Don't miss the last Summer Evening Program !!!!

Thursday, August 7th at 5pm

BBQ Dinner hosted by Masonicare

Entertainment by Judy Hall

Sign up and pay \$5.00 by July 31st



The Mobile Food Share Truck will be here on August 7 & 21 at 11:30am.

There are no questions on income. Just a need for food in the household.





Low Vision Group

August 13th

11am-noon

Facilitated by Carolyn McAuliffe

Caregiver's Support Group

August 20th

3pm-4pm

Facilitated by Carolyn McAuliffe

Attorney Gates-Eldercare

Sign up for August 25th.

1:00pm-3:00pm

Conversation with Betty has
changed for the summer

Tuesdays,

August 12 & 26 at 1:30



Please Consider Volunteering for Meals on Wheels

3 hours in the morning

Deliver meals to

Homebound Adults in Mansfield

Mileage reimbursement is available

Call 860-429-0262 ext 8

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**Save the Date for our
Flu Clinic**

October 2nd

At the Mansfield Senior Center

Friday, August 8th– **Roseland Cottage** and Lunch at the Vanilla Bean. Depart at 10:30am and return at 4pm. Cottage and Garden Tour \$9/person. Lunch at your expense. Sign up by August 5th.

Tuesday, August 19th– **Katharine Hepburn Display** at CT Historical Society. Depart at 10:30am and return at 4pm. Guided tour \$8/person.

Rein's Deli for lunch at your expense

Sign up by August 15.

Friday, August 29th– **Woodstock Fair**. Depart at 9am, and return at 4pm. Admission \$8/person.

Sign up by August 27.



VNA East– Aug. 27th , 1pm-3pm

- Foot care
- Ear Health



Screenings: Blood Sugar, B/P

*There is a fee

Dr. Walter (foot care)

August 13th, 9am-12

**Bring your Insurance Card*

Call 860-429-0262 Ext 4 for an appt.



Old Jewelry Donations

Attention

Friday, August 1

Adults 60 years and older, suggested donation is \$3.00 for meal and \$4.00 for Salad meal.

Please reserve lunch 3 days in advance.
860-429-0262 ext 8

August Menu

Fri. Aug 1: Pork Loin or Salad

Mon. Aug 4: Stuffed chicken

Tue. Aug 5: BBQ Short Ribs*

Wed. Aug 6: Chicken or Salad

Thur. Aug 7: Cod Florentine

Fri. Aug 8: Chick Leg or Salad

Mon. Aug 11: Salisbury Steak

Tue. Aug 12: Cod Patty

Wed. Aug 13: Ham or Salad

Thur. Aug 14: Stuffed Shells

Fri. Aug 15: Beef Stew or Salad

Mon. Aug 18: Baked Cod

Tue. Aug 19: BBQ Chick leg

Wed. Aug 20: Cheese Ravioli or Salad

Thur. Aug 21: Pesto Cream Chicken

Fri. Aug 22: Ziti or Salad

Mon. Aug 25: BBQ Chick on Bun*

Tue. Aug 26: Meatloaf

Wed. Aug 27: Noodle Casserole or Salad

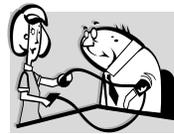
Thur. Aug 28: Western Omelet

Fri. Aug 29: Stuffed Chicken or Salad

* new items on the menu*

Try a Salad for Lunch

Served on Wed. and Fridays



Free Blood Pressure Screening
August 6th, 11:30am-noon

Homebound Mansfield Residents

Have library books/ movies delivered
to you at home.

call the Library at 860-423-2501



**The Mansfield Senior Center Chorus will
Hold a Sing-a-Long for every one to enjoy
Monday, September 8th at 1:00pm**

We are a Cooling Center
Monday-Friday
8:30am-4:30pm
Stop in and cool off



Recycling in Mansfield

Reduce, Reuse, Repair, Refurbish, Refinish,
Resell, Recycle or Compost.

Recycle Batteries

Hearing aid batteries

Rechargeable batteries

* At our Town Hall

* At our Transfer Station

* At the Community Center



Our Celebration Week will be **September 8—12**

Special Events all Week

Monday, September 8th



The Mansfield Senior Center Chorus will hold a Sing-a-Long for every one to enjoy at 1:00pm

Tuesday, September 9th

Interim Health Care at 11:00am presents **Do you know the different roles of:** Skilled Nurse, Home Health aide, Homemaker or Companions

Wednesday, September 10th

Guess Who's Coming to Breakfast?? Watch for clues in the September Issue. Starts at 9:00am Refreshments served, cost \$2.00. Sign up by Friday, Sept. 5th at noon



Mansfield Senior Center Association is sponsoring **popcorn** on Wednesday & Thursday!

Thursday, September 11th

fine Art of Meditation Class at 10am. Come and learn the fine Art of meditation along with all of the terrific health benefits. Limited to 10 Participants. Pre-registration required.

A Senior Center Program on the road, at the Mansfield Library ***"WE NEED TO TALK"***

at 6:30pm. AARP will offer this course to address a tough subject for families *When is it time for your loved one to stop driving?*

How to assess their driving skills & Provide tools to have this conversation



Friday, September 12th

Financial Awareness at 11:30am Presented by Webster Bank



Current Trends in Personal Technology: Are We In a Post Computer World? at 1:30pm. This program is sponsored by the MSCA Computer Council

*Foot Health
Month*

*National Golf
Month*

*National Inven-
tors Month*

AUGUST 2014



1.
10:00– Scrabble
10:00-Knitting &
Crocheting group
10:00-Photo Club
11:15– Brain Aero-
bics
12:00-Lunch

Attention
The center is
closing today at
2PM

4.
9:00-Senior Aero-
bics
9:00-Walking DVD
10:00-Art Studio
10:00-PC Help
12:00-Lunch
1:00-Mahjongg
2:00-
3:15– Wii Bowling

5.
8:30-Strength class
10:00-Scrabble
10:00-Wii bowling
11:00-Power of Ag-
ing
12:00- Lunch
1:00-Bingo
2:00-
Class



Art

6
9:00- Walking DVD
10:00– Writing Gr.
11:00—Gentle Yoga
11:30-Herrmman B/
P
12:00-Causeries
12:00– Birthday
Lunch
1:00-Fund. of Tap
3:00-Walking DVD

*Wiggle your Toes
Day*

7. 8:30-Strength class
10:00-Wii Bowl
10:00– Reiki
11:30-Food Share
12:00-Lunch .
12:30-Power of Aging
1:00-Bridge
1:00-Jewelry
2:30-Wii Bowl
3:15- Senior Aerobics
5:00– Evening Pro-
gram
Meal & Entertainment

8.
10:00-Scrabble
10:00-Knitting &
Crocheting group
11:15-Brain
Aerobics
12:00-Lunch
1:00-Art Studio

11.
9:00-Senior Aero-
bics
9:00-Walking DVD
9:30-COA Mtg.
10:00-Art Studio
10:00-PC Help
12:00-Lunch
1:00-Mahjongg
1:00– Receptionist
Mtg.

12.
8:30-Strength class
10:00-Scrabble
10:00-Wii Bowl
10:00-Genealogy Gr.
11:00-Power of Ag-
ing
12:00-Lunch
1:00-Bingo
1:30-Talk w/ Betty
2:00- Art Class

13.
9:00- Walking DVD
9:00– Dr. Walter
10:00-Writing Group
11:00—Gentle Yoga
11:00-Low Vision
Gr.
12:00-Causeries
12:00– Lunch
1:00-Fund. of Tap
2:00– Book Club

14.
8:30-Strength Class
10:00-Wii Bowl
12:00-Lunch
12:30 -Power of Ag-
ing
1:00-Bridge
1:00-Jewelry
2:30- Wii Bowl
3:15- Senior Aero-
bics

15.
10:00-Scrabble
10:00-Photo Club
10:00-Knitting &
Crocheting group
10:30 -Sit & Get Fit
11:15-Brain Aerobics
12:00- Lunch
1:00-Art Studio
1:00– Duplicate
Bridge

18.
 9:00-Senior
 Aerobics
 9:00-Walking DVD
 10:00-Art Studio
 10:00-PC Help
 12:00-Lunch
 1:00-Mahjongg
 3:15-Wii bowling



19.
 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

20.
 9:00- Walk DVD
 10:00-Writing Group
 11:00-Gentle Yoga
 12:00-Causeries
 12:00- Lunch
 1:00-Fund. of Tap
 3:00-Walking DVD
 3:00- Caregiver's
 Support Gr.

21.
 8:30-Strength Class
 10:00-Wii Bowl
 11:30- Food Share
 12:00-Lunch
 12:30 -Power of Ag-
 ing
 1:00-Bridge
 1:00-Jewelry Gr.
 2:30- Wii Bowl
 3:15- Senior Aerobics

22.
 10:00-Scrabble
 10:00-Knitting &
 Crocheting group
 10:30 -Sit & Get Fit
 11:15-Brain Aerobics
 12:00- Lunch
 1:00-Art Studio

25.
 9:00-Senior Aero-
 bics
 9:00-Walking DVD
 10:00-Art Studio
 10:00-PC Help
 12:00-Lunch
 1:00-Mahjongg
 1:00- Elder Care
 3:15-Wii Bowling

26.
 8:30-Strength Class
 10:00-Scrabble
 10:00- Wii Bowling
 11:00- Power of Ag-
 ing
 12:00- Lunch
 1:00- Bingo
 2:00- Art Class
 1:30-Talk w/ Betty

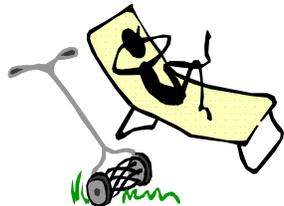
27.
 9:00-Walking DVD
 10:00-Writing Gr.
 11:00- Gentle Yoga
 12:00- Causeries
 12:00- Lunch
 1:00- Fund. Of Tap
 1:00- VNA East
 2:00- Book Club
 3:00- Walking DVD

28.
 8:30-Strength Class
 10:00-Wii Bowling
 12:00- Lunch
 12:30-Power of Ag-
 ing
 1:00- Bridge
 1:00- Jewelry Gr.
 2:30- Wii Bowling
 3:15-Senior Aero-
 bics

29.
 10:00- Scrabble
 10:00-Knitting &
 Crocheting Group
 10:30- Sit & Get Fit
 11:15- Brain Aero-
 bics
 12:00- Lunch
 1:00- Art Studio
 1:00-Dup Bridge

Current & Coming Events at the Mansfield Senior Center:

*Thursday, August 7th- Final Summer Evening Program at 5:00pm, preregistration required
 September is Senior Center Month- many fun events planned*



History to remember:

8/3/1492- Christopher Columbus set sail for the Far East from Spain
8/14/1935- Social Security Act established
8/21/1959- Hawaii admitted to the Union as 50th state
 August 15th- National Relaxation Day

NOTE: CALENDAR IS SUBJECT TO CHANGE WITHOUT NOTICE

PLEASE LOOK AT THE DAY TRIPS WE OFFER. FRONT PAGE IN OUR JUNE SENIOR HAPPENINGS

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



PRE-SORT STANDARD #57
U.S. POSTAGE PAID

Occupant or

PLACE TOP OF LABEL
BY THE DARK LINE



THE SPARKS IS CURRENTLY UNDERGOING
A FACE LIFT. DURING THE COMING
MONTHS YOU WILL NOTICE SOME CHANGES
IN THE FORMAT. PLEASE BEAR WITH US
DURING THIS TIME OF
TRANSITION. THERE

IS A
PROMISE OF BRIGHTER

I WANT TO BUY A SPARKS SUBSCRIPTION
FROM JULY 1, 2014 TO JUNE 30 2015.
(PLEASE PRINT)

NAME: _____

MAILING ADDRESS: _____

TOWN: _____ ZIP: _____

PHONE: _____

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 FOR KATHY BULE OR MAIL IT TO HER AT: