

SENIOR SPARKS

Mansfield Senior Center Newsletter

~ SEPTEMBER 2014 ~

Welcome to the Mansfield Senior Center!

For over 30 years, the Mansfield Senior Center has provided a wide variety of programs, enrichment classes and services for Seniors. In September we celebrate National Senior Center Month! Join us for these events and more during the week of September 8th-12th, when the entire community is invited to explore all that the Mansfield Senior Center has to offer!



HOW CAN I KEEP FROM SINGING?

It's time for a good ol' fashioned sing-a-long with the Mansfield Senior Center Chorus where everyone is encouraged to request a song and help belt it out! It will be like singing around the campfire, minus the beans.

Monday, September 8th at 1:00pm

INTERIM HEALTH CARE PRESENTATION

Join us for this informative presentation that will highlight the specific differences between Skilled Nursing Care, Home Health Aides, Homemakers and Companions.

Tuesday, September 9th at 11:00am

GUESS WHO'S COMING TO BREAKFAST?

Join us for a delicious continental breakfast and try to guess the identity of our Mystery Guest! There are 5 clues hidden throughout this newsletter and 2 more at the Senior Center – the first person with the keenest eyes wins a prize!

\$2.00/person; pre-registration required by September 5th

Wednesday, September 10th at 9:00am

FINE ART OF MEDITATION CLASS

Experience the relaxation and many health benefits of meditation.

Limited to 10 participants; pre-registration is required.

Thursday, September 11th at 10:00am

"WE NEED TO TALK"

It's a tough subject for most families, but it's a serious matter. Sponsored by AARP, this seminar will help you determine how to assess your loved ones' driving skills and provide you with the tools to help you have this important conversation.

Thursday, September 11th at 6:30pm at the Mansfield Public Library

FINANCIAL AWARENESS

Presented by Webster Bank

Friday, September 12th at 11:30am

CURRENT TRENDS IN PERSONAL TECHNOLOGY: ARE WE IN A POST COMPUTER WORLD?

Sponsored by the MSCA Computer Council

Friday, September 12th at 1:30pm

Mansfield Senior & Wellness Center
303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 Fax: 860-429-3208



MANSFIELD SENIOR & WELLNESS CENTER

**HOURS: MONDAY TO FRIDAY
8:30 AM TO 4:30 PM**

TEL: 860-429-0262

FAX: (860) 429-3208

E-MAIL: SENIORCNTR@MANSFIELDCT.ORG

WWW.MANSFIELDCT.ORG

SENIOR CENTER SUPERVISOR:

CINDY DAINTON, EXT. 9

PROGRAM COORDINATOR:

SARAH TAYLOR, 860-487-9874

VOLUNTEER TRANSPORTATION MANAGER:

GIANNA STEBBINS, EXT. 2

RECEPTIONIST:

KATHY YAFFEE, EXT. 4

SITE SERVER:

SHARON, CARON, EXT. 8

ADULT SERVICES SOCIAL WORKER:

KATHY ANN EASLEY

860-487-9873

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CAROLYN MCAULIFFE

860-487-9875

**A NOTE FROM CINDY DAINTON,
SENIOR CENTER SUPERVISOR**

Welcome to the Mansfield Senior & Wellness Center Senior Newsletter!

This edition is being mailed to households in Mansfield who might have an interest in knowing what is going on at the Mansfield Senior & Wellness Center. It is also the inaugural issue of this newsletter that is a collaborative effort between the town and the Mansfield Senior Center Association. This newsletter will be a combination of Senior Sparks and Senior Happenings.

You can subscribe to the newsletter to have it mailed to your home through the Association or you may pick up a free copy at the Mansfield Senior & Wellness Center front desk.

Great happenings are on the horizon!

September is National Senior Center month. This will be our third annual celebration during September 8th through the 12th. During this time, most classes will be offered at no charge so that you have the opportunity to try a new class and see what it is like.

There is a lot going on at the Senior Center this month. I truly hope that you will make every effort to join us for at least one offering during the celebration week of September 8th through 12th. We are hoping to make connections with everyone. There's simply too many activities to mention here, so please look elsewhere in this newsletter to find more information. Better yet, come on in and talk with the volunteers or staff. We would love to see you at the Mansfield Senior & Wellness Center!

I hope to meet you soon!

Cindy



The Mystery Guest's favorite color is navy.

MANSFIELD SENIOR CENTER ASSOCIATION, INC.
Greetings from Estelle Elliott, MSCA President

Dear Friends,

I hope that you've all enjoyed this sunny, warm summer! Fall will be here before we know it, with it's cooler weather and changing leaves. The Senior Center is a great place to visit - find a comfortable chair and curl up with a book from our Library, visit with friends, stay for lunch or take one of our fantastic classes! There are so many things you can enjoy here: Wii Bowling, Bridge, Computer Classes, Jewelry-making, and Mahjongg to name a few. Please take a look at our calendar and stop in to try some new things!

Over the past few months, we've made some changes concerning the production of Sparks. After several meetings with town and Senior Center staff, I am happy to announce that we've decided to merge Senior Happenings and Senior Sparks. We will once again have a collaborative effort between Senior Center staff and the Association, and, together, we hope to produce an informative and enjoyable newsletter for Seniors to read!

September promises to be a fun month with our Senior Center Celebration week! Please stop in and check out all that we have planned! As you come into the Center, please also feel free to stop by my office and say "Hi!" I look forward to meeting you and showing you around the Center - greeting new faces and chatting with familiar faces is always pleasant! Hope to see you soon!

Estelle

The Mansfield Senior Center Association, Inc. (MSCA) is a non-profit group of Seniors located at the Mansfield Senior Center. The Association sponsors a number of activities at the Senior Center each month, raises funds to help with purchases for the Senior Center and to support programming, and plans special programs in conjunction with the Senior Center staff. There are no membership dues, but you must be 55 years of age or older to join. To become a member, simply stop by the Senior Center and register. Please consider joining us - we welcome all Seniors to participate in our various activities, and we are always looking for good volunteers!

**MANSFIELD SENIOR CENTER
 EXECUTIVE BOARD MEMBERS**

- President: Estelle Elliott**
- Vice President: Jean Ann Kenny**
- Immediate Past President: Rita Braswell**
- Secretary: Bev Gotch**
- Finance Officer: vacancy**
- Treasurer: Mike Beschler**
- Assistant Treasurer & Subscription Manager: Kathy Rule**
- Member at Large: Sam Gordon**
- Computer Committee Chair: Rotating**
- Program Committee Chair: Joan Terry**
- Sparks Committee Chair: Rita Braswell**
- Travel Committee Chair: Kay Warren**
- Ways & Means Committee: vacancy**

MSCA Executive Board & Association Meeting Schedule

- | | |
|------------------------|---|
| Association Mtg | September 10th at 12:45pm |
| Executive Board | September 10th at 1:30pm |
| Executive Board | October 8th at 1:00pm |
| Executive Board | November 12th at 1:00pm |
| Association Mtg | December 10th at 12:45pm |
| Executive Board | December 10th at 1:30pm |



Craft Show

Mansfield Senior Center Association
 Proudly Presents a
Craft & Collectibles Fair
 on
 Saturday, October 18, 2014
 9:00am to 2:00pm
 at
 Mansfield Senior Center

Pot Luck Refreshments will be available for sale

Class Fees & Registration Information

**For more information on class fees and registration,
please call Senior Center Receptionist Kathy Yaffee at 860-429-0262, ext 4.**

**** Reminder ****

**There will be no charge for classes during Senior Center Celebration Week
~ September 8th through September 12th ~**

Stop in and try one out – your body & mind will thank you!

CLASS	DAY/TIME	SEPTEMBER SESSION	CLASS FEE
<i>FITNESS CLASSES:</i>			
STRENGTH & STABILITY	TUESDAYS 8:30-9:30AM THURSDAYS 8:30-9:30AM	5 CLASSES 4 CLASSES	\$5.00 R/\$6.00 NR THIS CLASS WILL BE BILLED MONTHLY BASED ON ATTENDANCE.
POWER OF AGING	TUESDAYS 11:00AM-12:00PM THURSDAYS 12:30-1:30PM	5 CLASSES 4 CLASSES	\$5.00 R/\$6.00 NR THIS CLASS WILL BE BILLED MONTHLY BASED ON ATTENDANCE.
SENIOR AEROBICS	MONDAYS 9:00-10:00AM *NO CLASS 9/1* THURSDAYS 3:15-4:15PM	4 CLASSES 4 CLASSES	\$15.00 R/\$18.00 NR \$15.00 R/\$18.00 NR *PRE-REGISTRATION REQUIRED
SIT & GET FIT	FRIDAYS 10:30-11:30AM	4 CLASSES	\$15.00 R/\$18.00 NR *PRE-REGISTRATION REQUIRED
FUNDAMENTALS OF TAP	WEDNESDAYS 1:00-2:00PM	4 CLASSES	\$15.00 R/\$18.00 NR *PRE-REGISTRATION REQUIRED
SPARKETTES	MONDAYS 10:15-11:45AM *NO CLASS 9/1*	4 CLASSES	\$22.50 R/\$27.00 NR *PRE-REGISTRATION REQUIRED
GENTLE YOGA	WEDNESDAYS 11:00AM-12:00PM	4 CLASSES	\$15.00 R/\$18.00 NR *PRE-REGISTRATION REQUIRED
WALKING DVD	MONDAYS 9:00-9:30AM *NO GROUP 9/1* WEDNESDAYS 9:00-9:30AM FRIDAYS 9:00-9:30AM	4 CLASSES 4 CLASSES 4 CLASSES	NO FEE
<i>ART CLASSES:</i>			
ART CLASS	TUESDAYS 2:00-3:30PM	5 CLASSES	\$30.00 R/\$36.00 NR *PRE-REGISTRATION REQUIRED
WOODCARVING	THURSDAYS 9:30-11:30AM	4 CLASSES	NO FEE
QUILTING	THURSDAYS 10:00AM-12:30PM	8 CLASSES (SEPT & OCT)	\$42.00 R/\$49.00 NR *PRE-REGISTRATION REQUIRED

Fitness & Healthy Living

Walking DVD



Do you have 30 minutes to devote to your health? That's all it takes to walk 2 miles with our morning walking group, so lace up your walking shoes and join us!

Mondays 9:00-9:30am
Wednesdays 9:00-9:30am
Fridays 9:00am-9:30am

Senior Aerobics



This high energy class provides a complete cardio workout with a combination of standing exercises and mat work.

Mondays at 9:00-10:00am
Thursdays 3:15-4:15pm

Sparkettes Class

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This class is for those tap dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills. Students will work more intricate steps and patterns while learning to remember and perform choreography.

Mondays 10:15-11:45am

Strength & Stability



This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you'd prefer. Instructor will give modifications during class as well as monitor position.

Tuesdays & Thursdays
8:30am-9:30am



Gentle Yoga

This class will focus on a gentle and modified approach to Yoga moves and principles. Most of the exercises can be done while sitting in a chair or in a comfortable standing position. The gentle stretches and simple movements provide flexibility and strengthening for the neck, shoulders, abdomen and other parts of the body and help to relieve tension. Students are free to work at their own level.

Wednesdays
11:00am-12:00pm

Fundamentals of Tap

This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps, footwork and performance skills.



Wednesdays 1:00-2:00pm

Power of Aging

This weight bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Class begins with a warm-up and continues with a variety of exercises designed to increase muscular strength, range of movement, and flexibility. Hand-held weights, elastic tubing and an exercise ball are incorporated for resistance. Participants use a chair for the first half of the class for extra support and then stand to work on legs, balance and core strength.

Tuesdays 11:00am-12:00pm
Thursdays 12:30-1:30pm



Most people may not know that the Mystery Guest loves to hike.

Sit & Get Fit



Sit & Get Fit is a seated exercise class that combines stretching, resistance, chair aerobics and strength building movements to increase flexibility, range of motion and body awareness. This class also incorporates various pieces of equipment to ensure variety and demonstrate that exercise is not only important to our overall health, but that it is also fun!

Fridays 10:30-11:30am

CREATIVE ARTS

Art Studio

Our expansive craft room is available for you to come in and work independently on your own project.

Mondays at 10:00am

Fridays at 1:00pm

Art Class

Join us for an opportunity to make art and learn new techniques! We offer instruction in drawing, painting and watercolors, as well as new art experiences such as printmaking, painting on slate, collage and more! We have a lot of fun trying out new media! Pre-registration is required. Please see Class Fees & Registration page for more information.

Tuesdays from 2:00-3:30pm

Quilting

Experienced quilter Pat Ferguson will teach you, coach you and help you problem solve all of your quilting questions! Bring any new or old project of your choice to work on.

Pre-registration is required. Please see Class Fees & Registration page for more information.

Thursdays from 10:00am-12:30pm

Wood Carving

Try your hand at this ancient art form! There is no fee for this class, but please call to register.

Thursdays at 9:30am

Jewelry

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! There is no charge for this group except for the cost of your own materials, and new members are always welcome!

Thursdays at 1:00pm

Knitting & Crocheting

Come enjoy an opportunity to knit or crochet with friends!

Fridays at 10:00am

WELLNESS PROGRAMS

Herrmman Blood Pressure Clinic

The Herrmman Blood Pressure Clinic is available to those 55 years of age and older on a first come first served basis. There is no cost and no pre-registration required.

September 3rd from 11:30am-12:00pm

Mini Spa

Treat yourself! Manicures, Pedicures and Haircuts available at a reduced cost for Seniors. Please call Kathy Yaffee to register or for more information.

September 8th from 9:00am-12:00pm

Reiki

Reiki Master Teacher Bette Giordano offers this stress reduction and relaxation therapy for Seniors. The cost for a one hour session is \$30.00. Please call Kathy Yaffee to register or for more information.

September 11th from 11:15am-12:15pm

Podiatrist

Dr. Walter provides complete foot care & podiatric evaluations. Medicare will be billed if you are eligible, so please bring your insurance card with you. Please call Kathy Yaffee to register or for more information.

September 23rd from 9:00am-12:30pm

VNA East Adult Health Screenings

Blood Pressure, Cholesterol, Blood Glucose, Foot Care and Ear Flushing for a nominal fee. Please call Kathy Yaffee to register or for more information.

September 24th from 1:00-3:00pm

Flu Clinic

Sponsored by VNA East. Please bring your insurance card; fees will apply if not covered. Please call Kathy Yaffee to register.

October 2nd from 1:00-3:00pm

GROUPS & CLUBS

Genealogy Group

Tracing your ancestral lines is fascinating and sometimes eye-opening! Led by Helen Collins, this dynamic group meets to share their experiences, knowledge and progress in searching for their ancestors. This group meets on the **2nd Tuesday of each month at 10:00am**, and all are welcome! For more information, please call Helen at (860) 429-4557.

Book Club

Bring along your love of reading to this literary group! This group meets on the **2nd & 4th Wednesday of each month at 2:00pm**.

Conversations with Betty

Everyone is welcome to join us for this friendly, lively discussion group! For more information, please call Betty at 860-429-6324. This group meets on the **1st Thursday of each month at 11:00am**.

Photo Club

This group meets on the **1st & 3rd Friday of each month at 10:00am**. Please call Dan Gebben at (860) 576-1122 for more information.

Chorus

If you like to sing, come and join us! You don't have to be an accomplished singer - there will be music to satisfy both the novice and experienced. We perform at local nursing homes, senior housing and rehabilitation facilities. For more information, contact Stu Sidney at (860) 429-7271.

Mondays from 1:30-3:00pm (starting 9/15)

Writing Group

Come tell your secrets with pad and pen, discuss your life from way back when. A good friend found, now in the "loop," come and join our writing group!

We hope to see you there!
Wednesdays at 10:00am.

Causeries en Français

Parlez-vous Français? Bring along a bag lunch and join us for an hour of great conversation en français!

Wednesdays at 12:00pm

CARDS & GAMES

WII BOWLING

**TUESDAYS AT 10:00AM
THURSDAYS AT 10:00AM
THURSDAYS AT 2:30PM**

BRIDGE

THURSDAYS AT 1:00PM

DUPLICATE BRIDGE

**3RD & 5TH FRIDAYS
AT 1:00PM
(9/19, 10/17, 10/31, 11/21, 12/19)**

SCRABBLE

**TUESDAYS AT 10:00AM
FRIDAYS AT 10:00AM**

MAHJONGG

MONDAYS AT 1:00PM

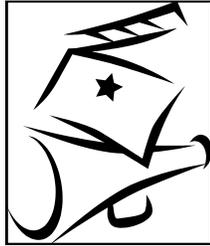
BINGO

TUESDAYS AT 1:00PM



AFTERNOONS AT THE MOVIES

Join us twice per month for a fun afternoon at the Movies without ever leaving the Senior Center! Of course, popcorn and other light refreshments will be available. This month we'll head back to school with two endearing stories of competition, struggle and perseverance.



Friday, September 12th at 1:00pm ~ **THE BLIND SIDE**

Starring Quinton Aaron, Sandra Bullock & Tim McGraw, this is the touching story of Michael Oher, a homeless and traumatized boy who became an All American football player and first round NFL draft pick with the help of a caring woman and her family.

Friday, September 26th at 1:00pm ~ **HOOSIERS**

A coach with a checkered past and a local bum train a small town high school basketball team to become a top contender for the championship. Starring Gene Hackman, Barbara Hershey & Dennis Hopper.

COMING SOON!!
OUR LONG-AWAITED
MANSFIELD SENIOR CENTER
BOOK OF RECIPES AND FOOD LORE!

Did You Know?!

The Mansfield Library offers a personalized delivery service to Homebound Mansfield residents? Your choice of Books, audiobooks & movies are available for longer lending periods with no fines or fees. Call (860) 423-2501 for more information.

BLUEBERRY STUDY

For the past 12 years Mansfield residents have been participating in a study of the health effects of eating blueberries. Those involved have been taking a test weekly or every two weeks to examine short term memory, reaction time and arithmetic speed. The results so far have shown statistically significant positive results in short term memory and reaction time.

Please consider joining the study and help your own health, while helping gather information that may help many others. We always advise that you check with your own doctor before joining any study. For more information, visit www.blueberrystudy.com, or call Howard Raphaelson at 860-429-1340.

For those already participating, please order your blueberries by noon September 11th for a September 19th delivery.

Studio Art Quilt Associates Trunk Show



View the SAQA Trunk Show
at the Mansfield Senior Center on
Thursday, September 11th!

This Trunk Show was designed to showcase SAQA's diversity of talent and its mission to "promote the art quilt" through education, exhibitions, professional development, documentation and publications. Because each small piece is mounted and protected with a clear envelope, you can look closely, compare, contrast and be inspired! Learn more about this traveling quilt show at www.SAQA.com

Computer Classes are taught by members of the MSCA Computer Council.

Participants must pre-register for classes at the Reception desk at the Senior Center before classes begin.

For more information on the Computer Council or any of their classes, please contact Estelle Elliott, MSCA president at (860) 429-0262, ext. 5

~ PC Help ~

Every Monday
at 10:00am

Free computer and/or digital camera help is available by Dan Gebben, one of the Computer Council's talented consultants.



The Mystery Guest is currently reading The Great Bridge by David McCullough.

COMPUTER CLASSES

Basic Word

Tuesday, September 16th & Thursday, September 18th from 1:00-4:00pm

Maximum Participants: 6 ~ Fee: \$10.00

This class is designed for those who have no knowledge of "Word." Some of the things we will cover are: how to begin using the program; how to type words and numbers; how to correct mistakes; how to change the font; how to change the size and color of things we type; how to name the document we are making; how to save the document we have made in a place where we can find it; how to bring the document back so we can read, change, or print it.

Advanced Word

Tuesday, September 23rd & Thursday, September 25th from 1:00-4:00pm

Maximum Participants: 6 ~ Fee: \$10.00

This class is designed for those who are familiar with word and would like to learn more of the techniques that are available in the 2010 version. There are specific topics planned, but depending on the needs of those attending, we will discuss their needs and try to resolve them.

Basic Excel 2010

Tuesday, October 14th & Thursday, October 16th from 1:00-4:00pm

Maximum Participants: 6 ~ Fee: \$10.00

This class is for those who are not familiar with Excel and have never used it. We will cover: getting to know the spreadsheet; entering, modifying, and deleting data; doing simple calculations with numbers; entering and manipulating words. A hand-out will be provided showing how to do everything we cover in class.

Advanced Excel 2010

Tuesday, October 21st & Thursday, October 23rd from 1:00-4:00pm

Maximum Participants: 6 ~ Fee: \$10.00

This class is for those who are familiar with Excel and would like to learn more about it. We will cover: creating more complicated formulas; working with words; small data bases; combining words (i.e. first and last names); retrieving data from existing tables. A hand-out will be provided showing how to do the things we cover in class. If you would like to learn things not covered in class, we will make time to discuss them.

TRIPS & TRAVEL

Oh my - the summer is almost over! There are several great trips coming up and some already planned for 2015! Please note that deposits (\$25.00 for one day trips; \$75.00 for overnight trips) are due at the time of registration, and final payments are due 30 days before the trip. For more information on trips & travel, please contact Kay Warren at 860-429-0262, ext. 6.



Newport Playhouse Thursday, September 18th

In September we'll travel to Newport for 2 fantastic Cabaret shows and a fabulous buffet lunch at the Newport Playhouse. The cost for the trip is **\$93.00/person**, which includes the roundtrip Motor Coach and driver tip. These seats are filling up quickly, so be sure to sign up now if you're interested!



Eat, Drink & Be Scary! Tuesday, October 28th

Celebrate Halloween in Salem, Massachusetts! Enjoy a guided tour of Salem, followed by a Halloween-themed luncheon & party at the Historic Hawthorne Hotel. The cost for this trip is **\$95.00/person**, which includes roundtrip Motor Coach and driver tip.



A Salute to the Armed Forces Tuesday, November 11th

Celebrate and honor our Veterans at the Aqua Turf with a delicious family style luncheon and entertainment provided by Times Square Band and the Moxie Vocal Group. The cost for this trip is **\$77.00/person**, which includes roundtrip Motor Coach and driver tip, coffee & donuts on arrival, full-course luncheon with a glass of beer or wine and an afternoon of all-American music.



A Victorian Holiday at the Williams Inn Tuesday, December 9th

Travel back in time and enjoy an early holiday celebration at the Williams Inn in Williamstown, Massachusetts! We'll be welcomed by Beefeater Guards and enjoy a one-of-a-kind Boar's Head feast. Lunch will be followed by songs of the season, as well as tunes from the 30's, 40's & 50's. The cost for this trip is **\$86.00/person**, which includes roundtrip Motor Coach and driver tip, the fantastic gourmet buffet feast, a cabaret style Holiday Show and a cup of hot wassail to toast good luck, good health, and good cheer.

SAVE THE DATE!

Be sure to join us for our **Travel Fair on November 14th at 1:00pm** at the Senior Center!
Find out all about our **2015 Trips** and enjoy a fun afternoon
with give-aways and light refreshments!

TRANSPORTATION NEWS

~ SEPTEMBER DAY TRIPS ~

Day Trips fill up quickly, so remember to call the Senior Center to register!

Admission fees will be paid the day of the event.

New Britain Museum of Art

Current exhibits include Glass Today – a unique look at glass artifacts. **Admission is \$12/person** and includes tour of museum. Lunch will be at individual expense at the Museum Café. The van will leave the Senior Center at 10:30am and return at approximately 3:30pm.

Friday, September 5th

Registration deadline is Tuesday, September 2nd.

Big E - Connecticut Day!

You'll never run out of things to do when spending the day at the Big E! **Admission is \$12/person.**

The van will leave the Senior Center at 9:00am SHARP and return at approximately 4:00pm.

Wednesday, September 17th

Registration deadline is Monday, September 15th



**** Stay tuned for our upcoming trip to Buell's Orchard in Eastford in early October! ****

MSCA Special Events

The MSCA Program Committee is a group of volunteers who meets monthly to plan for our fantastic "3rd Wednesday" programs. Enjoy a special luncheon, followed by entertainment provided by professional artists of many talents!

Our first "3rd Wednesday" will be October 15th. We have arranged for Ashly Cruz to come and delight us with her wide variety of vocal selections. We are sure you'll fall in love with her show as much as the Committee did! Watch for more details, but save that date!

VOLUNTEER TRANSPORTATION PROGRAM

Did you know that we have a volunteer transportation program for Mansfield residents ages 60 and older and adults (18 years of age and older) who are receiving Social Security Disability benefits? We can provide transportation for medical appointments within our local area, as well as to out of district towns such as Glastonbury, Manchester, Norwich & Vernon. We kindly request 5-7 business days notification; however, emergency requests (48 hours) will be accepted depending upon volunteer availability. Wheelchair transportation is not possible, although individuals with walkers are welcome. Our drivers are available Monday through Friday from 8:30AM-4:30PM. This service is free; however, donations to our transportation program are always welcome! Please keep in mind that if school is closed due to inclement weather, our services will not be available that day. Please also note that at this time transportation to or from a nursing facility is not available.

DIAL-A-RIDE TRANSPORTATION

IS ALSO AVAILABLE FOR MANSFIELD RESIDENTS.
PLEASE CALL (860) 456-1462 **48 HOURS** IN ADVANCE.
THIS SERVICE IS PROVIDED BY THE WINDHAM REGIONAL
TRANSPORTATION DISTRICT.

* DRIVERS NEEDED *

We're looking for a few good drivers! Our volunteer transportation program is effective because of the wonderful group of volunteers currently providing transportation to homebound seniors. Your availability is based totally on your schedule! You will be contacted on an as-needed basis and, if you are able to provide transportation, you will be provided with the details. There is a town car available for all volunteer drivers use, although you are free to use your own vehicle with mileage reimbursement offered at 23.5 cents per mile. If you are interested in joining this caring group of individuals, please contact Gianna at the center at 860-429-0262 ext 2.

ADULT & SENIOR SERVICES AND RESOURCES

Kathy Ann Easley
Adult Services
Social Worker
860-487-9873

Carolyn McAuliffe
Outreach Social Worker
860-487-9875

HumanServ@MansfieldCT.org

Services Include:

Intake and Assessment

Benefits Check Up
Coordination of
Services / Case
Management

CHOICES / Medicare
Counseling

Crisis Intervention

Information and referral to
area programs

Meals on Wheels
Referrals

Advocacy (including DSS
issues, housing, financial)
Food Pantry

Home Consultations are
also available

The Social Workers are available to assist Mansfield residents connect individuals with services and programs that are available within the community.

This free service promotes independence and self-sufficiency by providing needs assessment, follow up services, advocacy, benefits counseling, as well as information and referrals.

Friendly Reminders

The **Renter's Rebate Program** for 2014 will be **ending October 1st**

Mobile Food Share will be at Wright's Village on **September 4th and September 18th from 11:30am-12:15pm**

The ACCESS Community Action Agency is now making appointments for **Energy Assistance**.
 Contact ACCESS at 860-450-7400
 1315 Main Street, Suite 2, Willimantic, CT 06226

It is almost time to review your Medicare Part D prescription drug plan or Part C Advantage Plan for 2015. **Open Enrollment is October 15th through December 7th.**

Dealing with Low Vision? Join our **Low Vision Group** for support, friendship and helpful tips.
September 10th from 11:00am-12:00pm

Caring for a parent, spouse or disabled adult child? Join our **Caregiver's Group** for support and confidential conversation with peer caregivers.
September 17th from 3:00-4:00pm

LOOKING TO MAKE A CHILD SMILE THIS HOLIDAY SEASON? PLEASE CONSIDER MAKING A DONATION TO THE MANSFIELD HOLIDAY PROGRAM!

TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD.



TVCCA CAFE MENU SEPTEMBER 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>Program Closed Labor Day Holiday 1</p>	<p>Beef & Bean Chili Seasoned Rice Chuck Wagon Vegetable Medley Pineapple Cup</p> <p>Ethnic Celebration 2</p>	<p>Chicken Florentine Roasted Potatoes Capri Vegetable Medley Cranberry Juice Chocolate Chip Cookie</p> <p>3</p>	<p>Crispy Cod Patty Macaroni & Cheese Stewed Tomatoes Fruit Cocktail</p> <p>4</p>	<p>Sloppy Joes w/ Bun Baked Beans Broccoli Fresh Fruit</p> <p>5</p>
<p>Western Omelet Roasted Potatoes Mixed Vegetables Peach Cup</p> <p>8</p>	<p>Cod Newburg <i>(no Shrimp)</i> Buttered Noodles Capri Vegetable Medley Grape Juice Danish</p> <p>9</p>	<p>Cuban Braised Pork Loin Yellow Rice & Black Beans Green Beans & Diced Tomatoes Fresh Orange</p> <p>10</p>	<p>Eggplant Rolette Penne w/ Marinara Italian Vegetable Medley Applesauce Cup</p> <p>11</p>	<p>Braised Beef Short Ribs Garlic & Cumin Roasted Potatoes Carrots Fruit Cocktail</p> <p>12</p>
<p>BBQ Chicken Leg Quarter Baked Beans Chuck Wagon Vegetable Medley Cupcake & Orange Juice</p> <p>15</p>	<p>Pineapple Glazed Ham Mashed Sweet Potatoes Mixed Vegetables Fresh Fruit</p>  <p>16</p>	<p>Tuscan Beef Stew Peas Carrots Applesauce Cup</p> <p>17</p>	<p>Pesto Cream Chicken Rice Pilaf Green Beans & Diced Tomatoes Pineapple Cup</p> <p>18</p>	<p>Stuffed Shells Wax Beans Italian Vegetable Medley Pears w/ mandarin oranges</p> <p>19</p>
<p>Baked Ziti w/ sweet sausage Peas Carrots Fresh Orange</p> <p>22</p>	<p>BBQ Chicken Breast w/ Bun Baked Beans Italian Vegetable Medley Peach Cup</p> <p>23</p>	<p>Cheese Ravioli w/ Marinara Broccoli Chuck Wagon Vegetable Medley Fruit Cocktail</p> <p>24</p>	<p>Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Pears w/ mandarin oranges</p>  <p>25</p>	<p>Stuffed Chicken Cordon Blue Rice Pilaf Bean & Carrot Medley Grape Juice Sugar Cookie</p> <p>26</p>
<p>Salisbury Steak Mashed Potatoes Stewed Tomatoes Fruit Cocktail</p> <p>29</p>	<p>Cheeseburger Noodle Casserole Peas Carrots Pears w/ mandarin oranges</p> <p>30</p>		 <p>1% milk and whole grain bread are served with each meal. <u>Menu is subject to change without notice.</u></p>	

~ SEPTEMBER ~

MONDAY

1.

~ **LABOR DAY** ~

**SENIOR CENTER
IS CLOSED**



TUESDAY

2.

8:30 S&S
10:00 SCRABBLE
10:00 WII BOWLING
11:00 PWR. OF AGING
12:00 LUNCH
1:00 BINGO
2:00 ART CLASS

WEDNESDAY

3.

9:00 WALKING DVD
10:00 WRITING GR.
11:00 GENTLE YOGA
11:30 HERRMANN B/P
12:00 CAUSERIES
12:00 B-DAY LUNCH
1:00 FUND. OF TAP

THURSDAY

4.

8:30 S&S CLASS
9:30 WOOD CARVING
10:00 WII BOWLING
10:00 QUILTING
10:15 SPARKETTES
11:00 CONVERSATIONS
WITH BETTY
11:30 FOOD SHARE
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
2:30 WII BOWLING
3:15 SR. AEROBICS

FRIDAY

5.

9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING &
CROCHETING
10:00 PHOTO CLUB
10:30 NEW BRITAIN
ART MUSEUM TRIP
10:30 SIT & GET FIT
12:00 LUNCH
1:00 ART STUDIO

8.

9:00 SR. AEROBICS
9:00 WALKING DVD
9:00 MINI SPA
9:30 COA MTG
10:00 ART STUDIO
10:00 PC HELP
10:15 SPARKETTES
12:00 LUNCH
1:00 MAHJONGG
1:00 SING-A-LONG

9.

8:30 S&S
10:00 SCRABBLE
10:00 WII BOWLING
10:00 GENEALOGY
GROUP
11:00 INTERIM
HEALTH CARE
11:00 PWR. OF AGING
12:00 LUNCH
1:00 BINGO
2:00 ART CLASS
7:00 MS SUPPORT
GROUP

10.

9:00 GUESS WHO'S
AT BREAKFAST
9:00 WALKING DVD
10:00 WRITING GR.
11:00 GENTLE YOGA
11:00 LOW VISION
12:00 CAUSERIES
12:45 MSCA ASSOC.
MTG.
1:30 MSCA EXEC.
BOARD MTG.
1:00 FUND. OF TAP
2:00 BOOK CLUB
7:00 TNT QUILTERS

11.

8:30 S&S
9:30 WOOD CARVING
10:00 WII BOWLING
10:00 QUILTING
10:00 MEDITATION
10:15 SPARKETTES
11:15 REIKI
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
2:30 WII BOWLING
3:15 SR. AEROBICS
6:30 WE NEED TO TALK
(AT MANS. LIBRARY)

12.

9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING &
CROCHETING
10:30 SIT & GET FIT
11:30 FINANCIAL
AWARENESS
12:00 LUNCH
1:00 AFTERNOON AT
THE MOVIES
1:00 ART STUDIO
1:30 PERSONAL
TECHNOLOGY

15.

9:00 SR. AEROBICS
9:00 WALKING DVD
10:00 ART STUDIO
10:00 PC HELP
10:15 SPARKETTES
12:00 LUNCH
1:00 MAHJONGG
1:30 CHORUS

16.

8:30 S&S
10:00 SCRABBLE
10:00 WII BOWLING
11:00 PWR. OF AGING
12:00 LUNCH
1:00 BINGO
2:00 ART CLASS

17.

9:00 BIG E TRIP
9:00 WALKING DVD
10:00 WRITING GR.
11:00 GENTLE YOGA
12:00 CAUSERIES
1:00 FUND. OF TAP
3:00 CAREGIVER'S
GROUP

18.

8:30 S&S
9:30 WOOD CARVING
10:00 WII BOWLING
10:00 QUILTING
10:15 SPARKETTES
11:30 FOOD SHARE
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
2:30 WII BOWLING
3:15 SR. AEROBICS

19.

9:00 WALKING DVD
10:00 SCRABBLE
10:00 PHOTO CLUB
10:00 KNITTING &
CROCHETING
10:30 SIT & GET FIT
12:00 LUNCH
1:00 ART STUDIO
1:00 DUPLICATE
BRIDGE



~ SEPTEMBER ~

MONDAY

22.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 ART STUDIO
 10:00 PC HELP
 10:15 SPARKETTES
 12:00 LUNCH
 1:00 ELDER CARE
 ATTNY.
 1:00 MAHJONGG
 1:30 CHORUS

TUESDAY

23.
 8:30 S&S
 9:00 DR. WALTER
 10:00 SCRABBLE
 10:00 WII BOWLING
 11:00 PWR. OF AGING
 12:00 LUNCH
 1:00 BINGO
 2:00 ART CLASS

WEDNESDAY

24.
 9:00 WALKING DVD
 10:00 WRITING GR.
 11:00 GENTLE YOGA
 12:00 CAUSERIES
 1:00 VNA EAST
 1:00 FUND. OF TAP
 2:00 BOOK CLUB
 7:00 TNT QUILTERS

THURSDAY

25.
 8:30 S&S
 9:30 WOOD CARVING
 10:00 WII BOWLING
 10:00 QUILTING
 10:15 SPARKETTES
 12:00 LUNCH
 12:30 PWR. OF AGING
 1:00 BRIDGE
 1:00 JEWELRY
 2:30 WII BOWLING
 3:15 SR. AEROBICS

FRIDAY

26.
 9:00 WALKING DVD
 10:00 SCRABBLE
 10:00 KNITTING &
 CROCHETING
 10:30 SIT & GET FIT
 12:00 LUNCH
 1:00 AFTERNOON AT
 THE MOVIES
 1:00 ART STUDIO

29.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 ART STUDIO
 10:00 PC HELP
 10:15 SPARKETTES
 12:00 LUNCH
 1:00 MAHJONGG
 1:30 CHORUS

30.
 8:30 S&S
 10:00 SCRABBLE
 10:00 WII BOWLING
 11:00 PWR. OF AGING
 12:00 LUNCH
 1:00 BINGO
 2:00 ART CLASS



SAVE THESE DATES

~ NOVEMBER 7TH ~
 VETERANS DAY TRIBUTE

~ NOVEMBER 12TH ~
 AARP DRIVER SAFETY COURSE

~ NOVEMBER 19TH ~
 THANKSGIVING DINNER

~ NOVEMBER 26TH ~
 THANKFUL GATHERING



If price were no object, the Mystery Guest would be driving a '64 Mustang Convertible.



Celebrate Mansfield Festival
Sunday, September 21st, 2014

The Mansfield Senior Center Association (MSCA) and the Commission on Aging (COA) will share an activity booth at this year's downtown festival. The streets of downtown Storrs and the downtown green will be the location for this year's event, which will run from 12:00-4:00pm. Volunteers will be needed to help supervise the booth. If you have a skill - painting, drawing, arts & crafts, knitting, crocheting, etc. – that you can share with the children and teens that bring their parents and grandparents to the booth, please consider volunteering your time. A sign-up sheet is available at the front desk of the Senior Center.



**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 RULE OR
 MAIL IT TO HER AT:**

**MANSFIELD SENIOR & WELLNESS CENTER
 303 MAPLE ROAD
 STORRS MANSFIELD, CT 06268**

SENIOR SPARKS

**Mansfield Senior Center
 303 Maple Road
 Mansfield, Connecticut 06268
 (860) 429-0262**

**POSTMASTER: DATED MATERIAL
 PLEASE DELIVER PROMPTLY**

PRE-SORT STANDARD
 U.S. POSTAGE **PAID**
 MANSFIELD CT
 PERMIT #5

CURRENT RESIDENT OR

PUT LABEL
 IN THIS BLOCK