

SENIOR SPARKS

Mansfield Senior Center Newsletter

~ OCTOBER 2014 ~



THIRD WEDNESDAY LUNCHEON AND ENTERTAINMENT

Come and join our first Third Wednesday luncheon and program on October 15th at 12pm! Our meal, provided by the Bistro, will consist of veal marsala, jeweled rice, snap peas, and peach cobbler. The cost for this meal is \$5. Our entertainment will be provided by the vivacious and talented Ashly Cruz. She sings a wide variety of musical numbers which will get your toes tapping! Come and make sure to bring a friend! Please make your reservations at the front desk by October 7th. See you then!



Mansfield Senior Center Association
proudly presents:

Craft & Collectibles Fair
Saturday, October 18, 2014
9:00am to 2:00pm
at the
Mansfield Senior Center

Pot Luck Refreshments
will be available for sale.

For information on Table Rental,
please call Estelle at 860-429-1685 or
Beverly at 860-456-2570



Join us for our 3rd Annual Health Fair
October 22nd from 1:00-3:30pm

- * blood pressure screenings
- * oral health screenings
- * nutrition counseling
- * pharmacy counseling
- * free giveaways
- * preventive health education materials

In addition, local Massage Therapist Deb Turner will offer Seniors a 25 minute **massage** or **reflexology** session at a reduced rate of \$15.00.

Treat yourself to your health!

Please call Kathy Yaffee
to make your massage or reflexology appointment.

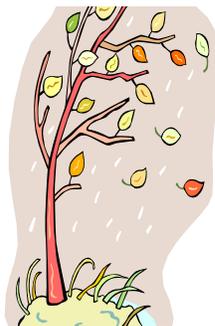
~ FALL FESTIVAL ~

*Celebrate the Season with a festive afternoon
of storytelling, games, music
and plenty of apple pie for dessert!*

Renowned local storyteller Carolyn Stearns will captivate you with her tales of days gone by. A Mansfield resident, Carolyn has spent her life exploring local history and weaving it into her craft. Let Carolyn's stories transport you through time to a place where life was slower and heroism & strength prevailed!

October 29th from 1:00-4:00pm
~ \$2.00 per person ~

Please call Kathy Yaffee to register
by October 22nd



Mansfield Senior & Wellness Center
303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 Fax: 860-429-3208
www.SeniorCntr@mansfieldct.org



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
860-487-9872**

PROGRAM COORDINATOR:

**SARAH TAYLOR
860-487-9874**

VOLUNTEER TRANSPORTATION MANAGER:

**GIANNA STEBBINS
860-487-9877**

RECEPTIONIST:

**KATHY YAFFEE
860-487-9870**

SITE SERVER:

**SHARON CARON
860-487-9876**

ADULT SERVICES SOCIAL WORKER:

**KATHY ANN EASLEY
860-487-9873**

OUTREACH WORKER:

**CAROLYN MCAULIFFE
860-487-9875**

A NOTE FROM CINDY DAINTON, SENIOR CENTER SUPERVISOR

Fall is on the way. It has inspired me to look back at various articles that I have written over the past several years. In October of 2011, I talked about recovering from Storm Irene. Beginning in October 2011 and running through the rest of the 2011 calendar year, each article had some reminders on things to pull together to get ready for upcoming storms. In that spirit, I remind everyone to take another look at the kit that they prepared in 2011 for any items that might need to be replaced. After all, it is 3 years later!

Fall is a busy time at the Mansfield Senior & Wellness Center. Many programs that go on vacation for the summer return in September. The Mansfield Senior & Wellness Center celebrated National Senior Center month during the week of September 8th through the 12th and it was a huge success! I encourage everyone to read the Sparks in its entirety so that you do not miss something that you would have like to attend.

This issue has everything from Flu Shots (October 2nd), to our 3rd Annual Health Fair, a presentation on public transit and a Fall Festival! Please look inside for more details. In addition, The Mansfield Senior Center Association is having a Craft & Collectibles Show on Saturday, October 18th. Please try to support as many activities as you are able to.

Many of you already know that Sharon has been out for some time. We certainly extend our best wishes for a speedy recovery!

Everyone here would love to see you at the Mansfield Senior & Wellness Center so please stop in and say hello. There is always coffee going and friends, both old and new, to chat with. I am looking forward to seeing you soon.

Cindy



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 ASSOCIATION, INC.
Greetings from Estelle Elliott, MSCA President

Dear Seniors,
 Good day! As we come into October we are approaching the weather I am personally not fond of, but I realize 2 things: 1. for those who prefer the colder weather here it comes, and 2. if we live in New England the four seasons are a fact.

By this time the week of our Senior Center Celebration has come and gone with a great time of fun trying many new things, meeting new friends and hopefully visiting with some past acquaintances. That week is something I personally look forward to every year and I hope many of you enjoyed it as well.

The MSCA Cookbooks and the T-shirts will be out soon! We are trying to bring new things into the Center. Please consider buying at least one of the each.

There is a possibility of a Bazaar in December. Though, there are some things that must happen before I will commit to running a bazaar. I will have a sign up sheet out at the front desk and you must tell me what area you wish to work in. Next, there will be 2 meetings all volunteers must attend. The first one will be Wednesday, October 22nd at 1:00pm. Though I must tell you up front, if there are not enough volunteers at the meetings, there will not be a bazaar. It takes a great deal of planning and team effort in order for this to run smoothly.

Please keep in mind that in October we have the Craft and Collectable Fair on Saturday, October 18th from 9:00am to 2:00pm. This is one of our biggest fundraisers, so please come and see if you can find any early holiday gifts!

**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

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

**THANK YOU, THANK YOU,
 THANK YOU**

TO ALL THE SENIORS WHO HELPED
 PRODUCE, EDIT, COLLABORATE AND MAIL
 THE TOWN-WIDE SETMEMBER SPARKS!

- | | | |
|----------------|----------------|----------------|
| Estelle Elliot | June Curtis | John Adamcik |
| Alice Jansen | Rita Braswell | Lida Bilokur |
| Ed Sicard | Sam Gordon | Jim Campetelle |
| Bev Gotch | Fern Hammer | Carol Higgins |
| Karen Peters | Fran Cichowski | |
| Gerry Jones | Jean Ann Kenny | |
| Sue Kwastel | | |



Class Fees & Registration Information

**For more information on class fees and registration,
please call Senior Center Receptionist Kathy Yaffee at 860-487-9870**

CLASS	DAY/TIME	SEPTEMBER SESSION	CLASS FEE
<i>FITNESS CLASSES:</i>			
SENIOR AEROBICS	MONDAYS 9:00-10:00AM *NO CLASS 10/13*	3 CLASSES	15.00 R/\$18.00 NR
	THURSDAYS 3:15-4:15PM	5 CLASSES	\$25.00 R/\$30.00 NR *PRE-REGISTRATION REQUIRED
SPARKETTES	MONDAYS 10:15-11:45AM *NO CLASS 10/13*	3 CLASSES	\$22.50 R/\$27.00 NR *PRE-REGISTRATION REQUIRED
WALKING DVD	MONDAYS 9:00-9:40AM *NO GROUP 10/13*	3 CLASSES	NO FEE
	WEDNESDAYS 9:00-9:40AM	5 CLASSES	
	FRIDAYS 9:00-9:40AM	5 CLASSES	
STRENGTH & STABILITY	TUESDAYS 8:30-9:30AM	4 CLASSES	\$5.00 R/\$6.00 NR
	THURSDAYS 8:30-9:30AM	5 CLASSES	THIS CLASS WILL BE BILLED MONTHLY BASED ON ATTENDANCE.
POWER OF AGING	TUESDAYS 11:00AM-12:00PM	4 CLASSES	\$5.00 R/\$6.00 NR
	THURSDAYS 12:30-1:30PM	5 CLASSES	THIS CLASS WILL BE BILLED MONTHLY BASED ON ATTENDANCE.
FUNDAMENTALS OF TAP	WEDNESDAYS 1:00-2:00PM	5 CLASSES	\$25.00 R/\$30.00 NR *PRE-REGISTRATION REQUIRED
TAI CHI	WEDNESDAYS 10:00AM	5 CLASSES	NO FEE
SIT & GET FIT	FRIDAYS 10:30-11:30AM	5 CLASSES	\$25.00 R/\$30.00 NR *PRE-REGISTRATION REQUIRED
<i>ART CLASSES:</i>			
ART CLASS	TUESDAYS 2:00-3:30PM	4 CLASSES	\$30.00 R/\$36.00 NR *PRE-REGISTRATION REQUIRED
WOODCARVING	WEDNESDAYS 9:30-11:30AM	5 CLASSES	NO FEE

**SPARKS CAN ALWAYS BE FOUND ONLINE AT:
WWW.MANSFIELDCT.GOV/FILESTORAGE/1904/2767/201409_SPARKS.PDF
LOOK US UP!**

Fitness & Healthy Living

Walking DVD



Do you have 40 minutes to devote to your health? That's all it takes to walk 2 miles with our morning walking group!

Mondays 9:00-9:40am
Wednesdays 9:00-9:40am
Fridays 9:00-9:40am

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're comfortable.

Tuesdays & Thursdays 8:30-9:30am

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, flexibility, balance and core strength.

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

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

*** NEW ***

Tai Chi Cooperative Group

Join us for an opportunity to practice Tai Chi in this cooperative, self-led group! We plan to practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

Wednesdays 10:00-11:00am

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.

Fridays 10:30-11:30am

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Sparkettes Class

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.

Mondays 10:15-11:45am

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

~ Health Tips ~

Renowned geriatrician Harvey Jay Cohen offers these tips for aging well:

1. Laugh often
2. Get a good night sleep
3. Lose that extra weight around "the middle"
4. Get regular & specific health screenings, and vaccinate against the flu and shingles

* PLEASE SEE CLASS FEES & REGISTRATION PAGE FOR PRICING INFORMATION *
 SENIORS MAY REGISTER FOR CLASSES AT THE SENIOR CENTER

CREATIVE ARTS

Art Studio

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists!

Fridays at 1:00pm

Art Class

Join us for an opportunity to make art and learn new techniques. 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 with members of the Mystic Carvers Club! There is no fee for this class, and beginners do not need to bring any supplies—come try it out first; the group leaders will then recommend beginner tools and local suppliers. For more information visit www.mysticcarvers.com. ***Note change in day!***

Wednesdays 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. 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



Flu Clinic

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

Offered by VNA East

Please bring your insurance card!

If you are not covered by Anthem, Medicare Part B, Aetna or Connecticare, the fee for the shot is \$30.00.

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.

October 1st from 11:30am-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.

October 2nd from 9:00-11:00am

VNA East Adult Health Screenings

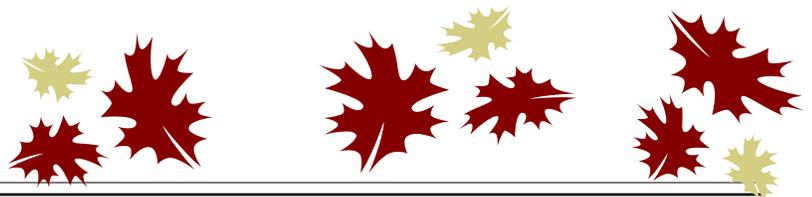
Blood Pressure, Cholesterol, Blood Glucose, Foot Care and Ear Flushing for a nominal fee.

October 30th from 9:00-11:00am

Podiatrist

Dr. Walter provides complete foot care & podiatric evaluations. Medicare will be billed if you are eligible, so please bring your insurance card.

October 22nd from 9:00am-12:00pm



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!

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

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
(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

Wii Bowling League!

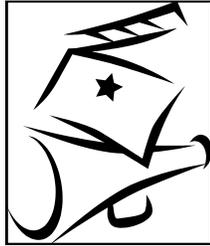
The Mansfield Senior Center Wii Bowlers are hitting the road! Once

a month, we'll travel to or host a different Senior Center for some friendly competition and a chance to meet new friends. The league will run from October to April with an end of the season tournament in May. We're still looking for a few folks to round out our roster, so if you'd like to join this fun bunch, please call Sarah at 860-487-9874. No previous play necessary.



AFTERNOONS AT THE MOVIES

Join us twice per month for a fun afternoon at the Movies without ever leaving the Senior Center! Of course, we'll enjoy popcorn and light refreshments while we watch! This month we're celebrating fall with two fantastic films!



OCTOBER SKY

Starring Jake Gyllenhaal, Chris Cooper and Laura Dern, this is the true story of Homer Hickam, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes.

Friday, October 10th at 1:00pm

CLUE

Was it Colonel Mustard in the study? Miss Scarlet in the billiard room? Or was it Wadsworth the Butler? Meet all the notorious suspects as they find themselves tangled in a web of murder, lies and hilarity! Starring Eileen Brennan, Tim Curry and Madeline Kahn.

Friday, October 24th at 1:00pm

JORGENSEN
CENTER FOR THE PERFORMING ARTS

2 FOR 1
TICKETS

FALL 2014 SHOWS

MOMIX
October 24th & 25th
8:00pm

MOSCOW STATE SYMPHONY
November 14th
8:00pm

Please call Kathy Yaffee to add your name to the participant list or for more information.



- 1 Jeanne Meddick, Edly Bussolotta, Gary Drew, Beverly Korba, David Miller, Joseph Sokolowski, Frank Schwager.
- 2 Sandra Roth, Linda Douda, Crayton Walker, Ye Zemei
- 3 Joyce Doubleday, Cindy Schaffer
- 4 Donald Nygren, Madelyn Mackovick, Mary Stout
- 5 Betty Gordon, Henry Millman, Helen Collins, MaryAnn Doucette, Anita Eichner
- 6 James Dick
- 7 Kenneth Jones, Robert Miller, Gladys Olsen, William Stwalley
- 8 Isabelle Ricard
- 9 Carla Kelly, Barbara Manpelli
- 10 Camille Forman, Robert McClintock, Phyllis Evans
- 11 Ruth Haddad, Marjorie Nelson
- 12 Diana Hodgins
- 13 Nancy Wengel, Harold Abramson
- 14 Grazina Maciuika
- 15 May Miller, Mary Tokes, Marie Patulak, Dorothea Mercier, Richard Sherman
- 16 Phyllis Getter
- 17 Tulay Luciano, Barbara Nagy, Sandra Denevte, Winthrop Hawkins, Grete Binau-Hansen
- 18 Frank Fontana, Mufiole Gurun, Emilie Heroux, Barbara Osborn, Robert Wyss, Carolyn Veins, Evelyn Hughes, Angela Marcus, Hans Laufer
- 19 Lorraine Eaton, Richard Staples, Loretta Castagna, David Kolb
- 20 John Fisher
- 21 Joanne McCaughey, Harriet Walker
- 22 Mary Harper, Rita Duval, John Rickards
- 23 Charles Sutherland, Elaine Enright, Donna Lussier, Olivia Devereux
- 24 Rita Clang
- 25 Lea Barbeau, Mark Tourtellotte, Charles Prewitt, John Mangeri, Muriel Lucas
- 26 John Marshall, Colby Melanec
- 27 Maretta Johnson, Robert Landry, Audrey Barberet, Fernand Duval, Margaret McCarrick
- 28 Madge Manfred, Gail Dunnrowicz, Ray Haddad
- 29 Barbara Ladd, Joyce Owen, Lida Bilokur
- 30 Frank Perrotti, Georgette Beaumont
- 31 Elizabeth Dickson

VERY SPECIAL THANKS TO:

Joan Terry for her two beautiful quilts in the dining room, and Richard Hobby for his wonderful model of the borax team!

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 the Receptionists at (860) 429-0262, ext. 0

~ 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.



COMPUTERS

The Computer Committee is looking for a few new faces to join us! You don't need to be an Einstein—just look at us! We do need people who are interested in helping others better understand these strange new devices that make life interesting (?). If you would like to help, please ask anyone who looks as if they know what they are doing in the Computer Room. Better Yet, come to our meeting on the 1st Tuesday of each month at 2:30pm and check us out. We need various talents: advertising, public relations, record keeping, teaching, coaching & leadership. We would love to see you!



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.

PLEASE HELP US EXTEND A VERY WARM WELCOME TO OUR NEW SENIOR CENTER MEMBERS!

DONALDA MATTHEWS
JUDY RINGUETTE
W. GRIFFIN
JOSEPHINE SABINO
CAROL OLSON
MARTA LOPEZ-DIGBY
CYNTHIA MYERS

TUCKER MERRITT
JERRY RINGUETTE
CHANDRA VENKATAKRISHMAN
MARGARET MACHIE
FRANCES DORSO
MARILYN GIOLAS
DOROTHY STAGNER

THE MSCA COOKBOOK
DINERS' DELIGHTS
WILL BE OUT JUST IN TIME
FOR THE HOLIDAYS!
THE COOKBOOKS WILL
COST \$10/EACH AND
MAKE WONDERFUL
HOLIDAY GIFTS!



TRIPS & TRAVEL



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



We need more people to help up celebrate Halloween in Salem, Massachusetts! Enjoy a guided tour of Salem, followed by a Halloween-themed luncheon & party at the Historic Hawthorne Hotel. Costumes are optional. The cost for this trip is **\$95.00/person**.



A Salute to the Armed Forces Tuesday, November 11th

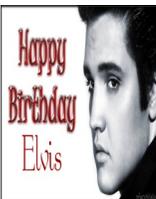


Celebrate and honor our Veterans at the Aqua Turf with a delicious family style luncheon and entertainment provided by Times Square Band and the Moxie Vocal Group. The cost for this trip is **\$77.00/person**, which includes coffee & donuts on arrival, full-course luncheon with a glass of beer or wine 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. After lunch, we'll be serenaded with 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 the gourmet buffet feast, cabaret style Holiday Show and a cup of hot wassail to toast good luck, good health, and good cheer.



"Happy 80th Birthday Elvis" Sunday, January 11, 2015

Don't miss Elvis impersonator Jeff Krick performing at the Hu Ke Lau in honor of Elvis' 80th Birthday! The cost for this trip is **\$76.00/person**, which includes a fantastic lunch with a choice of Prime Rib or Baked Scrod.

SAVE THESE DATES!

Join us for a presentation by **Collette Vacations** on **November 3rd at 1:00 pm**.

We'll learn all about the upcoming 15-day trip in October 2015 to explore England, Ireland, Scotland and Wales!

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!

**To RSVP or for more information on trips & travel, please contact
Kay Warren at 860-429-0262, ext. 6.**

TRANSPORTATION NEWS

~ OCTOBER DAY TRIPS ~

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

Buell's Orchard and Coriander's Café

Van will depart Center at 10:30am and return at approximately 3:00pm.

Tuesday, October 7th

Registration deadline is Friday, October 3rd.

Luncheon and Show at the Old Sturbridge Village Theater

Van will depart Center at 10:30am and return at approximately 4:00pm. The cost for this trip is \$45.40/person, which includes the show and a delicious luncheon with a choice of traditional New England Turkey Dinner or Grilled Salmon.

PLEASE NOTE: Full payment is due at the time of registration.

Wednesday, October 22nd

Registration deadline Friday, October 17th.



PUBLIC TRANSIT 101

JOIN US FOR THIS INFORMATIVE WORKSHOP THAT WILL HELP YOU MAKE THE MOST OF AVAILABLE LOCAL TRANSPORTATION SERVICES!

**OCTOBER 1ST
FROM 1:00-3:00PM**

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.

IN OUR COMMUNITY

Did you Know?!

The Center for Learning in Retirement (CLIR) offers a variety of meaningful intellectual classes & activities for adults? The classes, conducted in an informal atmosphere, are held in the Vernon cottage on Witryol Place at UConn's Depot Campus. There are no age limitations or academic requirements to participate – just a love of learning.

Some of the classes that are being offered this fall are: Holistic Stress Management on October 9th from 1:15-2:45pm; Breast Cancer Screening: The Controversy and ... the Solution? on October 23rd from 1:15-2:45pm; Bones of Richard III and the Big Digging on October 27th from 10:15-11:45am; Sailing from Cape to Cape on October 28th from 10:15am-11:45.

For more information on CLIR and other class offerings, visit their website at

The Women's Club of Storrs

will hold a meeting with a pot-luck dinner followed by a presentation by Charles Prewitt, Jr. on October 6th at 5:30pm at the Mansfield Library. Mr. Prewitt will speak on the Alaskan Indian village where he taught for 20 years, and will display his collection of cultural artifacts. We welcome guests and prospective members, both men and women. Non-club members looking for more information may call Betty (Program Chair) at 429-5167 or Eileen (President) at 423-3163.

~WALKTOBER IN CONNECTICUT~

WITH MORE THAN 115 FREE GUIDED WALKS, HIKES, PADDLES, AND PEDALS, PLUS MORE THAN 40 SPECIAL EVENTS, WALKTOBER HAS SOMETHING FOR EVERYONE DURING THE MOST VISUALLY INTOXICATING TIME OF YEAR IN THE LAST GREEN VALLEY. EXPLORE MANSFIELD'S MT. HOPE PARK ON SUNDAY, OCTOBER 5TH, OR TAKE A STROLL THROUGH COVENTRY'S MILL VILLAGE & HISTORY ON WEDNESDAY, OCTOBER 1ST!

VISIT WWW.THELASTGREENVALLEY.COM FOR MORE INFORMATIONS!

TVCCA SENIOR CAFE

OCTOBER 2014

Lunch is served Monday through Friday for individuals aged 60 and over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal. Please remember to make your reservation at least 24 hours in advance by 10:00am!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>DON'T FORGET TO CHECK THE BATTERIES IN YOUR SMOKE DETECTORS!!</i></p>		<p>1 SLOPPY JOES, RICE PILAF, PEAS & CARROTS, FRESH ORANGE</p>	<p>2 COD NEWBURG, NOODLES, CAPRI VEGGIES, GRAPE JUICE, OATMEAL COOKIE</p>	<p>3 HUNGARIAN CHICKEN PAPRIKA, RICE, BROCCOLI, PEACH CUP</p>
<p>6 SWEDISH MEATBALLS, BUTTERED NOODLES, MIXED VEGGIES, ORANGE JUICE, CHOC CHIP COOKIE</p>	<p>7 *NEW* CHICKEN SAUSAGE, PEPPERS & ONIONS W/ BUN, RICE PILAF, GREEN & WAX BEANS, PINEAPPLE CUP</p>	<p>8 CHICKEN PARM, MASHED POTATOES, BROCCOLI, PEACH CUP</p>	<p>9 EGGPLANT ROLETTE, PENNE WITH MARINARA, ITALIAN VEGGIES, CUPCAKE, GRAPE JUICE</p>	<p>10 SPANISH BEEF STEW, CUMIN & GARLIC ROASTED POTATOES, CAPRI VEGGIES, FRESH FRUIT</p>
<p>13</p>  <p>Columbus Day</p>	<p>14 SALISBURY STEAK, BUTTERED NOODLES, PEAS & CARROTS, PEARS & MANDARIN ORANGES</p>	<p>15  MSCA THIRD THURSDAY & SPECIAL LUNCHEON</p> <p>\$5.00 PER PERSON PLEASE REGISTER AT FRONT DESK</p>	<p>16 CUBAN BRAISED PORK LOIN, YELLOW RICE & BLACK BEANS, GREEN BEANS, FRESH ORANGE</p>	<p>17 *NEW* MONTI CRISTO EGG PATTY WITH TURKEY SAUSAGE & AMERICAN CHEESE, FRENCH TOAST, VEGGIE MEDLEY, APPLESAUCE CUP</p>
<p>20 BEEF & BEAN ITALIANO, SEASONED RICE, VEGGIE MEDLEY, FRESH ORANGE</p>	<p>21 BBQ CHICKEN LEG, BAKED BEANS, VEGGIE MEDLEY, CRANBERRY JUICE, DANISH</p>	<p>22 PINEAPPLE GLAZED HAM, MASHED SWEET POTATOES, MIXED VEGGIES, PEACH CUP</p>	<p>23 PESTO CREAM CHICKEN, RICE PILAF, GREEN BEANS, DICED TOMOATOES, APPLESAUCE CUP</p>	<p>24 LAZY MAN'S LASAGNA, BROCCOLI, WAX BEANS, PINEAPPLE CUP</p>
<p>27 BAKED COD ITALIANO, MAC & CHEESE, STEWED TOMATOES, FRUIT COCKTAIL</p>	<p>28 WESTERN OMELET, ROASTED POTATOES, MIXED VEGGIES, FRESH FRUIT</p>	<p>29 MEATLOAF WITH GRAVY, MASHED POTATOES, PEAS & CARROTS, APPLESAUCE CUP</p>	<p>30 STUFFED SHELLS, CARROTS & WAX BEANS, PEARS & MANDARIN ORANGES</p>	<p>31  CHICKEN CACCIATORE, SEASONED RICE, ITALIAN VEGGIES, APPLE JUICE, SUGAR COOKIE</p>

1% MILK AND WHOLE GRAIN BREAD ARE SERVED WITH EACH MEAL. MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

ADULT & SENIOR SERVICES AND RESOURCES

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

Friendly Reminders

The **Renter's Rebate Program** for 2014 will be **ending October 1st**. Extensions may be available. Call Kathy Ann Easley for more information.

Mobile Food Share will be at Wright's Village on
October 2nd, 16th and October 30th
from 11:30am-12:15pm

FoodShare Thanksgiving Turkey Applications available throughout the month of October. Please call Kathy Ann Easley for details.

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 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.
October 8th 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.
October 15th from 3:00-4:00pm

**LOOKING TO MAKE A CHILD SMILE THIS HOLIDAY SEASON?
PLEASE CONSIDER MAKING A DONATION
TO THE MANSFIELD HOLIDAY PROGRAM!
CONTACT THE HUMAN SERVICES DEPT. FOR MORE INFORMATION
@ 860-429-3315**

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

Carolyn McAuliffe
Outreach Worker
860-487-9875

HumanServ@MansfieldCT.org
860-429-3315



~ OCTOBER ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



- 1.**
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GROUP
 11:30 HERRMAN B/P
 12:00 LUNCH
 12:00 CAUSERIES
 12:00 B-DAY LUNCH
 1:00 FUND. OF TAP
 1:00 PRESENTATION:
 PUBLIC TRANSIT

- 2.**
 8:30 S&S CLASS
 9:00 REIKI
 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 FLU CLINIC
 1:00 BRIDGE
 1:00 JEWELRY
 2:30 WII BOWLING
 3:15 SR. AEROBICS

- 3.**
 9:00 WALKING DVD
 10:00 SCRABBLE
 10:00 KNITTING &
 CROCHETING
 10:00 PHOTO CLUB
 10:30 SIT & GET FIT
 11:15 BRAIN AEROBICS
 12:00 LUNCH
 1:00 ART STUDIO

- 6.**
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 PC HELP
 10:15 SPARKETTES
 12:00 LUNCH
 1:00 MAHJONGG
 1:30 CHORUS

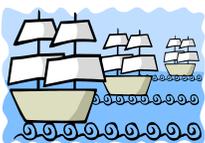
- 7.**
 8:30 S&S
 10:00 SCRABBLE
 10:00 WII BOWLING
 11:00 PWR. OF AGING
 12:00 LUNCH
 1:00 BINGO
 2:00 ART CLASS
 2:30 COMPUTER
 COMMITTEE
 7:00 MS SUPPORT
 GROUP

- 8.**
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GROUP
 11:00 LOW VISION
 12:00 LUNCH
 12:00 CAUSERIES
 1:00 MSCA EXEC.
 BOARD MTG.
 1:00 FUND. OF TAP
 2:00 BOOK CLUB
 7:00 TNT QUILTERS

- 9.**
 8:30 S&S
 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

- 10.**
 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

- 13.**
 ~ COLUMBUS DAY ~



SENIOR CENTER
 IS CLOSED

- 14.**
 8:30 S&S
 10:00 SCRABBLE
 10:00 WII BOWLING
 10:00 GENEALOGY
 GROUP
 11:00 PWR. OF AGING
 12:00 LUNCH
 1:00 BINGO
 2:00 ART CLASS

- 15.**
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GROUP
 12:00 CAUSERIES
 12:00 MSCA THIRD
 WEDNESDAY
 1:00 FUND. OF TAP
 3:00 CAREGIVER'S
 GROUP

- 16.**
 8:30 S&S
 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

- 17.**
 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



~ OCTOBER ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

20.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 9:30 COA MTG
 10:00 PC HELP
 10:15 SPARKETTES
 12:00 LUNCH
 1:00 ELDER CARE
 ATTNY.
 1:00 MAHJONGG
 1:30 CHORUS

21.
 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

22.
 9:00 WALKING DVD
 9:00 DR. WALTER
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GROUP
 12:00 LUNCH
 12:00 CAUSERIES
 1:00 FUND. OF TAP
 1:00 HEALTH FAIR
 1:00 BAZAAR MTG
 2:00 BOOK CLUB
 7:00 TNT QUILTERS

23.
 8:30 S&S
 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

24.
 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

27.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 PC HELP
 10:15 SPARKETTES
 12:00 LUNCH

 1:00 MAHJONGG
 1:30 CHORUS

28.
 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

29.
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GROUP
 12:00 LUNCH
 12:00 CAUSERIES
 1:00 FUND. OF TAP
 1:00 FALL FESTIVAL

30.
 8:30 S&S
 9:00 VNA EAST
 10:00 WII BOWLING
 10:00 QUILTING
 10:15 SPARKETTES
 11:30 FOODSHARE
 12:00 LUNCH
 12:30 PWR. OF AGING
 1:00 BRIDGE
 1:00 JEWELRY
 2:30 WII BOWLING
 3:15 SR. AEROBICS

31.
 9:00 WALKING DVD
 10:00 SCRABBLE
 10:00 KNITTING &
 CROCHETING
 10:30 SIT & GET FIT
 12:00 LUNCH
 1:00 ART STUDIO
 1:00 DUPLICATE
 BRIDGE



****INCLEMENT WEATHER****

It's almost that time of year again!
 This is a friendly reminder that when
 Mansfield Public Schools are closed or
 delayed due to inclement weather, the
 Mansfield Senior and Wellness Center will
 also be closed or delayed accordingly.
 Listen to WTIC (1080 AM) or WILI (1400 AM),
 watch Channel 3 news or call the Center
 at 860-429-0262 for announcements.
 Please use caution
 and put your own safety first!

SAVE THESE DATES

~ NOVEMBER 7TH ~
VETERANS DAY TRIBUTE

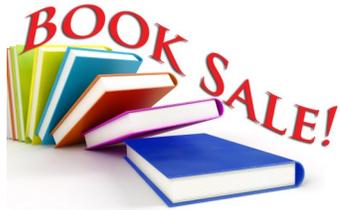
 ~ NOVEMBER 10TH ~
MINI SPA DAY

 ~ NOVEMBER 12TH ~
AARP DRIVER SAFETY COURSE

 ~ NOVEMBER 19TH ~
THANKSGIVING DINNER

 ~ NOVEMBER 26TH ~
THANKFUL GATHERING

THE FRIENDS OF MANSFIELD LIBRARY



Hardcover & paperback books, CDs, DVDs, audio books, videos, classic books and a large selection of children's books will be available at bargain prices! There will also be a "specials" area with good, high value books that will be priced slightly higher.

Saturday, September 27th from 9:00am-4:00pm
 Sunday, September 28th from 9:00am-3:00pm
 at the
Mansfield Public Library
 54 Warrenville Rd (Route 89), Mansfield

**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

CURRENT RESIDENT OR

PUT LABEL
 IN THIS BLOCK