

SENIOR SPARKS

Mansfield Senior Center Newsletter

~ DECEMBER 2014 ~



HOLIDAY BAZAAR
AT THE MANSFIELD SENIOR CENTER
SATURDAY, DECEMBER 6TH FROM 9AM-1PM

~ TOYS, BOOKS, JEWELRY, BAKE SALE & SILENT AUCTION ~
~ HANDMADE KNITTED & QUILTED ITEMS ~
~ CHRISTMAS DÉCOR & ATTIC TREASURES ~

JOIN US FOR A DELICIOUS POT-LUCK LUNCH OF HOMEMADE SOUPS, HOT DOGS & BAKED GOODS
BRING YOUR FRIENDS! JOIN THE FESTIVITIES! SHOP 'TIL YOU DROP!

Do you need a reprieve from all the hustle & bustle?

Join us for our
Annual Holiday Celebration!

Pot Roast, mashed potatoes, broccoli and apple pie will be served. Our own version of the Rockettes, the Sparkettes, will dance their way into our hearts. The Senior Center Chorus will perform, in their usual excellent way, the melodies of the season. It will be a gift to one and all to see and hear this outstanding program! The cost for this event is \$5.00 per person. Please register at the Front Desk by December 9th.

Don't miss out on this holly, jolly program!
Wednesday, December 17th at 12:00pm

Oh
**WHAT
FUN!**

Oh
**WHAT
FUN!**

“COUNTDOWN TO NOON”

WEDNESDAY, DECEMBER 31ST AT 10:30AM

JOIN US FOR A FESTIVE FETE AS WE RING IN THE NEW YEAR!



SING ALONG TO THE ROMANTIC MUSIC OF THE DIMINUTIVE DUO, AND THEN ENJOY A TRADITIONAL PENNSYLVANIA DUTCH NEW YEAR'S MEAL WITH ROAST PORK, MASHED POTATOES, SAUERKRAUT & A FUDGE BROWNIE FOR DESSERT!

WE'LL COUNT DOWN THE SECONDS TO NOON &
SHARE A SPARKLING CIDER TOAST AROUND THE FOUNTAIN AT 12PM.
\$5.00 PER PERSON. PLEASE REGISTER AT THE FRONT DESK BY DECEMBER 17TH.

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

TOWN WEBSITE: WWW.MANSFIELDCT.ORG

SENIOR CENTER SUPERVISOR:

CINDY DANTON

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

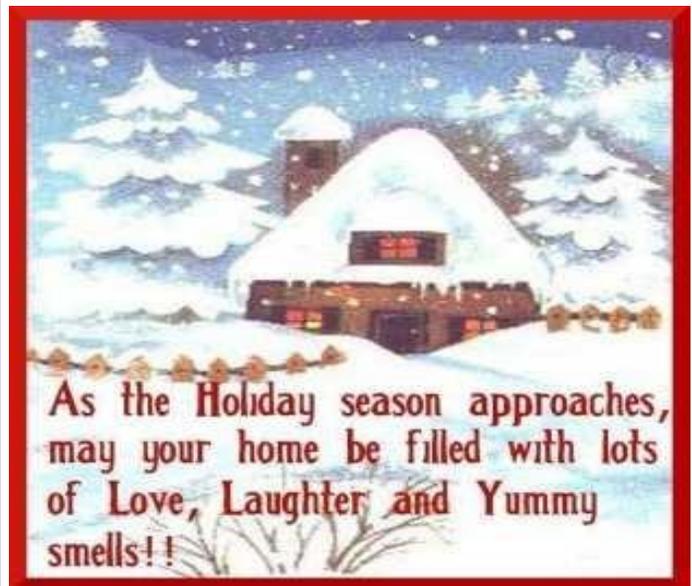
A NOTE FROM CINDY DANTON, SENIOR CENTER SUPERVISOR

*In seed time learn, in harvest time teach,
in winter time enjoy. William Blake*

Welcome to December. There is a great deal taking place at the Mansfield Senior & Wellness Center during the month. As a gentle reminder, please remember that when the Mansfield Public Schools are closed, the senior center is closed for the day. In addition, if Mansfield schools open late, the Senior Center will also open late. I do my best to get the media to make announcements regarding our status by 7am in the morning. In addition, the answering system at the senior center is updated in the morning. Above all, please use your own judgment and be safe.

There is a whole lot of winter in front of us. As a way to enjoy this winter, think about coming to a program or take a class that you would normally not take. It is a great way to meet people, form new connections, and to try something new. There are a number of things going on at the senior center every day – please take a few minutes to review this newsletter and in particular the calendar. I hope to see you at the senior center this month!

HAPPY HOLIDAYS!



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

**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

To reach the Association President,
please call 860-429-0262, ext. 5.

**MSCA Executive Board & Association
Meeting Schedule**

Association Mtg	December 10th at 12:45pm
Executive Board	December 10th at 1:30pm
Executive Board	January 14th at 1:00pm
Executive Board	February 11th at 1:00pm

THE MSCA IS SELLING T-SHIRTS !

T-shirts are available in both navy and maroon in sizes small through 3x.

Please stop by the reception desk to purchase yours!



**HOT
OFF THE PRESSES!**

**THE MSCA COOKBOOKS
DINERS' DELIGHTS ARE IN!**

THE COOKBOOKS ARE \$10/EACH
AND WILL MAKE WONDERFUL GIFTS!
BUY YOURS AT THE RECEPTION DESK TODAY!

MANSFIELD SENIOR CENTER ASSOCIATION, INC.

Greetings from Estelle Elliott, MSCA President

Hi Everyone,

Just dropping a line to say hello and thank you for having been part of a good year. I am looking forward to the many ventures that will come in the New Year. We had a face lift in the dining room during the week we closed in June, with the paint job. The curtains have come in for the dining room. The sitting area is set up in the Alcove. Who knows what else may be coming, all for the good. We have had many good trips both on our van and by bus. I have taken some and I truly hope you have tried many of them. I personally missed about six weeks of the summer but I think we had a great summer and fall has had some tremendous weather.

Now moving into the Holiday time of year I do hope you will all come and have a meal with us; be it a lunch, a third Wednesday, or our New Year's Celebration at noon "Countdown to Noon" as we together count down the past year looking forward to what is ahead.

Please keep in mind that we will be having a Bazaar on Dec. 6th. Come and look around! You never know what you will find. Come and join us for lunch. All home made food, and desserts. We also have many hand made items created by the quilters and knitters. We would truly appreciate it if you would bake for the Bazaar.

I wish to thank all who helped make the Craft and Collectible Show a success. So, to one and all, thank you very much again. I will not be naming anyone for I do not wish to offend in case I leave a name off. Those who helped with set up, who baked, created the baskets, covered the tables, and helped with clean up. Every bit helps. The Association cleared just over \$900.00. Anything can be accomplished when done together!

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

**TO ALL THE SENIORS WHO HELPED
PRODUCE, EDIT, COLLATE AND MAIL
THE NOVEMBER SPARKS!**



**June Curtis
Fran Chicowksi
Carol Higgins
Dan Gebben**

**Lida Bilokur
Cathy Strauch
Kay Warren
Estelle Elliott**



Fitness & Healthy Living

Walking DVD



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

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

There is no need to pre-register and no fee for this class. 

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
\$5.00R/\$6.00NR per class
This class will be billed monthly based on attendance.

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 and footwork. Pre-registration is required.

Wednesdays 1:00-2:00pm
3 Classes—\$15.00R/\$18.00NR

Senior Aerobics



This high energy class provides a complete cardio workout with a combination of standing exercises and mat work. Pre-registration is required.

Mondays at 9:00-10:00am
5 Classes—\$25.00R/\$30.00NR

Thursdays 3:15-4:15pm
3 Classes—\$15.00R/\$18.00NR

*** 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
There is no need to pre-register and no fee for this class.

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
\$5.00R/\$6.00NR per class
This class will be billed monthly based on attendance.

S P A R K E T T E S

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. Pre-registration is required.

Mondays 10:15-11:45am
3 Classes—\$22.50R/\$27.00NR

*** NEW ***

Gentle Yoga

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. This class is open to students of all levels, and no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class. Pre-registration is required.

Wednesdays 11:00am-12:00pm
4 Classes—\$20.00R/\$24.00NR

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. Pre-registration is required.

Fridays 10:30-11:30am
4 Classes—\$20.00R/\$24.00NR

*** PRICES LISTED ARE FOR THE MONTH OF DECEMBER ***

PLEASE REGISTER AT THE SENIOR CENTER OR CALL KATHY YAFFEE FOR MORE INFORMATION

CREATIVE ARTS***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.

Wednesdays at 9:30am

Quilting with Pat

This session will feature “Projects of Your Choice.” Use this time to begin new projects or complete projects that need a finishing touch. This is a great opportunity to get some holiday gift items made. Whether it’s a project that has you stumped, a quilt that just needs a border or a new project that needs a jump start, bring it in and get some encouragement and class motivations with Pat Ferguson as your “Quilting Coach.” Pre-registration is required.

Thursdays from 10:00am-12:30pm

**New Session: 10/30, 11/13, 12/4, 12/11 & 12/18
\$30.00R/\$35.00NR**

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! 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

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

Reminder:

**Eldercare Attorney Joelen Gates
provides free legal services for those in need.
Attorney Gates is available by phone
at 860-786-6372 or by appointment in her
Willimantic office.**

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.

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

VNA East Adult Health Screenings

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

December 3rd from 1:00-3:00pm

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.

December 4th 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.

December 30th from 9:00am-12:00pm

**Please call Kathy Yaffee at 860-487-9870
for more information or to make**

***“Keeping Connected through the Holidays”
Monday, December 15th at 1:00pm***

The holiday season is upon us!

Falling leaves, twinkling lights, joyful music and sounds as well as a myriad of seasonal scents from tasty treats to pine needles. Did I forget to mention the visitors? As wonderful as this time of year can be, it can also be exhausting and overstimulating, especially for those who are experiencing memory loss and cognitive impairment. The following topics will be covered: identifying challenges associated with the holidays and dementia; learning how to prepare the person with dementia; developing techniques for preparing visitors; holiday tips for families with loved ones at home and in long-term care; how to maintain a safe environment; helpful hints for happy holidays for all!

**Presented by the CT Chapter
of the Alzheimer’s Association**

NEW AT THE SENIOR CENTER



MASSAGE THERAPY & REFLEXOLOGY
SESSIONS WITH LOCAL MASSAGE
THERAPIST DEB TURNER WILL NOW BE
AVAILABLE EACH MONTH!

THE COST FOR A 25-MINUTE SESSION IS
\$15.00, PAYABLE TO DEB THE DAY OF THE
SERVICE. TREAT YOURSELF & REAP THE
HEALTH BENEFITS!

APPOINTMENTS ARE AVAILABLE
TUESDAY, DECEMBER 2ND
BETWEEN 9:00AM-1:00PM
CALL KATHY YAFFEE TO MAKE YOUR
APPOINTMENT TODAY!

Deck our Halls!

*Celebrate the Beauty of the Season
& join us as we decorate the
Senior Center for the Holidays!*

*This Year's theme will be
"Snow Birds"*



*Materials will be provided, so just
bring your ideas & your holiday
spirit for this fun day!
We'll enjoy seasonal refreshments
& festive music as we work!
Friday, December 5th at 10:00am*



creative Stamping

*MAKE YOUR OWN
BEAUTIFUL HOLIDAY CARDS,
STATIONARY, BOOKMARKS & MORE!*

TUESDAY, DECEMBER 2ND
FROM 1:00-3:00PM

*STAMPS, INK, CARD STOCK
& PAPER WILL BE SUPPLIED.*

\$2.00/CLASS

*PLEASE REGISTER
WITH KATHY YAFFEE.*

~ THE STORIES WE ARE ~

*"THE WORLD IS SHAPED BY TWO THINGS —
STORIES TOLD AND THE MEMORIES
THEY LEAVE BEHIND."*

*VERA NAZARIAN,
DREAMS OF THE COMPASS ROSE*

*SHARE YOUR MEMORIES, PHOTOGRAPHS
& MORE IN THIS NEW GROUP STARTING
THURSDAY, JANUARY 22 AT 11:00 AM*

*THE FIRST WEEK'S TOPIC WILL BE
"WINTER MEMORIES."*

*THIS GROUP WILL MEET ON THE
2ND & 4TH THURSDAYS OF EACH MONTH
WITH A DIFFERENT TOPIC EACH TIME.
JOIN US & SHARE YOUR STORY!*

GROUPS & CLUBS

Genealogy Group

Led by Helen Collins, this group meets to share their progress in searching for their ancestors. Helen keeps the group updated with new web sites and information, and plans trips to libraries and other facilities where members can research their genealogy. All levels of expertise are welcome! Just beginning? The group will give you suggestions to get you started! This group meets on the
2nd Tuesday of each month at 10:00am.

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 or an hour of great conversation en français!
Wednesdays at 12:00pm

AFTERNOON AT THE MOVIES

Join us for the Holiday Classic

It's a Wonderful Life

Friday, December 12th at 1:00pm

Popcorn & light refreshments will be provided

~ CARDS & GAMES ~

WII BOWLING

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

BRIDGE

THURSDAYS AT 1:00PM

DUPLICATE BRIDGE

**3RD FRIDAY AT 1:00PM
 (11/21, 12/19)**

SCRABBLE

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

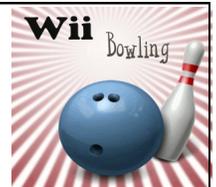
MAHJONGG

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!

BirthDay greetings

- 1 Barbara Gamache, Furong Jia
- 2 Helen Sadow, Harry Darrow, Wilfred Bigl, Walter Villa
- 3 Elmer Taylor, Susan Dinsmore
- 4 Natalie Hills, Natalie Jurkovics, Donald Beland, Douglas Andrew
- 5 Antonia Moran, Batrice Langille, Mary Cartier
- 6 Chandra Venkatakrishner, Lena Forand, Elizabeth Geissler
- 7 Balaji Mundkur, Francis Dorso, Helen Perkins, Vera Christensen, Elaine Tebbel, Donald Roberts
- 8 Adelaide Corcoran, Irene Petix, Judy Bigl
- 9 Sarah Hirakis, Yvonne Besette
- 10 Francis Jacobsen, Susan Zito, Rebecca Lehmann, Mohini Mundkur
- 12 Imanuel Wexler, Eileen Stock, Carol Villa
- 14 Robert Collins, Robin Weiner, Sherwin Fu, Janet Baker, Oscar Guilbault
- 15 Susan Kauste, Dick Bluto, Bernice Smith
- 16 Barbara Reilly, Jean Manter
- 17 Hazel Gustafson, Dorothy Eaton, Marilyn Nurme
- 18 Sandy Gallo, Gloria Jackson, Janet Generous, May Trickett
- 19 Ruth Hareld, Michael Palmer
- 20 Bertha Lanagan, Jack Ennis, Emile Poirier, Allan Attwater, Barbara Kolb
- 21 Robert Bee, Rosemary Lyon, Mona Thibodeau, Raymond Campbell, Zoe Leibowitz, Kathleen DeJoseph
- 22 Susan Audette
- 23 Judy Sutherland, Shirley Barrett, John Cagianello
- 24 Elizabeth Hanks
- 25 Edward Jonaitis, Gloria Sawyer
- 27 Nancy Roberts, Janet Pardus, Adele Welles, Donna Clauson
- 28 Fred Patrone, Barbara Nutini, Pat Murphy
- 29 San Juan Epifanio, Barbara Stitts, Gary Patterson, Betty Curtis, Alice Mott, George Woodling, Virginia Rowe
- 30 Rita Braswell, Lawrence Frazier
- 31 Carol Bollinger

DAY TRIPS

Day Trips fill up quickly, so make sure you call the Senior Center to register early!



Tour the **Governor's Holiday Mansion** on Friday, December 5th! Admission is FREE with an unwrapped toy for the "Toys for Tots" Program. The van will leave MSC at 10:30am and return at approximately 2:30pm. Lunch stop at Vernon Diner. Registration deadline is Wednesday, December 3rd.

Enjoy the **Sturbridge Village Holiday Show & Luncheon** on Tuesday, December 9th! Come and celebrate the holiday with a delicious luncheon & "Holiday Celebration" show at Sturbridge Village! Luncheon choice of pot roast or grilled salmon. The cost is **\$45.00pp**. The van will leave MSC at 10:30am and return at approximately 3:30pm. Registration deadline is Friday, December 5th.



SHOP 'TIL YOU DROP!

"Shop til You Drop!" on Tuesday, December 16th! Finish off that holiday list on our trip to WestFarms Mall! The van will leave MSC at 9:30am and return at approximately 3:30pm. Registration deadline is Friday, December 12th.



Please extend a warm welcome to our newest Senior Center Members!



**Mary Landeck
Suzanne Murray
Ian Mills
Pauline Backhaus
Linda Rapson
Linda Ryan
Elmer Taylor**

**Mary Dean
Susan Polttila
Rachel Cosby
Micki Dean
Kathleen Otter
Joyce Brown**

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.

TRAVEL WITH US IN 2015!

JANUARY 11th -- HAPPY 80TH BIRTHDAY ELVIS!

Package includes: motorcoach, choice of prime rib or baked scrod plated luncheon, reserved seating, and driver's gratuity. **\$76pp.** (Snow date is January 12th.)

FEBRUARY 18th-20th (2 nights/3 days) – ATLANTIC CITY

Package includes: motorcoach, 2 nights at the RESORTS Casino hotel, \$90.00 pp in slot play, \$80.00 in meal vouchers (1 breakfast & 2 buffet dinners), 2 shows in the Resorts Theatre and driver gratuity. **\$190.00pp.**

MARCH 18th – ST. PATRICK'S CELEBRATION AT THE AQUA TURF CLUB

Package includes: motorcoach, coffee and donuts on arrival, corned beef & cabbage and baked scrod lunch with a glass of beer or wine, entertainment by The Maclean Band and Emerald Fire Dancers, and driver's gratuity. **\$78pp.**

APRIL 15th-24th – NYC TO THE CARRIBEAN

Cruise to San Juan, St. Thomas, St. Maarten and Tortola. Package includes: roundtrip transfers to pier in NYC, 8 nights and 9 day cruise, all meals and entertainment aboard ship, all taxes and port charges and a FREE cocktail party from the Travel Group. **\$1,499 to \$1,999 depending on cabin choice.**

APRIL 16th – LIVE FROM NASHVILLE AT THE GARDEARTS CENTER IN NEW LONDON, CT

Package includes: motorcoach, free time at Foxwoods with a free buffet and bonus, afternoon matinee of Live from Nashville, and driver's gratuity. **\$76pp.**

MAY 11th – CELEBRATE MOTHER'S DAY AT THE DELANEY HOUSE IN HOLYOKE, MA

Package includes: motorcoach, a lovely brunch buffet, an afternoon mystery stop, and driver's gratuity. **\$76pp.**

JUNE 24th – THE LUCKY LOBSTER AT THE FISHERMAN RESTAURANT

Package includes: motorcoach, choice of Lobster Roll, Native Stonington Sea Scallops or Grilled NY Strip Steak, Mohegan Sun Casino bonus of \$15 free bet and \$15 good coupon towards your 2nd meal, and driver's gratuity. **\$76pp.**

JULY 21st – GLOUCESTER LUNCHEON CRUISE ABOARD THE BEAUPORT PRINCESS

Package includes: motorcoach, 2 ½ Gloucester cruise, elegant buffet luncheon, musical entertainment, free time in Rockport, and driver gratuity. **\$90pp.**

AUGUST 11th – TRIPLE LOBSTER AT THE HU KE LAU IN CHICOPEE, MA

Package includes motorcoach, 3 lobsters or prime rib dinner, entertainment by the fabulous Riverboat Ramblers, and driver's gratuity. **\$90pp.**

SEPTEMBER 12th-20th – BRANSON, MISSOURI TRIP

There are far too many activities to mention here, so please pick up a flyer at the Senior Center or call Kay. Motorcoach, driver's gratuity, 14 meals, 7 shows, JONAH at the Sight and Sound Theatre, Showboat Branson Belle and much more for the incredible price of **\$782pp.**

SEPTEMBER 25th – THE 9/11 MEMORIAL & MUSEUM

Package includes motorcoach, admission to the 9/11 Memorial & Memorial and driver's gratuity. Dinner stop at the El Dorado West will be on your own. **\$76pp.**

OCTOBER 2nd-16th – EXPLORE ENGLAND, IRELAND, SCOTLAND, AND WALES!

Don't miss this fantastic opportunity! Please see Kay for more information.

NOVEMBER 10th – SALUTE TO OUR VETERANS

Package includes: motorcoach, full course sit down luncheon at the Carriage House in West Springfield, MA with a choice of Yankee Pot Roast, Roast Turkey or Baked Scrod, afternoon entertainment with a musical trio performing patriotic songs, and driver's gratuity. **\$75pp.**

DECEMBER 2nd – THANKS FOR THE MEMORIES

Package includes: motorcoach, family style luncheon with a choice of Apple & Sage Stuffed Chicken or Yankee Pot Roast, Bing Crosby Tribute Show & Bob Hope Comedy Tribute shows, and driver's gratuity. **\$94pp.**

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



TVCCA SENIOR CAFE

December 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; the price for those under 60 is \$9.97. Please remember to make your reservation at least 24 hours in advance by 10:00am!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHEESE OMELET ROASTED POTATOES CHUCK WAGON VEG CRANBERRY JUICE OATMEAL COOKIE	2 CHEESEBURGER NOODLE CASSEROLE BROCCOLI & CARROTS PINEAPPLE CUP	3 SLOPPY JOES RICE PILAF PEAS & CARROTS FRESH ORANGE	4 BAKED COD ITALIANO MACARONI & CHEESE STEWED TOMATOES FRUIT COCKTAIL	5 CHICKEN PAPRIKA HERB ROASTED POTATOES GREEN BEANS & DICED TOMATOES PEARS W/MANDARIN ORANGES
8 SALISBURY STEAK W/GRAVY MASHED POTATOES PEAS & CARROTS APPLESAUCE CUP	9 CHICKEN SAUSAGE PEPPERS & ONIONS W/BUN RICE PILAF GREEN & WAX BEANS GRAPE JUICE CHOC. CHIP COOKIE	10 CRISPY COD PATTY MASHED POTATOES MIXED VEGETABLES PINEAPPLE CUP	11 WESTERN OMELET ROASTED POTATOES BEAN&CARROT MED PEACH CUP	12 PIZZA PARTY! \$4.00 PER PERSON PLEASE REGISTER W/ KATHY YAFFEE BY 12/8
15 COD FLORENTINE SEASONED RICE CAPRI VEGETABLE MEDLEY PINEAPPLE CUP	16 BEEF & BEAN CHILI BUTTERED NOODLES CHUCK WAGON VEG MEDLEY FRESH FRUIT	17 MSCA THIRD WEDNESDAY & SPECIAL LUNCHEON \$5.00 PER PERSON PLEASE REGISTER AT FRONT DESK	18 CHICKEN CACCIATORE SEASONED RICE ITALIAN VEGETABLE MEDLEY PEARS W/MANDARIN ORANGES	19 MAPLE DIJON GLAZED HAM MASHED SWEET POTATOES GREEN BEANS CRANBERRY JUICE DANISH
22 MEATLOAF W/GRAVY MASHED POTATOES MIXED VEGETABLES FRESH ORANGE	23 CHICKEN PARMESAN ROASTED POTATOES WINTER MEDLEY PEACH CUP	24 CUBAN BRAISED PORK LOIN YELLOW RICE & BLACK BEANS BROCCOLI FRUIT COCTAIL	25 26 CLOSED CLOSED 	
29 STUFFED SHELLS CARROTS & WAX BEANS PEARS W/MANDARIN ORANGES	30 MONTI CRISTO EGG PATTY, TURKEY SAUSAGE, AMERICAN CHEESE & FRENCH TOAST, CHUCK WAGON VEG MEDLEY, APPLESAUCE CUP	31 MSCA SPECIAL EVENT & LUNCHEON \$5.00 PER PERSON PLEASE REGISTER AT FRONT DESK		

COMPUTER CORNER

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 them at (860) 429-0262, ext. 7

~ PC Help ~

Computer and/or digital camera help is available by Dan Gebben, one of the Computer Council's talented consultants. Every Monday at 10:00am

F R E E	<p>ME & MY IPAD </p> <p style="text-align: center;">THURSDAY JAN 8, 2015 10AM—12NOON FREE</p> <p>2 HOUR SEMINAR EXPLAINING THE USE AND VERSATILITY OF THE APPLE IPAD.</p>	<p>EMAIL </p> <p style="text-align: center;">TUESDAY JAN 6, 2015 10AM—12NOON FREE</p> <p>TOPICS: READING AN EMAIL ADDRESS, CREATING MAILBOXES, HOW TO SETUP EMAIL CONTACTS AND MORE.</p>	<p>INTRO TO FACBOOK </p> <p style="text-align: center;">TUESDAY JAN 27, 2015 10AM—12NOON FREE</p> <p>LEARN SOME BASICS, EXPLORE PAGE LAYOUT, POSTING MESSAGES, UPLOADING PHOTOS, ADD CONTACTS AND MORE!</p>	<p>THE INTERNET & skype</p> <p style="text-align: center;">THURSDAY JAN 29, 2015 10AM—12NOON FREE</p> <p>SURF THE INTERNET. LEARN DIFFERENT BROWSERS, TAB BROWSING & SAFETY. DEMO ON COMMUNICATING WITH SKYPE.</p>	<p>TRAVEL PLANNING ON THE INTERNET</p> <p style="text-align: center;">TUESDAY FEB 3, 2015 10AM—12NOON FREE</p> <p style="text-align: center;"></p> <p>EXPLORE THE MULTIPLE RESOURCES AVAILABLE ON THE INTERNET FOR PLANNING YOUR NEXT VACATION ADVENTURE!</p>	W I F I
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ADULT & SENIOR SERVICES AND RESOURCES

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

OPEN ENROLLMENT FOR ACCESS HEALTH CT IS NOW UNDERWAY

The **Renter's Rebate Program** for 2014 ended **October 1st**. Extension requests only thru Dec. 15, 2014 may be available. Call Kathy Ann Easley for more information.

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

Please Note: the **Caregiver's Support Group** will not meet in December.
The next meeting will be **January 21st at 3:00pm**.

Mobile Food Share will be at Wright's Village on **December 11th 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 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**. Call Carolyn McAuliffe for an appt.

Looking to make a child smile this holiday season? Please consider making a monetary donation to The Mansfield Holiday Program! Contact the Human Services Department at 860-429-3315 for more info.

**Kathy Ann Easley, Adult Services Social Worker 860-487-9873
Carolyn McAuliffe, Outreach Worker 860-487-9875**

~ DECEMBER ~

MONDAY

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

TUESDAY

2.
 8:30 STRENGTH &
 STABILITY
 9:00 MASSAGE &
 REFLEXOLOGY
 10:00 SCRABBLE
 10:00 WII BOWLING
 11:00 PWR. OF AGING
 12:00 LUNCH
 1:00 BINGO
 1:00 CREATIVE
 STAMPING CLASS
 2:30 COMPUTER
 COMMITTEE MTG

WEDNESDAY

3.
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GROUP
 11:00 YOGA
 11:30 HERRMMAN B/P
 12:00 LUNCH
 12:00 CAUSERIES
 12:00 B-DAY LUNCH
 1:00 FUND. OF TAP
 1:00 VNA EAST

THURSDAY

4.
 8:30 STRENGTH &
 STABILITY
 9:00 REIKI
 10:00 WII BOWLING
 10:00 QUILTING
 10:15 SPARKETTES
 11:00 CONVERSATIONS
 WITH BETTY
 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
 10:00 DECK OUR HALLS
 10:30 SIT & GET FIT
 11:15 BRAIN AEROBICS
 12:00 LUNCH
 1:00 ART STUDIO

8.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 9:00 COA MTG
 10:00 PC HELP
 10:15 SPARKETTES
 1:00 MAHJONGG

9.
 8:30 STRENGTH &
 STABILITY
 10:00 SCRABBLE
 10:00 WII BOWLING
 10:00 GENEALGY
 11:00 PWR. OF AGING
 12:00 LUNCH
 1:00 BINGO
 7:00 MS SUPPORT
 GROUP

10.
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GROUP
 11:00 YOGA
 11:00 LOW VISION
 12:00 LUNCH
 12:00 CAUSERIES
 12:45 MSCA MTG.
 1:30 MSCA EXEC.
 BOARD MTG.
 1:00 FUND. OF TAP
 2:00 BOOK CLUB

11.
 8:30 STRENGTH &
 STABILITY
 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

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

15.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 PC HELP
 10:15 SPARKETTES
 12:00 LUNCH
 1:00 MAHJONGG
 1:00 PRESENTATION:
 KEEPING CONNECTED

16.
 8:30 STRENGTH &
 STABILITY
 10:00 SCRABBLE
 10:00 WII BOWLING
 11:00 PWR. OF AGING
 12:00 LUNCH
 1:00 BINGO

17.
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GROUP
 11:00 YOGA
 12:00 CAUSERIES
 12:00 MSCA THIRD
 WEDNESDAY
 1:00 FUND. OF TAP

18.
 8:30 STRENGTH &
 STABILITY
 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

19.
 9:00 WALKING DVD
 10:00 SCRABBLE
 10:00 PHOTO CLUB
 10:00 KNITTING &
 CROCHETING
 10:30 SIT & GET FIT
 11:15 BRAIN AEROBICS
 12:00 LUNCH
 1:00 ART STUDIO
 1:00 DUPLICATE
 BRIDGE

~ DECEMBER ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

22.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 PC HELP
 12:00 LUNCH
 1:00 MAHJONGG

23.
 8:30 STRENGTH & STABILITY
 10:00 SCRABBLE
 10:00 WII BOWLING
 11:00 PWR. OF AGING
 12:00 LUNCH
 1:00 BINGO

24.
 9:00 WALKING DVD
 10:00 TAI CHI
 10:00 WRITING GROUP
 12:00 LUNCH
 12:00 CAUSERIES

25.
HAPPY HOLIDAYS!

SENIOR CENTER IS CLOSED

26.
 9:00 WALKING DVD
 10:00 SCRABBLE
 10:00 KNITTING & CROCHETING
 10:30 SIT & GET FIT
 11:15 BRAIN AEROBICS
 12:00 LUNCH
 1:00 ART STUDIO

29.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 PC HELP
 12:00 LUNCH
 1:00 MAHJONGG

30.
 8:30 STRENGTH & STABILITY
 9:00 DR. WALTER
 10:00 SCRABBLE
 10:00 WII BOWLING
 12:00 LUNCH
 1:00 BINGO

31.
 9:00 WALKING DVD
 10:00 TAI CHI
 10:00 WRITING GROUP
 10:30 COUNTDOWN TO NOON CELEBRATION & SPECIAL LUNCHEON
 11:00 YOGA
 12:00 CAUSERIES

Where's Waldo?!

Find the hidden item shown below somewhere in this issue and send in the answer on the entry form to:
 Mansfield Senior Center/MSCA,
 303 Maple Road, Storrs, CT 06268,
 Attn: Waldo.

Mail in your answer or drop them off in the box at the Reception Desk by **December 5th** to qualify for the drawing. At the end of that day, we will draw one name from all of the correct entries and that person will win a free lunch at the Senior Center. Only one entry per person, please.
 Good Luck!

Hidden Item: 

Hidden Item Entry Form

Name: _____

Phone # _____

Correct Page & Location: _____

PIZZA PARTY!!
FRIDAY, NOVEMBER 12TH AT 12PM

PIZZA, SALAD & DRINKS INCLUDED
 \$4.00 PER PERSON

PLEASE REGISTER WITH KATHY YAFFEE BY DECEMBER 8TH

The Women's Club of Storrs

will hold its next meeting on Monday, December 1st at 11:30am in the Buchanan Center at the Mansfield Library.

Please join us for a pot-luck luncheon and a special concert by our own Nathaniel Baker, who accompanies the Senior Center Chorus.

His program will include:

Impressoes seresteiras (minstrel impressions) and Танец Белого Индейца (Dance of the White Indians) by Heitor Villa Lobos; and Three Sonnets of Petrarch by Liszt.

Guests and prospective members, both men and women, are welcome. For more information, please call Betty (Program chair) at 429-5167 or Eileen (President) at 423-3163.

****INCLEMENT WEATHER****

It's officially that time of year again!

Please remember 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!

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

NON-PROFIT ORGANIZATION
PRE-SORT STANDARD # 57
U.S. POSTAGE PAID
STORRS MANSFIELD, CT

CURRENT RESIDENT OR

PUT LABEL
IN THIS BLOCK