

SENIOR SPARKS

Mansfield Senior Center Newsletter ~ FEBRUARY 2015 ~

CELEBRATE THE LOVE IN YOUR LIFE &
JOIN US FOR A SPECIAL VALENTINE'S DAY LUNCHEON
~ FRIDAY, FEBRUARY 13TH AT 12PM ~



The Menu:

Oven Roasted Top Round of Beef,
Baked Potato, Broccoli Spears,
Rolls with Butter and a Lovely Dessert!

Please register with Kathy Yaffee by February 6th
\$5.00 per person



3RD WEDNESDAY LUNCHEON & ENTERTAINMENT
~ FEBRUARY 18TH AT 12PM ~

Were you one of the fortunate ones who heard
Ashly Cruz enthrall us with her beautiful voice in October?
If so, mark February 18th on your calendar, for Ashly is returning!
If you weren't there you should avail yourself of this vivacious and exuberant
entertainer who has traveled the country over!
Ashly will be serenading us with love songs to celebrate Valentines Day!

We'll be serving Chicken Salad Sandwiches, Minestrone Soup
and a Special Dessert!

Please register at the Front Desk by February 10th
\$5.00 per person

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
TOWN WEBSITE: WWW.MANSFIELDCT.ORG

SENIOR CENTER SUPERVISOR:

CINDY DAINTON
860-487-9872

PROGRAM COORDINATOR:

SARAH TAYLOR
860-487-9874

VOLUNTEER TRANSPORTATION COORDINATOR:

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

DIAL-A-RIDE TRANSPORTATION

is available for Mansfield residents. Please call 860-456-1462 at least **48 hours** in advance. This service is provided by the Windham Regional Transportation District.

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

**"HAPPINESS IS A PERFUME
YOU CANNOT POUR ON OTHERS
WITHOUT GETTING A FEW DROPS ON YOURSELF."
– RALPH WALDO EMERSON**

"How are you doing with your resolutions? This is the time of year that the resolutions tend to fall by the wayside. Why not try a new class or program at the Senior & Wellness Center?"

If you are interested in the Self-Assessment process of the Mansfield Senior & Wellness Center or would be interested in being on the committee, please see me. This promises to be a very rewarding process for everyone!

According to Google, "In the United States, the first mass-produced valentines of embossed paper lace were produced and sold shortly after 1847 by Esther Howland (1828–1904) of Worcester, Massachusetts." Approximately 1 billion valentines are sent out each year. So here is your first Valentine!

HAPPY VALENTINES DAY!!

Cindy



****INCLEMENT WEATHER****

It's officially that time of year again!

Please note:

The Senior & Wellness Center will announce delays & closings on WTIC (1080 AM), WILI (1400 AM), or Channel 3 News (WFSB) by 8am. You can also call the Senior Center at 860-429-0262 for announcements.

**Please use caution
and put your own safety first!**



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

Hello and Good Day,

I will start off with a correction to the list of helpers for the Bazaar, Sam was not one of our association members, she was a wonderful and gracious Lady who came to help as a friend of one of our members. She came all the way from Guilford on Friday, helped with set up, and stayed over to help at the Bazaar. Thank you to all who helped.

Although it's cold outside, I'm moving onto thoughts of Spring! The town-wide tag sale is being planned for April and we have the option of joining in and using this as a fundraising opportunity for the Association. We would set up tables in the parking lot and be included on the town-wide map of places to shop. The only catch is that we **need** help to pull this off. We would need at least 6 volunteers—3 people from 7:30 -9:00 am to help bring things out of the shed and 3 people at the end of the day to help clean up. Please consider signing up at the Senior Center, or by calling Estelle at 860-429-0262, ext.5. Thank you!

**MSCA
FUNDRAISER**

**T-SHIRTS, POLO SHIRTS
& SWEATSHIRTS**

We'll be placing one more order for the MSCA Polo Shirts & Sweatshirts! **We are now able to get the full zippered, no hood sweatshirt in grey or navy.** The polos still are in navy or maroon.

Please place your order by February 28th for a March 2nd delivery. No more orders will be taken after this date. Shirts must be paid for when you place your order. The T-shirts are in stock and can always be purchased at the Senior Center.

Questions?
Please contact Kay or Estelle
at the Center at 860-429-0262.

A VERY SPECIAL THANK YOU TO
JUNE CURTIS
FOR BRINGING IN HER BEAUTIFUL
DISPLAY OF ANGELS FOR THE HOLIDAYS!

**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**

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

**MSCA Executive Board & Association
Meeting Schedule**

- Executive Board February 11th at 1:00pm**
- Association Mtg March 11th at 12:45pm**
- Executive Board March 11th at 1:30pm**
- Executive Board April 8th at 1:00pm**
- Executive Board May 13th at 1:00pm**

THANK YOU SO MUCH!!



To all the Seniors who help produce,
edit, collate & mail the Sparks!

To all the Seniors who volunteer in our kitchen
and at the reception desk!

To all of our Volunteer Drivers!

**WE SIMPLY COULDN'T DO ALL THAT
WE DO WITHOUT YOU!**

New in February

AARP Tax-Aid Program

**Mondays & Wednesdays
February 2nd through April 8th**

AARP's Tax-Aid program will once again provide **free tax preparation assistance** for local residents, with special attention to those 60 and older. If married, both husband and wife should be present during the appointment. Taxpayers must also have all available information and documents that apply to their 2014 income taxes, including:

- * A copy of both of your 2013 tax returns
- * ID information for taxpayers & dependents
- * All W2, 1099, other relevant forms and documentation

**Please call the Senior Center
at 860-429-0262
to schedule your appointment.**

PRESENTATION:

**LOCAL VOLUNTEER OPPORTUNITIES
FRIDAY, FEBRUARY 6TH AT 1:00PM**

Whatever your passion, however you get involved, volunteering offers a way to have a real and lasting impact — on your own life and the world!

Join us for this informative presentation with representatives from two local programs—CCAR and TVCCA—who will highlight the volunteer opportunities in their respective programs.

CCAR is a support program for people in recovery; they run various support groups, computer classes, social opportunities and more at their location in Willimantic.

TVCCA sponsors a Foster Grandparent Program where Seniors 55 and older can actually earn a tax-free stipend to help children learn at a school or childcare center near them.

We hope to see you there!

COLLETTE VACATIONS PRESENTATION FEBRUARY 9TH AT 10AM



Explore England, Scotland, Ireland and Wales with us this fall! Tracey from Collette Vacations will be here to discuss all the details of this fantastic 15-day trip coming up in October! Please call Kay at 860-429-0262, ext. 6 for more information!

Overdrive

Learn all about downloadable ebooks and audiobooks! Feel free to bring in your kindle, iPad or tablet. Presented by the Mansfield Library.

February 10th at 10am

Coming in March:

Universal Class (online courses) &
Zinio (downloadable magazines)

~ THE STORIES WE ARE ~

**"THERE'S ALWAYS ROOM FOR A STORY THAT CAN
TRANSPORT PEOPLE TO ANOTHER PLACE."**

- J.K. ROWLING

Share your thoughts, stories, memories, photographs and more in this contemplative new group!

~ FAMOUS FIRSTS ~

THURSDAY, FEBRUARY 12TH AT 11:00AM

Tell us about a significant "first" in your life: first job, first love, first car, etc.

~ OLD SCHOOL DAYS ~

THURSDAY, FEBRUARY 26TH AT 11:00AM

Share your first or most unforgettable school memories.

Focus on Fitness

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
4 Classes—\$20.00R/\$24.00NR

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
3 Classes—\$15.00R/\$18.00NR

Thursdays 3:15-4:15pm
4 Classes—\$20.00R/\$24.00NR

*** 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.

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



*** Resident and Non-resident Prices listed are for the month of February ***

Please register at the Senior Center or call Kathy Yaffee for more information



CREATIVE ARTS

Creative Stamping

Make your own cards, stationary, bookmarks & VALENTINES! Stamps, ink, card stock & paper will be supplied. Pre-registration is required.

***Tuesdays, February 10th & 24th at 1:00pm
\$3.00 per class***

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. 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 motivations with Pat Ferguson as your “Quilting Coach.” Pre-registration is required.

Thursdays from 10:00am-12:30pm

***New Session: JAN. 8TH, 15TH, 29TH & Feb. 5th,
12th, 19th, 26th
\$30.00R/\$35.00NR***

All Day Quilting Retreat with Pat

Quilt all day on projects of your choice with Pat Ferguson as your “Quilting Coach.” Call Pat at 860-429-6999 or email her at patfergusonquilts.com for more information.

***February 3rd 10am - 4:30pm
\$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

WELLNESS PROGRAMS

Reiki

Provided by Reiki Master Bette Giordano. The cost for a 1-hour session is \$30.00.
February 5th from 9:00-11:00am

Mini Spa

Treat yourself! Manicures, pedicures and haircuts available at a reduced cost for Seniors.
February 2nd from 9:00am-12:00pm

Podiatrist

Complete foot care & podiatric evaluations. Medicare will be billed if eligible.
February 3rd from 9:00am-12:00pm

Herrmman Blood Pressure Clinic

Open to those 55 and above. There is no cost and no pre-registration required.
February 4th from 11:30am-12:00pm

Massage Therapy & Reflexology

Treat yourself to a massage or reflexology session this winter and reap the health benefits! The cost for a 25-minute session is \$15.00.
February 9th from 9:00am-1:00pm

VNA East Adult Health Screenings

Blood Pressure, Foot Care & Ear Flushing
February 18th from 1:00-3:00pm

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

HEART HEALTH PRESENTATION

FEBRUARY 25TH AT 12:30PM

Join RN Priscilla Shaw for this timely discussion on heart health!



Topics to be covered include:

Heart Disease &
how to manage it at home

Heart Failure

Hypertension

Tips to Maintain a Healthy Lifestyle

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. 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

This group will be on winter hiatus during February, March & April. Please check back in the spring!

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.

Senior Center 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 1:30 - 3:00 pm

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

FRIDAY AFTERNOONS AT THE MOVIES

City of Angels

Nicolas Cage and Meg Ryan star in this poignant story of love and angels. (PG-13)

February 13th at 1:00pm

My Big Fat Greek Wedding

Nia Vardalos stars in this good-hearted, lovable and delightfully eccentric, romantic comedy. (PG)

February 27th at 1:00pm

~ CARDS & GAMES ~

WII BOWLING

Tuesdays at 9:30am
Thursdays at 9:30am
Thursdays at 2:30pm

BRIDGE

Thursdays at 1:00pm

DUPLICATE BRIDGE

3rd Friday at 12:45pm

SCRABBLE

Mondays at 10:00am
Tuesdays at 10:00AM
Fridays at 10:00AM

MAHJONGG

Mondays at 1:00pm

BINGO

Tuesdays at 1:00pm

DUPLICATE BRIDGE SCORES

DECEMBER 19TH:



NORTH/SOUTH

- 1 JERRY SHAFFER - GEORGE WALLER 65
- 2 KATHY WATSON - MARION BUTEAU 64
- 3 SUE COWEN - MARY BROWN 51

EAST/WEST

- 1 ATHENE VON HIRSHBERG - JUDY SENKBEIL 57
- 2 BILL HOSS - PAUL STANTON 56
- 3 MARY ANN FODOR - JOE FODOR 54

JANUARY 16TH:

NORTH/SOUTH

1. ALINE BOOTH - JEANNE HAAS 48
2. HELEN GAUTHIER - NAPPY GAUTHIER 47
3. JERRY SHAFFER - SAM WHEELER 41

EAST/WEST

1. ANNA MCCLAIN - SUE LOSEE 54
2. NOLA HOSS - BILL HOSS 50
3. HELEN COLLINS - DIANE HIRSCH 50



TRIPS & TRAVEL

Voices of the Legends in Atlantic City ~ February 18th-20th

WAIT LIST ONLY!

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

Atlantic City



*Happy
St. Patrick's
Day!*

ST. Patrick's Celebration at the Aqua Turf ~ March 18th

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

Branson Show Extravaganza ~ September 12th-20th

Six shows including *Jonah* at the Sight & Sound Theatre, 14 meals, 8 breakfasts and 6 dinners. **A trip you don't want to miss! Please sign up early, as this trip will fill quickly!** **\$75.00 deposit** (insurance must accompany deposit if you want the insurance).

\$782.00pp



For more information on any of these trips, contact Kay Warren at 860-429-0262, ext. 6.

DAY TRIPS

Crystal Mall, Waterford ~ Thursday, February 5th

Come spend the day at the Crystal Mall in Waterford! Lunch at restaurant of your choosing. Van departs the Center at 9:30am and returns at 4pm. Transportation is FREE!

Registration deadline is Monday February 2nd.

Mark Twain House & Harriet Beecher Stowe House, Hartford ~ Wednesday, February 11th

Come and visit these historic homes in Hartford's Nook Farm—Hartford's most desirable neighborhood in the 19th Century! You can tour both impeccably restored homes, learn about the lives of their world-renowned residents, and discover how two Hartford neighbors changed literature and continue to shape our nation's view of itself. Lunch will be at a "mystery" location on our way home! Van departs Center at 9:30am and returns at 3:30pm. **Admission is \$22/person. Registration deadline Monday is February 9th.**

***NEW * Stew Leonards in Newington ~ Tuesday, February 17th**

Shop your heart out at this fabulous grocery store! Van departs Center at 10:30am, returns around 3:30pm.

Hartford Flower & Garden Show at the CT Convention Center ~ Friday, February 20th

Come and experience the Spirit of Spring! Beautifully landscaped exhibits, booths overflowing with plants, herbs, and garden ornaments! Lunch on your own within show or at area restaurant of your choosing. Van departs Center at 9:30am and returns at 3:30pm. **Admission is \$14/person.**

Registration deadline is Tuesday, February 17th.

Bay Path Culinary Institute, Charlton, MA - Tuesday, February 24th

Come and enjoy the tastes being offered at this wonderful culinary school! Van departs Center at 10am and returns at 1:30-2:00pm. **Fee approximately \$10/person** (depending on what you order).

Registration deadline is Friday, February 20th.

***NEW* Shopping Center in Dayville ~ Thursday, February 26th**

Target, Michaels, TJ Maxx, Staples, Lowes and More! Shop to your heart's content!

Van departs Center at 10am and returns at 3pm.

*These Trips fill up quickly, so please register early at the Reception Desk.
For more information on any of these trips, contact Gianna at 860-487-9877.*

ADULT & SENIOR SERVICES

Mobile Food Share at Wright's Village

February 5th & 19th
11:30am-12:15pm

Dealing with Low Vision?
Join our **Low Vision Group**
for support, friendship and helpful tips.
February 11th from 11am—12pm

Special Guest Tracy Andrews,
WW Vision Specialist from Vision Dynamics
will join us for our February group to provide an
interactive presentation that will help
empower and inspire you to lead
a more independent life.

Caregiver's Support Group February 18th at 3:00pm

The Disabled/Elderly Homeowners
Tax Credit Program
begins February 1st and ends May 1st.

Income qualifications are:
\$34,600 for a single person
\$42,400 for a married couple

Please call Kathy Ann Easley for more information.

Energy Assistance

The ACCESS Community Action Agency
is now taking appointments. Contact ACCESS at
860-450-7400.

**ACCESS HEALTH CT
OPEN ENROLLMENT ENDS FEBRUARY 15TH**

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

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

Carolyn McAuliffe
Outreach Worker
860-487-9875

COMPUTER CLASSES



MICROSOFT "WORD" 2010 FOR BEGINNERS

**WEDNESDAY, FEBRUARY 4th
& FRIDAY, FEBRUARY 6th**
1PM – 4PM
\$10.00

Nearly everything we do on the computer requires that we use the keyboard to type something. Most of these things we do use the methods in "Word." This class is designed for those who have no knowledge of "Word." Some of the things you will learn are:

- * How to begin using the program
- * How to type words and numbers
- * How to correct mistakes
- * How to change the size and color of things you type
- * How to name the document that you are making
- * How to save the document that you have made in a place where you can find it
- * How to bring the document back so you can read, change or print it

ADVANCED MICROSOFT "WORD" 2010

**WEDNESDAY, FEBRUARY 18
& FRIDAY, FEBRUARY 20**
1PM – 4PM
\$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.

~ PC Help ~

Free computer and/or digital camera help is available. No appointment necessary!

Every Monday at 10:00am

**Computer Classes are taught by
members of the MSCA Computer Council.
Participants must pre-register for classes at the
Reception Desk before classes begin.**

**For more information on the
Computer Council or any of their classes, please
contact them at 860-429-0262, ext. 7**

TVCCA SENIOR CAFE

February 2015

Lunch is served at 12:00pm 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 \$12.10. Please remember to make your reservation at least 24 hours in advance by 10am!

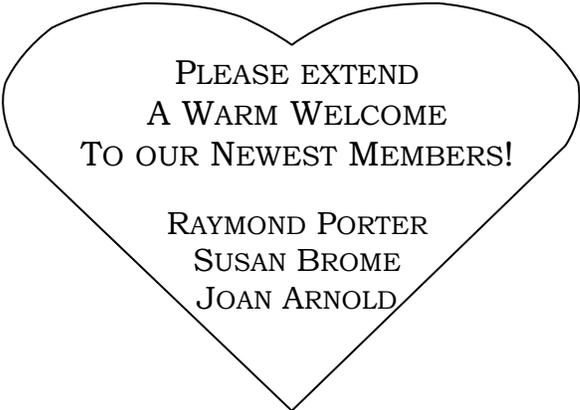
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 MONTI CRISTO: EGG PATTY, TURKEY SAUSAGE, AMERICAN CHEESE ON FRENCH TOAST CHUCK WAGON VEGETABLES APPLESAUCE	3 SLOPPY JOES W/BUN BAKED BEANS CAPRI VEGETABLES PEARS & MANDARIN ORANGES	4 CHEESE MANICOTTI W/MARINARA BROCCOLI & CAULIFLOWER CRANBERRY JUICE OATMEAL COOKIE	5 BAKED COD FLORENTINE MASHED POTATOES ITALIAN VEGETABLE MEDLEY FRESH ORANGE	6 BROCCOLI & CHEESE STUFFED CHICKEN BUTTERED NOODLES PEAS & CARROTS PINEAPPLE CUP
9 EGGPLANT PENNE W/MARINARA ITALIAN VEGETABLES PEARS & MANDARIN ORANGES	10 PORTUGUESE CHICKEN SEASONED RICE & BLACK BEANS BROCCOLI FRUIT COCKTAIL	11 CHICKEN SAUSAGE W/ PEPPERS & ONIONS ON A HOT DOG BUN GARLIC CUMIN RUBBED POTATOES CAPRI VEGETABLE MEDLEY FRESH FRUIT	12 BAKED HAM IN A BROWN SUGAR MUSTARD GLAZE MASHED SWEET POTATOES GREEN BEANS PEACH CUP	13  VALENTINE'S LUNCH OVEN ROASTED TOP ROUND OF BEEF BAKED POTATO BROCCOLI SPEARS ROLLS W/BUTTER SPECIAL DESSERT \$5.00 PER PERSON PLEASE REGISTER BY FEB 6TH
16  SENIOR CENTER IS CLOSED	17 BRAISED PORK LOIN IN AN ORANGE MARMALADE SAUCE MASHED SWEET POTATOES MIXED VEGETABLES FRESH FRUIT	18 3RD WED CHICKEN SALAD SANDWICHES MINESTRONE SOUP SPECIAL DESSERT \$5.00 PER PERSON PLEASE REGISTER BY FEB 10TH	19 SALISBURY STEAK W/GRAVY BUTTERED NOODLES PEAS & CARROTS GRAPE JUICE CUPCAKE	20 COD NEWBURG (NO SHRIMP) MASHED POTATOES LONG BEAN MEDLEY PEARS & MANDARIN ORANGES
23 CHICKEN STEW SEASONED RICE BROCCOLI FRUIT COCKTAIL	24 JOHN'S MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS & DICED TOMATOES GRAPE JUICE DANISH	25 CHICKEN MARSALA SEASONED RICE PEAS & CARROTS APPLESAUCE CUP	26 BEEF & BEAN CHILI RICE PILAF WINTER VEGGIES PEARS & MANDARIN ORANGES	27 CHEESE OMELET ROASTED POTATOES CHUCK WAGON VEGETABLES FRESH ORANGE

1% milk and whole grain bread are served with each meal.

Menu is subject to change without notice.



- 1 Helen Fogg, Eugene Alassi, Jeanne Rice
- 2 Stephen Squires, Trudy Nicholls,
Charlene Armitage, Howard Ogushwitz,
Frank Castagna
- 3 Harvey Luce, Patricia O'Hara
- 4 Patricia Frantz, David Dunnack,
Stella Cowles, Curt Beck
- 5 Carol Kubgsek, Sam Witryol, Janet Jones,
Joseph Piatti, Lorraine Bassett
- 6 Joan Gerdson, Jean McCarthy,
John Adamcik, Nancy Palmer
- 7 David Kobey, Beverly Hamel
- 8 Madeline Hutchinson, Mary Beth Courtney,
Deanna Sheils, Juanita Hall,
Mary Louise Martel
- 10 Claire Stewart, Deanna Federowicz
- 11 Angela Blossick
- 12 Dorothy Jenson, Beverly Parrotte,
Cheryl Kusmer
- 13 Judy Hyde
- 14 Matthew Koch, Roberta Smith,
Martin Whitmore, Marsha Peters,
Monique Vigneau
- 15 Lee Sisson
- 16 Donald Nolan, Linda Lester, Ray Nurme
- 17 Anne Dodd, Orlena Bray, Ursula Beschler,
Joan Terry, William Petix, Gerald Leibowitz
Susan Bartholomew
- 18 Olive McCabe, Emma Kuchta,
Dorothy Kireyezyk
- 19 Andrew Filtz, Peter Matsas, Beth Acebo,
Theresa Carpenter, Eileen Kopec,
Doris Alvarez
- 20 William Lawrence, Dorothy Stagner
- 21 Susanna Thomas, Paula Tate,
Sandra Marschat, Peggy Dillon,
Ayla Kardestuncer
- 22 Caren Golob, Samuel Gordon, Joan Charron
- 23 Esther Gruber, Richard Drake, Janet Roach,
Ursula Laak, Gail Farnham
- 24 Mary Ann Simpson, Mary Beardsley,
Sharron Swanson, Mary Judd
- 25 Yong Park, Janice Walencewicz
- 26 Jane Jackman



PLEASE EXTEND
A WARM WELCOME
TO OUR NEWEST MEMBERS!

RAYMOND PORTER
SUSAN BROME
JOAN ARNOLD

DID YOU KNOW?!



The Mansfield Public Library brings a new collection of books & audiobooks to the Senior Center Hobby Room each month? In addition, there are now 2 CD players that were designed specifically for Seniors. The CD players are easy to manipulate and have "pillow" speakers for easy listening. Check them out!

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.



Free Copies of SPARKS are always available at the Senior Center, the Library, the Community Center & the Town Hall.

Or, look us up online at: www.mansfieldct.gov in Senior Services under Departments.

If you're interested in buying a subscription that will be mailed to your home each month, please contact Kathy Rule at 860-429-0262, ext. 5

BLUEBERRY STUDY



Order your Blueberries by March 5th for a March 13th delivery!

~ FEBRUARY ~

MONDAY

2.
 9:00 AARP TAX AID
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 9:00 MINI SPA
 10:00 PC HELP
 10:00 BEG. SCRABBLE
 10:15 SPARKETTES
 12:00 LUNCH
 1:00 MAHJONGG
 1:30 CHORUS
 3:00 ELDERHOOD

TUESDAY

3.
 8:30 STRENGTH & STABILITY
 9:00 DR. WALTER
 9:30 WII BOWLING
 10:00 ALL DAY QUILTING RETREAT
 10:00 SCRABBLE
 11:00 PWR OF AGING
 12:00 LUNCH
 1:00 BINGO
 2:30 COMPUTER COMMITTEE MTG

WEDNESDAY

4.
 9:00 AARP TAX AID
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GRP
 11:00 YOGA
 11:30 HERRMAN B/P
 12:00 LUNCH
 12:00 CAUSERIES
 1:00 FUND. OF TAP
 1:00 MICROSOFT WORD CLASS

THURSDAY

5.
 8:30 STRENGTH & STABILITY
 9:00 REIKI
 9:30 CRYSTAL MALL TRIP
 9:30 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

FRIDAY

6.
 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
 1:00 MICROSOFT WORD CLASS
 1:00 PRESENTATION: VOLUNTEER OPPORTUNITIES

9.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 9:00 MASSAGE & REFLEXOLOGY
 9:30 COA MTG
 10:00 PC HELP
 10:00 BEG. SCRABBLE
 10:00 TRAVEL PRESENTATION
 10:15 SPARKETTES
 12:00 LUNCH
 12:00 AARP TAX AID
 1:00 MAHJONGG
 1:30 CHORUS

10.
 8:30 STRENGTH & STABILITY
 9:30 WII BOWLING
 10:00 SCRABBLE
 10:00 GENEALOGY
 10:00 OVERDRIVE CLASS
 11:00 PWR OF AGING
 12:00 LUNCH
 1:00 BINGO
 1:00 CREATIVE STAMPING
 6:00 MS SUPPORT GROUP

11. 9:00 TAX AID
 9:00 WALKING DVD
 9:30 WOOD CARVING
 9:30 MARK TWAIN HOUSE TRIP
 10:00 TAI CHI
 10:00 WRITING GRP
 11:00 YOGA
 11:00 LOW VISION
 12:00 CAUSERIES
 1:00 FUND. OF TAP
 1:00 MSCA EXEC. BD. MTG
 2:00 BOOK CLUB
 7:00 TNT QUILTERS

12.
 8:30 STRENGTH & STABILITY
 9:30 WII BOWLING
 10:00 QUILTING
 10:15 SPARKETTES
 11:00 STORIES WE ARE
 12:00 LUNCH
 12:30 PWR. OF AGING
 1:00 BRIDGE
 1:00 JEWELRY
 2:30 WII BOWLING
 3:15 SR. AEROBICS

13.
 9:00 WALKING DVD
 10:00 SCRABBLE
 10:00 KNITTING & CROCHETING
 10:30 SIT & GET FIT
 11:15 BRAIN AEROBICS
 12:00 VALENTINE'S LUNCH
 1:00 ART STUDIO
 1:00 MOVIE: *CITY OF ANGELS*

16.



**SENIOR CENTER
IS CLOSED**

17.
 8:30 STRENGTH & STABILITY
 9:30 WII BOWLING
 10:00 SCRABBLE
 11:00 PWR. OF AGING
 12:00 LUNCH
 1:00 BINGO

18. 9:00 TAX AID
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GRP
 11:00 YOGA
 12:00 MSCA THIRD WEDNESDAY
 12:00 CAUSERIES
 1:00 FUND. OF TAP
 1:00 VNAEAST
 1:00 MICROSOFT WORD CLASS
 3:00 CAREGIVER'S SUPPORT GROUP

19.
 8:30 STRENGTH & STABILITY
 9:30 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

20.
 9:00 WALKING DVD
 9:30 FLOWER & GARDEN SHOW TRIP
 10:00 SCRABBLE
 10:00 PHOTO CLUB
 10:00 KNITTING & CROCHETING
 10:30 SIT & GET FIT
 11:15 BRAIN AEROBICS
 12:00 LUNCH
 12:45 DUP. BRIDGE
 1:00 ART STUDIO

SENIOR SPARKS
Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268

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PRE-SORT STANDARD # 57
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LIVING WELL WITH HEARING LOSS & HEARING AIDS PROGRAM

Dr. Nancy C. MaMahon, Au.D., CCC-A and students in the Doctor of Audiology graduate program are offering this program to educate those who may be experiencing a decrease in hearing and/or those who have been diagnosed with a hearing loss and are utilizing hearing aids.

Understanding Your Hearing Loss
February 11th from 10am-12pm

Hearing Aids and You
March 11th from 10am-12pm

Living Well with Your Hearing Loss
April 15th from 10am-12pm

All programs are free of charge and will be held
at the Speech & Hearing Clinic
850 Bolton Rd, Storrs

For more information,
please call the Clinic at 860-486-2629.

