

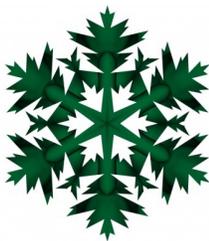
# SENIOR SPARKS

## *Mansfield Senior Center Newsletter*

~ JANUARY 2016 ~

~ *Happy New Year* ~

AS THE NEW YEAR APPROACHES US WITH JOY & HOPE,  
HERE'S TO WISHING YOU AND YOURS A WONDERFUL YEAR AHEAD.



### JANUARY MSCA LUNCHEON FEATURING: "THE COUNTRY DUO"

#### LUNCHEON AT 12PM

Chicken Noodle Soup, Ham Sandwiches  
and Carrot Cake for dessert



#### PROGRAM AT 12:45PM

Richard and Jeff have performed individually and together in a variety of performing groups including rock, blues and bluegrass. In 2008 they started "The Country Duo", playing classic country, bluegrass, Appalachian, gospel, square dance, and some "oldies". They especially enjoy presenting the music they perform with humor and an historical context that enriches the audience's experience. **\$7.00 per person** at time of reservation.

~ WEDNESDAY, JANUARY 20TH ~  
SNOW DATE: THURSDAY, JANUARY 21ST

~ PLEASE MAKE YOUR RESERVATION AT THE FRONT DESK BY JANUARY 11TH ~  
\*IF YOU MUST CANCEL, PLEASE LET SOMEONE AT THE FRONT DESK KNOW\*



Join us at the "Senior Center Arena" for an afternoon of Tailgating Fun! We will hoot & holler for the Women Huskies as they take on the SMU Mustangs and feast on classic arena treats—nachos, big pretzels with mustard, hot dogs & dairy bar sundaes! All the food you can eat & comfy seats in front of the big screen T.V. are included with your ticket! \$3.00/per person. See Kathy Yaffee to buy your ticket by January 18th.

~ SATURDAY, JANUARY 23RD ~  
GAME STARTS AT 3:00PM  
DOORS OPEN AT 2:30PM



Mansfield Senior & Wellness Center  
303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 Fax: 860-429-3208  
Town Website: [www.mansfieldct.gov](http://www.mansfieldct.gov)



## Senior Center Update

*From Sarah Taylor, Senior Center Supervisor*

**“Write it on your heart that every day is the best day in the year.”**  
**Ralph Waldo Emerson**

And, here we are - a new year stretched out before us, full of hope & possibilities. It's the perfect time of year to try something new - start a fitness class, join a group you've always wanted to, volunteer, or simply come in for a cup of coffee and some great company!

We've had a dynamic year at the Senior Center, and we continue to grow! We're very happy to announce that Cara Webb has accepted the permanent Program Coordinator position! Cara comes to us with many years of experience in community-based programming, and, in her time here on an interim basis, has quickly become a wonderful asset to our team! We're looking forward to another fun & exciting year, and we encourage you to share your hopes and goals for the Senior Center with us so that we can work together to make this the best Center it can be!

We'd like to thank all of you for your support and friendship throughout the year, and for making the Mansfield Senior Center such a special place to learn & grow. May your New Year be filled with peace, happiness and love!

## MANSFIELD SENIOR & WELLNESS CENTER

MONDAY THROUGH FRIDAY  
8:30AM TO 4:30PM

**TEL: 860-429-0262**

**FAX: 860-429-3208**

**WWW.MANSFIELDCT.GOV**

**SENIOR CENTER SUPERVISOR:**

SARAH TAYLOR  
860-487-9874  
taylors@mansfieldct.org

**PROGRAM COORDINATOR:**

CARA WEBB  
860-487-9872  
webbcj@mansfieldct.org

**TRANSPORTATION COORDINATOR:**

GIANNA STEBBINS  
860-487-9877  
stebbinsg@mansfieldct.org

**RECEPTIONIST:**

KATHY YAFFEE  
860-487-9870  
yaffeekg@mansfieldct.org

**SITE SERVER:**

SHARON CARON  
860-487-9876  
carons@mansfieldct.org

**SOCIAL WORKER:**

KATHY ANN EASLEY, LMSW  
860-487-9873  
easleyka@mansfieldct.org

**OUTREACH WORKER:**

SARAH DUFRESNE  
860-487-9875  
dufresnes@mansfieldct.org

### CHECK US OUT ON FACEBOOK!



We're thrilled to announce that we have officially launched the Mansfield Senior Center Facebook Page! Check out our page often for interesting stories, program & event information and an opportunity to connect with local resources & organizations for Seniors!



**THANK YOU THANK YOU THANK YOU**

**TO ALL OUR WONDERFUL VOLUNTEERS!**

**WE COULDN'T DO WHAT WE DO WITHOUT YOU!**

**\*TO OUR SECRET SANTA: WE LOVE OUR NEW CLOCK!\***

***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](http://www.mansfieldct.gov)  
and click on "Seniors"***

**MANSFIELD SENIOR CENTER  
ASSOCIATION, INC.  
EXECUTIVE BOARD MEMBERS  
1 JULY 2015 TO 30 JUNE 2017**

PRESIDENT: JEAN ANN KENNY  
VICE PRESIDENT: LINDA WOHLLEBE  
IMMEDIATE PAST  
PRESIDENT: RITA BRASWELL  
SECRETARY: BEVERLY GOTCH  
FINANCE OFFICER: JEAN ANN KENNY  
TREASURER: JEAN ANN KENNY  
ASSNT. TREASURER: VACANT  
MEMBER-AT-LARGE: CINDY SCHAFFER

**COMMITTEE CHAIRS**

TRAVEL: KAY WARREN  
PROGRAM PLANNING: JOAN DOIRON  
WAYS & MEANS: BETTY SAVAGE  
MEMORIAL COMM.: LINDA WOHLLEBE  
COMPUTER COMM.: ROTATING  
SPARKS COMMITTEE: RITA BRASWELL  
SPARKS SUBSCRIPTION  
MANAGER: KATHY RULE

**TO REACH THE ASSOCIATION,  
PLEASE CALL 860-429-0262, EXT. 5**

**MSCA Executive Board & Association  
Meeting Schedule**

**EXECUTIVE BOARD: JAN. 6TH AT 1:00PM  
ASSOCIATION MTG: JAN. 13TH AT 12:30PM**

The Mansfield Senior Center Association, Inc. is now requesting a donation of 25 cents for a six-ounce cup of coffee, tea, or hot chocolate. We appreciate your donations so that we may continue to offer you this wonderful service.

*Thank you!*

**MEALS ON WHEELS  
VOLUNTEERS NEEDED!**

Help deliver meals to homebound Seniors in the community. We are currently looking for Substitute Drivers for our Monday through Friday morning deliveries. If interested, please call Site Server Sharon Caron at 860-487-9876.

**MANSFIELD SENIOR CENTER ASSOCIATION, INC.  
*Greetings from MSCA***

We wish to thank all the volunteers who helped make the Holiday Celebration a success. Thank you to the staff who served our meals and all the work they did. Thank you to the Chorus and the Sparkettes for a wonderful program! Lida Bilokur made the "place cards" and Linda Wohllebe did the calligraphy.

Thank you to all the volunteers who helped with the Mini Bazaar, and all the customers who made it a success. ALL of you made a very successful Holiday Celebration!

In January 2016 (can you believe it??), the Mansfield Senior Center Executive Board will meet on Wednesday, January 6th at 1:00 PM. The Mansfield Senior Center Association will meet on Wednesday, January 13th, at 12:30 PM, at or near the end of luncheon.

On the third Wednesday in January, Wed. the 20th, we will have a delicious lunch and the Country Duo as entertainment. Please sign up as soon as you can.

We need all of you and appreciate your involvement.

May 2016 be filled with Joy and Kindness!

Peace,

Jean Ann Kenny  
MSCA President



# New in January

## Crafty Creations

Join Cara in the Craft Room for an afternoon of creative fun! This month we will be making Yarn Hearts! These are perfect for decorating your window around Valentines Day!



~ Tuesday, January 12th ~  
Starting at 1:00PM

Please see Kathy Yaffee to sign up by January 7th

## Radio Mystery Theater!

Reminiscence with us about the days you would gather around your radio as we tune in to a dramatic radio mystery from 1940!

Refreshments will be provided.  
Hope to see you there!



~ Friday, January 15th ~  
Starting at 1:00 PM

Please see Kathy Yaffee to sign up by January 13th

## Attention Wii Bowlers:

Our next match will be  
~ January 29th at 9:00AM ~  
At the Colchester Senior Center



## THE NEW 2-1-1 CONNECTICUT WEBSITE IS HERE!

This informative website includes several new features, such as location-aware search, full text translation into 30 languages, and user-friendly search results that make it easy to quickly connect to services and programs in the 2-1-1 database.

For more information visit  
[www.211ct.org](http://www.211ct.org)

## Navigating Your Smartphone with Adam Delaura

Do you think a smartphone is complicated, with too many bells and whistles to navigate? Do you want to learn how to take, store and share pictures? How about connecting your email to your phone? This workshop is the one for you.

Smartphones are designed to make your life Easier! With a little guidance, you can have all the information you need at your fingertips. Bring your questions and your smartphones! Join us on **Monday, January 25th at 1:00pm**

Please register with Kathy Yaffee by  
**January, 20th**



## LET YOUR YOGA DANCE!

**THIS MARVELOUS CLASS WILL RETURN IN SPRING 2016 SO KEEP AN EYE OUT FOR FUTURE DATES & THANK YOU FOR THE GREAT RESPONSE!**



Give yourself the gift of attending a workshop combining slow flowing yoga postures with joyful natural movement accessible to everyone! Mindful breathing and soothing yoga postures will reduce stress and increase body awareness, flexibility and balance.

Facilitated by Peggy Dillon, Certified Yoga Dance Teacher, licensed clinical social worker and proud member of both the Mansfield Senior Center Chorus and the Sparkettes.

# Focus on Fitness

**FIT IS NOT A DESTINATION,  
IT IS A WAY OF LIFE**

## 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 with



**Pre-registration is required.**

**Tuesdays 9:00-10:00 am**  
**4 Classes—\$20R / \$24 NR**

**Thursdays 9:00-10:00 am**  
**4 Classes—\$20R / \$24 NR**

## OPEN EXERCISE ROOM AVAILABILITY

Do you have an exercise DVD you want to use with friends and no place to watch it together? Do you like to do stretching and need room to spread out? Did you just learn a new dance and need a space to practice?

Times have been set aside for an open exercise room. It will be on a first-come, first-serve basis.

**Mondays 1:00pm-4:00pm**  
**Fridays 1:00pm-4:00pm**

## 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 9:00-10:00am**  
**3 Classes—\$15 R / \$18 NR**

**Thursdays 3:15-4:15pm**  
**4 Classes—\$20 R / \$24 NR**

## Power of Aging

This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Classes begin with a warm-up and continue with a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

**Pre-registration is required.**

**Tuesdays 11:00am-12:00pm**  
**3 Classes—\$15 R / \$18 NR**

**Thursdays 12:00-1:00pm**  
**3 Classes—\$15 R / \$18 NR**

**\*No Class on 1/5 or 1/7\***



## Tai Chi Cooperative Group

**\*New Time Added\***

Join us for this cooperative, self-led group! Practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

**Wednesdays 10:00-11:00am**  
**Fridays 10:00-11:00am**

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

## 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.**

**This class is limited to 12 students.**

**Wednesdays 11:00am-12:00pm**  
**3 Classes—\$15 R/\$18 NR**

**\*No Class on 1/13\***

## Tap Dancing for Seniors



### Sparkettes Performing Group Class

This tap class is for 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—\$22.50 R / \$27 NR**

### Fundamentals of Tap

This is a tap dancing class for beginners or those who 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 R / \$24 NR**

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

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

## CREATIVE ARTS

### Quilting

Join this class and quilt all day! Whether it's a new 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 motivation with Pat Ferguson as your "Quilting Coach." Bring your sewing machine or sew by hand. You are welcome to bring your lunch, sign up ahead of time for lunch at the Senior Center, or order from a local takeout restaurant.

**Monday, January 4th 10:00am-4:00pm**

**Monday, January 25th 10:00am-4:00pm**

**\$30.00 R / \$35.00 NR per day**

### 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](http://www.mysticcarvers.com).

**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! New members are always welcome!

**Thursdays at 1:00pm**

### Knitting & Crocheting

Come enjoy knitting or crocheting 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

### Herrman Blood Pressure Clinic

Blood Pressure Screenings for those 55 and above. There is no cost and no pre-registration required.

**January 6th from 11:30am-12:00pm**

### Reiki

Reduce stress, stimulate your immune system and manage pain & symptoms with this gentle hands-on ancient therapy. Provided by Reiki Master Bette Giordano. The cost for a 1-hour session is \$30.00.

**January 7th from 9:00-11:00am**

### Podiatrist

Complete foot care & podiatric evaluations. Medicare will be billed if eligible.

**January 26th from 9:00am-12:00pm**

### Massage Therapy & Reflexology

Deb Turner, L.M.T. from Harmony Massage in Storrs provides 25-minute table massages for all over relaxation, or reflexology sessions to treat tired and sore feet. Both are a great way to increase flexibility, blood flow, relieve muscle tension and manage pain. The \$15.00 fee is payable directly to Deb at the time of the appointment.

**January 13th from 9:00am-2:00pm**

### VNA East Adult Health Screenings

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

**January 27th from 1:00-3:00pm**

### Mini Spa

Michelle DeLuco of Kennedy & Co. Salon & Spa will be here to offer spray bottle variety haircuts, clipper cuts and eyebrow or beard trimming. The price for haircuts is \$15, payable directly to Michelle at the time of the appointment. Hope Charette of Hope & Wellness Salon will also be here to offer manicures or pedicures. The price for nail clipping is \$15, payable directly to Hope at the time of the appointment.

**January 11th from 9:00am-12:00pm**

### AARP CONNECTICUT

The latest news, information and events for Connecticut Residents 50+

For more information, visit  
[www.aarp.org/region/Connecticut](http://www.aarp.org/region/Connecticut) or  
[www.facebook.com/aarpct](https://www.facebook.com/aarpct)

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

## GROUPS & CLUBS

### Genealogy Group

January, the start of another year and a good time to get working on that genealogy! Come meet our friendly group and get new information from the leader and help from all of us.

You keep saying you're going to do it so why not now? This group is led by Helen Collins and we meet **on the 2nd Tuesday of each month at 10:00AM.**

Join us **January 12th** and get inspired!

### 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

Looking for an opportunity to sing and perform soprano/alto/tenor/bass music? It's not too late to join the Mansfield Senior Center Chorus. All practices and performances occur during daytime hours. Rehearsals for the spring will start in February. Please keep watch for further announcements and contact Stu Sidney at 860-429-7271 or Joan Doiron at 860-576-7754 with any questions.

**Mondays 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

Mondays at 10:00am  
Tuesdays at 10:00am  
Wednesdays at 1:00pm  
Thursdays at 10:00am  
Fridays at 10:00am

### BRIDGE

Thursdays at 1:00pm

### DUPLICATE BRIDGE

3rd Friday at 12:45pm

### SCRABBLE

Tuesdays at 10:00am  
Fridays at 10:00am

### MAHJONGG

Mondays at 1:00pm

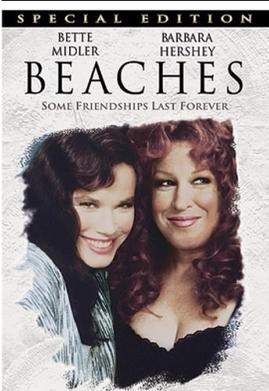
### BINGO

Tuesdays at 1:00 pm

## THANK YOU!

Our local quilt guild **TNT Quilters of Mansfield CT** impressively put together over 40 pillowcases to donate to the Connecticut Children's Medical Center! The pillowcases were donated on December 7th, just in time for a "Pajama Day" event at the hospital. Your work was greatly appreciated by many!

## MOVIE DISCUSSION GROUP



### Beaches

Come join us for this emotionally riveting film starring Bette Midler and Barbara Hershey.

~Monday, January 11th ~  
Movie starts at 1pm  
Refreshments will be provided





# JANUARY DAY TRIPS



## **LUNCH BUNCH: THE STEAK LOFT ~ MYSTIC, CT**

**January 6<sup>th</sup> from 11AM-3PM**

Special Senior Wednesday – 25% off your bill! Located in the lovely Mystic Village, entrees include sandwiches, wraps, soups, salads, burgers, fish & chips, baked stuffed shrimp. Have as BIG or as little a meal as you wish! *Menu available at receptionist desk.*

## **YALE ART GALLERY – NEW HAVEN, CT**

**January 8<sup>th</sup> from 10AM-4PM**

Experience the Gallery's celebrated collection as never before! Spanning three buildings, the greatly expanded spaces now feature more than 4,000 objects, including many favorites, new acquisitions, and works long off view. Lunch on your own – numerous wonderful restaurants right in the vicinity. *A map of area restaurants will be provided.* Admission is FREE!

## **LUNCH BUNCH: BAY PATH CULINARY ~ CHARLTON, MA**

**January 12<sup>th</sup> from 10AM-2PM**

This is a favorite with many of our Seniors! Come sample a delicious, festive four-course meal at this culinary school!

## **NEW ENGLAND CAROUSEL MUSEUM & FINE ART GALLERIES ~ BRISTOL, CT**

**January 14<sup>th</sup> from 10:30AM-4PM**

This magnificently restored hosiery factory offers a wonderful, diverse experience. The carousel museum has been joined by a splendid museum of fire history, a museum of Greek culture and two fine art galleries – including a permanent display of contemporary artwork by Glo Sessions. We will be stopping for lunch following our tour of the museum at Barley Vine. *Menu available at receptionist desk.*

## **LES PECHEURS DE PERLES–METROPOLITAN OPERA @ BUCKLAND CINEMAS ~ MANCHESTER, CT**

**January 16<sup>th</sup> from 10:30AM-4PM**

We will once again be traveling to Manchester for the monthly Metropolitan Opera showing live on screen! We will make a lunch stop on the way to the theater. Admission \$21/person.

## **OLD STATE HOUSE TOUR & LUNCH ~ HARTFORD, CT**

**January 19<sup>th</sup> from 10AM-4PM**

What is the Charter Oak and why is it an important part of Connecticut history? Come and see this historic landmark in downtown Hartford. We will stop for lunch at Hot Tomato at Hartford's Union Station! Admission \$5/person. *Menu available at receptionist desk.*

## **LUNCH BUNCH – THE GOLDEN GREEK RESTAURANT ~ DAYVILLE, CT**

**January 21<sup>st</sup> from 11AM-2:30PM**

This well-known area restaurant has had renovations and is under new ownership! This has been a lunch bunch request of many of you! 10% discount on your meal -- daily lunch specials! Come share a nice afternoon for a meal with friends!!

## **MARK TWAIN HOUSE & MUSEUM ~ HARTFORD, CT**

**January 25<sup>th</sup> from 10AM -4PM**

The Mark Twain House, a National Historic Landmark, is the 25-room Victorian home where legendary author Samuel Clemens (Mark Twain), lived with his family and wrote his greatest works, including *The Adventures of Tom Sawyer* and *Adventures of Huckleberry Finn*. The house features interior decor including elaborate stenciling and carved woodwork and will be decorated for the Victorian holiday at the time of our visit. Lunch will be available at The Nook Café, serving sandwiches, salads and other light fare. Admission \$16/person.

## **TURANDOT – METROPOLITAN OPERA @ BUCKLAND CINEMAS ~ MANCHESTER, CT**

**January 30<sup>th</sup> from 10:30AM-4PM**

No Saturday afternoon opera scheduled for February so we will catch this performance as well -- live on screen! We will make a lunch stop, as usual, on the way to the theater. Admission \$21/person.

### PLEASE NOTE:

**Mansfield Residents aged 60 and over will be eligible to register for upcoming trips on a first-come, first-served basis. One week (7 days) prior to the trip, the list will open for non-residents aged 60 and over to register. If you are a non-resident, please have your name placed on the waiting list. Participants will be moved to the main list in the order in which they registered.**

**If you have any questions or would like more information on any of these trips, please contact Gianna Stebbins, our Transportation Coordinator, at 860-487-9877.**

**BIRTHDAY LUNCH FOR  
JANUARY!**

Toot the horn! Bang the drum!  
It's a party! Can you come?



~ JANUARY 6TH AT NOON ~

**REGISTER BY MONDAY, JANUARY 4TH**

## *Happy Birthday!*

- 1 Carol Caisse, Joseph Cary, Vera Ward
- 2 Dexter Eddy
- 3 Ian Mills, Bonnie Faulkner, Donald Chanski
- 5 Raymond Porter, Gloria Sloan, Keith Johnson,  
Marian Brazziel, Elizabeth Wassmundt
- 6 Doris Garrison, William Burns,  
Michele Palmer, Thomas Potter, Joanne Foy,  
Frank Eckert
- 7 Jong Sung Kim, Arnaize Hummer
- 8 Jeanne Haas, Judith Bell
- 9 David Mills, Judy Gebben
- 10 Adelle Milavsky
- 11 Gene Barberet, Ruth Jones, Michael Saucier
- 12 Cynara Stites, Joseph Novak, Doffie Rotter
- 13 Ron Pelrine, Joan Webster, Ruth Nik
- 14 Irene Dube
- 15 Dorothy Bishop, Toni Drescher, Sharon Kozin,  
Annette Knowlton, Franklin Wells, Thomas  
Morrison
- 16 Clare Currier, Elizabeth Laub, Susan Brome,  
Atmand Biron
- 17 David Melson, Barbara Williams
- 18 Walter Harper, James Bobbitt,  
Florence Palmer, Irene Akerley
- 19 Dorothy Ashwell, Joseph Konecny, Vincent  
Audette, William Paulson
- 20 Donald Rowe, Kathy Carr, Ilene Whitacre,  
Donald Hodgins, Mary Pearson, Linda  
Mihalek
- 21 Bob Jordan, Chiaku Chukwuogor, Diana  
Burns
- 22 Shirley Zande, John Federowicz, Jung Ja LEE  
Kim, Frank Von Duntz
- 23 Steven Anderson, Joan Quarto, Rachel Cosby
- 24 Henry Dube, Jean Miller, Frances Horila
- 25 Dolores Saunders, Pamela Patterson
- 26 Theodora Naumec, Edward Leadbetter,  
Arthur Abramson
- 27 Etta Bishop, Dave Waters
- 28 Christopher Chvirko
- 29 William Aho, Susan Meisler, Frederick Frey,  
Muriel Fenn
- 30 Lois McClintock, Sylvia Aho, Jackie Heintz,  
Lillian Rioux, Claire Gates, Naomi Heiss
- 31 William Smith

## **COMPUTER CLASSES**

### **ME AND MY IPAD**

- Installing games & programs
- WiFi connection
- Touch screen navigation
- Photography, etc.

**JANUARY 12TH FROM 10AM-12PM**

### **EMAIL CLASS**

This 2-hour seminar will teach you the ins and outs of how to set up email accounts, reading, replying, forwarding, how to attach files and images, delete junk mail, utilize privacy settings and much more!

**JANUARY 14TH FROM 10AM-12PM**

### **INTRO TO FACEBOOK**

If you're new to Facebook, don't fear: it's easy to set up & maintain your own page! With this class you will learn the basics such as layout, posting message and uploading photos among many other topics.

**JANUARY 19TH FROM 10AM-12PM**

### **INTERNET & SKYPE**

Learn about different browsers, tab browsing and secrets for safe internet exploration. No need to bring a computer for this session, just a paper & pen.

**JANUARY 21ST FROM 10AM-12PM**

### **TRAVEL PLANNING ONLINE**

Designed to explore multiple resources for planning your next vacation adventure! Whether you're traveling by car, plane, boat, train or bus—you can plan it all online! No computer needed, just pen & paper.

**JANUARY 26TH FROM 10AM-12PM**

### **INTERNET SECURITY & SAFETY**

Have you ever wondered how to protect yourself on the internet or have all those passwords gotten out of hand? These questions and more will be answered!

**JANUARY 28TH FROM 10AM-12PM**

**THERE IS NO CHARGE FOR THESE CLASSES  
& NO NEED TO REGISTER! ME & MY IPAD  
AND INTERNET SECURITY & SAFETY WILL  
BE REPEATED IN FEBRUARY.**

# ~ TVCCA SENIOR CAFE JANUARY MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1% milk &amp; whole grain bread are served with each meal. Menu is subject to change without notice.</b></p>	<p><b>FOR MSCA 3RD WEDNESDAY LUNCHEONS: PLEASE REGISTER WITH THE FRONT DESK RECEPTIONIST BY THE DATE POSTED IN THIS CALENDAR. WE DO ORDER THESE MEALS IN ADVANCE AND APPRECIATE YOUR HELP SIGNING UP BY OUR DUE DATE. THANK YOU!</b></p>			<p>I</p>  <p>SENIOR CENTER IS CLOSED</p>
<p>4</p> <p>CHEESE MANICOTTI WITH MARINARA GARLIC BREAD BEAN MEDLEY OATMEAL COOKIE GRAPE JUICE</p>	<p>5</p> <p>BREADED PORK CHOP YELLOW RICE &amp; BLACK BEANS VEGETABLE MEDLEY FRUIT COCKTAIL</p>	<p>6</p> <p>PUB BURGER ROASTED POTATOES MIXED VEGETABLES PEACH CUP</p>	<p>7</p> <p>SOUTHWESTERN CRUSTED COD RICE PILAF CAPRI VEGGIES PINEAPPLE CUP</p>	<p>8</p> <p>CHICKEN PARMESAN MASHED POTATOES LONG BEANS APPLESAUCE CUP</p>
<p>II</p> <p>SALISBURY STEAK WITH GRAVY MASHED POTATOES STEWED TOMATOES FRUIT COCKTAIL</p>	<p>12</p> <p>PINEAPPLE GLAZED HAM MASHED SWEET POTATOES GREEN BEANS PEACH CUP</p>	<p>13</p> <p>CREAM CHICKEN ALFREDO WITH PASTA PEAS CARROTS CUPCAKE ORANGE JUICE</p>	<p>14</p> <p>GREEN PEPPER CASSEROLE CUMIN &amp; GARLIC RUBBED POTATOES CAPRI VEGGIES PINEAPPLE CUP</p>	<p>15</p> <p>BBQ PULLED PORK WITH ROLL BAKED BEANS SNAP PEAS FRESH ORANGE</p>
<p>18</p>  <p>SENIOR CENTER IS CLOSED</p>	<p>19</p> <p>CHICKEN CURRY CASSEROLE BROCCOLI DICED CARROTS DANISH CRANBERRY JUICE</p>	<p>20</p> <p>MSCA 3RD WEDNESDAY LUNCHEON CHICKEN NOODLE SOUP HAM SANDWICHES CARROT CAKE \$7.00 PER PERSON REGISTER BY I/II</p>	<p>21</p> <p>STUFFED SHELLS WITH MARINARA GARLIC BREAD ZUCCHINI YELLOW SQUASH PEACH CUP</p>	<p>22</p> <p>BEEF STROGANOFF BUTTERED NOODLES MEXICAN CORN FRUIT COCKTAIL</p>
<p>25</p> <p>BBQ CHICKEN RICE PILAF YELLOW SQUASH APPLESAUCE CUP</p>	<p>26</p> <p>CHEESEBURGER NOODLE CASSEROLE ZUCCHINI BABY CARROTS FRESH ORANGE</p>	<p>27</p> <p>HOT DOG WITH ROLL BAKED BEANS COLESLAW PINEAPPLE CUP</p>	<p>28</p> <p>HUNGARIAN CHICKEN PAPRIKA PARSLEY POTATOES MIXED VEGGIES FRUIT COCKTAIL</p>	<p>29</p> <p>CRISPY COD PATTY MACARONI &amp; CHEESE BROCCOLI SUGAR COOKIE GRAPE JUICE</p>

Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & 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 by 10am the day before you plan to come for lunch!

**NAME** \_\_\_\_\_

## **ADULT & SENIOR SERVICES**

**Kathy Ann Easley, LMSW**  
Social Worker  
Tel: 860-487-9873

**Sarah Dufresne, BA**  
Outreach Social Worker  
Tel: 860-487-9875

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

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

### **FRIENDLY REMINDERS**

**Mobile Food Share** will be at  
Wright's Village on  
January 7th & 21st  
from 11:30am-12:15pm

The **ACCESS Community Action Agency**  
is now making appointments for  
**Energy Assistance.**

Contact ACCESS at 860-450-7400  
1315 Main Street, Suite 2,  
Willimantic, CT 06226

### **SUPPORT GROUPS**

Dealing with Low Vision?  
Join our Low Vision Group  
for support, friendship and helpful tips.  
**January 13th 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.  
**January 20th from 3:00-4:00pm**

THE DISABLED/ELDERLY HOMEOWNERS  
**TAX CREDIT PROGRAM**  
begins **February 1st and ends May 1st.**

#### INCOME QUALIFICATIONS ARE:

\$35,200 for a single person  
\$42,900 for a married couple

PLEASE CALL KATHY ANN EASLEY FOR MORE  
INFORMATION.

## **LOCAL RESOURCES**

The Commission on Aging studies the conditions and needs of elderly persons in the town in relation to housing, economics, employment, health and nutrition, recreation, transportation and other matters. Members serve as a resource group to which Mansfield citizens can turn either individually or as groups when they have problems or questions about programs or needs of the elderly.

***The Commission on Aging meets  
at the Senior Center on the second Monday  
of each month at 9:30 am and the public is  
encouraged to attend. For more  
information, please contact Commission  
Chair Will Bigl at 860-429-0180.***

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

### **AARP TAX-AIDE ASSISTANCE**

**A FREE PROGRAM THAT PROVIDES HELP IN  
PREPARING INCOME TAX RETURNS TO LOW &  
MIDDLE INCOME TAXPAYERS.**

**~ COMING IN FEBRUARY ~**

### **SENIOR RESOURCES**

**AREA AGENCY ON AGING**  
19 OHIO AVENUE, NORWICH CT

Senior Resources' mission is to provide information and services to the aging population, individuals with disabilities, their families and care providers to maintain or improve their independence and quality of life.

**FOR MORE INFORMATION VISIT  
[WWW.SENIORRESOURCES.ORG](http://WWW.SENIORRESOURCES.ORG)**

**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.



# ~ JANUARY ~



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**4.**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
 10:00 PC HELP  
 10:00 WII BOWLING  
 10:00 QUILTING  
 10:15 SPARKETTES  
 12:00 LUNCH  
 1:00 MAHJONGG

**5.**  
 9:00 STRENGTH & STABILITY  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
 12:00 LUNCH  
 1:00 BINGO  
**2:30 COMPUTER COUNCIL MTG.**

**6.**  
 9:00 WALKING DVD  
 9:30 WOOD CARVING  
 10:00 TAI CHI DVD  
 10:00 WRITING GRP.  
**11:00 LUNCH BUNCH TRIP**  
 11:00 YOGA  
**11:30 BLOOD PRESSURE CLINIC**  
 12:00 BIRTHDAY LUNCH  
 12:00 CAUSERIES  
 1:00 FUND. OF TAP  
**1:00 MSCA EXEC. BOARD MTG.**

**7.**  
 9:00 STRENGTH & STABILITY  
**9:00 REIKI**  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
**11:30 FOODSHARE**  
 12:00 LUNCH  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**8.**  
 9:00 WALKING DVD  
**10:00 YALE ART GALLERY**  
 10:00 SCRABBLE  
 10:00 PHOTO CLUB  
 10:00 KNITTING & CROCHETING  
 10:00 WII BOWLING  
 10:00 TAI CHI DVD  
 11:00 BRAIN AEROBICS  
 12:00 LUNCH  
 1:00 ART STUDIO

**11.**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
**9:00 MINI SPA**  
**9:30 COMMISSION ON AGING MTG.**  
 10:00 PC HELP  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
 12:00 LUNCH  
 1:00 MAHJONGG  
**1:00 MOVIE: BEACHES**

**12.**  
 9:00 STRENGTH & STABILITY  
**10:00 LUNCH BUNCH TRIP**  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
**10:00 ME & MY IPAD**  
 10:00 GENEALOGY  
 11:00 PWR OF AGING  
 12:00 LUNCH  
 1:00 BINGO  
**1:00 CRAFTY CREATIONS**  
**6:30 MS SUPPORT**

**13.**  
 9:00 WALKING DVD  
**9:00 MASSAGE & REFLEXOLOGY**  
 9:30 WOOD CARVING  
 10:00 TAI CHI DVD  
 10:00 WRITING GRP.  
**11:00 LOW VISION SUPPORT GROUP**  
 12:00 LUNCH  
 12:00 CAUSERIES  
**12:30 MSCA ASSOC.**  
 1:00 FUND. OF TAP  
 1:00 WII BOWLING

**14.**  
 9:00 STRENGTH & STABILITY  
 10:00 WII BOWLING  
**10:00 EMAIL CLASS**  
 10:15 SPARKETTES  
**10:30 CAROUSEL MUSEUM**  
 12:00 LUNCH  
 12:00 PWR. OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**15.**  
 9:00 WALKING DVD  
 10:00 SCRABBLE  
 10:00 KNITTING & CROCHETING  
 10:00 WII BOWLING  
 10:00 TAI CHI DVD  
 11:00 BRAIN AEROBICS  
 12:00 LUNCH  
**1:00 RADIO MYSTERY**  
 1:00 ART STUDIO

**18.**  
**MARTIN LUTHER KING JR. DAY**  
 ~~~~~  
**SENIOR CENTER IS CLOSED**



**19.**  
 9:00 STRENGTH & STABILITY  
**10:00 OLD STATE HOUSE TRIP**  
 10:00 WII BOWLING  
**10:00 INTRO TO FACEBOOK**  
 10:00 SCRABBLE  
 11:00 PWR OF AGING  
 12:00 LUNCH  
 1:00 BINGO

**20.**  
 9:00 WALKING DVD  
 9:30 WOOD CARVING  
 10:00 TAI CHI DVD  
 10:00 WRITING GRP.  
 11:00 YOGA  
 12:00 MSCA LUNCH W/COUNTRY DUO  
 12:00 CAUSERIES  
 1:00 FUND. OF TAP  
**3:00 CAREGIVERS SUPPORT GROUP**

**21.**  
 9:00 STRENGTH & STABILITY  
 10:00 WII BOWLING  
**10:00 INTERNET & SKYPE**  
 10:15 SPARKETTES  
**11:00 LUNCH BUNCH TRIP**  
**11:30 FOODSHARE**  
 12:00 LUNCH  
 12:00 PWR. OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**22.**  
 9:00 WALKING DVD  
 10:00 SCRABBLE  
 10:00 PHOTO CLUB  
 10:00 KNITTING & CROCHETING  
 10:00 WII BOWLING  
 10:00 TAI CHI DVD  
 11:00 BRAIN AEROBICS  
 12:00 LUNCH  
 12:45 DUP. BRIDGE  
 1:00 ART STUDIO



# ~ JANUARY ~



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**25.**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
**10:00 MARK TWAIN MUSEUM**  
 10:00 PC HELP  
 10:00 WII BOWLING  
 10:00 QUILTING  
 10:15 SPARKETTES  
 12:00 LUNCH  
**1:00 NAVIGATING YOUR SMARTPHONE**  
 1:00 MAHJONGG

**26.**  
 9:00 STRENGTH & STABILITY  
**9:00 PODIATRIST**  
 10:00 WII BOWLING  
**10:00 TRAVEL PLANNING ONLINE**  
 10:00 SCRABBLE  
 11:00 PWR OF AGING  
 12:00 LUNCH  
 1:00 BINGO

**27.**  
 9:00 WALKING DVD  
 9:30 WOOD CARVING  
 10:00 TAI CHI DVD  
 10:00 WRITING GRP.  
 11:00 YOGA  
 12:00 LUNCH  
 12:00 CAUSERIES  
**1:00 VNAEAST**  
 1:00 FUND. OF TAP  
 1:00 WII BOWLING

**28.**  
 9:00 STRENGTH & STABILITY  
 10:00 WII BOWLING  
**10:00 INTERNET SECURITY & SAFETY**  
 10:15 SPARKETTES  
 12:00 LUNCH  
 12:00 PWR. OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**29.**  
 9:00 WALKING DVD  
**9:00 WII BOWLING VS. COLCHESTER**  
 10:00 SCRABBLE  
 10:00 KNITTING & CROCHETING  
 10:00 TAI CHI DVD  
 11:00 BRAIN AEROBICS  
 12:00 LUNCH  
 1:00 ART STUDIO

### REMINDER:

**THE SENIOR CENTER IS CLOSED ON JANUARY 1ST & 18TH**



### TAILGATING PARTY AT MANSFIELD SENIOR CENTER

**UCONN vs. SMU**

~ SATURDAY, JANUARY 23RD ~

**GAME STARTS AT 3:00PM  
DOORS OPEN AT 2:30PM**

### SAVE THE DATE:

**FRIDAY, FEBRUARY 19<sup>TH</sup> A DAY TRIP IS GOING TO THE CONNECTICUT FLOWER SHOW!**



### THE CENTER FOR LEARNING IN RETIREMENT CLASSES IN VERNON COTTAGE AT UCONN'S DEPOT CAMPUS:

**Tuesday, January 5th at 1:15pm:**  
Japanese Military History: A New Wrinkle?

**Wednesday, January 6th at 1:15pm:**  
Why True Stories Matter

**Friday, January 8th at 1:15pm:**  
Something Wicked (with six legs) This Way Comes

**Wednesday, January 13th at 1:15pm:**  
What's in Your Gut? Meet the Human Microbiome

**Thursday, January 14th at 1:15pm:**  
History of African-Americans in CT: Migration from the South in the Twentieth Century

**Friday, January 15th at 1:15pm:**  
Uric Acid: A balance of benefit and harm

**Tuesday, January 19th at 1:15pm:**  
Upside: Surprising Good News about the State of our World

**Wednesday, January 20th at 1:15pm:**  
Good Grief, Bad Grief

**Thursday, January 21st at 1:15pm:**  
The Not-So-Good Life of the Colonial Goodwife

**Friday, January 22nd at 1:15pm:**  
If It Ducks Like a Quack...Critical Thinking About "Alternative" Medicine

**Tuesday, January 26th at 1:15pm:**  
The Debate over the Cost of Education

**Wednesday, January 27th at 1:15pm:**  
Korean Culture & Art

**Friday, January 29th at 1:15pm:**  
Picking Winners: A Different Kind of Brain Game

## 2016 MSCA TRAVEL

*A HAPPY AND HEALTHY NEW YEAR TO OUR FELLOW TRIPSTERS!*

**ATLANTIC CITY—FEB. 24-26:** 2 nights at the RESORTS Hotel Casino. \$60 in slot bonus and \$60 in food vouchers. 2 shows—A tribute to Patsy Cline and Roy Orbison and the other show is with a Resorts entertainer. *This is filling quickly.* **\$194 pp**

**TONY KENNY'S IRISH CELEBRATION—MARCH 15:** Elegant luncheon @ Chez Josef, Tony Kenny, Singer comedian Ritchie Hayes, Singer Bernadette Ruddy, the Dublin City Step Dancers, and the Dublin Trinity Band. Choice of corned beef/cabbage or baked Scrod. **\$85 pp**

**COUNTRY ROYALTY—APRIL 20:** Free time @ Foxwoods Casino with \$10.00 food voucher or free buffet & \$10 slot bonus, a Patsy Cline and Hank Williams afternoon matinee at the Garde Arts Theatre in New London. **\$76 pp**

**ARGIA SCHOONER CRUISE—MAY 20:** A morning cruise aboard the schooner off the coast of Mystic, CT. (You can bring a small cooler/picnic basket with refreshments), lunch at Lenny & Joe's Fish Tale. Choice of: cold lobster roll, broiled scallops or tenderloin tail steak. **\$89 pp**

**SAMSON—JUNE 7-9:** Lancaster, PA. 2 nights at the Crowne Plaza Hotel, 2 buffet breakfasts at the hotel, dinner show at the Crowne Plaza, family-style dinner in a real Amish home, reserved seats at the Sight & Sound Theatre to see Samson, a professional Amish country guided tour with a visit to the Amish Quilt Shop & Eli's Root beer, Kitchen Kettle Village, an Amish farmer's market, American Treasure (a nostalgic tour), ZOOK's fabric store. **\$398 pp**

**STRAWBERRY FESTIVAL—JUNE 22:** BBQ lunch at the Summit View (huge outdoor-covered pavilion), The EAGLES Tribute Band Show "Hotel California." **\$76 pp**

**LEXINGTON AND CONCORD—JULY 22:** See where the first shots were fired between the American and British troops on April 19, 1775. A step-on guide & road to Revolution, luncheon @ the historic Wayside Inn in the country (time to browse the schoolhouse & Grist Mill), a stop at Colonial Candies. Choice of traditional chicken pot pie or Boston scrod. **\$79 pp**

**TRIPLE LOBSTER—AUG. 9:** 3 lobsters pp or Prime Rib, famous Hu Ke Lau Polynesian show and a 2<sup>nd</sup> show with a mystery entertainer. **\$94 pp**

**SCALLOP FESTIVAL AT CAPE COD—SEPT. 25:** Free time at the festival, rides and entertainment. Paved walkways with easy maneuverability. Over 100 local artisans, wide variety of quality entertainment. Choice of Fried Scallops or Herb Roasted half of chicken. **\$76 pp**

**OKTOBERFEST—OCT. 13:** In the grand lodge @ Maneeley's, South Windsor, CT. Plated German luncheon at the Grand Lodge, Spaten Oktoberfest beer (2 drink tickets pp), authentic "fun" German band. Choice of: Beer Braised Ribs, Chicken Schnitzel, Stuffed Cabbage. **\$83 pp**

**NEW ORLEANS—OCT. 21-31:** 11-day trip includes 10 nights lodging w/4 consecutive nights in New Orleans area, 18 meals (10 breakfasts & 5 dinners), guided tour of a Louisiana plantation, riverboat cruise on the Mississippi River, free time in the French Quarter, National World War II museum, guided tour of New Orleans, + much more. **\$928 pp**

**VISIT PORTUGAL—NOV. 11-20:** Prices vary. Please pick up a brochure from the travel desk. A presentation by Collette Vacations will be held on March 23, 2016 at the center.

**ST. PAUL'S BOYS CHOIR—NOV. 14:** Sacred Heart Church, Springfield, MA. Includes a full course luncheon @ the Log Cabin Banquet & Meeting House, Holyoke, MA, afternoon boy's choir @ the church featuring the only Catholic boys choir school in the U.S., and a donation to the church. **\$90 pp**

**JIMMY STURR'S CHRISTMAS SHOW—DEC. 8:** At the Aqua Turf in Plantsville, CT. Includes luncheon @ the Aqua Turf, matinee show with Jimmy Sturr and his orchestra, the Four Aces, the Polka Today dancers, and the Jimmy Sturr singers. Family-style luncheon includes turkey w/stuffing and baked scrod. **\$86 pp**

**ALL TRIPS INCLUDE DRIVER TIP, BAGGAGE HANDLING (WHEN NEEDED), AND MOTOR COACH.**

**DEPOSITS FOR ANY OF THESE TRIPS ARE DUE 7 DAYS FROM SIGNING UP. PLEASE MAKE CHECKS PAYABLE TO MSCA AND MAIL TO MANSFIELD SENIOR CENTER, 303 MAPLE ROAD, STORRS, CT 06268. ATTN: KAY WARREN. PLEASE DO NOT MAKE CHECKS OUT TO KAY WARREN.**

FOR MORE INFORMATION, CONTACT KAY WARREN AT 860-429-0262, EXT. 6

# NEWSLETTER SPONSORS

**DAINTON ELECTRIC**  
MANSFIELD CENTER, CT  
LICENSE #E-1 125047  
TEL: 860-456-3114

**FERRIGNO-STORRS REALTORS**  
PAT FERRIGNO  
1734 STORRS ROAD  
860-377-4333

**ANDREW MAINES CONSTRUCTION**  
HOME IMPROVEMENTS LG/SM  
LICENSED AND INSURED  
STORRS, CT 860-208-2687



## FUTURE NEWSLETTER SPONSORS

**YOUR  
BUSINESS  
COULD BE  
HERE!**

**For pricing information, contact Human Services Dept.**

**Call: 860-429-3315**

**Email: [HumanServ@mansfieldct.org](mailto:HumanServ@mansfieldct.org)**

## **Introducing: OPEN MANSFIELD**

This is a new financial transparency platform giving the public unprecedented access to Town budget data.

Open Mansfield displays six years of government spending and revenue detail in a user-friendly portal.

For example, visitors to Open Mansfield can find the answers to frequently asked questions such as:

“How are my tax dollars spent?” or “What did the town spend on public safety last year?” or “How much did the town collect in fees for services?” and then share that information directly from the platform via email or on social media.

**FIND OPEN MANSFIELD AT:  
[OPEN.MANSFIELDCT.GOV](http://OPEN.MANSFIELDCT.GOV)**

**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS.  
THEY HELP MAKE THIS NEWSLETTER POSSIBLE!!**

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

**POSTMASTER: DATED MATERIAL**  
**PLEASE DELIVER PROMPTLY**

PUT LABEL  
IN THIS BLOCK

### **Sparks Subscription**

Please Note:

The date on your label is your renewal date.

Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Town: \_\_\_\_\_ ZIP: \_\_\_\_\_

Renewal: \_\_\_\_\_ New: \_\_\_\_\_

**\$12.00 First Class**

Amount Enclosed: \_\_\_\_\_

(Please make checks payable to MSCA)

**Mansfield Senior Center**  
**Attn: Kathy Rule**  
**303 Maple Rd**  
**Mansfield, CT 06268**

### **\*\* INCLEMENT WEATHER \*\***

It's officially that time of year again!

We will post all delay and/or closing information to WTIC (1080 AM), WILI (1400 AM), and WFSB Channel 3 under **Mansfield Senior Center**. You can always call the Center at 860-429-0262 for announcements as well. Please remember that, *in general*, when Mansfield Public Schools are closed or delayed, the Senior & Wellness Center will be closed or delayed accordingly. However, since there will likely be times that our schedule differs from that of the schools, make sure to look for the **Mansfield Senior Center** posting.

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