

# SENIOR SPARKS

## Mansfield Senior Center Newsletter

~ FEBRUARY 2016 ~

*A SMILE IS A CURVE THAT SETS EVERYTHING STRAIGHT AND WIPES THE WRINKLES AWAY. HOPE YOU RECEIVE AND SHARE A LOT OF SMILES TODAY.*

### CHINESE NEW YEAR CELEBRATION!

~WEDNESDAY, FEBRUARY 10TH AT 12PM~



PREPARED BY CHANG'S GARDEN,  
OUR MENU WILL INCLUDE:

BEEF & BROCCOLI  
SWEET & SOUR CHICKEN  
VEGETABLE LO MEIN  
FRIED RICE  
EGG ROLLS



**\$9.00 per person**

Please purchase your ticket  
at the Senior Center by Monday, February 8th  
~ CHANCE TO WIN DOOR PRIZES! ~



### MSCA 3RD WEDNESDAY "JIM AND DAVE DUO"

~ FEBRUARY 17TH ~

Enjoy Jim Harkins and Dave Elwell's vocals as they play guitar, keyboard and percussion. They will provide us with plenty of danceable music as well as love songs to fit in with the Valentine's Day season.

Lunch is served at noon.  
Entertainment is at 12:45PM

**Menu:** Penne & meatballs, garden salad, garlic bread and chocolate cake

**Cost is \$7.00**

**Please purchase ticket at Front Desk  
by Feb. 8th**

### SAVE THE DATE AND SIGN UP EARLY!

~ MSCA 3RD WEDNESDAY, MARCH 16TH ~



PLEASE SIGN UP BY **FEBRUARY 16TH** AS  
TVCCA NEEDS FINAL COUNT BY THEN.

Meal: Corned Beef Cabbage, Mashed Potatoes, Baby Carrots, Apple Juice, Irish Soda Bread

**SUGGESTED DONATION FOR AGES 60+  
IS \$4.50—PAYABLE DAY OF MEAL  
PRICE FOR UNDER AGE 60 IS \$12.10**

Entertainment by "Seldom Heard" is a separate event. **Payment of \$2.00 can be made at the Front Desk.**

Mansfield Senior & Wellness Center  
303 Maple Road, Mansfield, CT 06268 Tel: 860-487-9870 Fax: 860-429-3208  
Town Website: [www.mansfieldct.gov](http://www.mansfieldct.gov)



## Senior Center Update

*From Sarah Taylor, Senior Center Supervisor*

**“Where there is love, there is life.”**  
**Mahatma Gandhi**

This time of year can be so very cold here in Connecticut! Perhaps it's fitting that with February comes Valentine's Day—to remind us of the warmth that love brings!

Join us here at the Senior Center this month for a variety of events that will help to warm your soul: celebrate Chinese New Year with us on February 10th, dance your heart out to the music of Seldom Heard on the 17th, and let the melodies of Drop the Bass take you away on the 26th! Maintain your commitment to your health & wellness by attending one of our fitness classes or wellness offerings, and join us for a nice hot lunch and some great company!

We will also be updating our records this month to ensure we have accurate phone numbers, addresses and emergency contact information for everyone we see. Please take a moment while you're here to confirm your information with Kathy, Cara or myself.

As always, if you have ideas, suggestions or feedback, please let us know! We hope to see you very soon!

## 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

taylor@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!

**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.**  
*Greetings from MSCA*

2016 IS HERE AND IT WILL BE A YEAR OF SOME  
MINOR CHANGES, FOR THE MEMBERS.

WE HAVE ACQUIRED SOME PAINTINGS, FROM JAN  
SCOTTRON'S ESTATE. THEY WERE EVALUATED FOR  
\$1,500.00. WE SHOULD HAVE THEM APPRAISED  
AGAIN AND DECIDE WHAT WE SHOULD DO WITH  
THEM. PLEASE LET ME KNOW IF YOU HAVE  
KNOWLEDGE AND ADVICE TO SHARE WITH THE  
ASSOCIATION BOARD.

I HAVE SOME SERIOUS HEALTH ISSUES AND FEEL I  
NEED TO RESIGN. I HAVE BEEN ASKED TO STAY ON  
UNTIL APRIL, TO HELP WITH THE COMMITTEE TO  
CREATE A NEW ROLE FOR US. I WILL STAY AS LONG  
AS I CAN. PLEASE CALL ME TO SHARE YOUR  
THOUGHTS.

SINCERELY,  
JEAN ANN KENNY  
PHONE: 860-429-1183

**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**

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

Dear Members,

Last year the Association celebrated its 40<sup>th</sup>  
anniversary. But today is 2016, not 1975, and senior  
needs and expectations have changed dramatically. So  
has our town's relation to its seniors, as witnessed by  
its generous support of our Senior Center, and the  
existence of the Commission of Aging, charged with  
advising the town council on senior matters.

Because of this the Board of the Mansfield  
Senior Center Association has appointed a committee  
to examine the transition of the Association into a  
more viable and relevant group, one with less day-to-  
day responsibilities, but one that can still be active in  
promoting, supporting, and advocating for the Senior  
Center.

During this transition period the Association will  
operate in a "maintenance" mode, while the  
committee meets with you the members, the Senior  
Center staff, and other groups, similar to ourselves,  
that have gone through these same changes. While we  
go through this process, which may take us about a  
year, quarterly meetings of the Association will be  
suspended, but the Board will continue to meet to  
carry on the day-to-day business of the association.

We hope you will help us with this move into the  
future. Your contributions are important to all of us,  
and we look forward to hearing from you. You may  
let the committee know of your interests and concerns  
by contacting Jean Kenny, Joan Terry, Joan Doiron or  
myself. An official list of committee members will be  
published shortly.

Rita Braswell, Chair pro tem



The Mansfield Senior Center Association, Inc.  
will now be 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!*

# New in February

## ESTATE PLANNING WITH ATTORNEY, BRYAN ETTER

FREE Educational presentation on Powers of Attorney, Wills and Trusts. These important documents can be confusing but are such a benefit to your family. Join us for an informational presentation including power point slides and Q&A time.

~ February 18th at 10AM ~  
Register by February 15th with Kathy Yaffee



## Crafty Creations

Join Cara in the Craft Room for an afternoon of creative fun!

~ Tuesday, February 9th at 1PM ~  
Chinese New Year Lanterns

Please register with  
Kathy Yaffee by  
February 5th



## Radio Mystery Theater is Back!

**THE SHADOW** has returned!  
This month's mystery:  
"Hounds in the Hills"

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

Refreshments are provided!

~ Friday, February 12th at 1PM ~  
See Kathy Yaffee to register  
by February 10th



## "DROP THE BASS"

PERFORMANCE BY UCONN'S NEWEST  
ALL FEMALE ACAPELLA GROUP!

~ FRIDAY, FEBRUARY 26TH ~

FOLLOWING LUNCH AT 1:00PM

REGISTER WITH KATHY YAFFEE BY FEB. 24TH



## REIKI DEMONSTRATION AND PRESENTATION

Enjoy a Reiki Sampler!

Bette Giordano, BS, MS, RMT is one of only a few American Reiki Masters who received their training in Tokyo, Japan. Please join us for this informative and fun presentation about Reiki, the holistic, Japanese method which uses gentle touch for health and relaxation.

Everyone who attends will be offered a FREE  
Reiki "sampler" experience!

~ Thursday, February 25th at 10AM ~  
See Kathy Yaffee to register by Feb. 22nd

## ANTHEM BLUE CROSS & BLUE SHIELD MEDICARE & MEDICAID PRESENTATION WITH DAVID MACNIVAN

Looking to get more from Medicare? Save money, and get quality Medicare coverage, including prescriptions and extra benefits. No obligation, no pressure—simply helpful advice.

~ MONDAY, FEBRUARY 22ND AT 1PM ~  
REGISTER WITH KATHY YAFFEE BY FEB. 18TH



# 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.



**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 do 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**  
**4 Classes—\$20 R / \$24 NR**  
**\*No Class on 2/15\***

**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**  
**4 Classes—\$20 R / \$24 NR**

**Thursdays 12:00-1:00pm**  
**3 Classes—\$15 R / \$18 NR**  
**\*No Class on 2/18\***



## Tai Chi Cooperative Group

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**  
**4 Classes—\$20 R/\$23 NR**



## 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**  
**4 Classes—\$30 R / \$36 NR**  
**\*No Class on 2/15\***

### 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 R / \$24 NR**



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

**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, February 1st 10:00am-4:00pm**

**Monday, February 22nd 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

### Herrmman Blood Pressure Clinic

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

**February 3rd from 11:30am-12:00pm**

### Podiatrist

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

**February 9th from 9:00-12:00pm**

### Hearing Clinics

Individual appointments are available for hearing tests, hearing aid checks & wax inspection with Audiologist Nancy Jablonski.

**February 11th from 11:00-2:00pm**

### 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.

**February 17th from 9:00am-12:00pm**

### VNA East Adult Health Screenings

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

**March 2nd 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.

**March 14th from 9:00am-12:00pm**



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

## GROUPS & CLUBS

### Genealogy Group

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 **February 9th** 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 harmonically sing and perform soprano/alto/tenor/bass music? You don't have to be a "senior" or professional singer to join.

**Join us for meeting/greeting and an informal "Sing-along" on February 22nd at 1:00!**

The Mansfield Senior Center Chorus will start rehearsing February 29th under the direction of music director Nathaniel Baker. We will be preparing for our May/June concerts at local nursing homes, rehab facilities and senior centers. All practices and performances occur during the day.

For more information contact Stu Sidney at 860-429-7271 or Joan Doiron at 860-576-7754.

**Mondays 1:00 - 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**

## MOVIE DISCUSSION GROUP



Join us for two fantastic films this month!

**"Grand Torino"**  
**February 8th at 1PM**

and

**"Safe Haven"**  
**February 29th at 1PM**



## ~ 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

## DUPLICATE BRIDGE SCORES

### JANUARY 2016

#### NORTH/SOUTH

1. 64.5 Sue Cowen/Sue Losee
2. 56.6 Kathy Watson/George Waller
3. 54.5 Bob Hughes/Jerry Shaffer
3. 54.5 Paula Tate/Jane Stephens

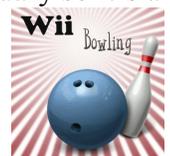
#### EAST/WEST

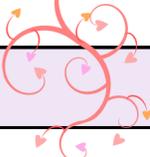
1. 61.0 Elli Sharpe/David Markowitz
2. 60.0 Helen Collins/Anne Paton
3. 58.0 MaryAnn Fodor/Joe Fodor



### Attention Wii Bowlers:

Come try your hand at Wii Bowling! There's no match in February so it's a great time for play!





# FEBRUARY DAY TRIPS

## **LUNCH BUNCH: THE PUBLICK HOUSE ~ STURBRIDGE, MA**

**FEBRUARY 2ND FROM 11AM—3PM** EBENEZER'S TAVERN WAS NAMED AFTER OUR FOUNDER AND KEEPER OF THE INN, COLONEL EBENEZER CRAFTS. AS A TRIBUTE TO THE COLONEL, THE ATMOSPHERE HAS MAINTAINED ITS 18<sup>TH</sup> CENTURY AMBIANCE ADORNING OVERSIZED WINGBACK CHAIRS, COMFORTABLE COUCHES BY THE FIREPLACE, AND THE VINTAGE BRASS BEER TAPS AND RUM BARRELS. SAMPLE OUR JUMBO CRAB CAKES AND HOME-MADE POTATO CHIPS, OR OUR FAMOUS SHEPHERD'S PIE AND OLD-FASHIONED CHICKEN POT PIE - GENEROUS PORTIONS ARE SERVED UP FROM OUR TAVERN-STYLE MENU. *MENU AVAILABLE AT RECEPTIONIST DESK.*

## **HILLSTEAD MUSEUM ~ FARMINGTON, CT**

**FEBRUARY 5TH FROM 10AM—4PM** A VISIT TO HILLSTEAD MUSEUM MEANS A VISIT TO AN ARCHITECTURAL TREASURE, SURROUNDED BY IMPRESSIONIST PAINTINGS, MING VASES, JAPANESE PRINTS, AND CLASSIC AMERICAN FURNISHINGS. GUIDED BY INTERPRETERS WHO HAVE THE "INSIDE SCOOP" ON THE FAMILY THAT CREATED THIS LANDMARK, AND THE LIVES OF THE AUTHORS, STATESMEN, POETS AND PAINTERS WHO WERE AMONG THEIR GUESTS. STOP IN HILLSTEAD'S MUSEUM SHOP MAKES THE TRIP COMPLETE! LUNCH AT RIVER'S EDGE BISTRO BEFORE HEADING HOME. MUSEUM ADMISSION \$12/PERSON. *MENU AVAILABLE AT RECEPTIONIST DESK*

## **MARY POPPINS ~ EO SMITH HIGH SCHOOL, STORRS**

**FEBRUARY 7TH FROM 12PM—4PM** COME SHARE A SUPERCALIFRAGILISTICEXPIALIDOCIOUS AFTERNOON! WE WILL HAVE LUNCH AT DOG LANE PRIOR TO PERFORMANCE. TICKETS: \$10/PERSON. **PRE-PAID RESERVATION DEADLINE IS THURSDAY, FEBRUARY 4TH.**

## **FASCIA'S CHOCOLATES TOUR ~ WATERBURY, CT**

**FEBRUARY 11TH FROM 10AM—4PM** JOIN US FOR A DELICIOUS AFTERNOON! WE WILL ENJOY A BEHIND THE SCENES LOOK INTO THEIR FACTORY AND PARTAKE IN CHOCOLATE TASTINGS! EACH PERSON WILL HAVE THE OPPORTUNITY TO MAKE THEIR OWN PERSONALIZED CHOCOLATE BAR, TOO! STOP FOR AN EARLY LUNCH ON THE WAY AT PANERAS. TOUR \$15/PERSON. **PRE-PAID RESERVATION DEADLINE IS MONDAY, FEBRUARY 8TH.**

## **LUNCH BUNCH: BLONDIE'S DINER ~ WILLIMANTIC, CT**

**FEBRUARY 16TH FROM 11AM—2:30PM** COME EXPERIENCE THIS NEW TO THE AREA DINER! GETTING RAVE REVIEWS! SERVES BREAKFAST ALL DAY!! COME SHARE A MEAL WITH FRIENDS!

## **CONNECTICUT FLOWER SHOW ~ CT CONVENTION CENTER, HARTFORD**

**FRIDAY, FEBRUARY 19TH FROM 10AM—4PM** SPECTACULARLY LANDSCAPED GARDENS, HERBS, FLORAL ARRANGING, ROSE CARE—THESE ARE JUST A FEW OF THE TOPICS AVAILABLE AT THE 2016 FLOWER & GARDEN SHOW. LUNCH ON YOUR OWN. ADMISSION \$15/PERSON. **PRE-PAID RESERVATION DEADLINE IS TUESDAY, FEBRUARY 16TH.**

## **\*\*NEW\*\* BREAKFAST BUNCH: TOAST ~ STORRS**

**FEBRUARY 23RD FROM 9AM—11:30AM** THERE'S A NEW BREAKFAST SPOT IN TOWN!!! COME AND SAMPLE THIS WONDERFUL NEW RESTAURANT LOCATED RIGHT AT FOUR CORNERS!! **GLUTEN FREE MENU!!**

## **SLEIGH RIDE @ BLUE SLOPE FARM ~ FRANKLIN, CT**

**FEBRUARY 26TH FROM 10:30AM—4PM** BLUE SLOPE FARM IS A LOVELY WORKING DAIRY FARM. EXPERIENCE THE EXHILARATION OF A SLEIGH RIDE THROUGH ACRES OF PRISTINE SNOW FOLLOWED BY SOME NICE HOT COCOA AND COOKIES. WE WILL STOP FOR AN EARLY LUNCH AT APPOLLO RESTAURANT IN WINDHAM. ADMISSION \$15/PERSON. **PRE-PAID RESERVATION DEADLINE IS WEDNESDAY, FEBRUARY 24TH.**

### **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 & 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 Transportation Coordinator Gianna Stebbins at 860-487-9877.**

**BIRTHDAY LUNCH FOR  
FEBRUARY!**

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



~ FEBRUARY 3RD AT NOON ~  
REGISTER BY MONDAY, FEBRUARY 1ST

## Happy Birthday!

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



# Welcome

## NEW MSCA MEMBERS!

JODI ABELE  
LIZ BOSCO  
MARIE BOTTARO  
JANICE BUNCE  
SHANNON GAGNON  
DIANE GAMACHE  
DARRYL HILLIARD  
ROSEMARIE KUCA  
PAUL LEBLANC  
KATHY LINDNER  
CLAIRE LOMBARDO  
NANCY LOMBARDO  
DAWN MENDITTO  
CLARK MOSELEY  
FAITH MOSELEY  
JOAN STONE

## COMPUTER CLASSES

### ME AND MY IPAD

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

FEBRUARY 4TH 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!

FEBRUARY 2ND FROM 10AM-12PM

**THERE IS NO CHARGE FOR THESE  
CLASSES & NO NEED TO REGISTER!**

# ~ TVCCA SENIOR CAFE FEBRUARY MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> STUFFED CHICKEN WITH BROCCOLI & CHEESE ROASTED POTATOES GREEN BEANS FRESH FRUIT	<b>2</b> BBQ PULLED PORK BAKED BEANS BUTTERNUT SQUASH PINEAPPLE CUP	<b>3</b> SALISBURY STEAK WITH GRAVY MASHED POTATOES STEWED TOMATOES FRUIT COCKTAIL	<b>4</b> GREEN PEPPER & RICE CASSEROLE CUMIN & GARLIC RUBBED POTATOES CAPRI VEGGIES PEACH CUP	<b>5</b> CHICKEN PASTA ALFREDO PEAS CARROTS ORANGE JUICE CUPCAKE
<b>8</b> BEEF STROGANOFF EGG NOODLES MIXED VEGGIES PEARS WITH MANDARIN ORANGES	<b>9</b> LEMON GARLIC CHICKEN ROASTED POTATOES BROCCOLI CRANBERRY JUICE CHOCOLATE CHIP COOKIE	<b>10</b> CHINESE NEW YEAR LUNCHEON BEEF & BROCCOLI SWEET & SOUR CHICKEN VEGGIE LO MEIN FRIED RICE EGG ROLLS \$9.00 PER PERSON REGISTER BY 2/8	<b>11</b> CHICKEN PARMESAN BUTTERED NOODLES MEXICAN CORN APPLESAUCE CUP	<b>12</b> CHEESE OMELET ROASTED POTATOES ZUCCHINI FRUIT COCKTAIL
<b>15</b>  SENIOR CENTER IS CLOSED	<b>16</b> COD ITALIANO BUTTERED NOODLES MIXED VEGGIES FRESH ORANGE	<b>17</b> MSCA 3RD WEDNESDAY LUNCHEON PENNE & MEATBALLS GARDEN SALAD GARLIC BREAD CHOCOLATE CAKE \$7.00 PER PERSON REGISTER BY 2/10	<b>18</b> PINEAPPLE GLAZED HAM SCALLOPED POTATOES ZUCCHINI FRUIT COCKTAIL	<b>19</b> CHEESE MANICOTTI WITH MARINARA GARLIC BREAD BEAN MEDLEY PINEAPPLE CUP
<b>22</b> TUSCAN BAKED CHICKEN RICE PILAF ITALIAN BLEND GRAPE JUICE SUGAR COOKIE	<b>23</b> MEATLOAF WITH GRAVY GARLIC MASHED POTATOES GREEN BEANS & DICED TOMATOES PEACH CUP	<b>24</b> SWEDISH MEATBALLS BUTTERED NOODLES MEXICAN CORN PEARS WITH MANDARIN ORANGES	<b>25</b> HOT DOG BAKED BEANS COLESLAW PINEAPPLE CUP	<b>26</b> SOUTHWESTERN CRUSTED COD RICE PILAF BROCCOLI FRESH FRUIT
<b>29</b> MEDITERRANEAN BEEF STEW BUTTERED NOODLES WINTER VEGGIES PEACH CUP	<b>FOR MSCA 3RD WEDNESDAY LUNCHEONS:</b> PLEASE REGISTER WITH THE FRONT DESK RECEPTIONIST BY THE DATE REQUESTED. WE DO ORDER THESE MEALS IN ADVANCE AND APPRECIATE YOUR HELP SIGNING UP BY OUR DUE DATE. <b>FOR OTHER SPECIAL LUNCHEONS: SIGN UP WITH KATHY YAFFEE. THANK YOU!</b>			1% milk & whole grain bread are served with each meal. Menu is subject to change without notice.

*Regular 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

[HUMANSEV@MANSFIELDCT.ORG](mailto:HUMANSEV@MANSFIELDCT.ORG)

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  
**February 4th & 18th**  
**from 11:30am-12:15pm**

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

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

### **SUPPORT GROUPS**

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

Caring for a parent, spouse  
or disabled adult child?  
Join our Caregiver's Group for support and  
confidential conversation  
with peer caregivers.  
**February 17th 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 next Commission on Aging meeting will be Monday, February 8th at 9:30am at the Senior Center. 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 appointment in her Willimantic office.**

### **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](http://www.facebook.com/aarpct)

### **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.



# ~ FEBRUARY ~



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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**1.**  
 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

**2.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
 10:00 WII BOWLING  
**10:00 INTERNET SECURITY & SAFETY**  
 10:00 SCRABBLE  
**11:00 TRIP: PUBLIC HOUSE**  
 11:00 PWR OF AGING  
 12:00 LUNCH  
 1:00 BINGO  
**2:30 COMPUTER COUNCIL MTG.**

**3.**  
 9:00 WALKING DVD  
 9:30 WOOD CARVING  
 10:00 TAI CHI DVD  
 10:00 WRITING GRP.  
 11:00 YOGA  
**11:30 BLOOD PRESSURE CLINIC**  
 12:00 BIRTHDAY LUNCH  
 12:00 CAUSERIES  
 1:00 FUND. OF TAP

**4.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
 10:00 WII BOWLING  
**10:00 ME & My IPAD**  
 10:15 SPARKETTES  
**11:30 FOODSHARE**  
 12:00 LUNCH  
 12:00 PWR OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**5.**  
 9:00 WALKING DVD  
**10:00 HILLSTEAD MUSEUM**  
 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

**8.**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
**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: GRAND TORINO**

**9.**  
**9:00 NEWCOMERS BREAKFAST**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
**9:00 PODIATRIST**  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
 10:00 GENEALOGY  
 11:00 PWR OF AGING  
 12:00 LUNCH  
 1:00 BINGO  
**1:00 CRAFTY CREATIONS**  
**6:30 MS SUPPORT**

**10.**  
 9:00 WALKING DVD  
 9:30 WOOD CARVING  
 10:00 TAI CHI DVD  
 10:00 WRITING GRP.  
 11:00 YOGA  
**11:00 LOW VISION SUPPORT GROUP**  
**12:00 CHINESE NEW YEAR LUNCHEON**  
 12:00 CAUSERIES  
 1:00 FUND. OF TAP  
 1:00 WII BOWLING

**11.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
 10:00 WII BOWLING  
**10:00 FASCIA'S CHOCOLATES**  
 10:15 SPARKETTES  
**11:00 HEARING CLINIC**  
 12:00 LUNCH  
 12:00 PWR. OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**12.**  
 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

**15.**



**SENIOR CENTER IS CLOSED**

**16.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
 11:00 PWR OF AGING  
**11:00 LUNCH BUNCH TRIP**  
 12:00 LUNCH  
 1:00 BINGO

**17.**  
 9:00 WALKING DVD  
**9:00 MASSAGE & REFLEXOLOGY**  
 9:30 WOOD CARVING  
 10:00 TAI CHI DVD  
 10:00 WRITING GRP.  
 11:00 YOGA  
**12:00 MSCA LUNCH w/ JIM & DAVE DUO**  
 12:00 CAUSERIES  
 1:00 FUND. OF TAP  
**3:00 CAREGIVERS SUPPORT GROUP**

**18.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
 10:00 WII BOWLING  
**10:00 ESTATE PLANNING**  
 10:15 SPARKETTES  
**11:30 FOODSHARE**  
 12:00 LUNCH  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**19.**  
 9:00 WALKING DVD  
 10:00 SCRABBLE  
**10:00 FLOWER SHOW**  
 10:00 PHOTO CLUB  
 10:00 KNITTING & CROCHETING  
 10:00 WII BOWLING  
 10:00 TAI CHI DVD  
 12:00 LUNCH  
 12:45 DUP. BRIDGE  
 1:00 ART STUDIO



# ~ FEBRUARY ~



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**22.**  
 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  
**1:00 MEDICARE PRESENTATION**  
**1:00 CHORUS MEET & GREET**

**23.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
**9:00 BREAKFAST BUNCH TRIP**  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
 11:00 PWR OF AGING  
 12:00 LUNCH  
 1:00 BINGO

**24.**  
 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 FUND. OF TAP  
 1:00 WII BOWLING

**25.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
 10:00 WII BOWLING  
**10:00 REIKI DEMO**  
 10:15 SPARKETTES  
 12:00 LUNCH  
 12:00 PWR. OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**26.**  
 9:00 WALKING DVD  
 10:00 SCRABBLE  
 10:00 KNITTING & CROCHETING  
 10:00 TAI CHI DVD  
**10:30 SLEIGH RIDE**  
 11:00 BRAIN AEROBICS  
 12:00 LUNCH  
**1:00 DROP THE BASS**  
 1:00 ART STUDIO

**29.**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
 10:00 PC HELP  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
 12:00 LUNCH  
 1:00 MAHJONGG  
**1:00 MOVIE: SAFE HAVEN**  
 1:00 CHORUS

**DAY TRIP:**  
**SUNDAY, FEBRUARY 7TH**  
 ~ MARY POPPINS ~  
 AN E.O. SMITH PRODUCTION  
**12PM-4PM**



### A.A.R.P. TAX-AIDE ASSISTANCE

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

CALL **860 429-0262 EXT 0** TO SCHEDULE A MEETING WITH A CERTIFIED TAX-AIDE COUNSELOR ON **TUESDAYS & THURSDAYS FROM 9:00 - 11:00 AND 1:00 - 3:00**, BETWEEN FEBRUARY 2ND & APRIL 14TH.

**MARRIED COUPLES:** BOTH SPOUSES SHOULD ATTEND THE INCOME TAX COUNSELING SESSION.

#### DOCUMENTS TO BRING:

- COPIES OF 2014 INCOME TAX RETURNS  
SOCIAL SECURITY
- NUMBERS OF INDIVIDUAL TAXPAYERS & ALL HOUSEHOLD MEMBERS
- PERSONAL IDENTIFICATION
- A CHECKBOOK (SO ANY REFUND MAY BE DIRECT-DEPOSITED IN YOUR CHECKING ACCOUNT)
- ALL DOCUMENTS THAT RELATE TO DEDUCTIBLE EXPENSES

#### DOCUMENTS TO BRING:

- ALL 2014 INCOME TAX REPORT FORMS THAT YOU HAVE RECEIVED, SUCH AS:
- SSA-1099 SOCIAL SECURITY BENEFIT STATEMENT
  - ALL 1099 FORMS
  - W-2 WAGE & TAX STATEMENT FORM
  - W-2G, CERTAIN GAMBLING WINNINGS
  - ORIGINAL COST OF ASSETS SOLD IN 2014



### NEWCOMER'S BREAKFAST

~ TUESDAY, FEBRUARY 9TH AT 9AM ~



Join us for a delicious continental breakfast and an opportunity to learn all you ever wanted to know about the Senior Center!

PLEASE CALL **860-487-9870** TO REGISTER BY FEB. 5TH

## ***MSCA TRAVEL WITH KAY***

### **FEB. 24TH-26TH—ATLANTIC CITY, NJ**

2 nights at the Resorts Hotel Casino, \$60 in slot bonus, \$60 in food vouchers and 2 shows—a tribute to Patsy Cline & Roy Orbison, and one of the talented Resort Entertainers! *This trip is filling quickly!* \$194. pp

### **MARCH 15TH—**

#### **TONY KENNY'S IRISH CELEBRATION**

Elegant luncheon at 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

### **APRIL 20TH—COUNTRY ROYALTY.**

Free time at Foxwoods Casino with a \$10 food voucher and a \$15 Keno voucher (subject to change), and a Patsy Cline and Hank Williams Afternoon Matinee at the Garde Arts Theatre in New London. \$76. pp

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

*Kay is available at the Senior Center on Mondays, Wednesdays & Fridays from 8:30am-2:00pm*

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

**ALL THURSDAYS IN FEBRUARY AT 10:15AM:  
MEMOIR CLUB**

**WEDNESDAY, FEBRUARY 3RD AT 1:15PM:**

HIGH CORPORATE PROFITS  
AND U.S. STAGNANT WAGES:  
HOW LONG WILL THEY LAST?

**TUESDAY, FEBRUARY 9TH AT 1:15PM:**

DEPLOYING MILITARY POWER AND/OR DIPLOMACY TO  
RESOLVE THE CURRENT MIDDLE EASTERN CRISIS

**WEDNESDAY, FEBRUARY 10TH AT 1:15PM:**

THE ARTS AND ECONOMIC DEVELOPMENT

**TUESDAY, FEBRUARY 16TH AT 1:15PM:**

FAR COUNTRY—STORIES FROM ABROAD  
AND OTHER PLACES

**FRIDAY, FEBRUARY 19TH AT 1:15PM:**

THE COACHES WIFE: SHE'S BACK  
(KATHY AURIEMMA)

**TUESDAY, FEBRUARY 23RD AT 1:15PM:**

WHERE ARE THE GREAT WOMEN COMPOSERS?



## **Mansfield Public Library**

The Library offers services to the homebound! They will bring the library to you! This is a personalized delivery service to Mansfield residents confined to their homes due to: physical disability, visual impairment, temporary convalescence from illness, injury or surgery or a lack of transportation.

Contact the library at **860-423-2501** and discuss your pleasure reading and information needs with the public services librarian! Remember, you can also receive audio books and movies along with books from the library!

Mansfield Public Library  
54 Warrenville Rd. Mansfield, CT 06250

# NEWSLETTER SPONSORS

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## FUTURE NEWSLETTER SPONSORS



### 12 ISSUES OF ADVERTISING:

FOUR LINES FOR \$100.00.

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**For more information, please contact**  
**Karen L. Taylor at 860-429-3315**  
**or [taylorkl@mansfieldct.org](mailto:taylorkl@mansfieldct.org)**

### DO YOU NEED TRANSPORTATION?

**FREE TRANSPORTATION  
TO MEDICAL & DENTAL APPOINTMENTS  
IS AVAILABLE FOR MANSFIELD RESIDENTS  
AGED 60 AND OLDER AND THOSE ADULTS  
(18 YEARS OF AGE AND OLDER) WHO  
RECEIVE SOCIAL SECURITY DISABILITY**

- \* OUR DRIVERS ARE AVAILABLE  
MONDAY THROUGH FRIDAY  
FROM 8:30AM - 4:30PM
- \* WE KINDLY REQUEST 48-72 HOURS NOTICE,  
ALTHOUGH SPECIAL EXCEPTIONS FOR EMERGENCY  
REQUESTS WILL BE MADE DEPENDING UPON  
VOLUNTEER AVAILABILITY.
- \* FOR OUT-OF-DISTRICT MEDICAL TRANSPORT  
(I.E. GLASTONBURY, MANCHESTER, NORWICH)  
7-10 DAYS NOTICE IS REQUIRED.

**PLEASE CALL GIANNA STEBBINS,  
TRANSPORTATION COORDINATOR,  
AT 860-487-9877  
FOR MORE INFORMATION.**

**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!**

