

# SENIOR SPARKS

## *Mansfield Senior & Wellness Center Newsletter*

~ MARCH 2016 ~



### ST. PATRICK'S DAY LUNCHEON

~ WEDNESDAY, MARCH 16TH AT 12PM ~



ENJOY A TRADITIONAL CORNED BEEF & CABBAGE FEAST  
WITH MASHED POTATOES, BABY CARROTS, APPLE JUICE & IRISH SODA BREAD!

SUGGESTED DONATION FOR AGES 60+ IS \$4.50, PAYABLE THE DAY OF THE MEAL  
THE COST FOR THOSE UNDER 60 IS \$12.10  
PLEASE RESERVE YOUR SEAT NO LATER THAN MARCH 1ST

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### ENTERTAINMENT BY "SELDOM HEARD"

~ WEDNESDAY, MARCH 16TH AT 1PM ~

THE MELODIES OF *SELDOM HEARD* WILL SURELY GET YOUR TOES TAPPING!  
THEIR SET WILL INCLUDE IRISH MUSIC AS THEY CHARM US  
WITH THEIR GUITAR, BASS, MANDOLIN AND MORE!

**\$2.00 PER PERSON**

PLEASE PURCHASE YOUR TICKET AT THE FRONT DESK BY MARCH 14TH

### OPEN MIC PARTY!

~ THURSDAY, MARCH 17TH AT 10AM ~



Join us and share your talent!

Featuring the Sparkettes and many of our own talented musicians, writers and comics, this is sure to be an entertaining event!

Everyone is welcome to perform—whether it be singing, playing an instrument, telling jokes or even karaoke!

No meal, no cost, simply a fun activity with snacks, drinks & friends!

Sign up at the front desk by March 16th

### BRUNCH & BALLET

Join us on **Saturday, March 12th** for brunch and a ballet performance from young dancers in preschool, elementary and high school!

Menu: Quiche Lorraine, Plain Cheese Quiche, Garden Salad, Fresh Fruit and Beverages.

~ **Brunch begins at Noon** ~  
**Performance to follow**



\$7.00 per person

Purchase your ticket by March 9th

**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)



## 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:**

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**SITE SERVER:**

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easleyka@mansfieldct.org

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SARAH DUFRESNE

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## Senior Center Update

*From Sarah Taylor, Senior Center Supervisor*

As we head into March, we look forward to the Spring thaw and invite you to join us for a variety of activities that will warm your spirit and feed your soul!

This month, we're excited to introduce our new program registration form, which you'll find on page 10. We've streamlined our registration process in the hopes of making it easier for you, our Seniors, to register for upcoming activities. The new form will be available at the Senior Center, in the newsletter and online, and will list all town-sponsored paid activities. Fill out the form with your chosen activities each month and submit it with your payment to Senior Center staff. You may also mail your registration form and payment to:

Mansfield Senior Center  
303 Maple Rd  
Mansfield, CT 06268  
attn: Kathy Yaffee

Please note that payment for all paid activities is now due at the time of registration. Cash or check is accepted; checks should be made out to the **Town of Mansfield**.

We ask that you take a moment to familiarize yourself with the new form and let us know if you have any questions. We appreciate your patience and understanding as we put our new process to work!

As always, if you have ideas, feedback or suggestions, please don't hesitate to let us know. We look forward to seeing you very soon!



**THANK YOU THANK YOU THANK YOU**

TO ALL OF 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"***

**CHECK US OUT ON FACEBOOK!**

Check out our Mansfield Senior Center Facebook page often for interesting stories, program & event information, pictures and an opportunity to connect with local resources & organizations for Seniors!



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

As the wind is whipping outside my window, I think of the song from *Carousel*:

*“March comes in like a lion, a whippin' up the water in the bay. April cried and stepped aside, and along comes pretty little May.”*

El Nino is challenging these patterns, so be prepared for anything!

Joan Doiron and the staff have planned some fun events, so sign up as soon as you can.

The Transition Committee has met a couple of times, and we are working on procedures and issues we need to resolve to please as many seniors as we can. If you have any thoughts, feel free to call me at 860-429-1183.

There will be an Executive Board meeting of the MSCA on **Wednesday, March 9th at 1:00 PM.**

Sincerely,  
Jean Ann Kenny

**MSCA TRANSITION COMMITTEE UPDATE**

The Transition Committee met on the 12th of February. We reviewed the history of the Mansfield Senior Center Association written in 2000 by a former Association president. We received an update on the Association's finances. Finally, we decided to meet in March with Pat Schneider and Sarah Taylor to get their input on what type of group they feel would benefit the Senior Center in the future. More updates to follow.

Rita Braswell & Joan Terry, co-chairmen

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The Mansfield Senior Center Association, Inc. is 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!*



**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
ASST. 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**

**STREET SIGNS FOR SALE!**



The Town of Mansfield is replacing the street signs in town and has donated the signs to Human Services as a funding opportunity. The street signs are being sold on a first-come, first-served basis. The green signs with white lettering will be sold for a minimum donation of \$20.00 per sign. The white signs with black lettering will be sold for a minimum of \$40.00 per sign.

The monies from the sale of the signs will be placed into a Special Needs fund in support of Mansfield residents of all ages.

To inquire about the availability and purchase of a particular street sign, contact:  
**Karen Taylor in the Human Services Dept.**  
**at 860-429-3315**

## *New in March*

### **Mansfield Middle School Country Fiddle String Band & Junior Fiddle Band!**

~ Wednesday, March 2nd at 12:45pm ~



Join us after lunch for a lovely dessert and a captivating performance by a group of talented young fiddlers!



### **Open Mansfield Presentation by Adam DeLaura**

~ Friday, March 11th at 10:00am ~

Join us for this informative presentation on *Open Mansfield*, a new town-wide initiative that provides access to Mansfield Town Government financial data including day-to-day costs, funding sources, capital projects and debt.

Light refreshments will be provided.

Please register by March 9th

### **“KEEP YOUR BRAIN HEALTHY & FIT” MEMORY ENHANCING SESSIONS**

PRESENTED BY:

JO ANNE HARRISON-BECKER, MS GERONTOLOGY

~ BEGINS THURSDAY, MARCH 24TH AT 1PM ~

Join us for this 6-session workshop that will address memory-associated topics and include memory enhancing strategies and exercises! Handouts will be provided at each session for all participants.

See Kathy Yaffee for details on each session and to sign up by Monday, March 21st.

### **SPRING CRAFT WITH INTERNATIONAL STUDENTS FROM UCONN**

**TUESDAY, MARCH 22ND  
AT 1:00PM**



We will be decorating blown eggs with a group of International students from UConn who will also share a bit about their cultures with us!

Please register by March 16th

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

AARP's Tax-aide program provides free tax preparation to taxpayers with low to moderate income, with special attention to those 60 and older.

**Appointments are available  
Tuesdays and Thursdays  
through April 14th.**

Please call 860-429-0262  
to schedule an appointment

### **JOIN US FOR AN AFTERNOON OF CLASSICAL MUSIC WITH**



PIANIST SARAH PUCKETT  
&  
CELLIST JOHN LENARD

~ THURSDAY, MARCH 24TH AT 4:00PM ~

A reception featuring seasonal mocktails & hors d'oeuvres will follow the performance.

**\$2.00 per person  
Please purchase your ticket by March 21st**

# 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**  
**5 Classes—\$25R / \$30 NR**

**Thursdays 9:00-10:00 am**  
**5 Classes—\$25R / \$30 NR**

## 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**

**Thursdays 3:15-4:15pm**  
**5 Classes—\$25 R / \$30 NR**



## 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 11:00-12:00pm**

**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. 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**  
**5 Classes—\$25 R / \$30 NR**

**Thursdays 12:00-1:00pm**  
**5 Classes—\$25 R / \$30 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**

### 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**  
**5 Classes—\$25 R / \$30 NR**



## Introducing Two New Yoga Classes!

### Gentle Yoga & Chair Yoga (beginning in April)

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. These classes are open to students of all levels; no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class. Friday mornings will be Chair Yoga which deepens flexibility & strengthens personal body awareness.

**Pre-registration is required. These classes are limited to 12 students.**

**Mondays 1:30-2:30pm**  
**3 classes—\$15 R/\$18 NR**

**Wednesdays 11:00am-12:00pm**  
**4 Classes—\$20 R/\$23 NR**



**\*Chair Yoga on Fridays will begin in April!\***

**\*NO CLASSES the week of March 21st\***

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

**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, March 7th 10:00am-4:00pm**

**Monday, March 21st 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**

**\*Meeting in the Hobby Room until April 14th\***

### Knitting & Crocheting

Come join us for knitting or crocheting in the Memorial Room and enjoy a chat 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.

**March 2nd 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.

**March 3rd from 9:00-11:00am**

### 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**

### 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.

**March 16th from 9:00am-12:00pm**

### VNA East Adult Health Screenings

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

**March 23rd from 1:00-3:00pm**

### Podiatrist

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

**March 29th from 9:00am-12:00pm**

### Hearing Clinics

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

**April 7th from 11:00am-2:00pm**

**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 meets **on the 2nd Tuesday of each month at 10:00am.** Join us **March 8th** 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! The Mansfield Senior Center Chorus has started rehearsing once again under the musical direction of Nathaniel Baker. We will be preparing for our concerts at local nursing homes, rehab facilities and senior centers. All practices and performances occur during daytime hours. 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**

*~ PC Help available every Monday at 10:00am ~*

## MOVIE DISCUSSION GROUP



Join us for this riveting film that tackles hard hitting subject matter such as racism & ageism. You'll have plenty to talk about after this movie!

Refreshments will be provided.

**Monday, March 14th at 1:00pm**



## ~ 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

### **Attention Wii Bowlers:**



We are traveling to the **Glastonbury Senior Center** for a match on **March 3rd!** The van will leave at 11AM, we will join them for lunch at 12PM and bowl afterwards.

### **DUPLICATE BRIDGE SCORES**

**JANUARY 29TH 2016**

**NORTH/SOUTH**

1. 98.00 Jerry Shaffer/Bob Hughes
2. 71.00 Andrea Marshall/Noreen Steele
3. 57.50 Sue Losee/Sue Cowen

**EAST/WEST**

1. 75.00 Kathy Watson/Elli Sharpe
2. 68.00 MaryAnn Fodor/Joe Fodor
3. 66.00 Doris LeDoyet/Nancy





# MARCH DAY TRIPS



**THE NOAH WEBSTER HOUSE AND LUNCH AT THE CHEESECAKE FACTORY ~ WEST HARTFORD, CT**  
**MARCH 4<sup>TH</sup> FROM 10AM– 3PM** We will have the opportunity to enjoy an orientation film in a 19<sup>th</sup> century school-house theater, explore the exhibit *Noah Webster: Defining American*, and enjoy a guided tour of Webster's birthplace. We will then travel to the wonderful Cheesecake Factory for lunch! Admission \$6 pp.

**MET OPERA: MANON LESCAUT ~ RAVE CINEMAS, MANCHESTER, CT**  
**MARCH 5<sup>TH</sup> FROM 10:30AM—4:30PM** Come experience the MET Opera live on screen! We will make a lunch stop at Rein's Deli prior to the performance. Admission \$22 pp.

**LUNCH BUNCH: UNCOMMON KITCHEN ~ WINDHAM TECH, WILLIMANTIC, CT**  
**MARCH 8<sup>TH</sup> FROM 11AM—2PM** Come have a wonderful three-course meal served by the culinary students of Windham Technical School! Most meals average \$6-\$12 pp.

**CHRISTMAS TREE SHOP AND LUNCH AT RED ROBIN ~ MANCHESTER, CT**  
**MARCH 10<sup>TH</sup> FROM 10AM—4PM** "Everybody loves a bargain!!!" – calling all you bargain shopaholics!! We will be traveling to the infamous Christmas Tree Shop for a shopping experience unlike any other!! We will then stop for lunch at Red Robin before returning home. *Menu available at the registration desk.*

**BREAKFAST BUNCH: THE COUNTRY DINER ~ ENFIELD, CT**  
**MARCH 14<sup>TH</sup> FROM 9AM—12PM** This diner is not to be missed!! Superb food, excellent service, and super atmosphere! C'mon along!! *Menu available at the registration desk.*

**DAY IN BOSTON AND/OR BOSTON FLOWER SHOW!!**  
**FRIDAY, MARCH 18<sup>TH</sup> FROM 9:00AM—5:00PM** Come spend a fun-filled day in Beantown or take in the sights at the Boston Flower Show. Either way – a terrific early spring day!!! Flower Show Admission: \$17/person; Transportation: \$10/Resident or \$20/Non-resident pp. **Pre-paid reservation deadline is Friday, March 11th.**

**STEW LEONARDS AND LUNCH AT JOEY GARLICS ~ NEWINGTON, CT**  
**MARCH 22<sup>ND</sup> FROM 10AM—4PM** Stew Leonard's is known for its high level of customer satisfaction with a policy that always proclaims the customer right. With a successful line of their own products, like coffees, cookies, tortilla chips and peanuts, you can easily do your shopping here or pick up a hand-decorated gift basket for a loved one. We will stop for lunch on the way. *Menu available at the registration desk.*

**YANKEE CANDLE AND LUNCH AT THE PUBLICK HOUSE ~ STURBRIDGE, MA**  
**MARCH 24<sup>TH</sup> FROM 10:30AM—4PM** Come experience America's best loved candles! This location offers both an outlet store and a full retail store. We will stop for lunch on our way home. *Menu available at the registration desk.*

**PARKER'S MAPLE BARN ~ MASON, NH**  
**MARCH 30<sup>TH</sup> FROM 8:30AM—4:30PM** We will show you how the native Americans made "Zinsibukwud" (maple sugar) by placing hot rocks into the sap, right up to modern sugar making in our wood-fired evaporator. After a trip through the sugar house, you certainly will go home smelling like a sugar maker! Our unique dining room is set in an 1800's dairy barn and silo. Antique cow stations once used when milking, now are integrated into many of our handmade tables. Antique farm implements are here and there on our grounds and tons of old tools and "doo-dads" adorn our walls and beams. *Menu available at the registration desk.*

## PLEASE NOTE:

Payment for all pre-paid trips is now due at the time of registration. Mansfield Residents aged 60 & over will be eligible to register immediately 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 our Transportation Coordinator Gianna Stebbins at 860-487-9877.

## **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  
**March 3rd, 17th & 31st**  
**from 11:30am-12:00pm**

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.  
**March 9th 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.  
**March 16th from 3:00-4:00pm**

THE DISABLED/ELDERLY HOMEOWNERS  
**TAX CREDIT PROGRAM**  
begins **February 1st and ends May 15th.**

#### 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, March 14th at 9:30am at the Senior Center. The public is encouraged to attend. For more information, please contact Commission Chair Wil 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.**

### **Do you need an odd job done?**

#### **UConn's Alpha Kappa Lambda Service Project Can Help!**

The purpose of this project is to give back to our surrounding community. We are seeking opportunities to help aid our neighborhoods in any way they may need.

We would be glad to help you in any of the following ways: snow shoveling, lawn mowing, weeding, spring cleaning, pool cleaning, painting, or any other odd jobs you may have!

**Our services are completely FREE**, however, any donations collected will be put into our Philanthropy Committee Budget. Last semester our organization raised over \$1,000 for the Wounded Warrior Project!

If you have questions or would like to schedule an odd job, please contact our Philanthropy Chair, Kristian Schif at 203-767-7798 or [Kristian.schif@uconn.edu](mailto:Kristian.schif@uconn.edu).

**MANSFIELD SENIOR CENTER  
MARCH 2016 CLASSES AND EVENTS**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address/Town/Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Your Emergency Contact/Phone: \_\_\_\_\_

DATE	<input checked="" type="checkbox"/>	CLASS/EVENT/TRIP	DETAILS	FEE
MON		SENIOR AEROBICS/ 9AM-10AM		RES- \$20 , NON-RES-\$24
		QUILTING/ 10AM-4PM	MARCH 7	RES- \$30 , NON-RES- \$35
		QUILTING/ 10AM-4PM	MARCH 21	RES- \$30 , NON-RES- \$35
		SPARKETTES/ 10:15-11:45AM		RES- \$30 , NON-RES- \$36
		YOGA/ 1:30PM-2:30PM	NO CLASS 3/21	RES- \$15, NON-RES- \$18
TUES		STRENGTH & STABILITY/ 9AM-10AM		RES -\$25 , NON-RES- \$30
		POWER OF AGING/ 11AM-12PM		RES- \$25 , NON-RES- \$30
WED		YOGA/ 11AM-12PM	NO CLASS 3/23	RES- \$20 , NON-RES- \$24
		FUNDAMENTAL TAP/ 1PM-2PM		RES- \$25 , NON-RES-\$30
THUR		STRENGTH & STABILITY/ 9AM-10AM		RES- \$25, NON-RES-\$30
		POWER OF AGING/ 12PM-1PM		RES- \$25, NON-RES-\$30
		SENIOR AEROBICS/ 3:15-4:15PM		RES- \$25, NON-RES-\$30
		CLASSICAL MUSIC RECEPTION/ 4PM-6PM	MARCH 24	\$2.00
SAT		BRUNCH & BALLET/ 12PM-2PM	MARCH 12	\$7.00
TRIPS		NOAH WEBSTER HOUSE	FRI, MARCH 4	10AM-3PM
		MET @ RAVE BUCKLAND CINEMAS	SAT, MARCH 5	10:30-4:30PM
		LUNCH @ WINDHAM TECH	TUES, MARCH 8	11AM-2PM
		CHRISTMAS TREE SHOP	THUR, MARCH 10	10AM-4PM
		BREAKFAST : COUNTRY DINER, ENFIELD	MON, MARCH 14	9AM-12PM
		BOSTON FLOWER SHOW, RES-\$27, NON-\$37 OR DAY IN BOSTON RES-\$10, NON-\$20	FRI, MARCH 18	9AM-5PM
		STEW LEONARD'S/JOEY GARLIC'S	TUES, MARCH 12	10AM-4PM
		LUNCH@ PUBLICK HOUSE/CANDLE	THUR, MARCH 24	10:30-4PM
		PARKER'S MAPLE BARN	WED, MARCH 30	8:30-4:30PM

**WAIVER OF PARTICIPANT BY SELF:** I hereby agree to release, discharge, and hold harmless the Town of Mansfield, its directors, employees, agents, contractors, and/or volunteers from any and all liability that may occur during either my participation in the above listed recreational activities. I understand that participation in any recreational sport or activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I may incur. I further understand that the Town does not provide insurance for recreational program participants.

**PHOTO RELEASE:** I understand that for promotional purposes, the Town videotapes and/or takes photographs of participants enrolled in recreational activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me engaging IN THE ABOVE LISTED RECREATIONAL ACTIVITIES.

SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

# ~ TVCCA SENIOR CAFÉ MARCH 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>1</b> LEMON GARLIC CHICKEN ROASTED POTATOES BROCCOLI FRESH FRUIT</p>	<p><b>2</b> MEATBALL GRINDER WITH ROLL MOZZARELLA CHEESE ITALIAN VEGGIES PEARS WITH MANDARIN ORANGES</p>	<p><b>3</b> CHICKEN PAPRIKA PARSLEY POTATOES CAPRI VEGGIES PINEAPPLE CUP</p>	<p><b>4</b> CHEESE OMELET ROASTED POTATOES STEWED TOMATOES CRANBERRY JUICE DANISH</p>
<p><b>7</b> BBQ CHICKEN THIGH BAKED BEANS PEAS &amp; CARROTS GRAPE JUICE OATMEAL COOKIE</p>	<p><b>8</b> SALISBURY STEAK WITH GRAVY MASHED POTATOES STEWED TOMATOES FRUIT COCKTAIL</p>	<p><b>9</b> SOUTHWESTERN CRUSTED COD RICE PILAF BROCCOLI FRESH FRUIT</p>	<p><b>10</b> BBQ PULLED PORK WITH ROLL ROASTED POTATOES SNAP PEAS APPLESAUCE CUP</p>	<p><b>11</b> STUFFED SHELLS GARLIC BREAD WAX BEANS &amp; GREEN BEANS PINEAPPLE CUP</p>
<p><b>14</b> GREEN PEPPER CASSEROLE CUMIN GARLIC POTATOES CAPRI VEGGIES FRUIT COCKTAIL</p>	<p><b>15</b> GLAZED HAM SCALLOPED POTATOES GREEN BEANS PINEAPPLE CUP</p>	<p><b>16</b> ST. PATRICK'S CELEBRATION  CORNED BEEF &amp; CABBAGE MASHED POTATOES BABY CARROTS CRANBERRY JUICE IRISH SODA BREAD  * RESERVATIONS * NO LATER THAN 3/1</p>	<p><b>17</b> CHICKEN PARMESAN PENNE PASTA WITH MARINARA WINTER BLEND PEACH CUP</p>	<p><b>18</b> *NEW ITEM: STUFFED SOLE SEASONED RICE ITALIAN VEGGIES FRESH ORANGE</p>
<p><b>21</b> WESTERN OMELET ROASTED POTATOES MIXED VEGGIES PEARS WITH MANDARIN ORANGES</p>	<p><b>22</b> CHICKEN ALFREDO WITH PASTA PEAS BABY CARROTS CUPCAKE ORANGE JUICE</p>	<p><b>23</b> MEATLOAF WITH GRAVY MASHED POTATOES GREEN BEANS &amp; DICED TOMATOES PEACH CUP</p>	<p><b>24</b> TUSCAN BAKED CHICKEN SEASONED RICE MEXICAN CORN FRESH ORANGE</p>	<p><b>25</b>  GOOD FRIDAY    SENIOR CENTER IS CLOSED</p>
<p><b>28</b> STUFFED CHICKEN WITH BROCCOLI &amp; CHEESE RICE PILAF STEWED TOMATOES FRESH FRUIT</p>	<p><b>29</b> PUB BURGER WITH BUN ROASTED POTATOES MIXED VEGGIES PEACH CUP</p>	<p><b>30</b> CHEESEBURGER NOODLE CASSEROLE PEAS &amp; CARROTS PEARS WITH MANDARIN ORANGES</p>	<p><b>31</b> CHEESE MANICOTTI WITH MARINARA GARLIC BREAD LONG BEAN MEDLEY GRAPE JUICE SUGAR COOKIE</p>	<p style="text-align: center;"></p>

*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** \_\_\_\_\_

## MSCA TRAVEL WITH KAY

**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**

**MARCH 23RD—PRESENTATION.** Join us for a presentation at 1:00pm by Tracey of Collette Vacations in the Craft Room. We will be exploring Sunny Portugal (Estoril Coast, Alentejo and Algarve).

**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 tribute. Afternoon Matinee at the Garde Arts Theatre in New London. **\$76 pp**

**MAY 20TH—ARGIA SCHOONER CRUISE.**

A morning cruise aboard the schooner off the coast of Mystic, CT. You can bring a small cooler/picnic basket with refreshments. Lunch will be at Lenny and Joe's Fish Tale. Choice of: cold lobster roll, broiled scallops or tenderloin tail steak. **\$89 pp**

#### **A few notes:**

Sign-up now for the 3-day Amish trip June 6th-8th!

When scheduling a trip, a deposit is required within 7 days of signing up.

A special thank you to Judy Bigl and Carol Menditto for covering while I was away enjoying myself in not-so-sunny Florida for five weeks!

Kay Warren

*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*

# Happy Birthday!

- 
- 1 Dae H. Koh, Michael Bolton
  - 2 Lila Tulin
  - 3 Joyce Brigham, Dianne Sprague
  - 4 Irene Burke Jerold Heiss, Richard Chak, Norman Stevens
  - 5 Tom Reilly, Kathryn L. Rule, Silvana Breseia
  - 6 Irene Klunz, Franklin Langille, Robert Bockholdt, Raymond Begin, James Reynolds, Norman Ricard
  - 7 Michael Adams
  - 8 Margaret Easton, Mary Lirot, Edmund Fogg
  - 9 Karen Mathews, Joyce Arsenault, Bert Brine, Peggy Kobey, Irene Boudreau, Lutricia Lyons
  - 10 Josephine Raymond, Elizabeth Wong
  - 12 Victoria Mayo, Nancy Orth, Eugene Rigler, Marjorie Bachand, Arthur Moore
  - 13 Kathy Fisher, Jean Smith, Susan Rohde, Mary Beausoleil
  - 14 Rudolph Tokes, Patricia Perreault, Cecile Powers
  - 15 Beverly Morgan, Jane Blanshard, Patricia Curry, Gertrude Ogushwitz
  - 16 Herbert Getter, Sue Harkness, Mary Regina Higgins, James Chase, Frances Lenox
  - 17 Joseph Lucia
  - 18 George Cole, Karin Randolph
  - 19 Lewis Katz, Lucinda Von Duntz
  - 21 Charles Nagy, Jose Santiago, Sonia Drexler
  - 22 Joanne Sousa, Alice Miner, Leslie Moulton, Robert Murphy, Theresa Beaulieu, Carol Higgins
  - 23 Theresa Roy, Barbara Dickinson
  - 24 Jackie Langdo, Helen Zeni, Louis Comeau, Betty Haddad
  - 25 Uwe Koehn, Barbara Parola, Joe Peters, Clifford Blish
  - 26 Charles Naumec, Charles Kelly, Gloria Brine
  - 27 Oliver Ashlan, Clara Huling, Janet Adamcik
  - 28 Dorothy Lauritzen, Arthur Gustafson, Robert Gottlieb
  - 29 Feng Rong Zheng, Marie Hakmiller, Angelo Dos Santos, Charles Vinsonhaler
  - 30 Philip Barry, Barbara Mayer, Anne Soracchi, Helen Kjellquist, Betty Roberts, Paul Duteau
  - 31 Alice Kinne, Stella Burton, Evelyn McKenna



## MARCH BIRTHDAY LUNCH



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

~ MARCH 2ND AT NOON ~  
**REGISTER BY MONDAY, MARCH 1ST**



# ~ MARCH ~



## MONDAY



**MANON LESCAUT**  
SATURDAY  
MARCH 5TH  
**10:30AM-4:30PM**  
**AT RAVE CINEMAS**  
**IN MANCHESTER**

## TUESDAY

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

## WEDNESDAY

**2.**  
 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**  
**12:45 FIDDLE GROUP**  
 12:00 CAUSERIES  
 1:00 FUND. OF TAP

## THURSDAY

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

## FRIDAY

**4.**  
 9:00 WALKING DVD  
**10:00 NOAH WEBSTER**  
 10:00 SCRABBLE  
 10:00 PHOTO CLUB  
 10:00 KNITTING & CROCHETING  
 10:00 WII BOWLING  
 11:00 TAI CHI DVD  
 11:00 BRAIN AEROBICS  
 12:00 LUNCH  
 1:00 ART STUDIO

**7.**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
 10:00 PC HELP  
 10:00 QUILTING  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
 12:00 LUNCH  
 1:00 MAHJONGG  
 1:00 CHORUS  
 1:30 YOGA

**8.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
 10:00 GENEALOGY  
**11:00 UNCOMMON KITCHEN TRIP**  
 11:00 PWR OF AGING  
 12:00 LUNCH  
 1:00 BINGO  
**6:30 MS SUPPORT**

**9.**  
 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 CAUSERIES  
 1:00 FUND. OF TAP  
 1:00 WII BOWLING  
**1:00 MSCA EXEC. BOARD MTG.**

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

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

**14.**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
**9:00 THE COUNTRY DINER TRIP**  
**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 CHORUS  
**1:00 MOVIE: GRAN TORINO**  
 1:30 YOGA

**15.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
 11:00 PWR OF AGING  
 12:00 LUNCH  
 1:00 BINGO

**16.**  
 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 ST. PATRICK'S LUNCHEON**  
**1:00 SELDOM HEARD**  
 12:00 CAUSERIES  
 1:00 FUND. OF TAP  
**3:00 CAREGIVERS SUPPORT GROUP**

**17.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
**10:00 OPEN MIC**  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
**11:30 FOODSHARE**  
 12:00 LUNCH  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**18.**  
 9:00 WALKING DVD  
**9:00 BOSTON TRIP**  
 10:00 SCRABBLE  
 10:00 PHOTO CLUB  
 10:00 KNITTING & CROCHETING  
 10:00 WII BOWLING  
 11:00 TAI CHI DVD  
 12:00 LUNCH  
 12:45 DUP. BRIDGE  
 1:00 ART STUDIO



**~ MARCH ~**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**21.**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
 10:00 PC HELP  
 10:00 QUILTING  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
 12:00 LUNCH  
 1:00 MAHJONGG  
 1:00 CHORUS

**22.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
**10:00 STEW LEONARDS TRIP**  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
 11:00 PWR OF AGING  
 12:00 LUNCH  
 1:00 BINGO  
**1:00 CRAFTY CREATIONS WITH INTERNATIONAL STUDENTS**

**23.**  
 9:00 WALKING DVD  
 9:30 WOOD CARVING  
 10:00 TAI CHI DVD  
 10:00 WRITING GRP.  
 12:00 LUNCH  
 12:00 CAUSERIES  
 1:00 FUND. OF TAP  
 1:00 WII BOWLING  
**1:00 VNAEAST**  
**1:00 PRESENTATION: PORTUGAL TRIP**

**24.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
**10:30 YANKEE CANDLE TRIP**  
 12:00 LUNCH  
 12:00 PWR. OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
**1:00 BRAIN HEALTH SERIES**  
 3:15 SR. AEROBICS  
 4:00 CLASSICAL MUSIC

**25.**  
**GOOD FRIDAY**  
  
**SENIOR CENTER IS CLOSED**

**28.**  
 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 CHORUS  
 1:30 YOGA

**29.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
**9:00 PODIATRIST**  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
 11:00 PWR OF AGING  
 12:00 LUNCH  
 1:00 BINGO

**30.**  
**8:30 PARKER'S MAPLE BARN**  
 9:00 WALKING DVD  
 9:30 WOOD CARVING  
 10:00 TAI CHI DVD  
 10:00 WRITING GRP.  
 11:00 YOGA  
 12:00 CAUSERIES  
 1:00 FUND. OF TAP  
 1:00 WII BOWLING

**31.**  
 9:00 STRENGTH & STABILITY  
 9:00 TAX AID  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
 12:00 LUNCH  
 12:00 PWR. OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
**1:00 BRAIN HEALTH SERIES**  
 3:15 SR. AEROBICS

**SATURDAY, MARCH 12TH**  
**BRUNCH & BALLET**  
 BRUNCH SERVED AT 12:00PM FOLLOWED BY BALLET PERFORMANCE AT 1:00PM  



*Thank You*
  
**April is Volunteer Appreciation Month!**  
**We will honor all of our wonderful volunteers at a Special Reception on Friday, April 8th**

**SAVE THE DATE!**  
 INTERGENERATIONAL DINNER WITH UCONN & EO SMITH STUDENTS  
**TUESDAY, APRIL 12TH**

**\*NEW\* TAI CHI CLASS COMING IN MAY 2016**  
 We will be piloting a 4 week Tai Chi class under the instruction of certified trainer Joe Pandolfo beginning in May!  
 He will cover “qigong” basic principles, Tai Chi instructions and repetitions, and teach a short form of popular traditional “Yang” style.  
 Stay tuned for more details on pricing & dates!

# NEWSLETTER SPONSORS

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Open Daily 7am to 9pm  
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**Seniors Enjoy 10% OFF Tuesdays**

Fresh Ice Cream  
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FOR PEOPLE *Get in on the good life.* CT DLR LIC # 00149

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



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BUSINESS  
COULD BE  
HERE!**

**12 ISSUES OF ADVERTISING:**

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**For more information, please contact**

**Karen L. Taylor at 860-429-3315**

**or [taylorkl@mansfieldct.org](mailto:taylorkl@mansfieldct.org)**



**Mansfield  
Public Library**

**~ BOOK SALE ~**

The Friends of the Mansfield Library  
will hold its annual book sale  
**Saturday, April 2nd from 9am-4pm &  
Sunday, April 3rd from 9am-3pm**  
at the Mansfield Public Library,  
54 Warrenville Rd. (Route 89), Mansfield.

This is a large sale held in the attached  
auditorium. Also included are CDs, DVDs,  
audio books, videos, classic books and a large  
selection of children's books. Hardcover and  
oversized paperbacks are priced at \$1.00 and  
"mass market" (pocket sized) paperbacks are  
50 cents. There is a "specials" area of good,  
high value books priced slightly higher.

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

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

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### 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**

### **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.**