

# SENIOR SPARKS

## *Mansfield Senior & Wellness Center Newsletter*

~ SEPTEMBER 2016 ~

### **Introducing: Passport to a Balanced Life!**

During National Senior Center month we are introducing our Passport to a Balanced Life!

Pick up your passport from our receptionist Kathy Yaffee, take it for a spin and get a stamp at some of the many activities we are offering this month.

Whether it's trying one of our fitness classes, taking a walk with our Walking DVD crew, visiting our Wood Carvers, checking in at a couple of selected Town events, attending a presentation or even signing up & having lunch with us! We are also joining local senior centers for a fun Progressive Lunch—check page 3 for more details!

All events & activities which apply to your passport will be identified by this logo:  so look for the leaf throughout our newsletter!

When you fill your passport with 8 stamps in the month of September, come see our receptionist for a complimentary aluminum water bottle from us to you. We are looking forward to seeing you at the Mansfield Senior & Wellness Center!

### **Lunch & Performance by Center Stage!**

**Wednesday, September 7th**  
**Lunch at 12:00pm**  
**Performance at 1:00pm**  
**Meal & Entertainment: \$7.00**  
**Entertainment Only: \$3.00**



We are pleased to welcome back Laura & Irving of Center Stage this month! These two are a powerful duo that will get you out of your seats and on the dance floor while singing along to all of your favorite hits.

**Menu:** Chicken Marsala, Rice Pilaf, Green Beans and Carrot Cake.

***We ask that you please pay ahead at the Senior Center by Friday, Sept. 2nd***

### **Lunch & Learn with Masonicare “OT: Guess the Gadget”**

**Wednesday, September 14th**  
**Learn at 11:30am**  
**Lunch at 12:00pm**  
**Meal Cost: \$5.00**



Join occupational therapist, Jen Thomas, OTR/L from Masonicare, for an interactive discussion to highlight pieces of common & not-so-common adaptive equipment available to assist with making everyday activities simpler & safer for those experiencing the common challenges of aging.

**Menu:** Tuna, Turkey or Veggie Sandwiches, Potato Chips, Fruit Salad and a surprise dessert!

***We ask that you please pay ahead at the Senior Center by Friday, Sept. 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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## **WELLNESS PROGRAMS**

### **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.

**September 1st from 9:00-11:00am**

### **Herrman Blood Pressure Clinic**

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

**September 7th from 11:30am-12:00pm**

### **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.

**September 12th 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.

**Massage note from Deb:** Posture, as in rounded back, is the result of years or decades of leaning inward—since most of what we do is in front of us! Anterior muscles are stuck short & posterior muscles are stuck long. Let's talk about ways to release tension, increase flexibility & improve our posture.

**September 14th from 9:00am-3:00pm**

### **VNA East Adult Health Screenings**

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

**September 28th from 1:00-3:00pm**

### **Podiatrist**

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

**October 25th from 9:00am-12:00pm**

### **Hearing Clinics**

Individual appointments are available for hearing tests, hearing aid checks and wax inspection with Audiology Concierge

**November 10th from 11:00am-2:00pm**

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

## MSCA TRANSITION COMMITTEE UPDATE

### ANNOUNCEMENT OF SPECIAL MEETING

Wednesday, September 21st, 2016

12:45pm

at the Mansfield Senior & Wellness Center

#### Corrected Agenda

1. Call to Order
2. New Business
  - a. Adoption of Proposed By-laws
  - b. Election of Slate of Officers
    - i. Note: Nominations may be made from the floor
3. Public Comment
4. Adjournment

#### Revised Proposed Slate of Officers

<b>President:</b>	Marie Hakmiller	2 year term
<b>Vice-President:</b>	Joan Doiron	2 year term
<b>Secretary:</b>	Candace Bryan	1 year term
<b>Treasurer:</b>	Marie Patulak	2 year term
<b>Member at Large:</b>	Emile Poirier	1 year term
<b>Member at Large:</b>	Joanne Suplicky	2 year term
<b>Member at Large:</b>	Alma Maldonado-Cordner	2 year term

We encourage all of you to please plan to attend.

The Mansfield Senior Center Association has a new email! Please feel free to contact us at:

[msca3@yahoo.com](mailto:msca3@yahoo.com)

*Congratulations are in order to Marie Hakmiller for winning the Mohegan Sun Ray of Sunshine Award! We are all so proud of her outstanding*

## JOIN OUR PROGRESSIVE LUNCH!

Three different dates and locations;  
Innumerable amount of new friends!

Join us as we travel and take a turn hosting our local Senior Centers! Don't forget to bring your passport!

**1st stop:** Coventry Senior Center

**When:** Tuesday, September 6th at 1pm

**Serving:** Assorted flavors of Ice Cream

**Cost:** FREE

**Sign Up Deadline:** Friday, September 2nd

**2nd stop:** Mansfield Senior Center

**When:** Friday, September 9th at 11:30am

**Serving:** Assorted hors d'oeuvre dishes then you're welcome to stay for our congregated lunch. Home Instead will be present with Sweet Frog Frozen Yogurt following the meal!

**Cost:** Suggested donation \$3.00

**Sign Up Deadline:** Tuesday, September 6th

**3rd stop:** Columbia Senior Center

**When:** Tuesday, September 13th at 12pm

**Serving:** Chris Urban catered lunch of lasagna with salad, bread sticks and apple pie for dessert!

**Cost:** \$5.00

**Sign Up Deadline:** Friday, September 9th

*Transportation will be provided, we ask that you please specify if you need a ride when you sign up with our receptionist.*

### MANSFIELD SENIOR CENTER TRANSITION COMMITTEE MEMBERS:

RITA BRASWELL  
JOAN DOIRON  
MARIE HAKMILLER  
BETTEJANE KARNES  
JEAN ANN KENNY  
BETTY SAVAGE  
JOAN TERRY

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

*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!



# Focus on Fitness

## Fit For 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!

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

**Mondays 9:00-9:40am**

**Wednesdays 9:00-9:40am**

**Fridays 9:00-9:40am**

### 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

**\*FREE CLASS: 9/29\***

### GENTLE YOGA

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. Gentle Yoga is open to students of all levels. Friday is now for all levels!

**Pre-registration is required.**

**Mondays 1:30-2:30pm**

3 classes—\$15 R/\$18 NR

**Wednesdays 11:00am-12:00pm**

4 Classes—\$20 R/\$24 NR

**Fridays 9:30-10:30**

4 Classes—\$20 R/\$24 NR

**\*FREE CLASS: 9/30\***



### 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**

2 Classes—\$10 R / \$12 NR

**Thursdays 3:15-4:15pm**

5 Classes—\$25 R / \$30 NR

**\*FREE CLASS: 9/26\***

### 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.

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

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

**Fridays 11:00-12:00pm**

### 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**

5 Classes—\$25 R / \$30 NR

**\*FREE CLASS: 9/27\***



### 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**

2 Classes—\$10 R/\$12 NR

**Beginning again on 9/19**

### FUNDAMENTALS OF TAP

This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps and footwork.

**Pre-registration is required.**

**Wednesdays 1:00-2:00pm**

3 Classes—\$15 R / \$18 NR

**\*FREE CLASS: 9/28\***

### \*NEW\* TAI CHI FOR A BALANCED LIFE



We will learn an 8-movement Tai Chi form, shown in studies to improve balance & reduce falls. We will also practice classic Tai Chi principles that make these centuries-old movements a form of "internal martial art" & "moving meditation."

**Pre-registration is required.**

**Tuesdays 4:45-6:00pm**

3 classes—\$21 R/\$27 NR

**\*FREE CLASS: 9/27\***

### \*NEW\* GENTLE YOGA DANCE

This class combines mindful breathing and stretches with a guided, gentle practice that takes yoga postures into natural movement & circle dances.

**Wednesdays in September:**

**September 7th, 14th & 21st**

No Fee—Please bring yoga mat, blanket & a cushion.

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

**For more information on class registration, please see page 10,  
or call Senior Center Receptionist Kathy Yaffee at 860-487-9870**



# New in September



## **Brown Bag Event** with Price Chopper Pharmacist, **Jaime Bonafine**



**Tuesday, September 6th at 11:00am**

Have questions about your medication? Wondering if everything can be taken together? Gather up all your medications including OTC products & put them in a brown bag. We will review them right here for you!

*Registration not necessary—please stop by!*

## **Big Y Trip** for Healthy Eating on a Budget **Friday, September 23rd at 1:00pm**



Join dietician, Kittie Spedding at Big Y for a tour of the store while learning the best ways to shop for healthy foods on a limited budget. The tour will last an hour and there will be a snack provided at the end. **Transportation provided!**

*Register by Monday, September 19th at  
860-487-9870*

## **Celebrate Mansfield** **Sunday, September 18th 11am-4pm**



The Town of Mansfield deserves a celebration! Join us for a parade beginning at 11am and find our booth on the Town Green to get your stamp! There will be games, food, music and much more. It's a day you won't want to miss.

*If you're interested in volunteering, call our  
Program Coordinator, Cara Webb  
at 860-487-9872*

## **Introduction to Mindfulness Workshop** **Community Center—Tues. October 18th** **6:30pm-8pm—\$9 Res/\$19 NR**



If you take our Mindfulness series in Sept. and want to continue on your journey, sign up for this workshop with Dee Goodrich! Pick up some better skills to deal with stress! Visit the CC to register now or call 860-429-3015

## **FREE Fitness Class Week!**



**Mon-Fri. September 26th-30th**

Try out one of our classes to see if you like it! Then you can register for the following month!

**Monday 9/26:** Senior Aerobics at 3:15pm

**Tuesday 9/27:** Power of Aging at 11:00am  
Tai Chi at 4:45pm

**Wednesday 9/28:** Fundamentals of Tap at  
1:00pm

**Thursday 9/29:** Strength & Stability at  
9:00am

**Friday 9/30:** Gentle Yoga at 9:30am

## **Mindfulness Series** with **Joanne Harrison-Becker, MS**



**Thursdays, September 1st, 8th, 15th & 22nd  
at 1:00pm**

Join us for 4 sessions on the practice of Mindfulness, the state of active, open attention on the present. When we are mindful, we observe our thoughts & feelings from a distance without judgement. Instead of allowing life to pass by, mindfulness means living in the moment & awakening to our experience.

**Full list of session details available with our  
receptionist. Please register for the 1st session by  
Wednesday, August 31st.**

## **Progressive Lunch Dates**

*Please see our full description of the Progressive  
Lunch on page 3!*

**1st Stop:** Coventry Senior Center  
Tuesday, September 6th at 1pm



**2nd Stop:** Mansfield Senior Center  
Friday, September 9th at 11:30am



**3rd Stop:** Columbia Senior Center  
Tuesday, September 13th at 12pm



## 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, September 12 10:00am-4:00pm**

**Monday, September 19 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 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**



## COMMUNITY NEWS

### New Mansfield Bus Pass Program

The Town of Mansfield is offering a new bus pass program for low income residents of the Town, effective July 1st. The qualifications are as follows:

-Applicants must reside in Mansfield for more than six months during the course of the preceding year. *UConn students living in campus-sponsored housing are not eligible for the Mansfield Bus Pass Program.*

-Applicant households must meet the income guidelines for low income households established annually by the Town.

Passes are acceptable for use from July 2016 to June 2017. Reapplication is required annually.

If you meet the above qualifications, please contact the Town of Mansfield Human Services Office at (860) 429-3315 or [humanservices@mansfieldct.org](mailto:humanservices@mansfieldct.org)

HOUSEHOLD SIZE	INCOME LIMIT
1	\$30,600
2	\$35,000
3	\$39,400
4	\$43,750
5	\$47,250
6	\$50,750
7	\$54,250
8+	\$57,750

### Please Note:

-Residents who are 60 or older **do not need** a Mansfield bus pass to ride the public bus at no cost. The WRTD program is fare free for seniors. They will need to show their Medicare card. If they do not have a Medicare card, they can get a Transit/Reduced Fare Photo ID Card by calling the CT Transit Senior/Disabled representative at (860) 522-8101.

## SAVE THE DATES:

Dinner followed by performance by Tony Memmel—Friday, Oct. 7th

Dinner followed by Gen Silent movie screening with panel led discussion to follow—Thur Oct. 13th

Veterans Day Tribute: Lunch followed by performance by Karen Wagner —Wednesday, Nov. 2



## 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 **September 13th** and get inspired!

We will also start a beginners Genealogy Group if we have enough participant interest. Please contact Helen Collins at 860-429-4557. See you there!

### 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? You don't have to be a "senior" or professional singer to join! We will resume with our first practice on Monday, September 12th at 1:00pm.



**Mondays from 1:00pm-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!

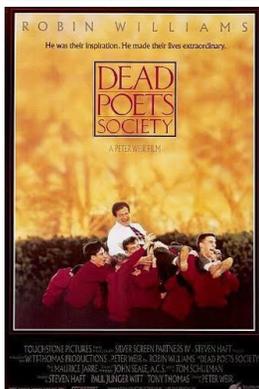
**Wednesdays at 10:00am** 

### 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



### MOVIE DISCUSSION GROUP

Join us for "Dead Poets Society," a movie inspired by UCONN professor Sam Pickering. Robin Williams stars as a professor who uses an unorthodox teaching style to encourage his students to pursue their dreams and seize the day.

~ **SEPTEMBER 19TH AT 1:00PM** ~

Refreshments will be provided.

### Attention Wii Bowlers:

We have our first match in our own local league happening this month!

We will be hosting the Colchester Senior Center at **10:00am on Friday, September 16th!**

We will bowl for two hours and they'll join us for lunch!

Let Cara know if you can be there!



### CLIR

All classes are at 1:15pm unless noted otherwise

#### **Memoir Club:**

Thursdays beginning Sept. 8th at 10:15am

#### **BREXIT: Misplaced Nostalgia for the Sovereign Nation State:**

Wednesday, September 7th

#### **Preventing Sudden Death in Sport & Physical Activity: The Long Road from Evidence to Policy:**

Tuesday, September 13th

#### **From Alchemy to Xanax: History of Drugs:**

Tuesday, September 20th

#### **The Talpiot Tomb in Jerusalem & Ossuary of "James Son of Joseph Brother of Jesus"**

Tuesday, September 27th

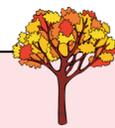
#### **If it Ducks like a Quack: Critical Thinking about 'Alternative' Medicine:**

Wednesday, September 28th

Classes are held at the Vernon Cottage on the UConn Depot campus.



# SEPTEMBER DAY TRIPS



## **RIVERQUEST CT RIVER CRUISE, HADDAM**

**THURSDAY, SEPTEMBER 8TH , 10AM-4PM** You will experience an area referred to as “One of the Last Great Places” by the Nature Conservancy — you will see the Goodspeed Opera House, the East Haddam Swing Bridge and the Goodspeed Airport. We may even see our resident Bald Eagles! Cruise is 90 minutes. Admission is \$20/person.

**Prepaid reservation no later than Tuesday, September 6th.**

## **LUNCH BUNCH: CAPTAIN SCOTTS LOBSTER DOCK, NEW LONDON**

**MONDAY, SEPTEMBER 12TH 11AM-3PM** Enjoy a late summer day by the water! Rumor has it, ice cream might even be available during our trip!!

## **NORDIC LODGE, CHARLESTOWN, RI**

**FRIDAY, SEPTEMBER 16TH 4PM—9:30PM.** Come sample this wonderful all-you-can-eat buffet! Lobster, shrimp, crab, scallops, soups, salads, prime rib, tenderloin tips, filet mignon, delightful desserts and an ice cream sundae bar! 2 hr. dining maximum. Cost: \$91/person — all inclusive. **Pre-paid reservation no later than Friday, September 9th.**

## **CROSS SOUND FERRY LIGHTHOUSE CRUISE, NEW LONDON**

**SATURDAY, SEPTEMBER 17TH 10:30AM-5PM** Back by popular demand!! This 2-hr cruise will bring you right up close to a dozen lighthouses! You will board the sea jet, a smooth sailing catamaran. We will stop for an early dinner on our way home at Texas Roadhouse following our cruise. Cruise: \$28/person. **Pre-paid reservation no later than September 9th .**

## **CONNECTICUT DAY AT THE BIG E! SPRINGFIELD, MA**

**WEDNESDAY, SEPTEMBER 21ST 9AM—4PM** Don’t miss this fun-filled day!!

## **LUNCH BUNCH: MAINE ATTRACTION, HOLLAND, MA**

**THURSDAY, SEPTEMBER 22ND 11AM-3PM** Located on the shores of the Hamilton Reservoir, this fabulous restaurant specializes in seafood but has a full menu available as well — one of our seniors’ favorites!

## **BUELL’S ORCHARD AND LUNCH AT CORIANDERS, EASTFORD**

**TUESDAY, SEPTEMBER 27TH 11AM-3PM** Come and experience this gem of a local farm! Pick your own apples — there is a full garden stand available with honey, syrup, baked goods, soaps, and other local delights! We will stop for lunch on the way at Coriander’s Café—a darling spot in the center of Eastford!

## **LUNCH BUNCH: STEAK LOFT, MYSTIC**

**WEDNESDAY, SEPTEMBER 28TH 11AM-3PM** This is also a favorite! Wednesday is Senior Day at the Steak Loft — **all seniors receive a 25% discount!** From burgers to sandwiches, to chicken and steaks you are sure to find something to tickle your fancy and your belly!!

## **MAN OF LA MANCHA, IVORYTON PLAYHOUSE, IVORYTON**

**WEDNESDAY, SEPTEMBER 28TH 4PM-10PM** One of the world’s most popular musicals, the “Impossible Dream” is based on the adventures of a delusional Spanish knight who allies forth on a quest to restore chivalry to the world and to claim his lady love. Admission is \$35/person. We will stop for dinner at the Ivoryton Tavern before the show. **Prepaid reservation no later than Friday, September 9th.**

## **THIMBLE ISLANDS BOAT CRUISE & LUNCH, STONY CREEK**

**FRIDAY, SEPTEMBER 30TH 9:30AM—4:30PM** Welcome aboard! Enjoy this lovely cruise around 25 breathtaking Connecticut Islands. Be sure to bring a little snack to enjoy on board. Lunch stop at The Chowder Pot in Branford. Cruise admission \$13/person—**cash only please.**

### **PLEASE NOTE:**

**Effective September 1st, a signed registration form AND payment (if applicable) are required to register for upcoming trips. We will no longer accept reservations over the telephone or by email. Mansfield Residents aged 60+ are eligible to register immediately on a first-come, first-served basis. Non-Mansfield residents aged 60+ will be placed on a waitlist — one week (7 days) prior to the trip, the list will open for non-residents.**

**Upon registering, participants will receive a confirmation receipt detailing trip specifics. Confirmation calls will no longer be made before each trip. If you are placed on the waitlist, you will receive a call only if you are moved to the active trip list. Unless otherwise noted, admission costs for trips are payable at the venue.**

**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  
**September 1st, 15th & 29th**  
from 11:30am-12:00pm

The Elderly & Totally Disabled Renters Rebate Program application period is  
**April 1st – October 1st.**

Maximum income guidelines:  
\$35,000 single/unmarried; \$42,000  
married couples

Contact Kathy Ann Easley  
at 860-487-9873 to schedule an appointment.



### Support Groups

Dealing with Low Vision?  
Join our Low Vision Group  
for support, friendship and helpful tips.  
**September 14th 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.  
**September 21st from 3:00-4:00pm**

## LOCAL RESOURCES

### A Brief History About the Commission on Aging

Over 42 years ago, on August 12, 1974, the Town Council members put forth a resolution to establish a Committee on the Aging. A motion to accept the resolution was made by Mrs. Barberet, the motion was seconded and adopted by unanimous vote.

Nine Committee members were appointed by the Town Council to serve three year overlapping terms.

The resolution stated that "the Committee shall advise the Town Manager, the Director of Social Services, the Director of Recreation and the Librarian, in the planning, development, and implementation of programs for the Aging of the Town."

On January 8, 1979, the Town Council changed the title from Committee on the Aging to Commission on Aging.

Then as now, the responsibilities of the Commission have not changed. The Commission studies the conditions and needs of the elderly in Mansfield regarding housing, health, transportation, etc. The Commission meets with and is a resource to various agencies to evaluate and recommend programs for the elderly.

The Commission serves as a resource for the elderly of Mansfield. We accept all questions that you may have. We welcome your input, suggestions, concerns, etc.

You have various ways of contacting the Commission. You may call any member on the commission; the telephone numbers are listed below. We also invite you to attend and/or address the Commission at our monthly meetings.

The Commission on Aging is for you.

### **COMMISSION MEMBERS:**

Wilfred T. Bigl (Chair)	860-429-0180
Laurie G. McMorrow (Vice Chair)	860-429-5090
Bev Korba (Secty.)	860-477-0546
Don Nolan	860-429-6113
Martina Wharton	860-634-0051
Bettejane Karnes	860-429-5279
Nancy Trawick Smith	860-208-3375
John Riesen	860-429-7569

### **COMMUNITY REPRESENTATIVES:**

Judy Bigl for Jensen's	860-429-0180
David Palmer for Juniper Hill	415-321-8904
John Adamcik for Wrights Way	860-429-2153

**WE ARE LOOKING FOR A REPRESENTATIVE  
FROM GLEN RIDGE.**

**MANSFIELD SENIOR & WELLNESS CENTER**  
**303 MAPLE ROAD, MANSFIELD, CT 06268**  
**SEPTEMBER 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
<b>MON</b>		SENIOR AEROBICS / 9AM-10AM	NO CLASS 9/5	RES-\$10, NON-RES \$12
		QUILTING / 10AM-4PM	SEPT 12	RES-\$30, NON-RES \$35
		QUILTING / 10AM-4PM	SEPT 19	RES-\$30, NON-RES \$35
		SPARKETTES / 10:15-11:15AM	NO CLASS 9/5 , 9/12	RES-\$15, NON-RES \$18
		YOGA / 1:30PM-2:30PM	NO CLASS 9/5	RES-\$15, NON-RES \$18
<b>TUES</b>		STRENGTH & STABILITY / 9AM-10AM	4 CLASSES	RES-\$20, NON-RES \$24
		POWER OF AGING / 11AM-12PM	3 CLASSES	RES-\$15, NON-RES \$18
		TAI CHI / 4:45-6:00PM	3 CLASSES	RES- \$21, NON-RES \$27
<b>WED</b>		YOGA / 11AM-12PM	4 CLASSES	RES-\$20, NON-RES \$24
		BEGIN TAP / 1PM-2PM	3 CLASSES	RES-\$15, NON-RES \$18
<b>THUR</b>		STRENGTH & STABILITY /9AM-10AM	4 CLASSES	RES-\$20, NON-RES \$24
		POWER OF AGING/ 12PM-1PM	5 CLASSES	RES-\$25, NON-RES \$30
		SENIOR AEROBICS/ 3:15PM-4:15PM	5 CLASSES	RES-\$25, NON-RES \$30
<b>FRI</b>		YOGA/ 9:30AM-10:30AM	4 CLASSES	RES-\$20, NON-RES \$24
		<b>SPECIAL PROGRAMS:</b>		
		<i>CENTER STAGE LUNCH &amp; PERFORMANCE</i>	WED. 9/7 AT NOON	COST: \$7.00
		<i>LUNCH &amp; LEARN WITH MASONICARE</i>	WED. 9/14 AT NOON	COST: \$5.00
<b>TRIPS</b>		<b>TRIPS:</b>		
		CT RIVER CRUISE	THURS. SEPT 8TH	PRE PAY TICKET- \$20
		CAPTION SCOTT'S -LUNCH BUNCH	MON. SEPT 12TH	
		NORDIC LODGE BUFFET	FRI. SEPT 16TH	PRE PAY RESERVATION- \$91
		LIGHTHOUSE FERRY CRUISE	SAT. SEPT 17TH	PRE PAY TICKET- \$28
		CT DAY AT THE BIG E	WED. SEPT 21ST	
		MAINE ATTRACTION- LUNCH BUNCH	THUR. SEPT 22ND	
		BUELL'S ORCHARD & LUNCH	TUES. SEPT 27TH	
		STEAK LOFT, MYSTIC- LUNCH BUNCH	WED, SEPT 28TH	
		IVORYTON PLAYHOUSE-MAN OF LA MANCHA	WED. SEPT 28TH	PRE PAY TICKET- \$35
		*THIMBLE ISLAND BOAT CRUISE	FRI. SEPT 30TH	*CASH ONLY - \$13 PAY ON BOAT CRUISE

**PLEASE NOTE:** Effective September 1st, a signed registration form *and* payment are required to register for classes and activities. We will no longer accept registrations over the phone. Registration forms are available in the newsletter, at the Senior Center and online at [www.mansfieldct.org](http://www.mansfieldct.org) >Seniors. Please understand that we cannot offer refunds unless your spot is filled prior to the event.

**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 MAY 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 SEPTEMBER MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For Special Luncheons:</b> Please sign up with Kathy Yaffee by date listed. <b>THANK YOU!</b></p> <hr/> <p style="text-align: center;"><b>1% milk &amp; whole grain bread are served with each meal. Menu is subject to change without notice.</b></p>		 <b>seniornutrition</b>	<p>1. STUFFED SHELLS WITH MARINARA GREEN &amp; WAX BEANS APPLESAUCE CUP</p>	<p>2. BEEF STROGANOFF BUTTERED NOODLES MIXED VEGGIES FRUIT COCKTAIL</p>
<p>5. SENIOR CENTER IS CLOSED</p> 	<p>6. BBQ CHICKEN BAKED BEANS PEAS &amp; CARROTS PEARS WITH MANDARIN ORANGES</p>	<p>7. <u>SPECIAL LUNCHEON</u> CHICKEN MARSALA RICE PILAF GREEN BEANS CARROT CAKE COST: \$7.00 REGISTER BY: SEPTEMBER 2ND</p>	<p>8. CHICKEN PAPRIKA PARSLEY POTATOES MIXED VEGGIES APPLESAUCE CUP</p>	<p>9. SALISBURY STEAK WITH GRAVY MASHED POTATOES STEWED TOMATOES PINEAPPLE CUP</p>
<p>12. STUFFED CHICKEN WITH BROCCOLI &amp; CHEESE ROASTED POTATOES GREEN BEANS FRUIT COCKTAIL</p>	<p>13. BEEF STEW BUTTERED NOODLES WINTER VEGGIES FRESH FRUIT</p>	<p>14. <u>LUNCH &amp; LEARN</u> TUNA, TURKEY OR VEGGIE SANDWICH POTATO CHIPS FRUIT SALAD DESSERT COST: \$5.00 REGISTER BY: SEPTEMBER 9TH</p>	<p>15. CHICKEN CACCIATORE RICE PILAF MIXED VEGGIES PEACH CUP</p>	<p>16. MEXICAN COD WITH CORN SALSA YELLOW RICE &amp; BLACK BEANS MIXED VEGGIES DESSERT ORANGE JUICE</p>
<p>19. CHEESEBURGER NOODLE CASSEROLE PEAS &amp; CARROTS FRESH ORANGE</p>	<p>20. SWEET &amp; SOUR PORK STEAMED RICE ORIENTAL BLEND DESSERT &amp; JUICE</p>	<p>21. SWEDISH MEATBALLS BUTTERED NOODLES MIXED VEGGIES APPLESAUCE CUP</p>	<p>22. CHEESE OMELET ROASTED POTATOES GREEN BEANS &amp; DICED TOMATOES FRUIT COCKTAIL</p>	<p>23. CHICKEN STEW GARLIC ROASTED POTATOES DICED CARROTS PEACH CUP</p>
<p>26. TUSCAN BAKED CHICKEN RICE PILAF CAULIFLOWER &amp; BROCCOLI BLEND DESSERT &amp; JUICE</p>	<p>27. SHEPHERD'S PIE PEAS &amp; ONIONS CARROTS PEACH CUP</p>	<p>28. PENNE &amp; MEATBALLS ITALIAN VEGGIES FRESH FRUIT</p>	<p>29. RITZ CRUSTED COD SEASONED RICE LONG BEAN MEDLEY APPLESAUCE CUP</p>	<p>30. MEATLOAF WITH GRAVY GARLIC MASHED POTATOES CHOPPED BROCCOLI FRESH ORANGE</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** \_\_\_\_\_

## MSCA TRAVEL WITH KAY

### FRIDAY, OCTOBER 7TH—OCTOBERFEST

Student Prince & The Fort, Springfield's premier landmark restaurant since 1935. Trip includes bus, luncheon, German entertainment, outdoor heated beer garden with Spatzle Demo & German Polka Dance Band, one beer or wine ticket, and driver gratuity. Choice of Roast Pork, Student Prince's Famous Baked Haddock or Chicken Schnitzel. **\$84 pp**

### OCTOBER 21ST-31ST—NEW ORLEANS

11-day trip includes 10 nights lodging with 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 and much more! A trip to remember! **\$928 pp.**

### MONDAY, NOVEMBER 4TH— ST. PAUL'S

**BOYS CHOIR.** Sacred Heart Church, Springfield, MA. Trip includes luncheon at the Log Cabin Banquet and Meeting House, bus, afternoon boys Choir at Sacred Heart Church featuring the only Catholic boys Choir School in the U.S., donation to Sacred Heart Church and driver gratuity. Luncheon of Chicken Florentine Supreme or Mt. Tom Sirloin. **\$90.00 pp.**

### THURSDAY, DECEMBER 8TH— JIMMY

**STURR CHRISTMAS SHOW** featuring Jimmy Sturr and his orchestra with special guest, The Four Aces. Trip includes lunch at the Aqua Turf, bus, matinee show w/Jimmy Sturr and the Four Aces, The Polka Today Dancers, The Jimmy Sturr singers, and driver gratuity. Meal is turkey with stuffing or baked scrod. **\$86 pp.**

**We have a trip to Portugal through Collette Vacations in November. Please call the number below with questions.**



*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*

## COMPUTER CLASSES

### WE NEED YOUR HELP!

If you use a smartphone or tablet of ANY kind, computers, laptops or other electronic devices, we are looking for **YOU!**

Do you have skills working with our current technology such as downloading apps, using GPS, email, texting, Skyping your friends, navigating Facebook or YouTube, etc.? If so, you could be very helpful to seniors or anyone else who may ask for assistance!

There are many ways to help—working one-on-one with a senior, regularly or as needed, being available for a help session, teaching or assisting a group, leading a user's group, or joining our Computer Committee and more!

Please contact Michael Palmer at (860) 429-1474 or [m.palmer@charter.net](mailto:m.palmer@charter.net) or Helen Collins at (860) 429-4557 or [hjcollins216@gmail.com](mailto:hjcollins216@gmail.com).

Thanks!

### COMPUTER CLASSES

#### Bluetooth Explained

Thursday, September 22nd

1:00pm

Peggy McCarthy and Adam Delaura from the Library will be in to teach us the ins and outs of Bluetooth! What is it exactly? What types of devices work and how do you connect your devices? Come to our session and find out!

## TECH HELP

EVERY MONDAY

AT 10:00AM



Free computer, Apple products, digital camera help & MORE is available with some of the Computer Council's talented consultants.

Stop by with your gadgets & questions for some one-on-one assistance!



**We are proud to offer free WIFI for your convenience.**

**Simply sign in as:**

**MnsfldGuest**

# ~ SEPTEMBER SPECIAL EVENTS ~

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAVE THE DATE:**

**Friday, October 7th at 12pm** Lunch & Performance by Tony Memmel

**Thursday, October 13th at 5:30pm** Dinner and screening of Gen Silent hosted by AARP, followed by a paneled discussion. Call 1-866-740-6947 or go to <https://aarp.event.com/CTGENSILENT1013> to register.

**1.**  
9:00 REIKI  
11:00 MINDFULNESS  
11:30 FOODSHARE

**2.**  
10:00 PHOTO CLUB

**5.**  
  
**SENIOR CENTER  
IS CLOSED FOR  
LABOR DAY**

**6.**  
**1:00 PROGRESSIVE  
LUNCH: COVENTRY**  
2:30 COMP. COUNCIL  
MEETING

**7.**  
11:30 BLOOD PRESS.  
12:00 SPEC. LUNCH  
WITH CENTER STAGE  
2:15 YOGA DANCE

**8.**  
**10:00 RIVERQUEST**  
11:00 MINDFULNESS

**9.**  
**12:00 PROGRESSIVE  
LUNCH: MANSFIELD**

**12.**  
9:00 MINI SPA  
9:30 COA MTG.  
10:00 QUILTING  
**11:00 CAPT. SCOTTS**

**13.**  
\*SHOPPING TRIP\*  
10:00 GENEALOGY  
**12:00 PROGRESSIVE  
LUNCH: COLUMBIA**

**14.**  
9:00 MASSAGE &  
REFLEXOLOGY  
11:00 LOW VISION  
12:00 LUNCH & LEARN  
"GUESS THE GADGET"  
2:15 YOGA DANCE

**15.**  
11:00 MINDFULNESS  
11:30 FOODSHARE

**16.**  
10:00 WII BOWL  
WITH COLCHESTER  
10:00 PHOTO CLUB  
12:45 DUP. BRIDGE  
**4:00 NORDIC LODGE**

**19.**  
10:00 QUILTING

**20.**

**21.**  
**9:00 BIG E**  
3:00 CAREGIVERS  
SUPPORT GROUP  
2:15 YOGA DANCE

**22.**  
11:00 MINDFULNESS  
**11:00 MAINE  
ATTRACTION**  
1:00 BLUETOOTH  
EXPLAINED

**23.**  
1:00 BIG Y TOUR &  
"HEALTHY EATING ON  
A BUDGET"

**26.**  


**27.**  
\*SHOPPING TRIP\*  
**11:00 BUELL'S  
ORCHARD**

**28.**  
**11:00 STEAK LOFT**  
1:00VNAEAST  
**4:00 IVORYTON**

**29.**  
11:30 FOODSHARE

**30.**  
**9:30 THIMBLE  
ISLANDS**  
12:45 DUP. BRIDGE

**WEEKEND TRIPS:**

**Saturday, September 17th from 10:30am-5pm:** Cross Sound Ferry Lighthouse Cruise, New London, CT.

**AROUND TOWN EVENTS:**

**Saturday, September 10th from 1pm-4pm:** Emergency Preparedness Family Fun Day! Bring your grandkids to the Community Center for games, safety skills, Touch-A-Truck & more!

**Saturday, September 17th from 9am-2pm:** Tag-Bake-Book Sale! Rain or shine at Jensen's Rolling Hills Community—55 Middle Tnpke (Route 44), Storrs. Lunch will be available.

**Saturday, Sept. 10th and Sunday, Sept. 11th from 9am-4pm:** Library Book Sale! This is a large sale held in the attached auditorium. Hardcover & paperbacks are priced at \$1 and pocket-sized paperbacks are just 50c.



# ~ DAILY ACTIVITIES ~



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 SR. AEROBICS 9:00 WALKING DVD 10:00 TECH TIME 10:00 WII BOWLING 10:15 SPARKETTES 12:00 LUNCH 1:00 CHORUS 1:00 MAHJONGG 1:30 YOGA	9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 SCRABBLE 11:00 PWR OF AGING 12:00 LUNCH 1:00 BINGO 4:45 TAI CHI	9:00 WALKING DVD 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 11:00 YOGA 12:00 CAUSERIES 12:00 LUNCH 1:00 FUND. OF TAP	9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:15 SPARKETTES 12:00 PWR. OF AGING 12:00 LUNCH 1:00 BRIDGE 1:00 JEWELRY 3:15 SR. AEROBICS	9:00 WALKING DVD 9:30 CHAIR YOGA 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 WII BOWLING 11:00 BRAIN AERO. 11:00 TAI CHI DVD 12:00 LUNCH 1:00 ART STUDIO

## IT'S PARTY TIME



~ SEPTEMBER 7TH AT NOON ~

Special Luncheon this month with entertainment by Center Stage!

**REGISTER BY TUESDAY SEPT. 6TH IF IT'S YOUR BIRTHDAY!**

*Please call our site server, Sharon Caron at 860-487-9876 if you would like your birthday or anniversary shared so that we can celebrate with you!*

### 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 THE FIRST-COME, FIRST-SERVE BASIS.

**FRIDAYS FROM 1:00PM-4:00PM**

**DIAL-A-RIDE TRANSPORTATION** is available for Mansfield residents. Please call 860-456-1462 at least **24 hours in advance**. This service is provided by the Windham Regional Transportation District.



### **MANSFIELD SENIOR CENTER TRANSPORTATION SERVICES!**

#### **SHOPPING AND LIBRARY RUNS**

We will begin offering our routed shopping and library runs again this month for Mansfield residents. Transportation will be provided by reservation only.

**\*\*Runs will take place on 9/13 and 9/27\*\***

Individuals are responsible for their own packages. Please be at the departure location at least 5 minutes prior—if you miss the return, you will be responsible for arranging your own return transportation. We will be offering transportation to Big Y, Walmart and the Mansfield Public Library.

#### **SENIOR CENTER SPECIAL EVENT TRANSPORTATION**

We're also now offering door-to-door transportation for Mansfield residents to many of our exciting events here at the Senior Center! Transportation is available for the following events:

**Lunch & Performance on September 7th  
Lunch & Learn with Masonicare on September 14th  
MSCA Meeting on September 21st  
Big Y Trip for Health Eating on September 23rd**



To schedule transportation, please contact our Transportation Coordinator Gianna Stebbins at 860-487-9877.

**Remember, there are only 10 spots available**



# NEWSLETTER SPONSORS

**G.M. THOMPSON & SONS**  
54 MIDDLE TPK  
MANSFIELD DEPOT, CT 06251  
TEL: 860-429-9377

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

**FRAN STORCH, N.D.**  
NATUROPATHIC PHYSICIAN  
MANS. CTR., CT 860-423-2759  
WWW.FRANSTORCHND.COM



**THE FARMERS DOW**  
Cafe & Creamery  
860-450-8408  
Open Daily 7am to 9pm  
86 Storrs Road, Mansfield CT  
(Across from Eastbrook Mall)

Seniors Enjoy  
**10% OFF**  
Tuesdays

Fresh Ice Cream  
Panini & Wraps  
Soups & Salads

**YOUR  
BUSINESS  
COULD BE  
HERE!**

**12 ISSUES OF ADVERTISING:** FOUR LINES FOR \$100.00. BUSINESS CARD SIZE FOR \$300.00.

**For more information, please contact Karen L. Taylor at 860-429-3315**

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

**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**

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PRE-SORT STANDARD  
U.S. POSTAGE **PAID**  
MANSFIELD, CT  
PERMIT #5

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

**CURRENT RESIDENT OR**

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**  
**303 Maple Rd**  
**Mansfield, CT 06268**

### Now Available Through Email!

If you'd like to receive an electronic version of our *SPARKS* newsletter, please email Program Coordinator, Cara Webb at [\*\*webbcj@mansfieldct.org\*\*](mailto:webbcj@mansfieldct.org).

We will add your email to a distribution list and send our newsletter out as soon as it's available! We can assure that your email will not be made public and only used for our own communication of Senior Center events.

Hard copies will still be available at the Senior Center, Library, Community Center and Town Hall. You may also find the newsletter at [\*\*www.mansfieldct.org\*\*](http://www.mansfieldct.org) under the "Seniors" link. Past editions are also posted there, as well as our monthly Registration Forms.