

SENIOR SPARKS

Mansfield Senior & Wellness Center Newsletter

~ NOVEMBER 2016 ~



Veterans Day Tribute
Wednesday, November 2nd
Lunch at 12pm



Entertainment by Karen Wagner at 12:45pm

We are pleased to welcome back Karen Wagner! She is a professional singer/actress & vocal instructor who will dazzle us with her Patriotic Tribute to those who served our country.



A WWII Reenactor will also be with us, along with his restored 1942 Ford GPW Jeep available for pictures!



Menu: Tomato Soup, Meatloaf with Gravy, Mashed Potatoes and Chocolate Cake for dessert.

Cost: \$7.00 ~ Veterans and their spouses eat FREE!

We ask that you please sign up ahead at the Senior Center by Monday, October 31st.

Please let us know when you register if you'll need transportation!

Thanksgiving Day Luncheon

Wednesday, November 16th

Lunch at 12pm

Performance at 1:15pm

Join us for lunch followed by a performance by the UConn Flute Ensemble and String Quartet! This is sure to be a beautiful concert that you won't want to miss!

Menu: Roast Turkey with Gravy, Stuffing, Mashed Potatoes, Green Beans, Cranberry Sauce & Pumpkin Pie for dessert!

Cost: Suggested donation \$3.00 for 60+
Under 60 years is \$12.10

Must fill out TVCCA form with Sharon Caron

We ask that you please sign up ahead at the Senior Center by Wednesday, November 9th.

Please let us know when you register if you'll need transportation!

UConn Health Fair & Senior Resources Enrollment

Friday, November 4th

Health Fair 10am-12pm

FREE—FUN—PRIZES!

Check out 7 stations that will test different components of health including Balance, Cognition, Strength & Flexibility! Try FREE health screenings and learn more about what your body is capable of!



Introducing Fresh Fridays!

Join us once a month for a **fresh** home-made meal! November's menu is: Split Pea Soup with Roll, Salad and Apple Crisp for dessert!

Cost: \$5.00



We ask that you please sign up ahead at the Senior Center by Monday, Oct. 31st.

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



MANSFIELD SENIOR CENTER ASSOCIATION

Hello Everyone: Not much has happened since I last wrote to you. Our first Board meeting is scheduled for the 2nd of November at 2:00pm at the Senior Center. We invite you all to attend. Our prime item of discussion will be the development of membership.

Membership is a key element for any organization. As most of you have stated, you never knew if you were a member or not of the Association. We will now define that and clearly state a membership criteria and member benefits.

I want to state once again, that nothing with the Senior Center has changed with the new by-laws. The only real change is that now the Association is clearly defined to support fund development and advocacy. This, in turn, supports the Senior Center.

A note of thanks to Joan Doiron and to Blaze Pizza for supporting a fundraising opportunity for the arts. Also, many thanks to all of you who participated.

So, please email us—mcsa3@yahoo.com—or come visit with us in the Association office. Enjoy!

Marie Hakmiller, President

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
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taylor@mansfieldct.org

PROGRAM COORDINATOR:
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yaffeekg@mansfieldct.org

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860-487-9876
carons@mansfieldct.org

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SARAH DUFRESNE
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dufresnes@mansfieldct.org

**MANSFIELD SENIOR CENTER
ASSOCIATION BOARD MEMBERS:**

PRESIDENT:	MARIE HAKMILLER
VICE-PRESIDENT:	JOAN DOIRON
SECRETARY:	CANDACE BRYAN
TREASURER:	MARIE PATULAK
MEMBER AT LARGE:	EMILE POIRIER
MEMBER AT LARGE:	JUDY BIGL
MEMBER AT LARGE:	ALMA MALDONADO-CORDNER

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

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



WELLNESS PROGRAMS

Podiatrist

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

November 1st from 9:00am-12:00pm

VNA East Adult Health Screenings

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

November 2nd from 1:00-3:00pm

Herrmman Blood Pressure Clinic

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

November 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.

November 3rd from 9:00-11:00am

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

Mini Spa

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.

November 14th from 9:00am-12:00pm

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.

November 15th from 1:00pm-3:00pm

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.

November 16th from 9:00am-3:00pm

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

WAYS YOU CAN HELP

Are you looking for a chance to meet people and make a few more friends? Perhaps you want to try something new, gain experience in a different role or simply lend a helping hand. Come volunteer for us at the Senior Center in a variety of enjoyable ways!

We need helpers for:

Kitchen set up/clean up
Meals on Wheels Drivers
Computer Help
Medical Transportation
SPARKS collating
Special Events

If you have interest in any of these areas, please contact Cara Webb at webbcj@mansfieldct.org or 860-487-9872.

Thank you for your consideration!

FOCUS ON FITNESS

★ Don't forget to check out descriptions and sign up for some of our **NEW Fitness Classes!**

Tai Chi for Balance on Tuesdays from 4:45-6pm is a great way to practice forms of meditation and improve your balance while reducing your risks for injury!

Pilates for Posture on Thursdays from 2:00-2:45pm will increase your core and back strength and will ultimately help you to find power and positivity in your daily activities! ★

See next page for more details!

Focus on Fitness

***NEW* PILATES FOR POSTURE**

Help to counter the effects of daily activities that often lead to rounded shoulders, strained backs & other imbalances. We will focus on connecting breathing with strengthening movements that are performed on the floor.

Pre-registration is required.

Thursdays 2:00-2:45pm

3 Classes—\$21 R / \$27 NR

NO CLASS 11/24

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.

Mon, Wed and Fri 9-9:40am

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

5 Classes—\$35R / \$45 NR

Thursdays 9:00-10:00 am

3 Classes—\$21R / \$27 NR

NO CLASS 11/24

GENTLE YOGA

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

Pre-registration is required.

Mondays 1:30-2:30pm

4 classes—\$28 R/\$32 NR

Wednesdays 11:00am-12:00pm

5 Classes—\$35 R/\$45 NR



CARDIO COMBO

Increase your strength, endurance, flexibility and balance in this total body workout! Combination of standing and floor work.

Pre-registration is required.

Mondays 9:00-10:00am

4 Classes—\$28 R / \$32 NR

Thursdays 3:15-4:15pm

3 Classes—\$21 R / \$28 NR

NO CLASS 11/24



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 10:45am-11:45pm

5 Classes—\$35 R / \$45 NR

Thursdays 12:00-1:00pm

3 Classes—\$21 R / \$27 NR

NO CLASS 11/24



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—\$40 R/\$48 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 & footwork.

Pre-registration is required.

Wednesdays 1:00-2:00pm

5 Classes—\$35 R / \$45 NR

TAI CHI FOR A BALANCED LIFE

We will learn an 8-movement 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

4 classes—\$28 R/\$36 NR

NO CLASS 11/8



GENTLE YOGA DANCE

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

Pre-registration required.

No Fee—bring water bottle.

Wednesdays, November 2, 9 & 16 from 2:15-3:15pm

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

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

New in November

Crafty Creations

Tuesday, November 15th
UConn Cultural Students will be here
to visit and assist with the fun!

1:00-2:30pm

Cost: \$3.00



We will be getting a head start on the holidays by making beautiful hand made cards! We have all the embellishments and paper that you could need! Please join the UConn students and try your hand at creating something personal to send to family & friends!

**Please sign up with Kathy Yaffee
by Monday, November 14th.**

Harford HealthCare Center for Healthy Aging at Windham Hospital

Presentation by Joseph Zuzel, MS Ed.

Join us at the Senior Center on

Thursday, November 17th

11am—12pm



The HHC Center for Healthy Aging is a FREE informational resource for individuals in the community. It is comprised of 3 different programs that offer many services for seniors & their loved ones. Come by to learn more!

**Please sign up with Kathy Yaffee by
Tuesday, November 15th.**

Thankful Gathering



Wednesday, November 23rd

10:00am

Join us for a time to share all you are grateful for from this past year! Come spend time with friends and enjoy some refreshments with us!

**Please sign up with Kathy Yaffee by
Monday, November 21st.**



with Carolyn Stearns

Tuesday, November 22nd

11:00am—12:00pm

FREE

Storytelling performance is different from reading aloud, there is a personal connection between the teller and each listener. Spoken Word is the earliest form of the arts.

Carolyn's wonderful stories inspire, teach, fascinate, and entertain. Don't miss out on this unique opportunity to also share YOUR stories!

**Please sign up with Kathy Yaffee by
Friday, November 18th.**

Portraits by Photographer, Dick Sallee

Tuesday, November 29th

1:00-4:00pm

FREE to our Seniors 55+!

You will have a 30 minute session with Dick, please note you are responsible for your own hair and make up. Subjects will receive one (1) 8x10" properly retouched print! Please be aware of your appointment time as we will schedule as many folks in the day as possible.

**Please sign up with Kathy Yaffee by
Wednesday, November 23rd**



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, November 7th 10:00am-4:00pm

Monday, November 21st 10:00am-4:00pm

**Pre-registration is required with receptionist
\$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.

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

Information on Absentee Ballots:

Absentee ballots are available!

You can get an application for an absentee ballot:

- at the Town Clerk's office at the Town Hall
- by calling the Town Clerk's office at 860 429-3302 ext 4 **OR**
- by printing the application on the "Town Clerk" page at www.mansfieldct.org

The application lists the legal reasons for absentee voting.

Mail the completed application to the Town Clerk or designate a relative or caregiver to deliver it to the Town Clerk.

The Town Clerk will mail you an absentee ballot.

Fill out the ballot and mail it to:

Mansfield Town Clerk
4 South Eagleville Rd.
Mansfield, CT 06268

Your completed ballot must be delivered to the Town Clerk's office by November 8th (election day). Make an appt. with Gianna Stebbens if you need transportation to the polls! (860) 487-9877



TRIP TO FORD'S LOBSTER OCT. 12, 2016

LIFE IS BETTER WITH A LITTLE LAUGHTER!

In the hardware store, a clerk asked, "Can I help you find anything?"

"How about my misspent youth," joked my husband.

The clerk shot back, "We keep that in the back, between world peace and winning lottery tickets."

The sight of my mother cleaning her dentures fascinated my young son. He sat riveted as she carefully took them out, brushed and rinsed them, and then popped them back in. "Cool, Grandma!" he said. "Now take off your arm."

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 **November 8th** and get inspired!

Photo Club

This group will meet for one more month on the **1st & 3rd Friday** of November at **10:00am.** There will be no more gatherings as of December 2016.

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! **Mondays from 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

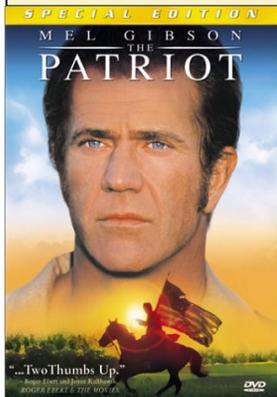
Causeries en Français

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



**Wednesday, November 23rd
12:30pm**

Mel Gibson portrays Benjamin Martin, an unassuming man who shows true heroism that reflects the stubborn pride of a young country's most dedicated supporters. A classic!

Light refreshments provided.

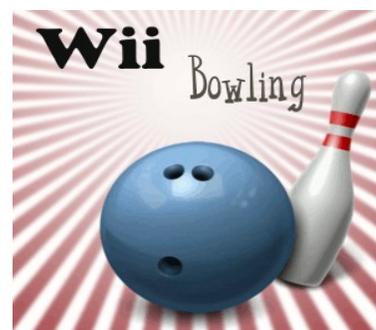
WII BOWLERS:

Congratulations are in order!

We are so excited to announce that our crew of "Mansfield Maniacs" that bowled at the Windham Senior Center last month came out on top! There were a lot of close games and great camaraderie between players—we are looking forward to bowling with Windham again soon.

There will be NO BOWLING on Friday, Nov. 4th due to the UConn Health Fair.

We do not have any scrimmages scheduled for this month.



DUPLICATE BRIDGE SCORES

FRIDAY, SEPTEMBER 30TH

NORTH/SOUTH

1. 55.95 70.50 A-2 Elli Sharpe - Kathy Watson
2. 52.78 66.50 A-4 Athene von Hirschberg—Jerry Shaffer
3. 51.19 64.50 A-1 David Markowitz—George Waller

EAST/WEST

1. 63.49 80.00 A-3 Nola Hoss - Bill Hoss
2. 58.33 73.50 A-2 Paula Tate - Jane Stephens
3. 53.97 68.00 A-7 Mary Ann Fodor—Joe Fodor



NOVEMBER DAY TRIPS

JACK-O-LANTERN SPECTACULAR ~ ROGER WILLIAMS ZOO, PROVIDENCE, RI

NOVEMBER 4TH 5PM - 10PM Come and experience this unbelievable display of 5000 illuminated jack-o-lanterns as well as over 100 pumpkins carved into veritable works of art! We will stop at Chelo's in Warwick for dinner on our way! Admission \$20 pp. **Pre-pay by Wednesday, November 2nd!**

LUNCH BUNCH: MRS. BRIDGES' PANTRY ~ WOODSTOCK

NOVEMBER 9TH 11AM-3PM "A little slice of Britain". This darling lunch spot has it's own tea room as well as a small shop offering food, teas, and giftware.

"TENDERLY: THE ROSEMARY CLOONEY STORY" ~ IVORYTON PLAYHOUSE, IVORYTON

NOVEMBER 12TH 5PM—11PM America's favorite girl singer comes to life in this exhilarating musical biography. We learn the story of her successes on film, radio and TV, as well as struggles in her personal life. We will stop for dinner at the Griswold Inn prior to the performance. Tickets: \$35 pp. **Prepaid reservation no later than Friday, November 4th.** *Menu available at registration desk.*

HISTORIC DEERFIELD ~ DEERFIELD, MA

NOVEMBER 15TH 9AM-5PM Spend a day in old New England! Tour beautifully restored museum houses, see demonstrations of colonial-era trades. We will stop for an authentic tavern-style luncheon at the Deerfield Inn. Admission: \$15 pp. *Menu available at registration desk.*

STEW LEONARDS AND LUNCH AT JOEY GARLICS ~ NEWINGTON

NOVEMBER 17TH 10:30AM-3:30PM If you have not experienced this one of a kind store, be sure not to miss this! Many specialties await throughout the store. We will stop for lunch at Joey Garlics before heading home. *Menu available at registration desk.*

LUNCH BUNCH: STEAMING TENDER ~ PALMER, MA

NOVEMBER 18TH 11AM—3PM All aboard! This lovely building is wedged right between two rail lines—trains coming and going all day! The thirty-foot ceilings and high brick arches give the restaurant an open feel. Friendly atmosphere and a wonderful collection of train and railroad memorabilia. Don't miss this wonderful lunch spot with terrific food!!! *Menu available at registration desk.*

US COAST GUARD BAND ~ NEW LONDON

NOVEMBER 20TH 11:30AM—5PM All performances are FREE to the public — no ticket required. All visitors must present a valid state-issued photo ID. We will stop for lunch on our way at Modesto's!

LUNCH BUNCH: WINDHAM TECH'S UNCOMMON KITCHEN ~ WILLIMANTIC

NOVEMBER 29TH 11AM-3PM Back by popular demand — this is a favorite of many of our seniors! Come see what the culinary students at the Uncommon Kitchen can "whip up for you"! Four-course meal for \$7-12.

MASHANTUCKET PEQUOT MUSEUM ~ MASHANTUCKET

NOVEMBER 30TH 9:30AM-4PM Take an eye-opening journey through time to learn about the land and its native people. This award-winning museum stimulates the senses, captures the imagination and stirs the spirit. Lunch available at The Pequot Café. Admission: \$15 pp.

***SAVE THE DATE: SUNDAY, DECEMBER 18 —CHRISTMAS WITH THE CELTIC TENORS!
PRE-REGISTER TODAY!! LIMITED TICKETS \$25-\$30. SEE GIANNA FOR MORE INFORMATION.***

PLEASE NOTE:

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
November 10th
from 11:30am-12:00pm

It is time to review your Medicare Part D prescription drug plan or Part C Advantage Plan. We can help you navigate through your options.

Make an appointment today!
Open Enrollment is October 15th
through December 7th



Support Groups

Dealing with Low Vision?
Join our **Low Vision Group**
for support, friendship and helpful tips.
November 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.
November 16th from 3:00-4:00pm

COMMISSION ON AGING

As always, the Commission members and community representatives want to hear from you. Please feel free to contact anyone if you have questions or concerns.

Also, you are invited to attend any meeting. The next Commission on Aging meeting is **Monday, November 14th.**

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
Carol Phillips for Glen Ridge	860-429-1409



Open to Residents & Non-Residents
Ages 55 and up!



MANSFIELD SENIOR & WELLNESS CENTER
303 MAPLE ROAD, MANSFIELD, CT 06268
NOVEMBER 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		CARDIO COMB/ 9AM-10AM	4 CLASSES	RES-\$28, NON-RES \$32
		QUILTING / 10AM-4PM	MON. NOV. 7	RES-\$30, NON-RES \$35
		QUILTING / 10AM-4PM	MON. NOV. 21	RES-\$30, NON-RES \$35
		SPARKETTES / 10:15-11:15AM	4 CLASSES	RES-\$40, NON-RES \$48
		YOGA / 1:30PM-2:30PM	4 CLASSES	RES-\$28, NON-RES \$32
TUES		STRENGTH & STABILITY / 9AM-10AM	5 CLASSES	RES-\$35, NON-RES \$40
		POWER OF AGING / 10:45-11:45	5 CLASSES	RES-\$35 NON-RES \$40
		TAI CHI / 4:45-6:00PM	NO CLASS 11/8	RES-\$28, NON-RES \$32
WED		YOGA / 11AM-12PM	5 CLASSES	RES-\$35, NON-RES \$40
		BEGIN TAP / 1PM-2PM	5 CLASSES	RES-\$35, NON-RES \$40
THUR		STRENGTH & STABILITY /9AM-10AM	NO CLASS 11/24	RES-\$21, NON-RES \$24
		POWER OF AGING/ 12PM-1PM	NO CLASS 11/24	RES-\$21, NON-RES \$24
		CARDIO COMBO/ 3:15PM-4:15PM	NO CLASS 11/24	RES-\$21, NON-RES \$24
		PILATES / 2:00PM-2:45PM	NO CLASS 11/24	RES-\$21, NON-RES \$24
EVENTS		<i>VETERAN'S DAY TRIBUTE AT NOON</i>	WED. NOV. 2	\$7.00 /FREE FOR VETS & SPOUSE
		<i>FRESH FRIDAY AT NOON</i>	FRI. NOV. 4	\$5.00
TRIPS		ROGER WILLIAMS ZOO	FRI. NOV. 4TH	PRE-PAY TICKET \$20 BY 11/2
		MRS. BRIDGES' PANTRY	WED. NOV. 9TH	
		IVORYTON PLAYHOUSE	SAT. NOV. 12TH	PRE-PAY TICKET \$35 BY 11/4
		HISTORIC DEERFIELD	TUES. NOV. 15TH	
		STEW LEONARD'S & LUNCH	THURS. NOV. 17TH	
		LUNCH AT STEAMING TENDER	FRI. NOV. 18TH	
		US COAST GUARD BAND	SUN. NOV. 20TH	
		LUNCH AT WINDHAM TECH	TUES. NOV. 29TH	
		MASHANTUCKET PEQUOT MUSEUM	WED. NOV. 30TH	

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 >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 videotape and/or take 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 NOVEMBER MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1.</p> <p>SWEDISH MEATBALLS BUTTERED NOODLES GREEN BEANS & DICED TOMATOES FRESH FRUIT</p>	<p>2.</p> <p><u>VETS DAY LUNCH</u> TOMATO SOUP MEATLOAF WITH GRAVY MASHED POTATOES CHOCOLATE CAKE \$7.00 VETS EAT FREE</p>	<p>3.</p> <p>BBQ PULLED PORK WITH ROLL BAKED BEANS MIXED VEGGIES APPLESAUCE CUP</p>	<p>4.</p> <p><u>FRESH FRIDAY</u> SPLIT PEA SOUP WITH HAM DINNER ROLL SEASONAL SALAD APPLE CRISP \$5.00</p>
<p>7.</p> <p>SALISBURY STEAK WITH GRAVY MASHED POTATOES STEWED TOMATOES FRUIT COCKTAIL</p>	<p>8.</p> <p>CHICKEN TERIYAKI STEAMED RICE ORIENTAL MIX GRAPE JUICE DESSERT</p>	<p>9.</p> <p>BEEF STROGANOFF BUTTERED NOODLES MIXED VEGGIES FRESH ORANGE</p>	<p>10.</p> <p>MEXICAN COD SPANISH RICE CAPRI VEGGIES APPLESAUCE CUP</p>	<p>11.</p> <p>SENIOR CENTER</p> <div style="text-align: center;">  </div>
<p>14.</p> <p>CHICKEN CACCIATORE PENNE PASTA SCANDINAVIAN VEGGIES PINEAPPLE CUP</p>	<p>15.</p> <p>BEEF HOT DOG WITH BUN ROASTED POTATOES ITALIAN VEGGIES APPLESAUCE CUP</p>	<p>16.</p> <p><u>THANKSGIVING</u> ROAST TURKEY WITH GRAVY STUFFING MASHED POTATOES GREEN BEANS CRANBERRY SAUCE PUMPKIN PIE</p>	<p>17.</p> <p>BEEF STEW BUTTERED NOODLES WINTER VEGGIES PEACH CUP</p>	<p>18.</p> <p>CHICKEN CORDON BLEU RICE PILAF STEWED TOMATOES FRESH FRUIT</p>
<p>21.</p> <p>GLAZED HAM SCALLOPED POTATOES GREEN BEANS ORANGE JUICE DESSERT</p>	<p>22.</p> <p>CHEESEBURGER NOODLE CASSEROLE PEAS CARROT COINS PEARS WITH MANDARIN ORANGE</p>	<p>23.</p> <p>WESTERN OMELET HASH BROWN POTATOES MIXED VEGGIES APPLESAUCE CUP</p>	<p>24. SENIOR CENTER IS CLOSED</p> <div style="text-align: center;">  </div> <p>25. SENIOR CENTER IS CLOSED</p>	
<p>28.</p> <p>STUFFED SHELLS WITH MARINARA PEAS DICED CARROTS FRESH ORANGE</p>	<p>29.</p> <p>CUBAN BRAISED PORK LOIN YELLOW RICE & BLACK BEANS MIXED VEGGIES PINEAPPLE CUP</p>	<p>30.</p> <p>LEMON GARLIC CHICKEN RICE PILAF CAPRI VEGGIES PEARS WITH MANDARIN ORANGE</p>	<p>For Special Luncheons: Please sign up with Kathy Yaffee by date listed. THANK YOU!</p> <hr/> <p style="text-align: center;">1% milk & whole grain bread are served with each meal. Menu is subject to change without notice.</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 _____

TRAVEL WITH KAY

COME & SEE WHERE WE ARE
GOING NEXT YEAR!



Kay's Travel Fair

Wednesday, November 9th

1:00pm at the Senior Center

Door prizes & light refreshments provided!



MONDAY, NOVEMBER 14TH— 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 group, 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.**

WED-FRI, FEBRUARY 15TH-17TH— ATLANTIC CITY GETAWAY at RESORTS in Atlantic City, New Jersey. Trip includes motor coach, driver gratuity, 2 night accommodations, \$60.00 slot bonus and \$60.00 meal vouchers. 2 shows featuring the RESORTS Entertainers and America's Got Talent Finalist, Paul Salos with his Frank Sinatra Tribute! **\$200 pp—Deposit of \$50 is due by November 15, 2016**



We have a trip to Sunny Portugal through Collette Vacations from November 11-20, 2016. 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

COMPUTER CLASSES

Thursday, November 10th

1:00pm

Adam Delaura from the Mansfield Public Library will be back to talk with us about the ever mysterious "Cloud". We will talk about what the cloud is as well as how people use it to store and share information.

Bring your questions!

Some examples of cloud services you may recognize include Google Drive, Apple iCloud, Netflix, Yahoo Mail, Dropbox and Microsoft OneDrive.

Come wish Dan Gebben your best on Tuesday, November 1st at 3pm & thank him for all he's done with us over the years!

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 one one-on-one assistance!



We are proud to offer free WIFI for your convenience.

Simply sign in as:

MnsfldGuest



~ NOVEMBER SPECIAL EVENTS ~

MONDAY



7.
10:00 QUILTING

14.
9:00 MINI SPA:
NAILS
9:30 COA MTG.
***ST. PAUL'S BOYS
CHOIR WITH KAY***

21.
10:00 QUILTING

28.

TUESDAY

1.
9:00 PODIATRIST
2:30 COMPUTER
COUNCIL MTG.

8.
10:00 GENEALOGY
SHOPPING RUN

15.
9:00 DEERFIELD
1:00 MINI SPA:
HAIR
1:00 CRAFTS WITH
UCONN CULTURAL
STUDENTS

22.
**11:00 CT STORY
TELLEBRATIONS!**
SHOPPING RUN

29.
**11:00 UNCOMMON
KITCHEN TRIP**
1:00 PORTRAITS
BY DICK SALLEE

WEDNESDAY

2.
11:30 BLOOD PRESS.
**12:00 VETERANS
TRIBUTE LUNCHEON**
1:00 VNAEAST
2:00 MSCA MTG.

9.
11:00 LOW VISION
SUPPORT GROUP
**11:00 MRS. BRIDGES'
PANTRY TRIP**
1:00 TRAVEL FAIR

16.
9:00 MASSAGE &
REFLEXOLOGY
**12:00 THANKSGIVING
LUNCHEON**
3:00 CAREGIVERS
SUPPORT GROUP

23.
10:00 THANKFUL
GATHERING
**12:30 MOVIE:
THE PATRIOT**

30.
**9:30 MASHANTUCKET
PEQUOT MUSEUM**

THURSDAY

3.
9:00 REIKI

10.
11:00 HEARING
CLINIC
11:30 FOODSHARE
1:00 COMP. CLASS:
THE CLOUD EXPLAINED

17.
**10:30 STEW
LEONARDS**
11:00 CENTER FOR
HEALTHY AGING
PRESENTATION

24.



FRIDAY

4. ***NO WII BOWLING**
9:00 SR. RESOURCES
ENROLLMENT
10:00 PHOTO CLUB
**10:00 UCONN PT
HEALTH FAIR**
12:00 FRESH FRIDAY
5:00 JACK-O-LANTERN

11.
**SENIOR CENTER
IS CLOSED FOR**



18.
10:00 PHOTO CLUB
**11:00 STEAMING
TENDER TRIP**
1:00 RADIO
MYSTERY

25.
**SENIOR CENTER
IS CLOSED FOR**



WEEKEND TRIPS:

Saturday, November 12th from 5-11pm—*"Tenderly: The Rosemary Clooney Story"* at Ivoryton Playhouse.

Sunday, November 20th from 11:30am-5pm—US Coast Guard Band in New London.

SAVE THE DATE:

Sunday, December 18th—Christmas with the Celtic Tenors! Pre-register today! Limited tickets from \$25-\$30. See Gianna Stebbins for more information or call her at (860) 487-9877

~ DAILY ACTIVITIES ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 CARDIO COMBO 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 10:45 POWER 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 2:15 YOGA DANCE	9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:15 SPARKETTES 12:00 POWER OF AGING 12:00 LUNCH 1:00 BRIDGE 1:00 JEWELRY 2:00 PILATES FOR POSTURE 3:15 CARDIO COMBO	9:00 WALKING DVD 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 WII BOWLING 11:00 BRAIN GAMES 11:00 TAI CHI DVD 12:00 LUNCH 1:00 ART STUDIO

IT'S PARTY TIME



~ NOVEMBER 2ND AT NOON ~

Special Luncheon this month with entertainment by Karen Wagner!

**REGISTER BY MONDAY, OCT. 31ST
IF IT'S YOUR BIRTHDAY MONTH!**

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

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 11/8 & 11/22****

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:

Veterans Tribute—November 2nd
Thanksgiving Luncheon—November 16th
CT Storyteller Tellebrations—November 22nd

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

Remember, there are only 10 spots available so be sure to register early!



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.

NEWSLETTER SPONSORS

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1734 STORRS ROAD
860-377-4333

FRAN STORCH, N.D.
NATUROPATHIC PHYSICIAN
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Cafe & Creamery
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(Across from Eastbrook Mall)

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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

**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

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**.

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** under the "Seniors" link. Past editions are also posted there, as well as our monthly Registration Forms.

