

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

February 2025



LOVE IS IN THE AIR!

303 MAPLE ROAD. MANSFIELD, CT 06268
TEL: 860-429-0262
WEBSITE: WWW.MANSFIELDCT.GOV/SENIORS



MANSFIELD
SENIOR CENTER

303 MAPLE ROAD,
MANSFIELD
860-429-0262
WWW.MANSFIELDCT.GOV/SENIORS

Hours:

Monday through Friday
8:30AM to 4:30PM

Senior Center Supervisor:

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TracyJA@mansfieldct.org

Program Coordinator:

Kimberly Rontey
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RonteyKB@mansfieldct.org

Program Assistant:

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Outreach Coordinator:

Amy Garganese
860-487-9875
GarganeseA@mansfieldct.org

Nutrition Coordinator:

TBA
860-487-9876

Kitchen Assistant

Lisa Furman
860-487-9876
FurmanL@mansfieldct.org

Driver:

Dave Ignatowicz



MANSFIELD SENIOR CENTER RESPECTS THE DIVERSITY OF OUR PARTICIPANTS. YOU WILL FIND A WARM WELCOME HERE, REGARDLESS OF SEX, AGE, RACE, ETHNICITY, NATIONAL ORIGIN, RANGE OF ABILITIES, SEXUAL ORIENTATION, GENDER IDENTITY, FINANCIAL MEANS, EDUCATION AND POLITICAL PERSPECTIVE.

Welcome February

Although February is the shortest month of the year, it's filled with special events and holidays. We celebrate Black History Month, Groundhog Day, Valentine's Day, and Presidents' Day this month. Fittingly, February is also "Heart Health" month.

In this edition of our Sparks newsletter, you will find a variety of activities to help you celebrate this full and festive February. Take care of your ticker with a free blood pressure screening, learn about local black history through a Hartford History Lecture Series, celebrate treasured friendships at our "Pal"-entine's event, tap into your creative side with another fun-filled Paint Night, or take a tour of a chocolate factory and make your own chocolate bar!



We hope you find something at the Mansfield Senior Center that makes your heart happy this February!
~The MSC Staff~

Inclement Weather

Information regarding Senior Center closings or cancellations of classes and programs will be shared as promptly as possible on the Senior Center Facebook and Instagram pages, shared via email and text notification (to those opted in; check that your contact information is up to date with MSC staff), shared on WFSB, and on the main phone line 860-429-0262. Program cancellations for inclement weather include in-person and zoom programs.



**CHECK US OUT
ON FACEBOOK!**



**CHECK US OUT
ON INSTAGRAM!**



mansfieldct.gov/seniors

CHECK OUT OUR MANSFIELD SENIOR CENTER FACEBOOK PAGE FOR INTERESTING STORIES, PROGRAM & EVENT INFORMATION, PICTURES AND AN OPPORTUNITY TO CONNECT WITH LOCAL RESOURCES AND ORGANIZATIONS FOR SENIORS!



February 2025



Senior Center Closings

Please note that the senior center will be closed on **Presidents' Day - Monday, February 17th**



Come to our February café!

11:00 AM-1:00 PM (or while supplies last)

- **Friday, February 14th - "Sweet Treats" Cafe**



What is the Maple Road Café?

No advance lunch orders needed and open to all ages. The Café offers an a la carte menu with sandwich and dessert. Options may include soup, salad or chips. Prices vary. Food may be eaten in or taken to go, unless otherwise noted.

Birthday Lunch

Celebrate your birthday with us on **February 25th**



Use the lunch menu on page 13 and sign up by **February 21st** if you would like to attend. If you are celebrating a birthday this month, please let us know by checking the box on the menu!

VOLUNTEER DRIVERS NEEDED FOR MEALS ON WHEELS

Do you have a few hours available in the morning to help deliver meals to residents in need? We are looking for drivers on any day, Tuesday-Friday to help with this valuable service. Please contact Jessica Tracy: 860-487-9874 if you would like to volunteer.

Celebrating

Black History Month

Connecticut's Old State House, Connecticut Community College Capital, and UCONN Department of History partnered on a Hartford History Lecture Series last summer which included segments on local black history in Hartford, CT! Join us for group-viewings of recordings of the following presentations:

Tuesday, February 4th, 10:45 AM

William Saunders and His World:

The History of a Black Merchant Tailor and His Lineage in Hartford

with Dr. Fiona Vernal,
UConn History Department

Tuesday, February 25th, 10:45 AM

A Black Ecological Return to Charter Oak Terrace

with Dr. Channon Miller,
American Studies and History, Trinity College

AARP TAX PREPARATION

AARP Volunteers will be available to help prepare your simple 2024 taxes every Thursday from **February 6th - April 3rd**.

Please call or stop by the front desk to make an appointment. They fill up quickly!

If you would like to volunteer, please visit the Town of Mansfield's website at <https://www.mansfieldct.gov> to complete a form of interest.

This can be found under the **"Job Opportunities"** tab in the subcategory **"Volunteer Opportunities"**

NEW IN FEBRUARY!



Caring Cookie Award

We would like to congratulate February's "Caring Cookie" recipient, **Sandy Hall**

Sandy was nominated by Christine Bonacum because: "She goes above and beyond when she gathers everyone (including me [Christine]) in folk singing and is very talented."



Is there someone at the senior center that you want to acknowledge with a shout-out? Now's your chance to nominate that special person for our monthly "**Caring Cookie**" award! All nominations will be displayed on our brag board and one lucky winner will be randomly drawn for a prize. See a MSC staff member for a nomination slip.

It's Pal-entine's Day!

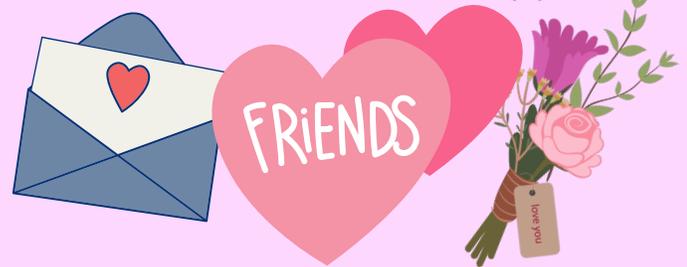
February 14th, 10:00 AM - 1:00 PM

This Valentine's Day we're celebrating love between friends - our "Pal"-entines!

Come make a card (led by Jennifer Yorke - Creative Memories Advisor) and a small bouquet to gift to someone special.

Take advantage of the days "Sweet Treats" themed Maple Road Café from 11am-1pm. Remember Café days are open to all ages, so bring your pal with you today!

All Pal-entine's activities are available first-come, first-served, while supplies last.



February is "Heart Health" Month

Eastern Highlands Health District will be providing blood pressure screenings at the senior center on **Monday, February 3rd from 11:30 AM - 12:30 PM**



EHHD will also be offering a FREE 4-week Blood Pressure Education Series starting at the end of February. This series will focus on Blood Pressure education, nutrition, diet and lifestyle. Those who sign up should be individuals who have uncontrolled high blood pressure or have two major risk factors such as smoking, being overweight, poor eating habits and diabetes. Each class is an hour and a half long and each participant will have to complete each class to receive a home blood pressure monitor (**while supplies last**). During the class, each participant will be able to practice using a home blood pressure machine and get familiar taking their blood pressure.

To register or see if this education series is right for you, please call Jaime at (860)429-3325

Education series will run **Mondays, Feb. 24th, Mar. 3rd, 10th, 24th 1:00 - 2:30 PM**

Pet Savvy Citizens

A presentation by the Connecticut Humane Society
Wednesday, February 5th, 1:00 PM

Do you have a pet in your life? Are you looking for ways to get involved with pets in the community? During this interactive program, you will learn about the benefits of pet ownership and interaction, how to help pets in need, and the important components of pet safety. This program is specifically designed for adults and senior citizens.

There will be no live animals at this presentation.



Paint Night

Tuesday, February 11th, 4:00-6:00 PM

Join us for another fun-filled paint night led by the talented Scott Ginter. You will be guided through easy steps to create your very own "Love Birds" masterpiece. This is a wonderful gift for a loved one, or the perfect Valentine decoration to adorn your home. Light refreshments will be served. Don't miss out on this opportunity to unleash your inner artist and enjoy a fun and social evening with friends!

\$15 Pre-registration required

Please register by Friday, February 7th



TECH TIME

If you have questions about your computer, cell phone, or tablet, our knowledgeable Tech Guru, Bob is here to help with one-hour appointments.

Monday, February 10th & 24th

Please call 860-429-0262 to make your FREE appointment



QUIET CORNER CAMERA CLUB

The Quiet Corner Camera Club is a group of photographers who meet twice a month, with one meeting at the Senior Center and one on Zoom. They have regular presentations, both by members of the club and by professional photographers. They also share photos, usually around a preselected theme.



Currently the first meeting of the month is at the Senior Center at **6:30 PM on the first Tuesday of the month (February 4th)**, and the second meeting is on Zoom at 6:30 pm on the third Tuesday of the Month.

They always welcome new members. **PAGE 5**



Monday Matinees

Popcorn is served free!

Sleepless in Seattle

Monday, February 10th 1:00 PM

Sam Baldwin (Tom Hanks) has not gotten over the death of his wife. His son, Jonah, in an effort to help his father move on, phones a radio station and mentions that his dad needs a new wife. Sam then pours his heart out on national radio. At the other end of the US a young woman, Annie Reed (Meg Ryan), hears this and feels a distinct attraction to Sam to the point that she is determined to track him down and meet him.

RSVP BY FRIDAY, FEBRUARY 7TH



Classic Movie

Young Mister Lincoln

Monday, February 24th 2:30 PM

A fictionalized account of the early life of the American president as a young lawyer facing his greatest court case.

This 1939 classic film stars Henry Fonda as Abraham Lincoln. The supporting cast includes Alice Brady, Marjorie Weaver, and Arleen Whelan.

RSVP BY FRIDAY, FEBRUARY 21ST

PLEASE REMEMBER TO RSVP FOR MOVIES

MUSIC AND MONARCHS WITH DR. CHARLES HOUMARD

The Elizabethan Era was the Golden Age of English music. The Stuart dynasty raised the literary and visual arts to even greater heights, coming into full fruition towards the end with court composer, Henry Purcell. Many consider Purcell the greatest of English composers. Meet the kings and queens who promoted the arts during the 17th century along with the music, literature, art and architecture of the period.



**THURSDAYS at 11:00 AM
February 6th, 13th, 20th, and 27th
4 CLASSES, \$32**

Please register with payment to receive the Zoom link. If you need help connecting, contact the Senior Center at 860-429-0262. May attend in person at the Mansfield Senior Center also.

Chorus



If you enjoy singing with your fellow seniors, and entertaining in the community, give our talented Mansfield Senior Center Chorus a try!

**Free Informational "Meet & Greet" on
Monday, February 3rd at 1:00 PM**

Rehearsals, under the direction of Dr. Charles Houmard, are on Thursdays at 1 p.m. from February 6th to May 15th and on Monday, May 19th. Performances follow in late May and early June.

Pre-registration for the season is required.
Full-season payment (Feb-June) or monthly installment payments available.

\$6 materials fee included w/ first installment.
Full Season: \$118 or February Installment: \$34

FOLK SINGING GROUP

This fun group is led by Sandy Hall, who is experienced in group singing and acoustic guitar. No vocal ability needed, but a love of music from the 1960's and a good attitude are appreciated! Songbooks are provided and contain simple, beautiful, meaningful and fun songs.

Mondays at 1:00 PM & Wednesday, Feb. 19th 1:30 PM

RELIVE THE 60S & 70S THROUGH SONG

Join our singing group as we revisit a great era of music. We use karaoke style backing tracks with lyrics as well as live instrumentation, depending upon the song. This group's focus is to have fun!!!

Tuesday, February 18th at 1:00 PM

LIFELONG LEARNING

FRENCH CONVERSATION GROUP

Parlez-vous Français? Meet with this group for an hour of conversation en Français! For more info, please contact Paul Maidment at tosimaidment@charter.net
Wednesdays at 12:00 PM

SPANISH CONVERSATION GROUP

Our Spanish conversation group is a "sit & chat" setting that meets on Wednesday. All levels are welcome, whether you're a beginner, out of practice, or have been speaking the language for years.
February 5th, 12th, 19th, and 26th at 11:00 AM
Meet us in person or via Zoom.
Call 860-429-0262 for Zoom link

SCIENCE & TECH CLUB

The format of the Science Club has been revised to provide entertainment by demonstration. Think of it as Mr. Wizard not quite ready for Prime Time. We have a projection microscope (and intend to make some use of it), will explode bubble wrap in a vacuum chamber, remove tarnish from silver plated flatware using electrolysis, exploit an ancient Eastern Fountain bowl (using water and tea leaves), roast coffee beans in a popcorn popper, water dowse for natural gas lines, and take apart a Roomba. If you happen to learn something, it is certainly not our fault, and we will deny it.

Wednesday, February 19th at 1:00 PM

GENEALOGY

2nd Monday Genealogy Group Meeting
Monday, February 10th

GENEALOGY- PAST TO PRESENT 10:00AM-11:00AM

The long-standing, original group will discuss member tips, guidance for beginners, how and where to find ancestral information, both in person and online, genealogy news, show and tell, building family trees, and ways to organize what you have already. No matter your level, we try to cover something of interest to all.

HANDS ON GENEALOGY GROUP 11:00 AM-12:00 PM

This collaborative group will use a variety of online websites, demonstrating and using strategies to find records and improve your research skills to bring your genealogy research forward.

New Genealogy Members are always welcome. Please join us for part or all of the combined meetings.
Questions?

Carol Kubala- genealogywomanck@yahoo.com

CREATIVE ARTS

All are welcome to our lifelong learning and creative arts programs including beginners.

QUILTING GROUP

All levels welcome to this cooperative group. Bring your unfinished projects & sewing supplies. We'll sew, share tips, and "Show and Tell" our recent projects!

Mondays, February 10th & 24th at 1:00 PM

MAKER SPACE/OPEN STUDIO

Dabble in a variety of creative arts during our open studio hours. There are countless art supplies at your disposal. Bring your own projects to work on or start a new one in our craft room. Come make your messes here!

Mondays, February 3rd, 10th, and 24th
Fridays, February 7th, 14th, 21st, and 28th
1:00-4:00 PM

WRITING GROUP

You're invited to share your creativity in writing in a relaxed group with no criticisms. The only requirement is the love of writing!

Tuesdays from 10:00-11:00 AM

JEWELRY GROUP

Join this group to learn about new beading techniques and get input on your projects. New members are always welcome!

Thursdays from 1:00-3:00 PM

WOOD CARVING

Try your hand at this ancient art with members of the Mystic Carvers Club! Bring your supplies and the project you're working on and enjoy some company while you carve!

Wednesdays from 9:30 AM-12:00 PM

YARNIVORES

Come join us for knitting, crocheting, and more, in a relaxing and fun environment. Work on your project while you enjoy a chat with friends!
Free crochet heart pattern available this month!

Fridays from 10:00 AM-12:00 PM

WELLNESS PROGRAMS

Massage

Take a break from the hustle and bustle and rejuvenate with a 1-hour Swedish massage.

Mondays and Wednesdays

Cost: \$60 Gift Certificates available.

Call Pam Brundage to set up an appointment: 860-974-1633

Haircuts



Lynn Shea has 25 years of experience cutting hair. Haircuts are \$15, payable directly to Lynn at appointment.

Friday, February 14th, 8:30 AM - 12:00 PM

Hearing Clinic

Katherine Audet, from the UConn Speech and Hearing Clinic, provides consultations, including hearing tests and hearing aid checks free of charge.

Friday, February 7th, 9:00 AM-12:00 PM

Foot Care

Kylie Putis, RN from Foundations Foot Care, LLC provides foot care at the senior center.

Specializing in elder care and persons with disabilities, some services include:

- Nail & Foot Assessment and Care
- Diabetic Foot Health & Nail Care
- Ingrown Nail Care
- Callus/Corn Care
- Prevention Education
- Wound Prevention
- Fall Prevention -and much more!



Tuesday, February 18th 9:30 AM-3:30 PM

Cost: \$40 per 30-minute appointment, payable directly to provider

Appointments are required for all wellness services. Please call 860-429-0262 to make an appointment or to cancel.

FUN AND GAMES

Open Game Time

Mondays at 11:00 AM

**Bring your own game or use one of ours.
Meet new people and have fun!**



BINGO

Tuesdays at 1:00 PM

TRIVIA

Tuesdays at 3:00 PM

**with UCONN students
attend via Zoom or in person**

SCRABBLE

Tuesdays and Fridays at 10:00AM

SETBACK

Wednesdays at 1:00PM

BRIDGE

Thursdays at 11:30 AM

PING PONG

Thursdays at 11:00AM

WII BOWLING

Fridays at 9:00AM

AMERICAN MAHJONGG



**Fridays, February 7th & 21st
1:00 - 4:00 PM**

American Mahjongg is a brainy game of tiles that was adapted from the Chinese game. The game is played with four players using mah jongg tiles. The American version is distinct in that players try to match their tiles to a specific hand from the annually distributed scorecard published by the National Mah Jongg League (NMJL). Many videos can be found online for learning the tiles and reading the cards. Reading the card of hands is like learning a code for the winning hands.

Beginners are welcome on the first session of each month, and it may also be helpful to try to familiarize yourself with the tiles and cards.



FOCUS ON FITNESS



CHAIR YOGA FLOW WITH PEGGY DILLON

Chair Yoga Flow with Peggy will not be held in February.

Please consider joining a class with one of our other qualified instructors:

Yoga with Linda on Wednesdays.

Linda will focus her program on chair-based yoga options for the month of February.

Gentle Yoga with Carol on Fridays. Carol is happy to provide adaptations and modifications for all levels.

“Life is like riding a bicycle. To keep your balance, you must keep moving.”
~Albert Einstein

TAI CHI DVD
COOPERATIVE GROUP
Join us for this cooperative, self-led group! Practice various forms and routines with the help of DVDs and group learning.
All levels welcome.
No fee /No pre-registration
Mondays, Wednesdays, and Fridays at 9:30 AM

YOGA WITH LINDA DERRICK

Experience the many health benefits of this gentle restorative practice.

All levels. Please bring your own yoga mat.

Pre-registration is required
Wednesdays: 3:00-4:00 PM

February 12th, 19th and 26th
3 Classes -\$24.00

FUNDAMENTALS OF TAP WITH MIA POMERENKE

This is a tap-dancing refresher class. The class will focus on steps & footwork.

Bring your own tap shoes.

Pre-registration required

Wednesdays: 1:00-2:00 PM

February 5th, 12th, 19th and 26th

4 classes - \$28.00

STRENGTH & STABILITY WITH MARGIE STICKLES

This class uses weights and bands to focus on full body strengthening.

A small lightweight ball will be used for range of motion exercises.

Balance and stability work are included using a chair or barre for support if needed.

All level exercisers welcome.

Pre-registration is required.

Tuesdays: 9:00-10:00 AM

February 4th, 11th, 18th and 25th

4 Classes: \$28.00

Thursdays: 9:00-10:00 AM

February 6th, 13th, 20th and 27th

4 Classes: \$28.00

GENTLE YOGA WITH CAROL TYLER

Join us for a mindful practice of breathing and moving. Yoga helps with balance, flexibility, strength, and relaxation. All levels. Please bring your own mat.

Pre-registration is required

Fridays: 11:15 AM-12:15 PM

February 7th, 14th,

21st and 28th

4 Classes—\$32.00



MOVEMENT WITH MUSIC

Have fun working out while dancing! Join Amber for a fun class incorporating strength, cardio, dance and rhythmic exercises!

All fitness levels welcome.

Pre-registration is required.

Tuesdays: February 4th, 11th, 18th and 25th

New time! 1:30-2:30 PM
4 Classes \$32



Prices listed are for the month of February; full month payment is required for participation. Please call 860-429-0262 for more information on registering for classes, or see page 15.



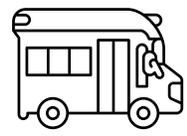
OUTREACH & TRANSPORTATION SERVICES

OUTREACH & TRANSPORTATION

COORDINATOR:

Amy Garganese
860-487-9875

GarganeseA@mansfieldct.org



BEREAVEMENT SUPPORT GROUP

Experiencing a loss changes our world and it's important to find ways to adjust to live without your loved one. This support group offers and an outlet to share stories and gather strength, healing and understanding from peers in a confidential environment.

Tuesday, February 4th at 1:00 PM

CAREGIVER SUPPORT GROUP

Caring for a loved one in need can take a toll physically and mentally on your health. Having a safe space to talk with others in similar situations can provide invaluable support and validate your feelings.

For more information call
Amy at 860-487-9875.

Tuesday, February 11th at 4:00 PM

CAREGIVER RESOURCES

Caring for a parent, spouse or adult or child with a disability?

Feeling isolated or struggling with caring for a loved one?

Resources including books, brochures, information on local agencies and more are available in the Memorial Room for your convenience. For additional support and resources regarding caregiving, please contact Amy at 860-487-9875.

TRANSPORTATION SERVICES

Please note an update to our shopping trips effective February 2025.

Shopping and errand trips run every other week on Thursdays at 9:45 AM.

February 6th and 20th

Transportation for errands to the pharmacy, bank and/or other local grocery stores is available by request. Please let us know when scheduling your ride your choice of destination.

We also offer rides to medical appointments. This service is free, accessible and available Monday through Friday between 8:30 AM-4:30 PM.

Please remember to make your request at least 7 days prior to your appointment.

Open to residents ages 55+.

For more information on any of our transportation services or to request a ride, please call our Outreach Coordinator, Amy Garganese at 860-487-9875.

MOBILE FOODSHARE

FoodShare will be

Thursdays

February 6th & 20th at 11:30AM

in the Wrights Way parking lot.

Transportation to FoodShare is available upon request. Volunteers needed - see pg. 11 for more information.

YOU HAVE CHOICES

Are you in need of free and unbiased Medicare counseling? We have a certified CHOICES counselor on staff that can provide you with one-on-one benefits counseling, enrollment assistance, plan comparisons, eligibility screening, application assistance and so much more. Please contact Yamil to make an appointment.

HUMAN SERVICES UPDATES



HUMAN SERVICES STAFF

JESSICA ST. LOUIS

Director

StLouisJ@mansfieldct.org

CATHY POMERLEAU

Administrative Specialist

PomerleauCR@mansfieldct.org

DOROTHY DELVALLE

Community Assistance Coordinator

DelValleD@mansfieldct.org

YAMIL FIGUEROA

Adult Services Social Worker

Figueroay@mansfieldct.org

SERVICES WE OFFER

- Emergency financial assistance
- Food pantry and emergency food assistance
- Eligibility and screening for public programs
- Case management and referrals
- Outreach and information
- Fee Waiver Program
- Housing Rehabilitation Program
- Utility Assistance
- Renters Rebate
- And so much more...



For More Information

Please call 860-429-3315

ENERGY ASSISTANCE

The Mansfield Human Services Department is pleased to offer appointments to sign up for Energy Assistance.



INCOME GUIDELINES

Individual—\$45,505

Two-person Household—\$59,507

**PLEASE CALL HUMAN SERVICES AT
860-429-3315**

Elderly, Totally Disabled and Veterans Homeowner's Tax Credit Program

If you own real property in the Town of Mansfield, which is and has been your primary residence for at least one year, you are over the age of 65 years old by December 31, 2024, or 100% Social Security disabled, or a Veteran and meet the income requirement you could be eligible for a tax discount.

**PLEASE CALL HUMAN SERVICES AT
860-429-3315**

MANSFIELD FARM TO FAMILIES

Would you like to sign up for Mansfield Farms to Families and not sure how? Staff will be at the Senior Center on Thursdays:

**February 6th, 13th, 20th, and 27th
11:30 AM – 2:00 PM**

to answer questions as well as sign up households. Please note there are a limited number of slots. To expedite your application please bring your households income documentation as well as an utility bill.

Celebration Assistance Program

Looking for help to celebrate holidays or occasions throughout the year?

This new program has the assistance you need! The Human Services Department began a "Celebration Assistance" program in January 2025 that supports residents in need with gifts and meals for celebrations. We accommodate any dietary restrictions or preferences.

Call or email for more information:

Phone: 860-429-3315

Email: human.services@mansfieldct.org

COMMISSION ON AGING

New Commission Members Needed!
Are you interested in serving on the COA?
Please contact us at

commissiononaging@mansfieldct.org

Monday, February 10th @ 9:30 AM

The Commission shall advise the Town Council, the Town Manager, and the Director of Human Services as to needs and concerns of the Senior Citizens of the Town of Mansfield.

Join us in person or via Zoom.

Zoom Meeting ID: 863 5574 2073

Password: COA

For more information on the Commission on Aging, please visit www.mansfieldct.gov/commissiononaging

FOODSHARE VOLUNTEERS NEEDED!

Foodshare is a mobile pantry that comes to Mansfield twice a month! We are looking for volunteers to assist with various positions but specifically someone who could manage parking and traffic flow to keep our residents safe! Alternate Thursdays 10:30 am-12:30 pm Please call Yamil at 860-487-9873 if interested or for more information.

FEBRUARY DAY TRIPS



Brunch Bunch: Vernon Diner, Vernon

Tuesday, February 4th, 9:00 AM – 11:30 AM

Vernon Diner is a staple in Vernon and located in the heart of Connecticut. Vernon Diner was opened in the year 2000 from what used to be known as Olympic Diner and has been a town favorite ever since! Teddy and his wife, Despina moved from New York City to show case their flavors and style and bringing this New York style diner to the Hartford region.



Fabric Trail Trip

Wednesday, February 19th, 9:30 AM- 3:30 PM

Time to stock up on your fabric and yarn! Join us for a trip out to American Fabrics in Waterford as our first stop then we are off to Colchester Mills Fabric & Quilting in Colchester. We will stop for a lunch break in between at Family Pizza & Grill of Colchester.



Fascia's Chocolate Factory, Waterbury

Tuesday, February 11th, 10:00AM – 3:30PM

This one is for the "Chocolate Lovers". During this one-hour presentation, you will learn how chocolate gets from the bean to the bar, watch what happens on the factory floor, make your own milk chocolate bar with a variety of toppings and enjoy a tasting as well. We will be stopping by The San Marino Restaurante afterwards for lunch.



**Experience is \$15 per person
Pre-paid registration is required**

BINGO at Foxwoods, Mashantucket

Wednesday, February 26th, 8:30 AM – 3:30 PM

Grab your Bingo markers and hit the road with us down to Foxwoods Resort for some dabbling fun! **Matinee Session starts at 10:30 am and admission is \$15.00 but does not include "specials"**. Payouts for this date are \$500. Concessions are available for food and beverages but feel free to bring your own snacks, drinks or lunch!

ALL are welcome to join even if you are NOT playing bingo and just want to explore.



Connecticut Old State House, Hartford

Thursday, February 13th, 10:00 AM – 4:00 PM

Beautifully restored and preserved, this museum and civic space was declared one of the first National Historic Landmarks in 1960 and served as one of Connecticut's state capitols from 1796 to 1878 and Hartford City Hall from 1878-1915.

Admission is \$5.00 payable upon entry.

We'll stop at Vito's Restaurant & Pizzeria for lunch before the tour.

Lunch Bunch: Rooster Co., Newington

Tuesday, February 18th, 11:00 AM - 3:00PM

The Newington Rooster Company, located in cozy Newington Center opened February 1st, 2015. Founder, Chef Kenneth Ward and wife, Jaime Ward, have worked in restaurants for nearly 40 years combined. Through their amassed experiences, they have answered the demand for affordable, high-end product and service. Rooster Company reflects the farm-to-table living with hometown cooking.

CT Museum of Science, Hartford

Thursday, February 27th, 9:00 AM - 3:00 PM

You do not have to be a scientist – or a child – to enjoy the Connecticut Science Center. There are more than 165 interactive exhibits that involve you in everything from race cars to rocket ships, from strength in your muscles to wind in your sails, from brainwaves to butterflies to missions on Mars, you can always find something new to explore & enjoy.

There is a Subway on site, or you are allowed to bring your own lunch into the café area.

Admission is \$27 and payable at the museum.



PLEASE NOTE:

If you are a Mansfield resident, we may be able to pick you up and drop you off right at home when Dial-A-Ride or the local bus are unavailable. If you would like to use this service, please let us know when registering for a trip. A signed registration form *and* payment (if applicable) are required to register for upcoming trips. Due to limited seating, Mansfield residents aged 55+ are eligible to register immediately on a first-come, first-served basis. Non-Mansfield residents aged 55+ will be placed on a waitlist; one week (7 days) prior to the trip, those on the waitlist will be moved to the active trip list in the order in which they registered if seats are available. Trips are subject to cancellation based on registration.

All participants on the trip list will receive a confirmation call prior to the trip. You must confirm to retain your spot.



FEBRUARY MAPLE ROAD LUNCH MENU

THESE LUNCHES ARE HOMEMADE, COOKED ON-SITE, AND DELICIOUS!
 EACH MEAL IS \$5.00 PER PERSON FOR **AGES 55+ ONLY** AND SERVED AT 12:00PM.

ALL MEALS COME WITH MILK, BREAD & BUTTER, COFFEE, AND A DESSERT.

TAKE-OUT MEALS ARE AVAILABLE FOR PICK UP BETWEEN 12:30-4:00PM.

SIGN UP BY SUBMITTING A MENU AT THE CENTER OR BY CALLING 860-429-0262.

PLEASE REMEMBER TO SIGN UP BY 12:00PM ON FRIDAYS FOR THE FOLLOWING WEEK.

SEE PAGE 3 FOR MORE DETAILS ON THE MAPLE ROAD CAFE

Tuesday	Wednesday	Thursday
<p>4</p> <p>Chicken Piccata Rice, Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>	 <p>Stay tuned for menu updates and pop-up cafes - sent to your email!</p>	<p>6</p> <p>Kielbasa and Pierogis Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>11</p> <p>Beef Stew Pasta Salad Dessert</p> <p>Please Circle Dine In Or Take Out</p>		<p>13</p> <p>Baked Ziti w/ Meat Sauce Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>18</p> <p>Chicken Alfredo Pasta Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>		<p>20</p> <p>Meatloaf w/ Gravy, Mashed Potatoes Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>25 BIRTHDAY LUNCH <input type="checkbox"/> IT'S MY BIRTHDAY! Pork Loin Roasted Potatoes Veg du Jour Birthday Cake Please Circle Dine In or Take Out</p>		<p>27</p> <p>Chicken Tortellini Soup Garden Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>



NAME _____

February

EVENTS CALENDAR



All programs are ages 55+ unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME 11:30 BLOOD PRESSURE SCREENINGS 1:00 CHORUS MEET & GREET 1:00 FOLK SINGING 1:00 MAKER SPACE/OPEN STUDIO 2:00 CHAIR YOGA</p>	<p>4.</p> <p>9:00 STR & STABILITY 9:00 BRUNCH BUNCH: VERNON DINER 10:00 WRITING GROUP 10:00 SCRABBLE 10:45 CELEBRATING BLACK HISTORY MONTH 12:00 LUNCH 1:00 BINGO 1:00 BEREAVEMENT GROUP 1:30 MOVE/MUSIC 3:00 TRIVIA</p>	<p>5.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 FRENCH 11:00 PET SAVVY CITIZENS 1:00 SETBACK 1:00 FUND. OF TAP</p>	<p>6.</p> <p>9:00 STR & STABILITY 9:45 SHOPPING RUN 11:00 MUSIC & MONARCHS 11:00 PING PONG 11:30 FOODSHARE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>7.</p> <p>9:00 HEARING CLINIC 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p>
<p>10.</p> <p>9:00 TECH TIME 9:30 COMMISSION ON AGING 9:30 TAI CHI DVD 10:00 GENEALOGY PAST TO PRESENT 11:00 HANDS ON GENEALOGY 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 QUILTING 1:00 MAKER SPACE/OPEN STUDIO 1:00 MOVIE: SLEEPLESS IN SEATTLE</p>	<p>11.</p> <p>9:00 STR & STABILITY 10:00 FASCIA'S CHOCOLATE FACTORY TOUR 10:00 WRITING GROUP 10:00 SCRABBLE 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC 3:00 TRIVIA 4:00 PAINT NIGHT 4:00 CAREGIVER SUPPORT GROUP</p>	<p>12.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 FRENCH 1:00 CSEA MEETING 1:00 SETBACK 1:00 FUND. OF TAP 3:00 YOGA WITH LINDA</p>	<p>13.</p> <p>9:00 STR & STABILITY 10:00 CONNECTICUT OLD STATE HOUSE TRIP 11:00 PING PONG 11:00 MUSIC & MONARCHS 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>14.</p> <p>8:30 HAIRCUTS 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 10:00 CELEBRATING "PAL"-ENTINES 11:00 SWEET TREATS CAFE 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>17.</p> <p>Senior Center Closed</p>  <p>HAPPY Presidents Day</p>	<p>18.</p> <p>9:00 STR & STABILITY 9:30 FOOTCARE 10:00 WRITING GROUP 10:00 SCRABBLE 11:30 LUNCH BUNCH: ROOSTER CO. 12:00 LUNCH 1:00 BINGO 1:00 RELIVE THE 60S & 70S THROUGH SONG 1:30 MOVE/MUSIC 3:00 TRIVIA</p>	<p>19.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 9:30 FABRIC TRAIL TRIP 11:00 SPANISH 12:00 FRENCH 1:00 SETBACK 1:30 FOLK SINGING 1:00 SCIENCE CLUB 1:00 FUND. OF TAP 3:00 YOGA WITH LINDA</p>	<p>20.</p> <p>9:00 STR & STABILITY 9:45 SHOPPING RUN 11:00 PING PONG 11:00 MUSIC & MONARCHS 11:30 FOODSHARE 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>21.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p>
<p>24.</p> <p>9:00 TECH TIME 9:30 TAI CHI DVD 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 QUILTING 1:00 MAKER SPACE/OPEN STUDIO 1:00 BLOOD PRESSURE EDUCATION SERIES 2:30 CLASSIC MOVIE: YOUNG MISTER LINCOLN</p>	<p>25.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:45 CELEBRATING BLACK HISTORY MONTH 12:00 BIRTHDAY LUNCH 1:00 BINGO 1:30 MOVE/MUSIC 3:00 TRIVIA</p>	<p>26.</p> <p>8:30 BINGO AT FOXWOODS TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 FRENCH 1:00 SETBACK 1:00 FUND. OF TAP 3:00 YOGA WITH LINDA</p>	<p>27.</p> <p>9:00 STR & STABILITY 9:00 CONNECTICUT MUSEUM OF SCIENCE TRIP 11:00 PING PONG 11:00 MUSIC & MONARCHS 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>28.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO</p>

February 2025 CLASSES & EVENTS REGISTRATION FORM

Name: _____ Phone: _____
 Address/Town: _____ Email: _____
 Emergency Contact & Phone: _____

DAY	CLASS/TRIP/EVENT	DETAILS	FEE
Mon			
Tues	Strength & Stability	4 Classes	\$28.00
	Movement with Music	4 Classes	\$32.00
Wed	Fundamentals of Tap	4 Classes	\$28.00
	Yoga with Linda	3 Classes	\$24.00
Thurs	Strength & Stability	4 Classes	\$28.00
	Music & Monarchs	4 Classes	\$32.00
	Chorus (includes materials fee)	16 Classes	\$118.00 <small>Full season payment</small>
			\$34.00 <small>February installment</small>
Fri	Gentle Yoga with Carol	4 Classes	\$32.00
Events	Paint Night	Feb. 11th	\$15.00
Trips	Brunch Bunch: Vernon Diner	Feb. 4th	
	Fascia's Chocolate Factory	Feb. 11th	\$15.00
	Connecticut Old State House	Feb. 13th	
	Lunch Bunch: Rooster Co.	Feb. 18th	
	Fabric Trail	Feb. 19th	
	BINGO at Foxwoods Casino	Feb. 26th	
	Connecticut Museum of Science	Feb. 27th	
		Total Due:	

Make Checks Payable to Town of Mansfield

PLEASE REMEMBER TO SIGN THE WAIVER BELOW!

PLEASE NOTE: Payment for each program is due in full for all dates in the month. If a class or program is canceled due to inclement weather or lack of an instructor a credit is issued to the participant's account. At the discretion of the Senior Center Supervisor and under extraordinary circumstances will any other refunds be given.

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.

**Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268**

**POSTMASTER: DATED MATERIAL
PLEASE DELIVER PROMPTLY**

SPARKS SUBSCRIPTION

PLEASE NOTE:

THE DATE ON YOUR LABEL IS YOUR RENEWAL DATE.

DATE: _____ PHONE: _____

NAME: _____

MAILING ADDRESS: _____

TOWN: _____ ZIP: _____

RENEWAL: _____ NEW: _____

\$12.00 FOR 12 ISSUES

AMOUNT ENCLOSED: _____

PLEASE MAKE CHECKS PAYABLE TO
TOWN OF MANSFIELD

**MANSFIELD SENIOR CENTER
303 MAPLE RD
MANSFIELD, CT 06268**

**If you would like to receive an
electronic version of our *SPARKS*
newsletter, please email Jessica at
Tracyja@mansfieldct.org
Newsletter may also be found at
www.mansfieldct.gov/seniorssparks**

