

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

March 2025



THINK SPRING!



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:

Jessica Tracy
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TracyJA@mansfieldct.org

Program Coordinator:

Kimberly Rontey
860-487-9872
RonteyKB@mansfieldct.org

Program Assistant:

Vicky Hannon
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HannonL@mansfieldct.org

Outreach Coordinator:

Amy Garganese
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GarganeseA@mansfieldct.org

Nutrition Coordinator:

TBA
860-487-9876

Kitchen Assistant

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

Driver:

Dave Ignatowicz

As we push through the last few weeks of winter, we eagerly await the melting of snow and ice and the arrival of spring!

In addition to welcoming the warmer weather and appearance of springtime blossoms, March brings with it many more reasons to celebrate. This edition of Sparks is filled with programs to honor and celebrate Women's History Month, Red Cross Month, National Nutrition Month, St. Patrick's Day, and even "Pi Day".

We look forward to enjoying the month with you at the Mansfield Senior Center!

~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.



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.

**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!

Caring Cookie Award

We would like to congratulate March's "Caring Cookie" recipient,

Joan Doiron

See the announcement board to read Joan's numerous nominations.



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.



Come to our March café!
11:30 AM-1:00 PM
(or while supplies last)

- **Friday, March 14th - "Pi Day" Cafe**
 - **Monday, March 17th - St. Patrick's Day 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. Prices vary. Food may be eaten in or taken to go, unless otherwise noted.

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**"

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, March 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 (March 4th)**, and the second meeting is on Zoom at 6:30 pm on the third Tuesday of the Month. They always welcome new members.

Birthday Lunch



Celebrate your birthday with us on



March 25th

Use the lunch menu on page 13 and sign up by **March 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.

NEW IN MARCH!

Internet Safety Course

Friday, March 7th, 11:15 AM

Mansfield Senior Center Dining Room

with Paul Velazquez,

Digital Navigator Staff with the Mansfield Public Library



Concerned about online security and privacy?

This course is designed with you in mind!

Topics will include identifying secure websites, creating and remembering strong passwords, and avoiding scams and fraud. Participants will also have an opportunity to ask questions and discuss internet safety. Whether you're a seasoned internet user or just starting to explore the online realm, this presentation will empower you to make informed decisions and safeguard your digital presence. **Free program. RSVP by March 5th**

Family Feud

Wednesday, March 12th, 4:30-6:30 PM



Laura & Steve are back to host another game of Family Feud with a St. Patrick's Day theme! Join us for a lively night of laughs and good ol' rivalry! Come to play or watch from the audience.

Enter your name to play, and 10 lucky participants will be randomly chosen that evening to play. There will be prizes for the winning "Family". Show off your Irish pride, bring your lucky charm, and celebrate with us in this St. Patrick's Day festivity. Includes 2 slices of pizza, fruit salad, and lemonade.

Cost: \$5 per person. Pre-registration required using pg. 15 registration form. Please register by Wednesday, March 5th

Celebrating "National Nutrition" Month:

How to Eat More Plant-Based Foods

Friday, March 14th, 1:00 PM with Robin Whittemore, RN



What does it mean to eat more plant-based foods, and why should I care?

Plant-based eating places focus on foods from plants, but does not mean you must eat vegetarian or vegan. Plant-based eating has been shown to support health, prevent chronic illness, and improve quality of life. Come learn tips, tricks, and reasons for increasing plant-based foods such as fruits, vegetables, nuts, seeds, oils, whole grains, legumes, and beans into your diet. **Free program. RSVP by March 12th**

Horizon Wings Presents: Bird Brains



Wednesday, March 19th, 1:00-2:00 PM

Live birds will be in attendance at this presentation.

Did you know that crows are capable of recognizing and remembering individual faces and can teach their children which individuals to avoid? Far from being "hard-wired" as previously thought, recent research proves that birds actually possess sophisticated cognitive abilities. Indeed, responding to changing conditions by changing the way they act, is often crucial to their survival. Join us as we compare and contrast the fascinating qualities of avian intelligence among three different species of birds: an American Crow, a Peregrine Falcon, and an owl.

Cost: \$10 per person. Horizon Wings uses funds to support rehabilitation of birds of prey and continued education in our community.

Pre-registration required by Friday, March 14th using pg. 15 registration form.

Paint a Watercolor Swan to Welcome Spring

Wednesday, March 26th, 1:00- 3:00 PM with Kathy Lindner, watercolor artist



Join local watercolor artist Kathy Lindner as she leads another watercolor painting event, this time celebrating the start of spring! Paint a watercolor swan. Prior art experience is not required. *Materials are not included;* list is provided upon request. If you have been in a class with Kathy before bring all your watercolor supplies, including watercolor paper *larger than 9x12*.

Spaces are limited to 10 participants.

Cost: \$7 per person. Pre-registration required using pg. 15 registration form.

Register by Thursday, March 20th

CREATE AN ART JOURNAL

MONDAY, MARCH 17TH 1:00-3:00 PM

INCLUDED IN 3/17 MAKER SPACE!

with Robin Whittemore

Come create a simple art journal for writing, drawing, or gifting! Choose your color palette, explore different art supplies and simple techniques to create a small booklet. No prior art skills necessary. It will be messy, fast-paced, and fun, to allow you to play and enjoy being creative. Free while supplies last. Please arrive for 1 p.m. so the group can start together! See Kim to view a sample.

Free program. RSVP by March 13th



**COMING
IN APRIL!**

AARP SMART DRIVER COURSE

**WEDNESDAY, APRIL 2ND
9:00 AM-1:00 PM**

The AARP Smart Driver Course is one of many programs offered by AARP Driver Safety. It is designed especially for drivers aged 50 and older. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

AARP members \$20.00

Non-AARP members \$25.00



Fee is payable directly to instructor at class.

Call (860)429-0262 to register.

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Movie Matinees

Popcorn is served free!

Moonstruck

Friday, March 14th 1:00 PM

Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry.

Celebrate the full moon with this romantic comedy starring Cher, Nicholas Cage, and Olympia Dukakis.

RSVP BY WEDNESDAY, MARCH 12TH

Classic Movie

Monday, March 17th 1:30 PM



Our classic movie this month will be a

Mystery Movie

with a St. Patrick's Day theme!

Join us for our special St. Patrick's Day cafe and stick around for a viewing of our classic mystery movie afterwards.

RSVP BY FRIDAY, MARCH 14TH

Florence Nightingale

Monday, March 24th 1:00 PM

In honor of Women's History Month and Red Cross Month, we're screening this true story about the woman who was instrumental in the creation of the Red Cross, Florence Nightingale. Florence

Nightingale, an aristocratic woman, defied Victorian society to reform hospital sanitation and to define the nursing profession as it is known today. Her empathy earned her the nickname, 'The Lady with the Lamp'; the caring nurse whose shadow softened those who had been wounded in battle.

RSVP BY FRIDAY, MARCH 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

**March 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

It's not too late to join!

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



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.

Registration for the full season is required.

Full-season payment (Feb-June) or monthly installment payments available.

\$6 materials fee included w/ first installment.

Full Season: \$118 or *March Installment: \$28

*Missed the February installment? Feb/March total: \$62

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

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, March 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.

March 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, March 19th at 1:00 PM

GENEALOGY

2nd Monday Genealogy Group Meeting

Monday, March 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, March 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, March 3rd, 10th, 17th 24th and 31st
Fridays, March 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!

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, March 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, March 14th, 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, March 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 w/UCONN students

**Attend via Zoom or in person
Contact the Senior Center for Zoom
meeting ID and password**

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



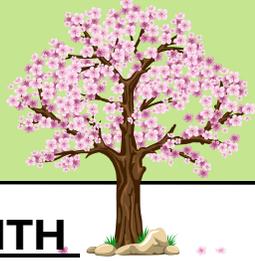
**Fridays, March 7th & 21st
1:00 - 4:00 PM**

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



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

“The first wealth is health.”
~Ralph Waldo Emerson

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

March 5th, 12th, 19th and 26th
4 Classes -\$32.00

FUNDAMENTALS OF TAP WITH MIA POMERENKE

This is a tap-dancing refresher class. The class will focus on steps & footwork. Please bring your own tap shoes.

Pre-registration is required
Wednesdays: 1:00-2:00 PM
March 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
March 4th, 11th, 18th and 25th
4 Classes: \$28.00

Thursdays: 9:00-10:00 AM
March 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
March 7th and 28th
2 Classes—\$16.00



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: March 4th, 11th, 18th and 25th

New time! 1:30-2:30 PM
4 Classes \$32.00





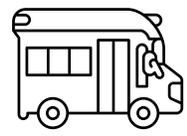
OUTREACH & TRANSPORTATION SERVICES

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, March 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 or to RSVP call Amy at 860-487-9875.

This group will not meet in March, but will resume in April.

ADDITIONAL RESOURCES

Additional caregiver resources including books, brochures, information on local agencies and more are available. Please contact Amy at 860-487-9875.

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.

TRANSPORTATION SERVICES

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

March 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

March 6th & 20th at 11:30AM

in the Wrights Way parking lot.

Transportation to FoodShare is available upon request.

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.

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

Figueroyay@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

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**

COMMISSION ON AGING

New Commission Members Needed!
Are you interested in serving on the COA?
Please contact us at
commissiononaging@mansfieldct.org

Monday, March 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

Medicare Advantage Open Enrollment Period

(Only if you're already in a Medicare Advantage Plan)

January 1st-March 31st.

- Switch to another Medicare Advantage Plan with or without drug coverage.
- Drop your Medicare Advantage Plan and return to Original Medicare. You'll also be able to join a separate Medicare drug plan

Contact Yamil Figueroa for more information:

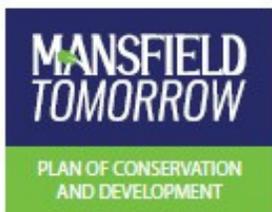
Phone: 860-487-9873

Email: Figueroyay@mansfieldct.org

MANSFIELD FARM TO FAMILIES

Would you like to sign up for Mansfield Farms to Families and not sure how?

Contact our Community Assistance Coordinator, Dorothy DelValle at
860-487-9871



Plan of Conservation and Development (POCD) Update Now Underway!

Help shape the future of Mansfield.

Visit the website to learn how:



mansfieldtomorrow.org/pocd

MARCH DAY TRIPS



Mansfield Local Spotlight: Dad's Doughs

Tuesday, March 4th,
10:00 AM – 12:00 PM



Dad's Doughs is a new local spot featuring specialty "made to order" mini doughnuts. Fresh mini doughnuts are 2-3 bites each, always warm and topped to order. With gluten-free, and made-to-order options, the staff can really accommodate every palette. Local coffee and bottled beverages also available.



Lunch Bunch: The Beam House, Glastonbury

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

The Beam House staff are a team of passionate people that share a common goal: creating real food and drink in a welcoming environment. From featured farm dinners to natural wine nights in the taproom – they are constantly finding ways to bring people together through the things they love the most!



Maple Syrup Pour House, Ashford

Saturday, March 8th, 10:45 AM – 3:30 PM

Maple season is in full effect here in CT. When the days thaw and the nights still freeze in late winter, the sap in sugar maple trees begins to flow. Maple sap is mostly water with a hint of sugar. About 40-60 gallons of sap are needed to make one gallon of pure River's Edge Sugar House maple syrup. Join us for a **FREE** tour and talk with the owners of River's Edge Sugarhouse after you dine at Stix n' Stones, a local favorite for brunch.

Movie Day, Buckland Hills, Manchester

Tuesday, March 25th, 11:00 AM - 3:30 PM

Join us for a movie matinee at Cinemark Theaters at Buckland Hills. You will have your choice of movie to watch. Movie listings and showtimes will be announced as they are released. Stay tuned for updates and announcements on this trip. Let's go to the movies!



Military Museum, Middletown

Tuesday, March 11th, 10:00 AM – 4:00 PM

The Greater Middletown Museum is a tribute to all American Veterans who served in the defense of American from colonial times to the present. It's collection of military memorabilia includes artifacts from every branch of military service such as uniforms, medals, documents, letters, books, photographs, flags, weapons, etc. **FREE** admission. Lunch will be at Elisabeth's Bar & Restaurant in Rocky Hill.

Worcester Historical Museum, Worcester, MA

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

The Museum of Worcester is the only institution devoted to local history. It includes a research library of over 7,000 titles, an archive that houses thousands of documents, and a collection of artifacts, all vital to the study of Worcester. Worcester, MA is known for its history, culture and industry. **Admission is just \$4.00 payable at the museum.** We will stop at Peppercorn's Grille & Tavern for lunch.



American Clock & Watch Museum, Bristol Thursday, March 13th, 9:00 AM - 3:00PM

Did you know Connecticut plays a major role in revolutionizing the clock and watch industries in America? Exhibits include sundials and shelf clocks, chronometers and character watches & everything in between. Enjoy a self-guided tour of the largest collections of American-made timepieces in the world! **Admission is \$10 payable at the museum.** Enjoy a delicious lunch at Sabaidee Thai Restaurant.



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.



MARCH 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.
IF YOU NEED TO CANCEL YOUR LUNCH ORDER, PLEASE CALL AND NOTIFY THE SENIOR
CENTER AS SOON AS POSSIBLE.**

SEE PAGE 3 FOR MORE DETAILS ON THE MAPLE ROAD CAFE

Tuesday	Wednesday	Thursday
<p>4 Potato Broccoli Soup 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 Chicken Parmesan Sandwich French Fries Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>11 Shepherd's Pie Veg du Jour Dessert</p> <p>Please Circle Dine In Or Take Out</p>		<p>13 Chicken Pot Pie Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>18 Breakfast for Lunch: Pancakes Sausage Dessert</p> <p>Please Circle Dine In or Take Out</p>		<p>20 Taco Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>25 BIRTHDAY LUNCH <input type="checkbox"/> IT'S MY BIRTHDAY! Ham Scalloped Potatoes Birthday Cake</p> <p>Please Circle Dine In or Take Out</p>		<p>27 Pasta Carbonara Garden Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>

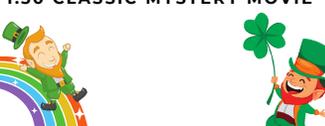
NAME _____

March

EVENTS CALENDAR

All programs are ages 55+ unless otherwise noted.



<p style="text-align: center;">MONDAY</p>	<p style="text-align: center;">TUESDAY</p>	<p style="text-align: center;">WEDNESDAY</p>	<p style="text-align: center;">THURSDAY</p>	<p style="text-align: center;">FRIDAY</p>
<p>3.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 MAKER SPACE/OPEN STUDIO</p>	<p>4.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 DAD'S DOUGHS TRIP 12:00 LUNCH 1:00 BINGO 1:00 BEREAVEMENT GROUP 1:30 MOVE/MUSIC 3:00 TRIVIA 6:30 QUIET CORNER CARMERA CLUB</p>	<p>5.</p> <p>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>6.</p> <p>9:00 STR & STABILITY 9:45 SHOPPING RUN 11:00 MUSIC & MONARCHS 11:00 PING PONG 11:30 FOODSHARE 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>7.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 INTERET SAFETY COURSE W/ MPL 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</p>	<p>11.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 MILITARY MUSEUM TRIP 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC 3:00 TRIVIA 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 4:30 FAMILY FEUD</p>	<p>13.</p> <p>9:00 AMERICAN CLOCK & WATCH MUSEUM TRIP 9:00 STR & STABILITY 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 HEARING CLINIC 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:30 "PI DAY" CAFE 1:00 NUTRITION MONTH PRESENTATION: PLANT-BASED DIET 1:00 MOVIE: MOONSTRUCK 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>17.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME 11:30 ST PATRICK'S DAY CAFE 1:00 FOLK SINGING 1:00 MAKER SPACE/OPEN STUDIO + MAKE AN ART JOURNAL! 1:30 CLASSIC MYSTERY MOVIE</p> 	<p>18.</p> <p>9:00 STR & STABILITY 9:30 FOOTCARE 10:00 WRITING GROUP 10:00 SCRABBLE 11:00 LUNCH BUNCH: THE BEAM HOUSE 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 11:00 SPANISH 12:00 FRENCH 1:00 BIRD BRAINS PRESENTATION 1:00 SETBACK 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 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 MOVIE: FLORENCE NIGHTINGALE</p>	<p>25.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 11:00 MOVIE DAY TRIP 12:00 BIRTHDAY LUNCH 1:00 BINGO 1:30 MOVE/MUSIC 3:00 TRIVIA</p>	<p>26.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 FRENCH 1:00 PAINT A WATERCOLOR SWAN 1:00 SETBACK 1:00 FUND. OF TAP 3:00 YOGA WITH LINDA</p>	<p>27.</p> <p>9:00 WORCESTER HISTORICAL MUSEUM TRIP 9:00 STR & STABILITY 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>
<p>31.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 MAKER SPACE/OPEN STUDIO</p>				

MARCH 2025 CLASSES & EVENTS REGISTRATION FORM

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

DAY	CLASS/TRIP/EVENT	DETAILS	FEE
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	4 Classes	\$32.00
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>
			\$28.00 <small>March installment</small>
			\$34.00 <small>February installment</small>
Fri	Gentle Yoga with Carol	2 Classes	\$16.00
Events	Family Feud	March 12th	\$5.00
	Horizon Wings: Bird Brains	March 19th	\$10.00
	Watercolor with Kathy	March 26th	\$7.00
Trips	Local Spotlight: Dad's Doughs	March 4th	
	Maple Syrup Pour House	March 8th	
	Military Museum	March 11th	
	American Clock & Watch Museum	March 13th	
	Lunch Bunch: The Beam House	March 18th	
	Movie Day	March 25th	
	Worcester Historical Museum	March 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.

Signature: _____ Date: _____ **PAGE 15**

**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**

