

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

April 2025



Hello 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

860-487-9874

TracyJA@mansfieldct.org

Program Coordinator:

Kimberly Rontey

860-487-9872

RonteyKB@mansfieldct.org

Program Assistant:

Vicky Hannon

860-487-9877

HannonL@mansfieldct.org

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

Welcome April

Spring is Here!

It's official, we've made it through the cold winter months and can finally bask in the warmth of springtime.

April brings new growth and new energy to our lives. We see flowers emerge in our gardens and welcome the return of the morning chatter of songbirds.

This month at the senior center we'll share jokes at our April Fool's Day lunch, swap seedlings, decorate eggs, enjoy another paint night and UCONN piano recital, and wear our pajamas on PJ Day...just to name a few of our April activities!

April is also Volunteer Appreciation Month.

We greatly value those that give their time and energy to volunteer to make our Mansfield Senior Center and our community a better place for all!

This month (and every day) we celebrate and thank those that give of themselves, while also encouraging others who are able to join in and volunteer as well.

Happy spring! We look forward to seeing you at the senior center.

~The MSC Staff~



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!

April 2025

Senior Center Closing

Please note that the senior center will be closed on

Friday, April 18th



MSC PEEP SHOW



It's a show like no other! All MSC groups are invited to build a diorama representing their group. Marshmallow peeps and other general supplies will be provided to each group during the first two weeks of April. Dioramas will be displayed around the center.

Vote for your favorite April 15-29!



Come to our April cafés!

April 4th

April 25th (live musical performance at 1pm by *Right Moment Duo*)

11:30 AM-1:00 PM

(or while supplies last)

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.

Birthday Lunch

Celebrate your birthday with us on

April 22nd



Use the lunch menu on page 13 and sign up by **Thursday, April 17th** 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!

Caring Cookie Award

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

Barbara Pajak



Barbara was nominated by Sandy Hall for her assistance with the Folk Group. Thank you Barbara!

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.



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.

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 APRIL!

LUNCH & LAUGHS

Tuesday, April 1st, 12 NOON

Who will be crowned
"Lead Jester" this April Fool's Day?



It's comedy hour at the Mansfield Senior Center, and who better to be the star than YOU!

Sign up for the April 1st lunch, and submit your best joke(s) or short script with your menu. Be sure to include your name. Entries will be screened, so keep it family-friendly please. MSC staff will call members up to perform before & during lunch.

Door-prizes for all attendees!

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.

AN EGGS-CITING EVENT! Tuesday, April 1st 1:00 PM

with Sue Harrington

Register by March 27th using pg. 15 form.

Do you want the most interesting Easter Basket in town? Bring at least one-dozen white-shelled eggs (see information below) and we will provide materials and instructions for:

- yarn-wrapped eggs
- mosaic eggs
- wax-resist eggs
- plaid eggs
- natural dyed eggs
- people & animal eggs
- and more.



The eggs:

- **If you want to eat them later**, they should be hard-boiled and refrigerated. There will be some materials that are not food safe and you should not use.
- **If you want to make them permanent** and be able to display them for many years, you can blow them out ahead of time or purchase **dyeable plastic eggs**.



Let your creativity run wild and make each egg different. The Easter Bunny will be jealous!

SEED & SEEDLING SWAP

Tuesday, April 8th 10:00 AM - 11:00 AM

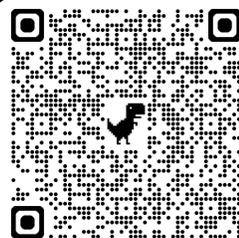
Gardening season is (finally) upon us!

Expand your plantings with with the help of friends.



Bring your leftover current-year seed packets (full or partial), excess seedlings, or propagated houseplants between 10-10:15 a.m. **Please clearly label plant variety** to the best of your ability. Check in with staff when you arrive to be issued shopping "credits" in a 1:1 ratio to what you bring. Shop for your swap(s) from 10:20 to 11 a.m.

RSVP by April 3rd to 860-429-0262. Public of all ages welcome.



WII BOWLING TOURNAMENT

Windham Senior Center members are coming to compete! Spectators and players welcome at this can't-miss competition on **Friday, April 4th, 9:00 AM**

TECH TIME

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

Monday, April 7th & 21st

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



FALL RISK SCREENINGS

Presented by

University of Connecticut

DPT PT C.A.R.E.S. Program

Friday, April 11th 11:15 AM - 2:15 PM

These screenings will be administered by physical therapy students under the direction and supervision of a licensed physical therapist.

Please register by Friday, April 4th.



PAINT NIGHT

Tuesday, April 15th 4:00-6:00 PM

Scott Ginter returns this month to guide us through the easy steps to paint a beautiful lighthouse masterpiece! Don't miss out on this evening of laughter, fun, and creativity. Light refreshments will be served.



Cost: \$15 per person

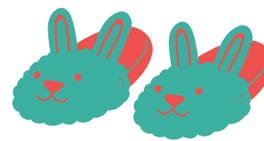
Pre-registration is required.

Please use the registration form on page 15 and sign-up by Friday, April 11th.

PJ DAY

Wednesday, April 16th - All Day!

Yes, you read that right; it's PJ day! Wear your public-appropriate PJ's during your visit today. Don't forget to RSVP yourself (and your grandkids) for today's movie (see pg. 6). Slippers welcome.



BENEFITS OF BEING OUTSIDE

Tuesday, April 22nd, 1:00 PM

Happy Earth Day!

Spending time outdoors benefits both physical and mental health by improving mood, reducing stress/anxiety/depression, encouraging physical activity, improving cognitive function, bone health, sleep, and more!

Come learn about these benefits, and easy ways to improve your health by spending more time outside.

RSVP by Wednesday, April 16th



UCONN Piano Recital

Tuesday, April 22nd 3:00 PM

We are delighted to welcome back a group of talented students to perform for us. Sit back and enjoy some wonderful music during the UCONN piano recital. Mark your calendar for this FREE event!

Please RSVP by Thursday, April 17th



Movie Matinees

Popcorn is served free!

Classic Movie: Duck Soup

Friday, April 4th 1:00 PM

Released in 1933, this comedy is considered to be among the Marx Brothers' best films. The dialogue & gags are lightning fast, and the brilliantly timed mirror pantomime scene is widely cited as the quintessential performance of the classic vaudeville routine. The Marx Brothers relished the fact that their ridicule of dictators so offended Italy's Benito Mussolini that he banned this film in his country.

RSVP BY WEDNESDAY, APRIL 2ND

Hop

Wednesday, April 16th 1:00 PM

From the creators of *Despicable Me* comes the story of E.B., the Easter Bunny's teenage son. Determined to become a drummer in a rock 'n' roll band, E.B. heads to Hollywood. While in L.A., he's taken in by Fred after the out-of-work slacker hits E.B. with his car.

Wear your comfy jammies and bring the grandkids on PJ Day for a viewing of this seasonal family flick!



RSVP BY MONDAY, APRIL 14TH

Enchanted April

Monday, April 21st 1:00 PM

Lottie Wilkins and Rose Arbuthnot, two married women living in 1920's London share the misery of empty relationships with their spouses and decide to rent an Italian castle for the spring to get away.

This film stars Alfred Molina, Joan Plowright, and Miranda Richardson. Both Plowright and Richardson won Golden Globes for their performances.

RSVP BY APRIL WEDNESDAY, APRIL 16TH

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

April 3rd, 10th, 17th, and 24th

4 CLASSES, \$32

Registration is per individual attending.

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



The season is now well underway! Please see staff to review any late-joining requests.

April Meeting Date Reminders:

April 7, 1 p.m. make-up session!

April 3, 10, 17, 24 regular practice.

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 *April Installment: \$28

*Missed the earlier installments? Feb-Apr. total: \$90

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, April 15th 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.

Wednesdays 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, April 16th at 1:00 PM

GENEALOGY

2nd Monday Genealogy Group Meeting

Monday, April 14th

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, April 7th & 21st 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 & Fridays 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

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

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.

NOTICE: Fee of \$18 takes effect in May

Friday, April 11th, 8:30 AM - 12:00 PM

Hearing Clinic

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

***There is no hearing clinic in April. Appointments will be available again in May.**

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, April 15th 9:30 AM-3:30 PM
Cost: \$40 per 30-minute appointment, payable directly to provider

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

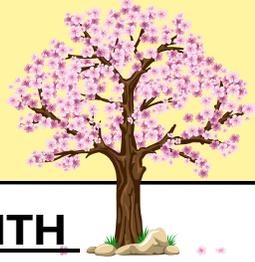
Fridays, April 11th & 25th
1:00 - 4:00 PM



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 April;
full month payment is required for participation.
Please call 860-429-0262 for more information on
registering for classes, or see page 15.

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**

“Wellness is the complete
integration of body, mind,
and spirit – the realization
that everything we do, think,
feel, and believe affects our
state of well-being.”
– Greg Anderson

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

April 2nd, 16th, 23rd, and 30th
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
April 2nd, 9th, 23rd, and 30th
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
April 1st, 8th, 15th, 22nd and 29th
5 Classes: \$35.00

Thursdays: 9:00-10:00 AM
April 3rd, 10th, 17th and 24th
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
April 4th, 11th, and 25th
3 Classes—\$24.00



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: April 1st, 8th, 22nd and 29th
1:30-2:30 PM
4 Classes \$32.00

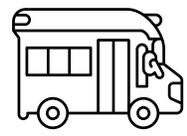


OUTREACH & TRANSPORTATION

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, April 1st 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.

Tuesday, April 8th 4:00-5:00 PM

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 on the **1st and 3rd Tuesday 10:00 AM - 12:00 PM.**
April 1st and 15th

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

April 3rd & 17th 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

Figueroy@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

COMMISSION ON AGING

New Commission Members Needed!

Are you interested in serving on the COA?

Please contact us at

commissiononaging@mansfieldct.org

Monday, April 14th @ 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

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?

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



Town of Mansfield



Annual Town Meeting

for Budget Consideration

Tuesday, May 13, 2025

7:00pm

Mansfield Middle School Auditorium

Please bring a form of identification to verify your eligibility to vote

Need child care (3 - 12 years old)?
Need a ride?

Need a sign language interpreter?
Other Special Needs?

Contact the Social Services Department at **860-429-3315** by May 7, 2025

The Town Council's proposed budget is available online at <http://www.mansfieldct.gov>

MANSFIELD TOMORROW

PLAN OF CONSERVATION AND DEVELOPMENT



PUBLIC WORKSHOP

Saturday, April 5, 9:30 a.m.
Mansfield Middle School

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

mansfieldtomorrow.org/pocd

APRIL DAY TRIPS

Lunch Bunch: Taza Grill, East Lyme Tuesday, April 8th, 10:30 AM – 2:30 PM

The owners of Taza Grill have dedicated themselves to offer their customers a variety of Middle Eastern grilled style food including many Egyptian favorable dishes, such as Musakaa and Okra in addition to the traditional Middle Eastern dishes like Kebab, Kufta, and Lamb.



Copernican Planetarium & Observatory CCSU, New Britain

Thursday, April 10th, 9:15 AM – 2:30 PM

Back by popular demand!! Have you ever seen the dancing lights in the Northern Sky or wonder why this atmospheric phenomenon is so mysterious? Come see a **FREE** show that includes a presentation of the stars and objects that are currently visible followed by an interesting topic about Climate Change.

There will be plenty of time for questions following the show! Afterwards we will head to

J Roo's Restaurant for lunch.



Barker Character, Comic, and Cartoon Museum Cheshire



Wednesday, April 16th, 10:00 AM – 4:00 PM

The Barker Museum houses one of the country's largest collections of character toys & artifacts, spanning fifteen decades of American history. You will find creative displays of hundreds of toys and characters. From metal lunchboxes from 1960, to the first brass elephant toy created in Bridgeport in 1870, to whatever item your kids played with-you will be completely mesmerized.

Admission is \$4.00

After the tour, we will enjoy lunch at Sliders Grill & Bar



Halfinger Farms & Dancing Daffodils Higganum

Tuesday, April 22nd, 9:30 AM – 3:30 PM

Springtime is here! Imagine yourself under the warm Spring sun, surrounded by thousands and thousands of beautiful daffodils trying to decide which ones to pick. Halfinger Farm is a family owned & operated hidden gem waiting for you to experience their PYO farm and greenhouses loaded with fresh plants. Come see what they have growing this time of year! We will stop for lunch afterwards at Primavera Pizza.



The Old Mill English Tea Room, Somers Thursday, April 24th, 10:45 AM- 2:30 PM

Come pay homage to Queen Elizabeth by trying a traditional English tea room experience. The Old Mill English Tea Room is housed in a classic Greek Revival style that was popular in the mid 1800's and overlooks the riverbank in Somers, CT. You will enjoy endless pots a varying tea selections, a cup of soup and a large scone with clotted cream and jam. Dress to impress and hats are optional but encouraged as you may want to stop and take a photo with the life size cutout of Queen Elizabeth.

Admission is \$28 per person
Pre-registration is required



UConn Women's Lacrosse Game, Storrs Saturday, April 26th, 11:15 AM - 3:00 PM

Join the UConn Girls Lacrosse team at their last home game before the start of the Big East Tournament. This game is also Senior Night at the Meroni Stadium. **Admission is just \$5.00**, and they offer bleacher seating OR if we arrive a little early, we may be able to score seats in the "chair back" section. Game begins at 12:00pm but we will arrive for 11:30am.



ECSU Jazz Concert FAIC Concert Hall, ECSU Willimantic



Wednesday, April 30th, 1:15 PM – 3:45 PM

Eastern CT State University's live music calendar has been release for the Spring and we are excited to take a group to a live Jazz concert. The program will commemorate the 14th annual International Jazz Day with a jam session.

This concert is free of charge!

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.

Should you need to cancel a reservation or would like more information, please contact Outreach Coordinator, Amy Garganese at 860-487-9875 **PAGE 12**



APRIL MAPLE ROAD LUNCH MENU



THESE LUNCHES ARE 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>1 Chicken Tortellini Soup Salad 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>3 Mediterranean Orzo with Chickpeas Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>8 Pulled Pork Roasted Potatoes Veg du Jour Dessert</p> <p>Please Circle Dine In Or Take Out</p>		<p>10 Hamburgers French Fries Coleslaw Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>15 Baked Ziti Salad Garlic bread</p> <p>Please Circle Dine In or Take Out</p>		<p>17 Ham Scalloped Potatoes Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>22 BIRTHDAY LUNCH <input type="checkbox"/> IT'S MY BIRTHDAY! Salmon Rice Pilaf Veg du Jour Birthday Cake Please Circle Dine In or Take Out</p>		<p>24 Chicken Bacon Ranch Sandwich Onion Rings Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>29 Chicken Caesar Salad Roll Dessert</p> <p>Please Circle Dine In or Take Out</p>		<p>MAY 1 Fajitas Black Beans Rice</p> <p>Please Circle Dine In or Take Out</p>

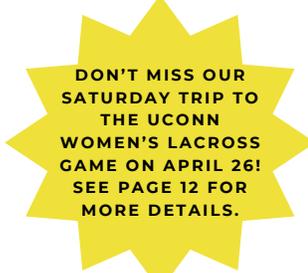
NAME _____



APRIL EVENTS CALENDAR



All programs are ages 55+ unless otherwise noted.

MONDAY	TUESDAY 	WEDNESDAY	THURSDAY	FRIDAY
<p>7.</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 CHORUS MAKE-UP PRACTICE</p>	<p>8.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SEEDLING SWAP 10:30 LUNCH BUNCH: TAZA GRILL 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC 3:00 TRIVIA 4:00 CAREGIVER SUPPORT GROUP</p>	<p>9.</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</p>	<p>10.</p> <p>9:00 STR & STABILITY 9:15 COPERNICAN PLANETARIUM TRIP 11:00 PING PONG 11:00 MUSIC & MONARCHS 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>11.</p> <p>8:30 HAIRCUTS 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 11:15 FALL RISK SCREENINGS 1:00 AMERICAN MAHJONGG 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>14.</p> <p>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 MAKER SPACE/OPEN STUDIO</p>	<p>15.</p> <p>9:00 STR & STABILITY 9:30 FOOTCARE 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BINGO 1:00 RELIVE THE 60S & 70S THROUGH SONG 3:00 TRIVIA 4:00 PAINT NIGHT</p>	<p>16. PJ DAY </p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 BARKER CHARACTER, COMIC AND CARTOON MUSEUM TRIP 11:00 SPANISH 12:00 FRENCH 1:00 MOVIE: HOP 1:00 SETBACK 1:00 SCIENCE CLUB 3:00 YOGA WITH LINDA</p>	<p>17.</p> <p>9:00 STR & STABILITY 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>18.</p> <p><i>Closed</i></p> <p></p>
<p>21.</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: ENCHANTED APRIL</p>	<p>22. EARTH DAY </p> <p>9:00 STR & STABILITY 9:30 HALFINGER FARMS & DANCING DAFFODILS TRIP 10:00 WRITING GROUP 10:00 SCRABBLE 12:00 BIRTHDAY LUNCH 1:00 BINGO 1:00 BENEFITS OF BEING OUTSIDE 1:30 MOVE/MUSIC 3:00 TRIVIA 3:00 UCONN PIANO RECITAL</p>	<p>23.</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>24.</p> <p>9:00 STR & STABILITY 10:45 THE OLD MILL ENGLISH TEA ROOM TRIP 11:00 PING PONG 11:00 MUSIC & MONARCHS 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>25.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 11:30 MAPLE ROAD CAFE 1:00 MUSIC BY THE RIGHT MOMENT DUO 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p>
<p>28.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 MAKER SPACE/OPEN STUDIO</p>	<p>29.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC 3:00 TRIVIA</p>	<p>30.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 FRENCH 1:00 SETBACK 1:00 FUND. OF TAP 1:15 ECSU JAZZ CONCERT TRIP 3:00 YOGA WITH LINDA</p>	<p></p> <p>DON'T MISS OUR SATURDAY TRIP TO THE UCONN WOMEN'S LACROSS GAME ON APRIL 26! SEE PAGE 12 FOR MORE DETAILS.</p>	



APRIL 2025 CLASSES & EVENTS REGISTRATION FORM

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

DAY	CLASS/TRIP/EVENT	DETAILS	FEE
Tues	Strength & Stability	5 Classes	\$35.00
	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>April installment</small>
			\$62.00 <small>Feb./March catch-up payment</small>
Fri	Gentle Yoga with Carol	3 Classes	\$24.00
Events	An Eggs-citing Event	April 1st	
	Paint Night	April 15th	\$15.00
Trips	Lunch Bunch: Taza Grill	April 8th	
	Copernican Planetarium	April 10th	
	Barker Character Museum	April 16th	
	Halfinger Farms	April 22nd	
	The Old Mill English Tea Room	April 24th	\$28.00
	UCONN Women's Lacrosse Game	April 26th	
	ECSU Jazz Concert	April 30th	
		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**

