

# SENIOR SPARKS

## MANSFIELD SENIOR CENTER NEWSLETTER

May 2025



May is National Mental  
Health Month

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



**MANSFIELD**  
SENIOR CENTER

# Welcome May

303 MAPLE ROAD,  
MANSFIELD  
860-429-0262

[WWW.MANSFIELDCT.GOV/SENIORS](http://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:**

Jessica Vega  
860-487-9876  
VegaJ@mansfieldct.org

**Kitchen Assistant**

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

**Drivers:**

Dave Ignatowicz  
Patricia Elliot

Did you know that in addition to being National Mental Health Month, May is also Older Americans Month? We have so much in store for you at the Mansfield Senior Center to help nourish your body, mind, and soul and keep you young at heart!

Join in our May Day celebration and give hobby-horsing a try at our Kentucky Oaks Cafe as we kick off May. Enjoy a day full of self-pampering at our Mental Health Awareness event or sit in on an informative stress awareness seminar.

Help us celebrate moms at our special Mother's Day Cafe with tasty goodies for dine-in or to take home and enjoy.

Don't forget about all of our fabulous trips! This month kicks off our new "Homemade Ice Cream Summer Series". We will visit farms that serve their very own homemade ice cream.

We are here to help you create your best mental health this month...and every day!

~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](http://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!**

# May 2025

## Senior Center Closing

Please note that the senior center will be closed on

**Memorial Day**

**Monday, May 26th**



We honor and thank all those who gave their lives for our country and our freedom.

## Town of Mansfield Memorial Day Parade & Ceremony

**9:00 AM, Monday, May 26, 2025**

Parade will travel from the intersection of Route 195 and Bassetts Bridge Road in Mansfield Center down Cemetery Road to the ceremony site at the new Mansfield Center Cemetery.

In the event of inclement weather, an abbreviated ceremony will be held in the Mansfield Middle School Gymnasium.



**Come to our May cafés!**

**May 2<sup>nd</sup>: Kentucky Oaks**

**May 9th: Special Mother's Day Cafe**

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

**May 20th**



Use the lunch menu on page 13 and sign up by **Friday, May 16th** 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!

## Welcome, Jessica

That's right...there's another Jessica on staff at the Mansfield Senior Center!

We could not be happier to announce the arrival of our new Nutrition Coordinator, Jessica Vega (AKA "Jessy"). Jessy comes to us with several years of experience in the food service industry and a love of baking. She enjoys listening to music while she cooks, so don't be surprised if you hear tunes coming from the kitchen! Jessy has already prepared many delicious lunches for members and wonderful goodies for our April cafes. Her arrival has made it possible for our 3-day lunch services to resume this month. Check out the menu on page 13 and sign up for a fabulous lunch...and don't forget to stop by the kitchen and introduce yourself to our new chef!



### VOLUNTEERS NEEDED FOR

#### MEALS ON WHEELS & FRONT DESK COVERAGE

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. We are also in

need of front desk help in the afternoon on any day. 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 MAY!

## IT'S OLDER AMERICANS MONTH!

### "Flip the script on aging"

What does being a "senior" really mean?

A few words that come to mind for us are curious, authentic, compassionate, and dynamic.

Our life experiences shape us. We are what we make ourselves to be, not what others say we are.



Tell us how YOU are "flipping the script on aging"

at our photo booth!

FLIP THE SCRIPT ON AGING: MAY 2025



## CARING COOKIE

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

**Christine Bonacum**



Christine was nominated by Sandy Hall for being "so helpful and caring" and for playing a lead part in the folk group.

Thank you, Christine!

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.

## MENTAL HEALTH

## AWARENESS

## EVENT!



**Thursday, May 8<sup>th</sup>, 10 AM-1 PM**

Practicing self-care is not only beneficial for you – it sets an important example for others on the importance of looking after one's mental wellbeing. We celebrate Mental Health Awareness this month with a day of special activities and information.

- Free Chair Massages (by appointment) compliments of Ledgebrook Massage. **Call 860-429-0262**
- "Path of Positivity" and the unveiling of new MSC puzzle wall!
- Info and activity tables by the Mansfield Public Library, Yamil (bereavement Support info) and Amy (caregiver support info) from Human Services, Mansfield Community Center, Massage Therapist Pam Brundage, & UConn CLIR
- 10:30 AM: Free Yoga Class in Fitness Room with Linda. Includes brief discussion of benefits. Spaces limited, **please RSVP to 860-429-0262**. Please bring your own mat. Chair modifications available.
- 12:00 PM: Sound Healing Meditation for Seniors with Amy from Mansfield Parks & Rec. Spaces limited, **please RSVP to 860-429-0262**.
- 1:00 PM: Group walk outside (weather permitting)



## MAY DAY CELEBRATION

**Thursday, May 1<sup>st</sup>, 11 AM**

Decorate the maypole, fill a mini-May basket, enjoy flower crafts, and indulge in some infused water.



**No RSVP required.**

## KENTUCKY OAKS

**Friday, May 2<sup>nd</sup>, 11 AM**



The Longines Kentucky Oaks, America's premier race for 3-year-old fillies, is in its 151st running. It is held each year the day before the Kentucky Derby. The winner receives the 'Lilies for the Fillies' garland. Come watch the start of the races, craft paper lilies, and try your hand at hobby-horsing!

Stay for the Kentucky Oaks cafe!

The Oaks Day is also a celebration of breast cancer awareness, so put on some pink, and wear your best hats!



**No RSVP required.**

## CELEBRATING OUR MOTHERS & FATHERS

Each May and June we celebrate and honor parents. This May and June we'd like to celebrate your parents, with another MSC photo event!

In **May**, email or bring in photos of your parents to staff. Please label the photo as yours on the back.

In **June**, watch for the display of photos around the center - see whose parents you can guess!



## 2 FREE MUSIC PERFORMANCES

Join us for another performance by local and talented EOS and MMS students!

**Monday, May 12<sup>th</sup>, Time: TBD**

Thank you for respecting the privacy of our minor guests by refraining from taking videos or photos of the performance. **RSVP by Friday, May 9<sup>th</sup>**

We are also excited to welcome back **The Dixie Cats** for another toe-tapping performance. You may find it hard to stay in your seat, and dancing is highly encouraged! **Friday, May 30<sup>th</sup>, 2:30 PM**  
**RSVP by Tuesday, 5/27**



## LIONS CLUB EYEGLASSES DONATION



The Lions Club collects new and/or gently used eyeglasses, both prescription and reading glasses to donate to those in need. **There is a convenient donation box located at the Mansfield Senior Center.** As you step into our lobby from the main entrance, look to your immediate left.



## HUMAN RIGHTS COMMISSION FEEDBACK SESSION

**Wednesday, May 7<sup>th</sup>, 1 PM-2 PM**

Facilitator: Jane Fried of Mansfield Human Rights Commission

Come for this short senior focus group meeting to share what you like about living in Mansfield and what might be done to improve your access to basic human rights here.



The HRC is asking members of many groups what they like about living here and what changes might address your human rights concerns such as transportation, health care, recreational opportunities, food availability, feelings of safety in public areas, feelings of being treated respectfully etc.

**Please RSVP by 5/5**

ALL ARE WELCOME TO ATTEND. You need not be a Mansfield resident to participate. Information from these sessions will be used to shape the agenda and programming of the HRC going forward.

## IT'S WORLD BEE DAY!

### PRESENTATION BY SHOOKS APIARIES

**Tuesday, May 20<sup>th</sup>, 11 AM**

**See what all the buzz is about.  
Come and view the observation hive!**

D.J. from Shooks Apiaries will present on how bees impact our lives and on the inner workings of a beehive.

Questions welcome and encouraged!  
**RSVP by Thursday, May 15<sup>th</sup>**

## STRESS AWARENESS SEMINAR

**Wednesday, May 21<sup>st</sup>, 1 PM**

with Robin Whittemore, RN



What is stress? Robin shares ways to recognize and assess your response to stress. The group will then learn, share, and practice some stress reduction strategies, such as breathwork, journaling, mindfulness and others. Come learn about stress management, why it is so important, and see what you might add to your healthy routines. **RSVP by Friday, May 16<sup>th</sup>**

### IT'S INTERNATIONAL TEA DAY!

Enjoy a cup of afternoon tea during the seminar. Special flavors available today to celebrate.



## Movie Matinees

Popcorn is served free!

### Seabiscuit



**Friday, May 2nd 1:00 PM**

Stick around after our "Kentucky Oaks" Cafe for a screening of the movie, *Seabiscuit*. This is the true story of the undersized Depression-era racehorse whose victories lifted not only the spirits of the team behind it, but also those of their nation.

The all-star cast includes Tobey Maguire, Jeff Bridges, Elizabeth Banks, Chris Cooper, and William H. Macy.

**RSVP BY WEDNESDAY, APRIL 30TH**

### Classic Movie



### Terms of Endearment

**Friday, May 9th 1:00 PM**

Written, produced, and directed by James L. Brooks, *Terms of Endearment* is the 1983 film adaptation of Larry McMurtry's 1975 novel of the same name. The film follows the relationship between Aurora Greenway (Shirley MacLaine) and her daughter, Emma Greenway-Horton (Debra Winger)

Have a box of tissues handy for this classic dramedy and winner of 5 Academy Awards!

**RSVP BY MAY WEDNESDAY, MAY 7TH**

### The Tuskegee Airmen

**May 29th 1:00 PM**

This HBO television-movie is based on the true story of "The Fighting 99th"-the groundbreaking unit of the first African-American combat pilots in the United States Army Air Corps. The film shows how these brave men overcame racist opposition to become one of the finest United States fighter groups in World War II. The cast includes Laurence Fishburne, Cuba Gooding Jr., John Lithgow, and Malcolm-Jamal Warner.

**RSVP BY TUESDAY, MAY 27TH**

## 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**

**May 1st, 8th, 15th, 22nd, and 29th**

**5 CLASSES, \$40**

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



**SAVE THE DATE: JUNE 5<sup>TH</sup>, 1PM PERFORMANCE AT THE MANSFIELD SENIOR CENTER!**

The season is now well underway!  
We can no longer accommodate late joining requests.

### **May Meeting Date Reminders:**

Thursdays, May 1st, 8th, and 15th regular practice.

Monday, May 19<sup>th</sup> dress rehearsal.

Performances: May 9<sup>th</sup>, 22<sup>nd</sup>, 27<sup>th</sup>, and 29th,  
June 2<sup>nd</sup>, 3<sup>rd</sup>, and 5th

**Final Installment for monthly paying members: \$28**

\*Missed the earlier installments? Feb-May. total: \$118

## 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, May 20th at 1:00 PM**

## LIFELONG LEARNING

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

### 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 provides entertainment by demonstration. Think of it as Mr. Wizard not quite ready for Prime Time. We have a projection microscope, have exploded bubble wrap in a vacuum chamber, removed tarnish from silver plated flatware using electrolysis, roasted coffee beans in a popcorn popper, and more! **Come see what we have in store this month.** If you happen to learn something, it's not our fault; we will deny it.

**Wednesday, May 21st at 1:00 PM**

### GENEALOGY

**2nd Monday Genealogy Group Meeting**

**Monday, May 12th**

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

The group will discuss tips on how and where to find ancestral information, both in person and online, guidance for beginners, genealogy news, show and tell, building family trees, and ways to stay organized.

**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 bringing your genealogy research forward.

Questions? Carol Kubala-

genealogywomanck@yahoo.com

### 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, May 5<sup>th</sup> & May 12<sup>th</sup>**



Call 860-429-0262 to make your FREE appointment

## CREATIVE ARTS

### 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, May 5<sup>th</sup> & 19<sup>th</sup> 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**

If you are working on an art project and would like some tips and company, call Kathy Lindner (watercolor teacher) at the Sr. Center Monday mornings 9 to 12 at 860-429-0262. Kathy will be happy to arrange a meet up time on a Friday between 1 to 3 in the Maker Space when you can work together.

### 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 \$18**, payable directly to Lynn at appointment.

**Friday, May 9th, 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.

**Monday, May 5<sup>th</sup> 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, May 20th 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**

**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, May 9th & 23rd**

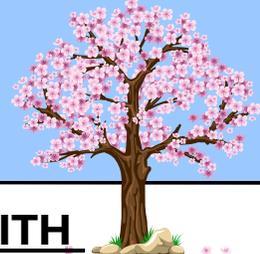
**1:00 - 4:00 PM**



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 May;

full month payment is required for participation.

Please call 860-429-0262 for more information on registering for classes, or see page 15.

“Your body holds deep wisdom. Trust in it. Learn from it. Nourish it.”

– Bella Bleue

## 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**

**May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>**  
**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**

**May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>**

**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**

**May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>**

**4 Classes: \$28.00**

**Thursdays: 9:00-10:00 AM**

**May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>**

**5 Classes: \$35.00**

## 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**

**May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>**

**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, May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>**

**1:30-2:30 PM**

**4 Classes \$32.00**





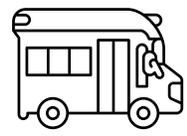
# OUTREACH & TRANSPORTATION SERVICES

## OUTREACH & TRANSPORTATION

### COORDINATOR:

Amy Garganese  
860-487-9875

GarganeseA@mansfieldct.org



## WELCOME, PATTY!



We are thrilled to announce the addition of our new van driver, Patricia Elliot (AKA "Patty"). Patty loves animals, hiking, and spending time with her family. She is looking forward to meeting MSC members as she provides medical rides and transportation for our trips this month!

## BEREAVEMENT SUPPORT GROUP

**Tuesday, May 13th at 1:00 PM**

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.

## CAREGIVER SUPPORT GROUP

**Tuesday, May 13th 4:00-5:00 PM**

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.

## 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.

## SHOPPING & ERRANDS



Shopping and errand trips run **every Tuesday from 10:00 AM - 12:00 PM.** 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

**Thursdays, 11:30 AM, May 1<sup>st</sup>, 15<sup>th</sup>, & 29<sup>th</sup>**

Pick-up 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**

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**

## COMMISSION ON AGING

**Monday, May 12th @ 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](http://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**



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>



## **Paper Shredding**

**Saturday, May 3, 2025**

**9 am to noon**

### **Mansfield Transfer Station**

- \$3.00/medium sized box (approx. 12" x 10" x 17")
- Okay to bring paper in bags or different sized boxes. Will charge accordingly.
- Cash or checks only
- No limit on amount
- For Mansfield residents and small businesses only





# MAY DAY TRIPS

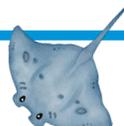
## UConn Plant, Storrs

**Wednesday, May 7th, 11:45 AM – 3:00 PM**

Do you want to learn more about the technology associated with keeping the UConn campus supplied with electricity, district steam and refrigeration? Get up close to three generator-connected jet engines (24.9 total megawatt/hr capacity), downstream exhaust heat extracting steam generators, steam powered absorption chillers, cooling towers and more. Safety equipment provided (please, no open-toed shoes). **FREE admission.** We will visit the UConn Dairy Bar following the tour.

## Mystic Aquarium, Mystic

**Thursday, May 8th, 9:00 AM – 3:00 PM**



At Mystic Aquarium, close encounters of the incredible kind happen every day! Whether you're touching a stingray or going beak-to-nose with a penguin, you'll learn and "sea" more than you ever thought possible! We will then hop over next door to the "Olde Mistick Village" where you have a variety of spots to choose for lunch.

**Tickets are \$29 per person**  
**Pre-registration is required**

## Homemade Ice Cream Summer Series

### We-Li-Kit, Pomfret

**Tuesday, May 13th, 1:00 PM – 3:00 PM**



Join us each month, May-September, as we stop at farms that serve their very own homemade ice cream. Our first stop is We-Li-Kit, located in Pomfret, CT where they offer many varieties of seasonal ice cream flavors as well as CT-made Maple Syrup and Farm FRESH Beef & Pork products for you to purchase.

## Lunch Bunch: Town Grill & Pizzeria, Voluntown

**Friday, May 16th, 11:00 AM – 3:00 PM**

The menu at Town Grill & Pizzeria features something for everyone. Their dishes use family recipes, along with their own one-of-a-kind creations.

"Good food, good drinks, and cheer" is their motto!



## Book Barn, Niantic

**Wednesday, May 21st, 10:00 AM- 4:00 PM**

Whether you want to browse the stacks of books, spend some quality time with their cats, or just relax with a picnic in their beautiful gardens, Book Barn is the destination for you. You can also sell your books! Book Barn is spread out between four locations. We will visit two. First stop is the Main Barn and then we will head down the street to Chapter Three. You might like to stop into Village Pizza & Grill across the street for a bite to eat.



## Mashantucket Pequot Museum, Mashantucket

**Thursday, May 22nd, 9:00 AM – 4:00 PM**

Come visit the largest Native American museum in the world that brings to life the story of the Mashantucket Pequot Tribal Nation with life-sized dioramas, a 16th-century village, interactive touch-screen displays, and compelling films. We will have lunch at Valentino's Restaurant afterwards.

**Admission is \$17 per person**  
**Pre-registration is required**

## Tolland Museum Tours, Tolland

**Tuesday, May 27th, 9:00 AM - 3:00 PM**

The history that lies in the town of Tolland, CT is something to see and hear about. First, we will visit the Hicks-Stearns Family Museum that was once a tavern, post office, and town offices. **Admission: \$3**

Next, we will cross the street to tour the Jail Museum, Courthouse, and Military Museum. **Admission: \$5** Enjoy these museums with a private group tour!! We will head to Camille's Wood Fire Pizza for lunch afterwards.

**Note: Admission for museums is cash-only.**

## Ivoryton Playhouse: Tea at Five



**Wednesday, May 28th, 12:30 PM – 7:00 PM**

Set in 1938 and 1983 at Katherine Hepburn's Fenwick estate in Connecticut, this play provides an intimate glimpse into the fiery and iconic actress's life. Through humor and candor, Hepburn reflects on her storied career, turbulent relationships, and challenges that shaped her life and legacy.

Dinner to follow at the Hide-Away.

**Cost: \$48.00 per person**  
**Pre-registration is required and due by 5/21.**

### 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.**



# MAY 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
		1 Fajitas Black Beans Rice  Please Circle Dine In or Take Out
6 Chef Salad Cheesy Garlic Bread Dessert  Please Circle Dine In or Take Out	7 Breaded Ranch Chicken Baked Potato Veg du Jour Dessert  Please Circle Dine In or Take Out	8 Spanish Cube Steak with Peppers & Onions Rice  Dessert Please Circle Dine In or Take Out
13 French Onion Gravy Pork Chops Mashed Potatoes Veg du Jour & Dessert  Please Circle Dine In or Take Out	14 Meatball Grinder French Fries Veg du Jour Dessert  Please Circle Dine In or Take Out	15 Chicken Stew w/Dumplings Salad Dessert  Please Circle Dine In or Take Out
20 <input type="checkbox"/> BIRTHDAY LUNCH IT'S MY BIRTHDAY! Stuffed Shells Garden Salad Garlic Bread Birthday Cake  Please Circle Dine In or Take Out	21 Hot Dog Baked Beans Macaroni Salad Dessert  Please Circle Dine In or Take Out	22 Lemon Garlic Butter Tilapia Rice Pilaf Veg du Jour Dessert  Please Circle Dine In or Take Out
27 Kielbasa & Pierogies Veg du Jour Dessert  Please Circle Dine In or Take Out	28 Chicken Parmesan Pasta Veg du Jour Dessert Please Circle Dine In or Take Out	29 Meatloaf Mashed Potatoes Veg du Jour Dessert Please Circle Dine In or Take Out

NAME \_\_\_\_\_



# MAY

## EVENTS CALENDAR

All programs are ages 55+ unless otherwise noted.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>5.</b></p> <p>9:00 TECH TIME 9:00 HEARING CLINIC 9:30 TAI CHI DVD 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 QUILTING 1:00 MAKER SPACE/OPEN STUDIO</p>	<p><b>6.</b></p> <p>9:00 STR &amp; STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC</p>	<p><b>7.</b></p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 11:45 UCONN PLANT TRIP 12:00 LUNCH 12:00 FRENCH 1:00 HUMAN RIGHTS COMMISSION FEEDBACK 1:00 SETBACK 1:00 FUND. OF TAP 3:00 YOGA WITH LINDA</p>	<p><b>1.</b></p> <p>9:00 STR &amp; STABILITY 11:00 MUSIC &amp; MONARCHS 11:00 PING PONG 11:00 MAY DAY CELEBRATION 11:30 FOODSHARE 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p> <p><b>8.</b></p> <p>9:00 STR &amp; STABILITY 9:00 MYSTIC AQUARIUM TRIP 10:00 MENTAL HEALTH AWARENESS EVENT 11:00 PING PONG 11:00 MUSIC &amp; MONARCHS 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p><b>2.</b></p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:00 KENTUCKY OAKS EVENT 11:15 GENTLE YOGA 11:30 KENTUCKY OAKS CAFE 1:00 MOVIE: SEABISCUIT 1:00 MAKER SPACE/OPEN STUDIO</p> <p><b>9.</b></p> <p>8:30 HAIRCUTS 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 11:30 MOTHER'S DAY CAFE 1:00 MOVIE: TERMS OF ENDEARMENT 1:00 AMERICAN MAHJONGG 1:00 MAKER SPACE/OPEN STUDIO</p>
<p><b>12.</b></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 MAKER SPACE/OPEN STUDIO EO SMITH &amp; MMS STUDENT PERFORMANCE (TIME: TBD)</p>	<p><b>13.</b></p> <p>9:00 STR &amp; STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 WE-LI-KIT ICE CREAM TRIP 1:00 BEREAVEMENT SUPPORT GROUP 1:00 BINGO 1:30 MOVE/MUSIC 4:00 CAREGIVER SUPPORT GROUP</p>	<p><b>14.</b></p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 LUNCH 12:00 FRENCH 12:30 CSEA MEETING 1:00 SETBACK 1:00 FUND. OF TAP 3:00 YOGA WITH LINDA</p>	<p><b>15.</b></p> <p>9:00 STR &amp; STABILITY 11:00 PING PONG 11:00 MUSIC &amp; MONARCHS 11:30 FOODSHARE 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p><b>16.</b></p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:00 LUNCH BUNCH: TOWN GRILL &amp; PIZZARIA 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO</p>
<p><b>19.</b></p> <p>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-DRESS REHEARSAL</p>	<p><b>20.</b></p> <p>9:00 STR &amp; STABILITY 9:30 FOOTCARE 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 11:00 BEE DAY PRESENTATION 12:00 BIRTHDAY LUNCH 1:00 BINGO 1:00 RELIVE THE 60S &amp; 70S THROUGH SONG 1:30 MOVE/MUSIC</p>	<p><b>21.</b></p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 BOOK BARN TRIP 11:00 SPANISH 12:00 LUNCH 12:00 FRENCH 1:00 STRESS AWARENESS SEMINAR 1:00 SETBACK 1:00 SCIENCE CLUB 1:00 FUND. OF TAP 3:00 YOGA WITH LINDA</p>	<p><b>22.</b></p> <p>9:00 STR &amp; STABILITY 9:00 MASHANTUCKET PEQUOT MUSEUM TRIP 11:00 PING PONG 11:00 MUSIC &amp; MONARCHS 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP</p>	<p><b>23.</b></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><b>26.</b> <i>Closed</i></p> 	<p><b>27.</b></p> <p>9:00 STR &amp; STABILITY 9:00 TOLLAND MUSEUMS TRIP 10:00 SHOPPING RUN 10:00 WRITING GROUP 10:00 SCRABBLE 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC</p>	<p><b>28.</b></p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 LUNCH 12:00 FRENCH 12:30 IVORYTON PLAYHOUSE TRIP 1:00 SETBACK 1:00 FUND. OF TAP 3:00 YOGA WITH LINDA</p>	<p><b>29.</b></p> <p>9:00 STR &amp; STABILITY 11:00 PING PONG 11:00 MUSIC &amp; MONARCHS 11:30 FOODSHARE 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 MOVIE: THE TUSKEGEE AIRMEN</p>	<p><b>30.</b></p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 1:00 MAKER SPACE/OPEN STUDIO 2:30 DIXIE CATS PERFORMANCE</p>

# MAY 2025 CLASSES & EVENTS REGISTRATION FORM

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address/Town: \_\_\_\_\_ Email: \_\_\_\_\_  
 Emergency Contact & Phone: \_\_\_\_\_

DAY	CLASS/TRIP/EVENT	DETAILS	FEE
<b>Tues</b>	Strength & Stability	<b>4 Classes</b>	\$28.00
	Movement with Music	<b>4 Classes</b>	\$32.00
<b>Wed</b>	Fundamentals of Tap	<b>4 Classes</b>	\$28.00
	Yoga with Linda	<b>4 Classes</b>	\$32.00
<b>Thurs</b>	Strength & Stability	<b>5 Classes</b>	\$35.00
	Music & Monarchs	<b>5 Classes</b>	\$40.00
	Chorus (includes materials fee)	<b>16 Classes</b>	\$118.00 <small>Full season payment</small>
\$28.00 <small>May installment</small>			
<b>Fri</b>	Gentle Yoga with Carol	<b>4 Classes</b>	\$32.00
<b>Events</b>			
<b>Trips</b>	UCONN Plant	May 7th	
	Mystic Aquarium	May 8th	\$29.00
	We-Li-Kit Homemade Ice Cream	May 13th	
	Lunch Bunch: Town Grill & Pizzeria	May 16th	
	Book Barn	May 21st	
	Mashantucket Pequot Museum	May 22nd	\$17.00
	Tolland Museum Tours	May 27th	
	Ivoryton Playhouse	May 28th	\$48.00
		<b>Total Due:</b>	

**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](mailto:Tracyja@mansfieldct.org)  
Newsletter may also be found at  
[www.mansfieldct.gov/seniorssparks](http://www.mansfieldct.gov/seniorssparks)**

