

# SENIOR SPARKS

## MANSFIELD SENIOR CENTER NEWSLETTER

June 2025



Hello,  
Summer!



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



**MANSFIELD**  
SENIOR CENTER

# Welcome June

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](mailto:TracyJA@mansfieldct.org)

**Program Coordinator:**

Kimberly Rontey

860-487-9872

[RonteyKB@mansfieldct.org](mailto:RonteyKB@mansfieldct.org)

**Program Assistant:**

Vicky Hannon

860-487-9877

[HannonL@mansfieldct.org](mailto:HannonL@mansfieldct.org)

**Outreach Coordinator:**

Amy Garganese

860-487-9875

[GarganeseA@mansfieldct.org](mailto:GarganeseA@mansfieldct.org)

**Nutrition Coordinator:**

Jessica Vega

860-487-9876

[VegaJ@mansfieldct.org](mailto:VegaJ@mansfieldct.org)

**Kitchen Assistant**

Lisa Furman

860-487-9876

[FurmanL@mansfieldct.org](mailto:FurmanL@mansfieldct.org)

**Drivers:**

Dave Ignatowicz

Patricia Elliot

To quote Rodgers and Hammerstein, "June is bustin' out all over!" The MSC gardens are blooming, we have two active bird nests at our entrance, and the baby praying mantises have started to emerge from their egg sack on our front desk.

June is a vibrant month filled with opportunities to celebrate diversity, raise awareness, and embrace the joys of summer. We'll celebrate Pride Month with a tie-dying event and have free Pride flags available at the center to take home.

June is also PTSD Awareness Month, a crucial time to shed light on the realities faced by those living with post-traumatic stress disorder. We'll take this opportunity to educate the public, reduce stigma, and encourage support at a PTSD discussion group. As summer arrives, we'll kick off the season with a summer carnival, complete with games, prizes, and the return of our MSC ice cream truck.

We look forward to celebrating the warmth of the season with you!

~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!**

# June 2025

## Senior Center Closing

Please note that the senior center will be closed on



### Thursday, June 19th

in observance of the Juneteenth holiday.

**Come to our June cafés!**



**Friday, June 13<sup>th</sup>**

**Special Father's Day Cafe**

**Monday, June 23<sup>rd</sup>**

**Summer Kick-off Carnival 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

### June 17th



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

## Chorus Concert

**Thursday, June 5th  
at 1:00 PM**

Come support the hard work of your friends in the Mansfield Senior Center Chorus as they complete their final performance of the season. Guests of all ages from all towns welcome, free of charge.

**Please RSVP by 6/2 to 860-429-0262**

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"**

### 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 for more information.

# NEW IN JUNE!

## CELEBRATE PRIDE

The Town of Mansfield will host a Pride event on Friday, June 6<sup>th</sup> at the Betsy Paterson Square in Downtown Storrs at 5:00 p.m.



The Mansfield Senior Center will celebrate with a **tie-dying event on Wednesday, June 4<sup>th</sup> at 1 p.m.**

LGBT2QIA+, friends and allies welcome! We will bring the bright colors, aprons, gloves, clothespins and rubber-bands. **You supply your item to dye.**

**\$3 - Pre-registration required by 5/29 for tie-dying on the pg. 15 registration form**

## CARING COOKIE

We would like to congratulate June's "Caring Cookie" recipient, **Laura Netro-Price!**



Laura has received many nominations for her welcoming personality as our front-desk receptionist and her flair for hosting special events. Thank you, Laura, for all that you do at the MSC center!

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.

## COGNITIVE HEALTH

Presented by Robin Whittemore, RN  
**Tuesday, June 24<sup>th</sup>**  
**11:00 AM**

Cognitive health is the ability to think, learn, and remember clearly - something we all want to maintain as we age!

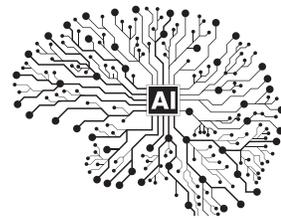
*Brain Awareness Month* is the perfect time to take charge and learn how to reduce risk of cognitive decline.

Come learn strategies to support brain health that can be incorporated into your daily routine.

**RSVP by Friday, June 20<sup>th</sup>**

## UNDERSTANDING A.I.

a presentation in partnership with Mansfield Library Digital Navigators



**Tuesday, June 10<sup>th</sup>**  
**10:00 AM**



Mansfield Senior Center Dining Room

What exactly is Artificial Intelligence? What are the benefits and dangers? How can we identify AI in our day-to-day life? Is AI a reliable source? Are there AI programs targeted towards seniors?

Come learn all this and more! Questions welcome. Free to attend. **RSVP by Friday, June 6<sup>th</sup>**

## HUMAN RIGHTS COMMISSION MONTHLY FEEDBACK SESSION



Join representatives from the Mansfield HRC the **first Wednesday of each month at 1 p.m.** for conversation and feedback on issues such as transportation, health care, recreation, food availability and safety in public areas in Mansfield.  
**June 4<sup>th</sup>, 1 p.m. - Please RSVP by 6/2**

## AN OPEN CONVERSTION ON PTSD

June is PTSD awareness month.

About 70% of people experience or witness a traumatic event in their lifetimes.

Join us for a conversation on PTSD - causes, signs/symptoms, and options for help.

**See more in the Human Services section, pg. 11**

## CELEBRATING OUR MOTHERS & FATHERS

Each May and June we celebrate and honor parents. Thank you for sending in your beautiful pictures of Mom & Dad in May!

Now's your chance to guess whose parents are featured on our photo display.



## DID YOU SEE IT?

### 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.



## SUMMER KICK-OFF CARNIVAL

**Monday, June 23<sup>rd</sup>, 11:00 a.m. to 1:30 p.m.**

Summer is here! Let's celebrate the season with a summer carnival full of fun.

Enjoy games, prizes, delicious food, and more!

**The activities are free, but pg. 15 registration is required.** Be ready for traditional favorites like duck pond, cornhole, ring and bean bag tosses, guessing games, bubbles, water-gun races...fun for all! Save time to **stop by the Maple Road Cafe and the MSC Ice Cream Truck!** Cafe and truck open 11:30 a.m. to 1 p.m. to purchase some of your favorite carnival snacks. **Stay after for a 2 p.m. showing of *The Greatest Showman!***



**Volunteers needed to run game booths!**

Let Kim know you'd like to help: [ronteykb@mansfieldct.org](mailto:ronteykb@mansfieldct.org) or 860-487-9872

## PAINT NIGHT

**Thursday, June 26<sup>th</sup> 4:00-6:00 PM**

Scott Ginter returns this month to guide us through the easy steps to paint a beautiful summer masterpiece.

Enjoy a fun evening of laughter and creativity with friends and unleash your inner artist!

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 Monday, June 23<sup>rd</sup>**





## Movie Matinees

Popcorn is served free!

### Mr. Mom

**Friday, June 13<sup>th</sup> 1:00 PM**

Jack Butler (Michael Keaton) lives with his wife, Caroline (Teri Garr) and their three children in a Detroit suburb. During the early-1980s recession, Jack loses his engineering job at the Ford Motor Company. Caroline, having been a stay-at-home mom for years, uses her college education and experience working in advertising to re-enter the workforce, leaving Jack to deal with the new and bewildering responsibilities of a stay-at-home dad.

**RSVP BY JUNE 11<sup>TH</sup>**

### Classic Movie

### Paper Moon

**Wednesday, June 18<sup>th</sup> 1:00 PM**



Real-life father and daughter Ryan and Tatum O'Neal team up as slick con-artists Moses Pray and Addie Loggins in 1930s Kansas. When Moses is unexpectedly saddled with getting the 9-year-old Addie to relatives in Missouri after the death of her mother, his attempt to dupe her out of her money backfires, and he's forced to take her on as a partner.

**RSVP BY JUNE 16<sup>TH</sup>**

### The Greatest Showman

**Monday, June 23<sup>rd</sup> 2:00 PM**

Stick around after our Carnival Cafe for a viewing of this 2017 American musical period drama film starring Hugh Jackman as P.T. Barnum. *The Greatest Showman* is a fictionalized depiction of the life of P. T. Barnum, a showman and entertainer who created the Barnum & Bailey Circus and its star attractions. Featuring nine original songs and an original musical orchestral score, you'll feel like you're sitting ringside for the greatest show on earth!

**RSVP BY JUNE 20<sup>TH</sup>**

## FOLK SINGING GROUP

**Mondays at 1:00 PM**

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.



## RELIVE THE 60S & 70S THROUGH SONG

**Tuesday, June 17<sup>th</sup> at 1:00 PM**

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!!!

We are currently working on songs that we will sing for an MSC performance in August to celebrate the anniversary of the Woodstock Music Festival. If you'd like to perform with us, stop by our group practice this month and/or next month and sing along!



## Chorus

The MSC Chorus spring season has concluded, and the chorus will be on break for the summer.

Stay tuned for the return of chorus rehearsals in the fall and a new season of music!



## 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](mailto: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**

### 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, June 11<sup>th</sup> at 1:00 PM**

\*Note: The Science Club will not meet in July or August. Don't miss out on the last meeting before summer break!

### GENEALOGY

**2nd Monday Genealogy Group Meeting**

**Monday, June 9<sup>th</sup>**

**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](mailto: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, June 9<sup>th</sup> & June 23<sup>rd</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, June 2<sup>nd</sup>, 16<sup>th</sup>, & 30<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, June 13<sup>th</sup>, 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, June 16<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, June 17<sup>th</sup> 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, June 13<sup>th</sup> & 27<sup>th</sup>**

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

“Don’t count the days;  
make the days count.”

– Muhammad Ali

## 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**

**June 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>**  
**3 Classes - \$24.00**

## 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**

**June 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>**

**3 classes - \$21.00**

## 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**

**June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>**

**4 Classes: \$28.00**

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

**June 5<sup>th</sup>, 12<sup>th</sup>, and 26<sup>th</sup>**

**3 Classes: \$21.00**

## 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**

**June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>**

**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, June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<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



## BEREAVEMENT SUPPORT GROUP

**Tuesday, June 3rd 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 an outlet to share stories and gather strength, healing and understanding from peers in a confidential environment.

## CAREGIVER SUPPORT GROUP

**Tuesday, June 10th 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. 7 days notice required for pick-up from home.



## MEDICAL APPOINTMENT

### TRANSPORTATION

We 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, June 12th, & 26th**

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**

## SUMMER FOOD PROGRAMS

### Meal Kits

The Human Services Department has launched a new food program that provides meal kits for eligible households. If you currently qualify for our food pantry, you are automatically eligible for this program.

In June, we will be distributing two meal kits. Keep an eye out for flyers with more details.

Starting in July and continuing through August, we will provide one meal kit per month.

If you need additional support, please contact us to learn about our other food assistance programs.

### Food Pantry

The Town Food Pantry is open to residents in need during regular business hours:

Mon–Wed: 8:00 AM–5:15 PM  
Thurs: 8:00 AM–6:30 PM

Households may visit twice per month. If you have dietary restrictions, let us know—we'll do our best to accommodate.

If you are in need of food resources, we can help. Call us at 860-429-3315 to learn more.

### Summer Food Distribution Program

In collaboration with the Mansfield Public Library and Mansfield Public Schools, we're offering free breakfast and lunch meal options for families who qualify for the free and reduced lunch program.

If you're a caregiver of a child in need, please contact us for more information.

AN OPEN CONVERSATION ON

# PTSD



LED BY JESSICA ST. LOUIS, LCSW

June is PTSD awareness month.

- Trauma is common. About 70% of people experience or witness a traumatic event in their lifetimes.
- PTSD can appear as experiencing unwanted memories, avoiding reminders of the event, having negative thoughts and feelings, or feeling on edge.
- PTSD affects family and friends of those living with PTSD.
- Resources and treatments can help, and there are options.

Join us for an open conversation on PTSD - causes, signs/symptoms, and options for help. Let us answer questions to help you or a loved one or friend.

**Thursday, June 26<sup>th</sup>, 11 a.m.** All are welcome.  
Please confirm your attendance by 6/23 to 860-429-0262  
Mansfield Senior Center, 303 Maple Road, Mansfield, CT 06268

## COMMISSION ON AGING

**Monday, June 9th  
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)



# JUNE DAY TRIPS

## Foley Baker, Inc., Tolland

Thursday, June 5<sup>th</sup>, 9:30 AM – 3:30 PM

Founded in 1968, the Foley Baker Organ Company repairs, restores, and creates pipe organs for churches, cathedrals, theaters, and concert halls at their workshop. Learn and see how the craftsmen work on these complex and fascinating musical instruments with a **FREE** tour & talk. A private concert by the owner himself to follow our tour. We will enjoy lunch at Hilltop Restaurant afterwards.



## Antiquing Trail, Old Saybrook

Monday, June 23<sup>rd</sup>, 9:00 AM - 4:00 PM

Join us on a scenic route and uncover vintage collectibles from all generations! Old Saybrook has quite a selection of shops and our stops will include The Trove and Maximus Antiques. After you have worked up an appetite finding treasure, we will go to The Tea Kettle Restaurant for lunch.

## Connecticut River Cruise

Wednesday, June 25<sup>th</sup>, 10:00 AM – 3:00 PM

Come enjoy a relaxing, narrated boat ride on the CT River. There will be music and binoculars available for use to watch for beautiful wildlife. After the hour cruise on the river, we will head to Lucky Lou's Bar & Grill for lunch.

Admission is \$21 per person  
Pre-registration is required by 6/13



## Yale Peabody Museum, New Haven

Monday, June 30<sup>th</sup>, 9:00 AM - 4:00 PM

The Yale Peabody Museum tells a story of over 4.5 billion years of the world's history and holds over 14 million objects and specimens in its collections. You can enjoy this self-guided museum **FREE** of cost. Lunch to follow at Bears Smokehouse BBQ

## Meigs Point Nature Center, Madison

Tuesday, July 1<sup>st</sup>, 10:00 AM – 4:00 PM

The Nature Center is an exciting and vital environmental learning center located at Hammonasset Beach State Park. You can enjoy more than 50 species of local wildlife, hands-on displays including touch tanks and of course fantastic views! **FREE ADMISSION.** For lunch we will be stopping off at The Lobster Landing, one of the hottest spots in CT for lobster rolls..YUM!



## Statewide Senior Outing, Holiday Hill Prospect, CT

Monday, August 18<sup>th</sup>, 8:00AM-5:30PM

Enjoy a day of activities, food, music and fun! Holiday Hill is hosting their annual senior outing, rain or shine. They will have food and drinks available all day! Raffles, a DJ, and so many fun activities. Flyer available for more information.

Tickets are \$46/person, and pre-paid reservations are due by June 30th



## Lunch Bunch: Hank's Dairy Bar, Plainfield

Friday, June 6<sup>th</sup>, 11:00 AM – 3:00 PM

Enjoy lunch at this seasonal drive-up stand providing soft-serve cones, burgers, & fried seafood platters since 1957. Hanks is a staple in Plainfield, CT!



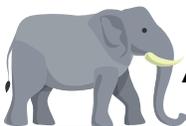
## Roger Williams Park Zoo, Providence

Monday, June 9<sup>th</sup>, 9:00 AM – 4:00 PM

It's always an adventure at Roger Williams Zoo! The zoo is home to over 100 rare and fascinating species from around the world. Pet an armadillo, see New England's only Komodo dragon, visit the petting zoo and much more.

Lunch to follow at Shady Acres.

Admission is \$18.00 per person  
Pre-registration is required



## Lavender Pond Farm, Killingworth

Monday, June 16<sup>th</sup>, 9:00 AM- 3:00 PM

Lavender Pond Farm is New England's largest lavender farm. Walk our fields, visit the bees, stroll the pond, ride the purple train, learn about the Smart Flower. You can relax and play a game of chess but don't forget to take a lot of pictures and or visit the farm store on your way out.

Lunch will be at Pattaconk 1850 Bar & Grill.



## Homemade Ice Cream Summer Series Fish Family Farm, Bolton

Tuesday, June 17<sup>th</sup>, 12:30 PM – 2:30 PM

On to our second stop in this series, Fish Family Farm Creamery & Dairy. This dairy is a local staple for fresh bottled milk and house-made ice cream straight from their Jersey cows. Family-owned and operated, this spot brings farm-to-cone freshness every day!



### 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.



# JUNE 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><b>3 Spaghetti &amp; Meatballs</b> Salad Garlic Bread Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p><b>4 Fish Sandwich</b> Fries Coleslaw Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p><b>5 Chicken Cordon Bleu</b> Mashed Potatoes Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p><b>10 Pineapple Pork Chop</b> Rice Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p><b>11 Rubeen Sandwich</b> Potato Salad Pickle Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p><b>12 Swedish Meatballs</b> Noodles Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p><b>17 BIRTHDAY LUNCH</b> Chicken Alfredo Pasta Veg du Jour Birthday Cake</p> <p>Please Circle Dine In or Take Out</p> <p><input type="checkbox"/> IT'S MY BIRTHDAY!</p>	<p><b>18 Bacon Cheeseburger</b> Pasta Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p><i>Closed</i></p> <p><b>HAPPY JUNE TEENTH</b></p>
<p><b>24 Cheesy Taco Pasta</b> Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p><b>25 French Toast</b> Homefries Bacon Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p><b>26 Salisbury Steak</b> w/Onion Gravy Mashed Potatoes Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>
		

NAME \_\_\_\_\_



# JUNE

## EVENTS CALENDAR



All programs are ages 55+ unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</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</p>	<p>3.</p> <p>9:00 STR &amp; STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BEREAVEMENT SUPPORT GROUP 1:00 BINGO 1:30 MOVE/MUSIC</p>	<p>4.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 LUNCH 12:00 FRENCH 1:00 TIE-DYE EVENT 1:00 HRC FEEDBACK SESSION 1:00 SETBACK 1:00 FUND. OF TAP</p>	<p>5.</p> <p>9:00 STR &amp; STABILITY 9:30 FOLEY BAKER, INC. TRIP 11:00 PING PONG 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 MSC CHORUS CONCERT</p>	<p>6.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:00 LUNCH BUNCH: HANK'S DAIRY BAR 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>9.</p> <p>9:00 ROGER WILLIAMS PARK ZOO TRIP 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</p>	<p>10.</p> <p>9:00 STR &amp; STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 UNDERSTANDING A.I. 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC 4:00 CAREGIVER SUPPORT GROUP</p>	<p>11.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 LUNCH 12:00 FRENCH 1:00 SCIENCE CLUB 1:00 SETBACK 1:00 FUND. OF TAP 3:00 YOGA WITH LINDA</p>	<p>12.</p> <p>9:00 STR &amp; STABILITY 11:00 PING PONG 11:30 FOODSHARE 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP</p>	<p>13.</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 FATHER'S DAY CAFE 1:00 MOVIE: MR. MOM 1:00 AMERICAN MAHJONGG 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>16.</p> <p>9:00 LAVENDER POND FARM TRIP 9:00 HEARING CLINIC 9:30 TAI CHI DVD 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 MAKER SPACE/OPEN STUDIO 1:00 QUILTING</p>	<p>17.</p> <p>9:00 STR &amp; STABILITY 9:30 FOOTCARE 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 BIRTHDAY LUNCH 12:30 FISH FAMILY FARM ICE CREAM TRIP 1:00 RELIVE THE 60S &amp; 70S THROUGH SONG 1:00 BINGO 1:30 MOVE/MUSIC</p>	<p>18.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK 1:00 FUND. OF TAP 1:00 CLASSIC MOVIE: PAPER MOON 3:00 YOGA WITH LINDA</p>	<p>19.</p> <p style="text-align: center;"><i>Closed</i> <b>JUNE TEENTH</b></p>	<p>20.</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>23.</p> <p>9:00 ANTIQUING TRAIL TRIP 9:00 TECH TIME 9:30 TAI CHI DVD 11:00 OPEN GAME TIME 11:00 SUMMER KICK-OFF CARNIVAL 11:30 CARNIVAL CAFE 1:00 FOLK SINGING 1:00 MAKER SPACE/OPEN STUDIO 2:00 MOVIE: THE GREATEST SHOWMAN</p>	<p>24.</p> <p>9:00 STR &amp; STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 11:00 COGNITIVE HEALTH SEMINAR 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC</p>	<p>25.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 CONNECTICUT RIVER CRUISE TRIP 11:00 SPANISH 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK 3:00 YOGA WITH LINDA</p>	<p>26.</p> <p>9:00 STR &amp; STABILITY 11:00 PING PONG 11:00 PTSD CONVERSATION 11:30 FOODSHARE 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 4:00 PAINT NIGHT</p>	<p>27.</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>30.</p> <p>9:00 YALE PEABODY MUSEUM TRIP 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>REGISTRATION DEADLINE FOR STATEWIDE SENIOR OUTING TRIP ON AUGUST 18<sup>TH</sup></p>	<p>JULY 1<sup>ST</sup></p> <p>10:00 MEIGS POINT NATURE CENTER TRIP</p>	<p><b>COMING UP!</b> JULY 11<sup>TH</sup> - <b>WII BOWLING EVENT</b> AT WINDHAM SENIOR CENTER. LET US KNOW IF YOU'D LIKE A RIDE.  AUGUST 18<sup>TH</sup> - <b>STATEWIDE SENIOR OUTING</b>. REGISTRATION REQUIRED BY JUNE 30<sup>TH</sup>. SEE PG. 12 FOR DETAILS.</p>		

# JUNE 2025 CLASSES & EVENTS REGISTRATION FORM

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

DAY	CLASS/TRIP/EVENT	DETAILS	FEE
<b>Tues</b>	<b>Strength &amp; Stability</b>	<b>4 Classes</b>	<b>\$28.00</b>
	<b>Movement with Music</b>	<b>4 Classes</b>	<b>\$32.00</b>
<b>Wed</b>	<b>Fundamentals of Tap</b>	<b>3 Classes</b>	<b>\$21.00</b>
	<b>Yoga with Linda</b>	<b>3 Classes</b>	<b>\$24.00</b>
<b>Thurs</b>	<b>Strength &amp; Stability</b>	<b>3 Classes</b>	<b>\$21.00</b>
<b>Friday</b>	<b>Gentle Yoga with Carol</b>	<b>3 Classes</b>	<b>\$24.00</b>
<b>Events</b>	<b>Tie-dye for Pride</b>	<b>June 4<sup>th</sup></b>	<b>\$3.00</b>
	<b>Summer Kick-off Carnival</b>	<b>June 23<sup>rd</sup></b>	<b>Free</b>
	<b>Paint Night</b>	<b>June 26<sup>th</sup></b>	<b>\$15.00</b>
<b>Trips</b>	<b>Foley Baker, Inc.</b>	<b>June 5<sup>th</sup></b>	
	<b>Lunch Bunch: Hank's Dairy Bar</b>	<b>June 6<sup>th</sup></b>	
	<b>Roger Williams Zoo</b>	<b>June 9<sup>th</sup></b>	<b>\$18.00</b>
	<b>Lavender Pond Farm</b>	<b>June 16<sup>th</sup></b>	
	<b>Ice Cream Series: Fish Family Farm</b>	<b>June 17<sup>th</sup></b>	
	<b>Antiquing Trail</b>	<b>June 23<sup>rd</sup></b>	
	<b>Connecticut River Cruise</b>	<b>June 25<sup>th</sup></b>	<b>\$21.00</b>
	<b>Yale Peabody Museum</b>	<b>June 30<sup>th</sup></b>	
	<b>Meigs Point Nature Center</b>	<b>July 1<sup>st</sup></b>	
	<b>Statewide Senior Outing</b>	<b>August 18<sup>th</sup></b>	<b>\$46.00</b>
		<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.

**PROGRAM/TRIP CANCELLATION POLICY:** Due to costs associated with programs and trips, refunds or credits are not always possible for cancellations or lack of attendance. Requests for cancellation should be provided in writing to Senior Center staff for review and consideration.

**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 my participation in the above listed recreational activities. I understand that participation in any recreational 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: \_\_\_\_\_

**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)**

