

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

July 2025



**Celebrate Independence Day
at our BBQ lunch!
July 1st at 12:00pm**

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



**MANSFIELD
SENIOR CENTER**



Welcome July

303 MAPLE ROAD,
MANSFIELD
860-429-0262

WWW.MANSFIELDCT.GOV/SENIORS

Hours:

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

Senior Center Supervisor:

Jessica Tracy
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TracyJA@mansfieldct.org

Program Coordinator:

Kimberly Rontey
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RonteyKB@mansfieldct.org

Program Assistant:

Vicky Hannon
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HannonL@mansfieldct.org

Outreach Coordinator:

Amy Garganese
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GarganeseA@mansfieldct.org

Nutrition Coordinator:

Jessica Vega
860-487-9876

VegaJ@mansfieldct.org

Kitchen Assistant

Lisa Furman
860-487-9876

FurmanL@mansfieldct.org

Driver:

Patricia Elliot

The summer is in full swing, and we're ready to celebrate the season at the Mansfield Senior Center!

We'll kick off this month with an Independence Day celebration & BBQ lunch, featuring a concert by the one and only Bruce John.

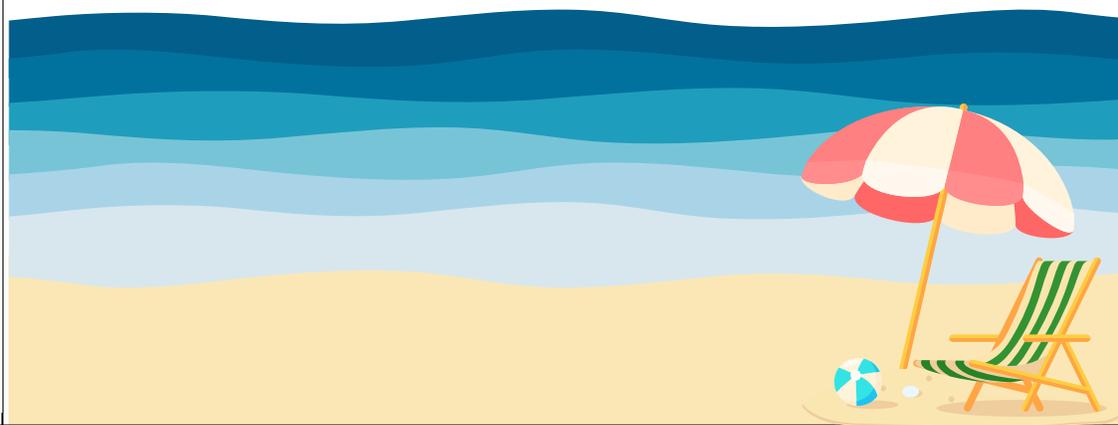
Our July day trips include visits to Harkness Memorial Park, The Shoreline Trolley Museum, and a boat tour of the Thimble Islands.

You'll also have a chance to reminisce and relive the excitement of camp at our fun-filled afternoon of Senior Summer Camp!

July is Disability Pride Month. The Mansfield Senior Center welcomes individuals of all abilities to participate in a diverse range of activities and services. We are committed to providing an inclusive atmosphere of acceptance and empowerment and to promoting understanding and respect for all.

We look forward to enjoying the summer 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

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!

July 2025

Senior Center Closings

Please note that the senior center will be closed on



Friday, July 4th



in observance of Independence Day.

The senior center will also be **closed** for our annual deep cleaning and maintenance **Monday, July 21st through Friday, July 25th.**

There will be no public access to the center and no meals on these dates.

See pg. 5 for a special off-site activity!

Come to our July cafés!

Friday, July 11th

Monday, July 28th



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

July 15th



Use the lunch menu on page 13 and sign up by **Friday, July 11th** 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!

VOLUNTEERS NEEDED FOR

MEDICAL RIDES & FRONT DESK COVERAGE

We are looking for drivers on any weekday, to help with provide rides to Mansfield seniors to medical appointments. Rides are confirmed with drivers, drive as often or as little as you'd like. 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. 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"**

Sensory-Friendly Friday Hours



July is Disability Pride Month. In honor of this awareness initiative, the MSC will host quiet hours on **Fridays, July 11th & 18th** from 2-4:30 p.m.

Come enjoy the library, work on the puzzle, or complete a word puzzle or art project during open studio time.

NEW IN JULY!

Bruce John & BBQ Lunch

Tuesday, July 1st
Lunch at 12:00 PM
Music 1:00 PM to 2:00 PM

Local favorite, Bruce John, is back to dazzle us with another performance! He'll bring the patriotic tunes, you bring your dancing feet and celebratory energy!

\$10 includes 12 p.m. BBQ lunch. Limited seats.

Menu: Grilled Honey BBQ Chicken, Potato Salad, Corn on the Cob, and Dessert

Please register on the pg. 15 registration form by 6/27 at 12 noon

AARP FRAUD WATCH

PRESENTATION:



THE SCAM LANDSCAPE & STAYING SAFE

Thursday, July 17th, 1:00 PM

This session looks at the psychology behind ID theft, the most common fraud & scams, tips to protect yourself, and what to do if you think you may have become a victim. Walk away armed with tools to spot the criminals and stop them in their tracks.

Free. Pre-registration required by 7/11 on the pg. 15 registration form

CARING COOKIE

We would like to congratulate July's "Caring Cookie" recipient, **Hank Dube, AKA "The Decaf Coffee Maker"**



Hank was nominated by Christine Pattee "because he makes the best coffee and keeps the pot fresh." We agree with you, Christine, 100%!



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.

CHEER UP THE LONELY DAY

Friday, July 11th, 11:00 a.m. to 1 p.m.

Use this day as a reminder to contact those people in your life who need a little extra love and attention. Your small act of kindness can make a big difference to them.

We'll have cards and materials available before and during the cafe. Write a kind note or a funny joke to a friend, loved one, or a stranger.

Extra cards made will be delivered to the Mansfield Center for Nursing and Rehab.

JULY IS UV SAFETY MONTH



Sun safety is important all year, but this month is UV Safety Awareness Month, a time to take steps to remind ourselves how and why we should protect ourselves from the dangers of ultraviolet (UV) radiation, and to perform self-checks.

AAD's Find a Free Skin Cancer Check



Genealogy Group Book Discussion

All are welcome.

Monday, July 28, 2025, 10AM - 11:30AM, No RSVP required.



Non-Fiction - I Know Who You Are: How an Amateur DNA Sleuth Unmasked the Golden State Killer and Changed Crime Fighting Forever

Author - Barbara Rae-Venter

270 pages, published 2023

Contact your public library for a copy either on shelf or through Interlibrary Loan. Rae-Venter, an amateur DNA detective reveals how she took skills she learned in researching her family history to hunting a California serial killer who disappeared 44 years ago.

Using obituaries, marriage records, old newspaper articles and genetic genealogy, she is able to bring this person to justice for the victims of these crimes.

Caution: Rae-Venter dives deep into forensic genetic genealogy and true crime, with some descriptive sections of violent cases that may be disturbing for some.



SENIOR SUMMER CAMP!

Monday, July 21st, 3:30 PM-5:30 PM at Bicentennial Pond RAIN DATE: July 23rd

Get picked up by the MSC "bus"! Available to Mansfield residents; limited seats.

Childhood summers were all about outdoor fun and laughter. We'd gather in the park, each with our favorite bagged snack, ready to fuel our next adventure. Our imaginations ran wild as we enjoyed the delicate beauty of butterflies, birds and the clouds, skipped rocks, caught crayfish, and organized our favorite games with friends. Those carefree days were filled with simple joys and endless possibilities, and we can have it all again at Senior Summer Camp!

Whether you've been to camp before, or always wished for the opportunity, now's your chance to live the summer camp experience. Join us for an afternoon of camp games, arts and crafts, swimming and kayaking (optional), trail walking (accessible trails), and campfire smores with your favorite MSC camp counselors.

Cost: \$5 per person; includes bagged meal (sandwich, chips, pickle, cookie).

Pre-registration is required.

Please use the registration form on page 15 and sign up by Monday, July 14th



WATERCOLORS WITH KATHY LINDNER

Painting small watercolor paintings of a Butterfly and Dragonfly!

Wednesday, July 30th, 1 PM-3PM

We will paint with watercolors and a micron pen.

Paintings will be made in a 5 x 7 space that can be trimmed to size and placed in a 5 x 7 frame. They could also be photographed and made into cards later.

If you have been in Kathy's classes before, bring all your watercolor supplies. You will also need a Sakura Pigma Micro fineliner pen, size 05. If you are new, see Senior Center staff for the supply list. Supplies are available at Michael's.

Cost: \$7 per person Pre-registration is required.

Please use the registration form on page 15 and sign up by Wednesday, July 23rd





Movie Matinees

Popcorn is served free!

The Sandlot

Friday, July 11th 1:00 PM

"The Sandlot" is a nostalgic coming-of-age film set in the summer of 1962, revolving around a group of young boys who spend their days playing baseball at a local sandlot. The story follows Scotty Smalls, a shy new kid in town who struggles to fit in until he is invited to join the neighborhood kids in their baseball games. Led by the charismatic Benny Rodriguez, the group forms a bond over their love of the sport. The film humorously captures their childhood adventures. Through these experiences, Scotty learns about friendship, courage, and the joys of growing up. Don't miss this heartwarming, summertime tale of youth and camaraderie!

RSVP BY JULY 9TH

Classic Movie

The Parent Trap

Monday, July 28th 1:00 PM

Released in 1961, "The Parent Trap" is a charming family comedy about identical twin sisters, Susan and Sharon (both played by Hayley Mills) who are separated at birth due to their parents' divorce. Unaware of each other's existence, the twins meet by chance at a summer camp and are startled by their uncanny resemblance. Realizing they are sisters, they devise a clever plan to switch places in an attempt to reunite their estranged parents (who are played by Maureen O'Hara and Brian Keith). Mark your calendar for this summer classic!

RSVP BY JULY 25TH

PLEASE REMEMBER TO RSVP FOR MOVIES

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, July 15th 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 the fall. If you'd like to perform with us, stop by our group practice this month and sing along!



MUSIC & 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 July 3rd, 10th, 17th & 31st
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.

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

SCIENCE & TECH CLUB

The Science Club is on summer break! Stay tuned for the return of this fun and educational club in the fall.

GENEALOGY

2nd Monday Genealogy Group Meeting
Monday, July 14th

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, July 14th & July 28th



Call 860-429-0262 to make your FREE appointment

HUMAN RIGHTS COMMISSION
MONTHLY FEEDBACK SESSION



Join representatives from the Mansfield HRC for conversation and feedback on issues such as transportation, health care, recreation, food availability and safety in public areas in Mansfield.

July 2nd, 1 p.m. - Please RSVP by 6/30

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 at 1:00 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

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

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

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

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!

Fridays 1:00-4:00 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, July 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.

Monday, July 28th 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, July 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

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, July 11th and 18th

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

"The body achieves what
the mind believes."
~Joseph Pilates~

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

We are sad to report Linda
has decided to pursue
other endeavors.

We extend our sincere
thanks to Linda for her time
spent with us at the
Mansfield Senior Center,
and wish her luck!

FUNDAMENTALS OF TAP WITH MIA POMERENKE

Tap will return in the fall. Stay tuned!

GENTLE YOGA WITH CAROL TYLER

Gentle Yoga will return in August.
Stay tuned!

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

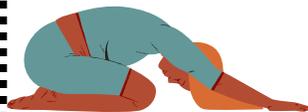
July 1st, 8th, 15th, and 29th

4 Classes: \$28.00

Thursdays: 9:00-10:00 AM

July 3rd, 10th, 17th and 31st

4 Classes: \$28.00



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, July 1st, 15th and 29th

1:30-2:30 PM

3 Classes \$24.00





OUTREACH & TRANSPORTATION SERVICES

OUTREACH & TRANSPORTATION

COORDINATOR:

Amy Garganese
860-487-9875

GarganeseA@mansfieldct.org



BEREAVEMENT SUPPORT GROUP

Tuesday, July 1st 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, July 8th 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.



PLEASE NOTE: THERE IS NO SHOPPING ON JULY 29th

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, July 10th, & 24th

Pick-up in the Wrights Way parking lot.

Transportation to FoodShare is available upon request.





HUMAN SERVICES UPDATES



HUMAN SERVICES STAFF

JESSICA ST. LOUIS

Director

StLouisJ@mansfieldct.org

CATHY POMERLEAU

Administrative Specialist

PomerleauCR@mansfieldct.org

DOROTHY DELVALLE

Community Assistance Coordinator

DelValleD@mansfieldct.org

YAMIL FIGUEROA

Adult Services Social Worker

Figueroyay@mansfieldct.org

SERVICES WE OFFER

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



For More Information please call 860-429-3315

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 July and 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.

HAVE YOU HEARD OF THE TOWN FEE WAIVER?

The Fee Waiver ordinance is a program that aims to improve access to services for all residents, regardless of ability to pay. It helps by providing reduced fees for designated programs and services through the Town departments (including Senior Center, Parks & Recreation, Refuse pick up, etc.).

Learn more by visiting our webpage:

<https://www.mansfieldct.gov/234/Fee-Waiver-Ordinance>

OR Scan the QR code below



Eligibility Requirements:

- Must be a Mansfield resident
- Must meet income guidelines
- Must complete application

For More Information please call 860-429-3315

COMMISSION ON AGING

NEXT MEETING

SEPTEMBER 8TH 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.





JULY DAY TRIPS



Homemade Ice Cream Summer Series

Ekonk Hill Turkey Farm, Moosup
Tuesday, July 8th, 1:00 PM – 4:00 PM

On to our third stop in this series, Ekonk Hill Turkey Farm's Brown Café, named after their brown Jersey cow, Blossom. She even has her own signature flavor, "Blossom's Delight", which is just as sweet as she was. Ekonk Hill Turkey farm also offers pastured meat & poultry as well as homemade baked goods for purchase.

Mar-Lea Mini Golf & Driving Range

Bolton
Tuesday, July 15th, 1:00 PM – 4:00 PM



Time for some good old fashion fun!! You can choose to play a round of 18 holes of mini golf at just **\$8.00 per person** OR you can grab a bucket of balls and hit the driving range. Buckets vary in size **XS \$5.00 – L \$12.00** and **payable when you arrive.**

Sea Unicorns Baseball Game

Norwich
Wednesday, July 16th, 10:00 AM- 3:00 PM

Take me out to the Ball Game!! Come watch the local Sea Unicorns, a collegiate summer baseball team at the beautiful Dodd Stadium as they face the New Britain Bees. **Tickets range from \$10-\$12, depending on where you would like to sit.** You can purchase your tickets upon arrival and decide then. There are many options for lunch at the concession stand that offers a variety of food, snacks and beverages. **LET'S PLAY BALL!!**

Harkness Park & Mansion Tour

Waterford
Thursday, July 17th, 9:00 AM – 4:00 PM

Enjoy a guided tour of the Eolia Mansion at Harkness Park where you can take in beautiful views of the Long Island Sound and visit the gorgeous gardens for an **admission of \$10.00 payable at the museum.** After the tour you can explore the grounds, relax on the beach and enjoy a picnic under the trees. **Bag lunch is available for \$5.00 from our Maple Road Café** and will include a Turkey & Cheese sandwich along with a pickle, bag of chips, and a cookie. Preorder is a must! Feel free to pack your own lunch as well.

New Britain Museum of Art, New Britain

Friday, July 25th, 9:00 AM – 3:00 PM

The New Britain Museum of American Art is an art museum founded in 1903. It is the first museum in the country dedicated to American art. Today it contains over 8,400 paintings, works on paper, sculptures, videos, and photographs. Among collection highlights are colonial and federal portraits, Hudson River School landscapes, and American Impressionists. Lunch to follow at the Olive Garden.

Admission is \$15.00 per person
Pre-registration is required



The Shoreline Trolley Museum, East Haven

Monday, July 28th, 9:00 AM - 3:00 PM

ALL ABOARD!! Your private tour will begin at the visitor's center to browse the indoor exhibits. Then enjoy a 1.5-mile scenic ride, taking in the salt marsh and observing local wildlife. You will end with a stop at the trolley barns to tour the trolley collection. Lunch will follow at Branford Townhouse Restaurant.



Admission is \$10.00 per person
Pre-registration is required

Lunch Bunch: Captain Scott's, New London

Tuesday, July 29th, 11:00 AM – 3:00 PM

Captain Scott's Lobster Dock is an award-winning restaurant in New London CT and is located serendipitously on the docks of Whaling City. Lobster rolls & other casual seafood is served from a take-out window & consumed at picnic tables.



Thimble Islands Boat Tour

Branford
Wednesday, July 30th, 9:00 AM - 3:00 PM

Come explore the famed Thimble Islands! Relax, see the sites, and learn the unique history of the islands with a 45-minutes narrated tour aboard the "ISLANDER". Lunch to follow at The Brownstone House.



Tickets are \$16.00 per person
Pre-registration is required



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.



JULY 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 Independence Day BBQ! DINE-IN ONLY</p>   <p>Please utilize the form on page 15 to register</p>	<p>2 Tuna Melt French Fries Pickle Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>3 Stuffed Pepper Casserole Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>8 Orange Popcorn Chicken Chef Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>9 Seafood Salad Roll Clam Chowder Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>10 Sloppy Joe Tater Tots Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>15 BIRTHDAY LUNCH Roasted Turkey Stuffing Mashed Potatoes Veg du Jour Birthday Cake</p> <p>Please Circle <input type="checkbox"/> Dine In or Take Out IT'S MY BIRTHDAY!</p>	<p>16 Grilled Ham & Cheese Tomato Soup Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>17 Fish n Chips Cole Slaw Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>22</p> 	<p>Senior Center Closed</p>	
<p>29 Pancakes Hashbrown Patty Sausage Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>30 Ravioli with Sauce Veg du Jour Garlic Bread Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>31 Pepperoni Pizza Chicken Tenders Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>

NAME _____



JULY

EVENTS CALENDAR



All programs are ages 55+ unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>1.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 BRUCE JOHN & BBQ LUNCH 1:00 BEREAVEMENT SUPPORT GROUP 1:00 BINGO 1:30 MOVE/MUSIC</p>	<p>2.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 LUNCH 12:00 FRENCH 1:00 HRC FEEDBACK SESSION 1:00 SETBACK 1:00 FUND. OF TAP</p>	<p>3.</p> <p>9:00 STR & STABILITY 11:00 MUSIC & MONARCHS 11:00 PING PONG 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP</p>	<p>4.</p> <p><i>Closed</i> <i>Happy</i> <i>Independence</i> <i>Day</i></p>
<p>14.</p> <p>9:00 TECH TIME 9:30 COMMISSION ON AGING 9:30 TAI CHI DVD 10:00 GENEALOGY PAST TO PRESENT 11:00 HANDS ON GENEALOGY 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>8.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 EKONK HILL TURKEY FARM ICE CREAM TRIP 1:00 BINGO 4:00 CAREGIVER SUPPORT GROUP</p>	<p>9.</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</p>	<p>10.</p> <p>9:00 STR & STABILITY 11:00 MUSIC & MONARCHS 11:00 PING PONG 11:30 FOODSHARE 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP</p>	<p>11.</p> <p>8:30 HAIRCUTS 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:30 MAPLE ROAD CAFE 1:00 MOVIE: THE SANDLOT 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>21.</p> <p>3:30 SENIOR SUMMER CAMP-BICENTENNIAL POND</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 BIRTHDAY LUNCH 1:00 MAR-LEA MINI GOLF TRIP 1:00 RELIVE THE 60S & 70S THROUGH SONG 1:00 BINGO 1:30 MOVE/MUSIC</p>	<p>16.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 SEA UNICORNS BASEBALL GAME TRIP 11:00 SPANISH 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK 1:00 FUND. OF TAP</p>	<p>17.</p> <p>9:00 HARKNESS PARK TRIP 9:00 STR & STABILITY 11:00 MUSIC & MONARCHS 11:00 PING PONG 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 AARP FRAUD WATCH PRESENTATION</p>	<p>18.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 1:00 AMERICAN MAHJONGG 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>28.</p> <p>9:00 SHORELINE TROLLEY MUSEUM TRIP 9:00 TECH TIME 9:00 HEARING CLINIC 9:30 TAI CHI DVD 10:00 GENEALOGY GROUP BOOK DISCUSSION 11:00 OPEN GAME TIME 11:30 MAPLE ROAD CAFE 1:00 CLASSIC MOVIE: THE PARENT TRAP 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>22.</p> <p>10:00 SHOPPING*</p>	<p>23.</p> <p>*3:30 SENIOR SUMMER CAMP RAIN DATE</p>	<p>24.</p>	<p>25.</p> <p>9:00 NEW BRITAIN MUSEUM OF ART TRIP*</p> <p>*REMINDER: THE SENIOR CENTER BUILDING WILL BE CLOSED FOR MAINTENANCE. THERE IS NO PUBLIC ACCESS TO THE CENTER ON THIS DATE. PLEASE PLAN ACCORDINGLY.</p>
	<p>29.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 11:00 LUNCH BUNCH: CAPTAIN SCOTT'S 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC</p>	<p>30.</p> <p>9:00 THIMBLE ISLAND BOAT TOUR TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 11:00 SPANISH 12:00 LUNCH 12:00 FRENCH 11:00 SETBACK 1:00 FUND. OF TAP 1:00 WATERCOLORS WITH KATHY</p>	<p>31.</p> <p>9:00 STR & STABILITY 11:00 MUSIC & MONARCHS 11:00 PING PONG 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP</p>	

**Senior Center Closed
July 21-25**

JULY 2025 CLASSES & EVENTS REGISTRATION FORM

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

DAY	CLASS/TRIP/EVENT	DETAILS	FEE
Tues	Strength & Stability	4 Classes	\$28.00
	Movement with Music	3 Classes	\$24.00
Thurs	Strength & Stability	4 Classes	\$28.00
	Music and Monarchs	4 Classes	\$32.00
Events	Bruce John & BBQ	July 1 st	\$10.00
	AARP Scam Landscape	July 17 th	FREE
	Senior Summer Camp	July 21 st	\$5.00
	Camp Bagged Lunch - Check One Sandwich: Turkey <input type="checkbox"/> Ham <input type="checkbox"/>		
	Mansfield Camper Transportation Requested - Check Here <input type="checkbox"/>		
	Watercolors With Kathy	July 30 th	\$7.00
Trips	Ice Cream Series: Ekonk Hill Farm	July 8 th	
	Mar-Lea Mini Golf	July 15 th	
	Sea Unicorns Baseball Game	July 16 th	
	Harkness Park & Mansion Tour	July 17 th	<input type="checkbox"/> Bagged Lunch \$5.00
	New Britain Museum of Art	July 25 th	\$15.00
	Shoreline Trolley Museum	July 28 th	\$10.00
	Lunch Bunch: Captain Scott's	July 29 th	
	Thimble Island Boat Tour	July 30 th	\$16.00
	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.

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: _____

\$15 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**

