

# SENIOR SPARKS

## MANSFIELD SENIOR CENTER NEWSLETTER

**AUGUST 2025**



**STAY COOL... WITH  
HOT ACTIVITIES THIS MONTH...**

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



**MANSFIELD  
SENIOR CENTER**

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:**

Patricia Elliot

# Welcome August

Escape the heat this month by joining us at the Mansfield Senior Center!

We are excited to introduce our new yoga instructor who will be leading a chair yoga class on Wednesday mornings. See pg. 3 for info on the free demo class at the end of July!

Don't miss out on a chance to unleash your creativity and socialize with fellow members at Paint Night, and by preparing your act for the upcoming Variety Show in September. Bring an item to tie dye as we celebrate the 55<sup>th</sup> Anniversary of the Woodstock Music Festival.

For those who love to explore, our upcoming trips include a serene visit to the New England Botanical Garden, and a picturesque cruise down the Connecticut River. Immerse yourself in nature's beauty and take time to unwind. If a "Staycation" is more your speed, come with us on a virtual trip to the Netherlands.

Join us for these enriching activities (and more) and make the most of the "dog days of summer"!



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!**

# August 2025

## WELCOME LATIFA!

Latifa Sfakios is a passionate Vinyasa yoga teacher who has been practicing yoga for over a decade. She discovered the practice at a young age and quickly fell in love with the peace, joy, and the grounding it brought—especially during times when her mind felt anything but settled. Originally from Egypt, Latifa leaned into yoga as both a personal refuge and a bridge to build community after moving abroad in 2020.



**Latifa will be leading a new Chair Yoga class on Wednesdays at 10:45 AM**  
**Join us for a free trial class (pg 15 registration required) on July 30<sup>th</sup> at 10:45 AM**  
**See pg. 9 for August session details.**

With a foundation in breath and mindful movement, Latifa's classes are playful, intentionally challenging, and grounded in spiritual awareness. She invites students to explore their bodies, set clear intentions, and connect more deeply with themselves—on and off the mat.

Latifa is a certified RYT-200 teacher and is continuously expanding her knowledge to deepen her personal practice and teaching. Through the philosophical lens of yoga, she has found healing, reconnection, and purpose—and now feels called to give back by holding space for others to do the same.

## Come to our August cafés!



**Friday, August 8th**

**Friday, August 22nd**

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

**August 19th**



Use the lunch menu on page 13 and sign up by **Friday, August 15<sup>th</sup>** 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"**

# NEW IN AUGUST!

## Summer Staycation! Destination: The Netherlands



An activity from *The Purple Primer*.

Journey with us in this interactive session as we travel to The Netherlands! We'll learn a little about the history and culture of the area, try a local recipe, discuss and enjoy some art/art history, and paint watercolor tulips. Leave with new knowledge and ideas for ways to continue to explore the Netherlands from home.

"Travel" with us on **Thursday, August 7<sup>th</sup> at 1:15 p.m.**

**Please register by 8/1 on the pg. 15 registration form.**

**\$5 materials fee per person due at registration.**



## 55TH ANNIVERSARY OF WOODSTOCK TIE-DYEING EVENT

**Monday, August 18<sup>th</sup>, 12:30 p.m.**

Celebrate the 55<sup>th</sup> anniversary of Woodstock by making your own tie-dye to wear while we listen to your festival favorites.

We will bring the bright colors, aprons, gloves, clothespins and rubber-bands. You supply your item to dye.



**\$3 materials fee**

**Pre-registration required by 8/11  
on the pg. 15 registration form**

## CARING COOKIE

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



**Diane Gamache!**



Diane was nominated by Sandy Hall for all of her much-appreciated help during the Monday Folk Group sessions!

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.

## IT'S IMMUNIZATION AWARENESS MONTH: SCHEDULE YOUR FALL VACCINES!

Eastern Highlands Health District will be hosting a vaccine clinic with Beacon Prescriptions at the Mansfield Senior Center on **Tuesday, September 16<sup>th</sup>**. Vaccines being offered are Flu (both high dose and regular), Covid-19, RSV, and Pneumonia.

**Scan with your phone to schedule your appointment:**



## BOOK CLUB IS COMING UP!



After several requests, we're looking forward to starting a book club here at the MSC. The first meeting will be held September 15th at 2pm to discuss:

*Remarkably Bright Creatures*  
by Shelby Van Pelt

Reach out to your local library to obtain a copy. **No RSVP required.**

# SAVE THE DATE - 50<sup>TH</sup> ANNIVERSARY VARIETY SHOW



## *A Golden Night of Stars*

**Thursday, September 25<sup>th</sup> at 5:00 PM**

Do you have a talent that you'd like to showcase for your fellow senior-center members?  
This year's variety show celebrates our "golden anniversary" with the theme  
"A Golden Night of Stars" featuring *YOU!*



Perform a song, skit, comedy routine, dance, poem, etc., the only catch is, every act **must include** a reference to something GOLD! Nothing political please. Acts limited to 7 minutes.

**Register your act with staff by 8/29. \$5 fee includes the event snacks and activities.**

## PAINT NIGHT

**Tuesday, August 26<sup>th</sup>, 4:00 PM -6:00 PM**

Tap into your inner artist and join us for another relaxing and fun-filled paint night. The talented Scott Ginter will guide us through the easy steps to create a beautiful masterpiece. All levels are welcome, from the novice to the budding Van Gogh, and there is no experience necessary to join in the fun!  
Light refreshments will be served.

**Cost: \$15 per person**

**Pre-registration by 8/21 is required.**

**Please use the registration form on page 15.**



## MSC CHORUS PRE-SEASON MEET & GREET

**Thursday, August 28th at 1:00 PM**

**No RSVP/Registration necessary for the Meet & Greet**

This is a no-obligation, drop-in opportunity to learn about the Mansfield Senior Chorus and meet some current members. The MSC Chorus is for individuals age 55 or older, from all towns, who love to sing and are available for daytime practices and concerts.

Have fun learning choral music on Thursday afternoons (and occasional Mondays) from 1:00 – 2:30 starting September 4th, preparing for concerts that consist of Soprano/Alto/Tenor/Bass music, solos, sing-alongs and more.

Play an instrument? Ideas for types of music? Let us know!

Concerts are in mid-December at local nursing homes, rehab facilities and senior centers.

*Fill your soul with music while filling the souls of others.*

Season practice fee applies.

**Full Season Program details are available on pg. 7**



# CREATIVE ARTS

All are welcome to these drop-in programs, including beginners.



## MAKER SPACE/OPEN STUDIO

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

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!

## 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, just a love of singing music from the 1960's. Songbooks are provided.

## WRITING GROUP

**Tuesdays from 10:00-11:00 AM**

You're invited to share your creativity in writing in a relaxed group with no criticisms. The only requirement is the love of writing!

## JEWELRY GROUP

**Thursdays from 1:00-3:00 PM**

Join this group to learn about new beading techniques and get input on your projects. New members are always welcome!

## QUILTING GROUP

**Mondays at 1:00 PM**

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!

## WOOD CARVING

**Wednesdays from 9:30 AM-12:00 PM**

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!

## YARNIVORES

**Fridays from 10:00 AM-12:00 PM**

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!

## RELIVE THE 60S & 70S THROUGH SONG

**Tuesday, August 19<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!



# MOVIES

Popcorn is served free!



### Classic Movie: Help!

**August 8<sup>th</sup> 1:00 PM**

Celebrate the 60<sup>th</sup> anniversary of the release of this fan-favorite film (and album of the same name) featuring the "Fab Four" themselves. Sing along to iconic Beatles songs and enjoy the ridiculous comic capers of John, Paul, George, and of course, Ringo!

**RSVP BY AUGUST 6<sup>TH</sup>**

### The Goonies

**August 22nd 1:00 PM**



A group of young misfits called "The Goonies" discover an ancient map and set out on an adventure to find a legendary pirate's long-lost treasure. Written by Chris Columbus and Steven Spielberg, this 1985 film has quickly become a "classic" among fans of all ages.



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

# Lifelong Learning



All are welcome to these drop-in programs, including beginners.

## GENEALOGY

**2nd Monday Genealogy Group Meeting**

**Monday, August 11<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.

## SPANISH CONVERSATION GROUP

**Wednesdays at 10:30 AM**

A "sit & chat" setting that welcomes all levels of Spanish speakers.

## FRENCH CONVERSATION GROUP

**Wednesdays at 12:00 PM**

Parlez-vous Français? Meet with this group for an hour of conversation en Français!

## SCIENCE & TECH CLUB

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

**Please register/RSVP for the following programs as indicated:**

## TECH TIME

**Monday, August 4<sup>th</sup> & August 25<sup>th</sup>** Call 860-429-0262 to make your FREE appointment.

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



## MUSIC & MONARCHS WITH DR. CHARLES HOUMARD



*Available in person and on Zoom.*

What makes English classical music sound English? The Elizabethan Era was the Golden Age of English music. The Stuart dynasty of the 17th century raised the literary and visual arts to even greater height. Many consider court composer, Henry Purcell, the greatest of English composers. George Frederick Handel and Franz Joseph Haydn provided the soundtrack for the Hanovarian monarchs of the 18th century, to be followed by a renaissance of British born composers during the reign of Queen Victoria.

Meet the kings and queens who promoted the arts throughout modern British history.

**THURSDAYS at 11:00 AM**

**August 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>**

**3 CLASSES: \$24** (updated 8/1/25)

**Registration is per individual attending.** Use the pg. 15 registration form. Please register with payment to receive the Zoom link. May attend in person at the Mansfield Senior Center also.



## MSC CHORUS - RETURNING IN SEPTEMBER!



If you enjoy singing with your fellow seniors, and entertaining in the community, give our talented Mansfield Senior Center Chorus a try! All levels welcome. Prior chorus/singing experience is not required. Rehearsals are under the direction of Dr. Charles Houmard. Performances, primarily at local nursing homes, follow the season in mid-December.

**THURSDAYS at 1:00 PM (\*no 11/27)**

**SELECT MONDAYS 11/24, 12/1, 12/8 at 1:00 PM**  
**Sept 4<sup>th</sup>-Dec. 8<sup>th</sup>**

**Performances TBD (approx. Dec. 9<sup>th</sup>-18<sup>th</sup>)**

**Registration for the full season is required.**

Full-season payment (Sept-Dec):

\$6 materials + \$112 program fee. **Total: \$118**

Pre-register in August or September using the pg. 15 registration form. Monthly installment payments available by request. Fee is not prorated by individual for missed dates.

# FUN AND GAMES

## MONDAYS

11 AM - Open Game Time  
Bring Your Own Game or Use  
One of Ours & Make Friends

## TUESDAYS

10 AM - Scrabble  
1 PM - BINGO

## WEDNESDAYS

1 PM - Setback

## THURSDAYS

11:00 AM Ping Pong  
11:30 AM - Bridge

## FRIDAYS

9 AM - Wii Bowling  
10 AM - Scrabble  
1 PM - \*American Mahjonn (8/1, 8/8, & 8/22)

\*Mahjonn beginners are welcome on the first session of each month. It may also be helpful to try to familiarize yourself with the tiles and cards.

## Games Spotlight!

Let's Play  
**BRIDGE**



**The Bridge group is looking for more players!** Bridge is a widely popular game of cards known for its strategic depth. In this exciting game, four players sit around a square table, each player has 13 cards. Players sitting opposite each other are a team, working together to bid and win "tricks".

Come learn all the ins and outs of this satisfying card-game adventure!

Bridge meets Thursdays at 11:30 AM in the Group Room.



# WELLNESS PROGRAMS

## Haircuts



Lynn Shea has 25 years of experience cutting hair. **Haircuts are \$18 cash**, payable directly to Lynn at appointment.

**Friday, August 8<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.

**No August Clinic.**

**Next Clinic: Friday, September 19<sup>th</sup>  
9:00 AM - 12:00 PM**

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

## 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, August 19<sup>th</sup> 9:30 AM-3:30 PM**  
**Cost: \$40 cash or check per 30-minute appointment, payable directly to provider**

## 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

# FOCUS ON FITNESS



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

**New Class!**

## CHAIR YOGA WITH LATIFA SFAKIOS



Join us for a gentle yet empowering chair yoga class designed especially for seniors—everyone is welcome! This 60-minute session offers mindful movement, breath awareness, and a supportive environment to help improve flexibility, balance, and strength—all from the comfort and stability of a chair.

With an emphasis on intentional movement and breath work, we'll explore postures that gently challenge the body while calming the mind. Plenty of props and modifications will be offered to meet you exactly where you are.

Whether you're brand new to yoga or looking for a more accessible practice, this class offers a space to slow down, breathe deeply, and reconnect—with yourself and your community.

**Pre-registration is required.**

**Wednesdays: 10:45 AM-11:45 AM**

**August 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> 3 Classes-\$24** (updated 8/1/25)

"Strength doesn't come from what you can do, it comes from overcoming what you thought you couldn't."

- Aurora Athlete

## 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**

## 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**

**August 5th and 26th**

**2 Classes: \$14.00**

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

**August 21st and 28th**

**2 Classes: \$14.00**

## 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.

**Tap will return in September**



## 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**

**August 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 29<sup>th</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, August 5th, 19th, 26th**

**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, August 12<sup>th</sup> 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. RSVP to Yamil at 860-487-9873.

## CAREGIVER SUPPORT GROUP

**Tuesday, August 12<sup>th</sup> 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.

## NEW! CANCER SUPPORT GROUP

**Monday, August 18<sup>th</sup>, 1:00 PM**

You are not alone. This group provides a safe and empowering environment for individuals facing a cancer diagnosis, both current and past. Connect with peers, share your journey, and gain valuable insights into treatment, coping, and embracing life after cancer. Find strength and resilience through the understanding and support of others. Caregivers, please consider our Caregiver Support Group designed to address your unique needs and offer connection with others in similar roles. RSVP to Yamil at 860-487-9873

## NEW! PTSD SUPPORT GROUP

**Monday, August 25<sup>th</sup>, 2:00 PM**

The Mansfield Senior Center will be holding a soft launch of a new PTSD Support Group. This first session will be an informal opportunity to explore the group's purpose, share what participants are seeking, and help shape how the group will move forward together. Come check it out if you're interested in learning more or getting involved. RSVP to Jessica St. Louis at 860-429-3315

## 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, August 7<sup>th</sup> & 21<sup>st</sup>**

Pick-up in the Wrights Way parking lot. Transportation to FoodShare is available upon request.



## 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 at 860-429-3315 to make an appointment.



# 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

### NEXT MEETING

**SEPTEMBER 8<sup>TH</sup> 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.

## HUMAN RIGHTS COMMISSION MONTHLY FEEDBACK SESSION

Join representatives from the Mansfield HRC the **first Wednesday of each month at 1:00 PM** for conversation and feedback on issues such as transportation, health care, recreation, food availability and safety in public areas in Mansfield.

**August 6<sup>th</sup> 1:00 PM - Please RSVP TO  
860-429-0262 by 8/4**

## 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



### Eligibility Requirements:

**Must be a Mansfield resident**

**Must meet income guidelines**

**Must complete application**

**For More Information please call 860-429-3315**

## SUMMER FOOD PROGRAMS

If you are in need of food resources, we can help.

Call us at 860-429-3315 to learn more.

### 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 August, we will provide one meal kit. Please watch for flyers with request deadline and pick-up date-specific details.

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.



# AUGUST DAY TRIPS



## Homemade Ice Cream Summer Series



### Kloter's Ice Cream Barn, Ellington

Tuesday, August 5<sup>th</sup>, 1:00 PM – 3:00 PM

We are on to our 4<sup>th</sup> stop of our ice cream series. Do you have a favorite so far? Maybe Kloter's in Ellington will be the best yet! Choose from over 20 flavors and enjoy while relaxing in one of the cozy Adirondack chairs!

### New England Botanical Garden Boylston, MA



Wednesday, August 13<sup>th</sup>, 9:00 AM – 3:00 PM

Enjoy a beautiful day in the botanical gardens! Wander formal gardens that feature enchanting summer designs and vibrant color palettes and cool down in naturalistic spaces like the Shade Garden. Enjoy lunch on your own at their café Farmer and the Fork OR feel free to bring your own lunch.

**Admission: \$17 payable at the garden.**

### Lebanon Historical Society, Lebanon

Friday, August 15<sup>th</sup>, 11:00 AM – 3:30 PM

We will start our trip with having lunch first at Apollo Restaurant before we reach the Lebanon Green where we will have a private tour of the Modern Museum which holds over 10,000 years of local history. Take a stroll on the History Walk Trail before heading over to the Jonathan Trumbull House. **No fee for this tour but donations are accepted and encouraged.**

### Ivoryton Playhouse: "My Fair Lady" Ivoryton



Thursday, August 21<sup>st</sup>, 12:30 PM- 7:00 PM

Follow the tale of Eliza Doolittle, a Cockney flower girl turned refined lady, as she navigates the high society of Edwardian London. This most beloved musicals of all time is a charming story of transformation and romance. Dinner to follow at the Cactus Bistro Bar & Grill.

**Tickets are \$48.00 per person  
Prepaid reservations are required  
and due by 8/12**

## Ballard Institute & Museum of Puppetry Storrs

Tuesday, August 26<sup>th</sup>, 1:00 PM – 3:00 PM

The Ballard Institute and Museum of Puppetry is a unique resource for understanding the past, present, and future of puppets and material performance. Its collection of over 3,000 puppets and its archival resources offer further insights into puppet history. The Ballard Institute has a **suggested donation of \$5 per person**, but we encourage you to pay as you wish.



### Lunch Bunch: The Traveler's Restaurant Union



Wednesday, August 27<sup>th</sup>, 11:30 AM – 2:30 PM

Enjoy a tasty lunch surrounded by books. Take one home for FREE! They offer a bookstore in the basement that you can browse as well.



### Connecticut River Cruise, Rocky Hill Thursday, August 28<sup>th</sup>, 10:15 AM - 3:00 PM

Enjoy a relaxing hour-and-a-half interpretive cruise on the Connecticut River leaving from Ferry Park, Rocky Hill.

There will be music and binoculars available for use to watch for beautiful wildlife. We will begin our trip with lunch at The Ferry Grill & Chill just steps from the dock but feel free to bring your own lunch as well!

**Prepaid tickets with tip included \$27.00  
due by 8/18.**



### PLEASE NOTE:

If you are a Mansfield resident, we may be able to pick you up and drop you off right at home when Dial-A-Ride or the local bus are unavailable. If you would like to use this service, please let us know when registering for a trip. A signed registration form *and* payment (if applicable) are required to register for upcoming trips. Due to limited seating, Mansfield residents aged 55+ are eligible to register immediately on a first-come, first-served basis. Non-Mansfield residents aged 55+ will be placed on a waitlist; one week (7 days) prior to the trip, those on the waitlist will be moved to the active trip list in the order in which they registered if seats are available. Trips are subject to cancellation based on registration. **All participants on the trip list will receive a confirmation call prior to the trip. You must confirm to retain your spot.** Should you need to cancel a reservation, request as early as possible. Refunds cannot be guaranteed, see pg. 15 registration page for more info.



# AUGUST MAPLE ROAD LUNCH MENU



NAME(S) \_\_\_\_\_

PLEASE LIST NAMES OF EACH INDIVIDUAL REQUESTING A MEAL ON THE NAME LINE ABOVE. INDICATE THE MEAL QUANTITY BY EACH SELECTION BELOW. SIGN UP BY SUBMITTING A MENU AT THE CENTER OR BY CALLING 860-429-0262. SIGN UP BY 12:00PM ON FRIDAYS FOR THE FOLLOWING WEEK.

Tuesday	Wednesday	Thursday
<b>August Cafe Dates: 8/8 and 8/22</b>		
<b>5</b> Garlic Parmesan-Breaded Chicken Roasted Potatoes Veg du Jour Dessert Please Circle Dine In or Take Out	<b>6</b> Chili Cheese Dog Onion Rings Coleslaw Dessert Please Circle Dine In or Take Out	<b>7</b> Creamy Spinach & Mushroom Tortellini Garlic Bread Salad Dessert Please Circle Dine In or Take Out
<b>12</b> Taco Salad Fritos Dessert Please Circle Dine In or Take Out	<b>13</b> Philly Cheesesteak Grinder with Peppers & Onions Potato Wedges Dessert Please Circle Dine In or Take Out	<b>14</b> Braised Pork Chops with Cabbage Mashed Potatoes Dessert Please Circle Dine In or Take Out
<b>19</b> Shrimp Scampi Pasta Broccoli Salad Cheddar Biscuits Dessert Please Circle Dine In or Take Out <input type="checkbox"/> IT'S MY BIRTHDAY!	<b>20</b> Grilled Turkey, Bacon, Cheddar Sandwich French Fries Pickle Dessert Please Circle Dine In or Take Out	<b>21</b> Beef Stew Salad Dessert Please Circle Dine In or Take Out
<b>26</b> Sausage Gravy with Biscuits Home Fries Bacon Dessert Please Circle Dine In or Take Out	<b>27</b> Tomato Basil Cod Baked Potato Veg du Jour Dessert Please Circle Dine In or Take Out	<b>28</b> Chicken Quesadillas Mexican Rice Black Bean Salad Dessert Please Circle Dine In or Take Out

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 12:30PM-4:00PM.

IF YOU NEED TO CANCEL YOUR LUNCH ORDER, PLEASE CALL THE SENIOR CENTER BY 11 AM DAY OF.

**\*SEE PAGE 3 FOR MORE DETAILS ON THE MAPLE ROAD CAFE\***

# AUGUST

## EVENTS CALENDAR

All programs are ages 55+ unless otherwise noted.



MONDAY	TUESDAY	WEDNESDAY JULY 30.	THURSDAY	FRIDAY
<p>4.</p> <p>9:00 TECH TIME 9:30 TAI CHI DVD 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>5.</p> <p>9:00 STR &amp; STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BINGO 1:00 KLOTER'S BARN ICE CREAM TRIP 1:30 MOVE/MUSIC</p>	<p>6.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 1:00 HRC FEEDBACK SESSION 1:00 SETBACK</p>	<p>7.</p> <p>11:00 PING PONG 11:30 FOODSHARE 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:15 SUMMER STAYCATION DESTINATION: THE NETHERLANDS</p>	<p>8.</p> <p>8:30 HAIRCUTS 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:30 CAFE! 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG 1:00 CLASSIC MOVIE: HELP</p>
<p>11.</p> <p>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>12.</p> <p>10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BINGO 1:00 BEREAVEMENT SUPPORT GROUP 4:00 CAREGIVER SUPPORT GROUP</p>	<p>13.</p> <p>9:00 NEW ENGLAND BOTANICAL GARDEN TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK</p>	<p>14.</p> <p>11:00 MUSIC &amp; MONARCHS 11:00 PING PONG 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP</p>	<p>15.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:00 LEBANON HISTORICAL SOCIETY TRIP 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>18.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME 12:30 TIE-DYEING EVENT 1:00 FOLK SINGING 1:00 QUILTING 1:00 CANCER SUPPORT GROUP</p>	<p>19.</p> <p>9:30 FOOTCARE 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 BIRTHDAY LUNCH 1:00 RELIVE THE 60S &amp; 70S THROUGH SONG 1:00 BINGO 1:30 MOVE/MUSIC</p>	<p>20.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK</p>	<p>21.</p> <p>9:00 STR &amp; STABILITY 11:00 MUSIC &amp; MONARCHS 11:00 PING PONG 11:30 FOODSHARE 11:30 BRIDGE 12:00 LUNCH 12:30 IVORYTON PLAYHOUSE TRIP 1:00 JEWELRY GROUP</p>	<p>22.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:30 CAFE! 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG 1:00 MOVIE: THE GOONIES</p>
<p>25.</p> <p>9:00 TECH TIME 9:30 TAI CHI DVD 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 QUILTING 2:00 PTSD SUPPORT GROUP</p>	<p>26.</p> <p>9:00 STR &amp; STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BALLARD INSTITUTE &amp; PUPPETRY MUSEUM TRIP 1:00 BINGO 1:30 MOVE/MUSIC 4:00 PAINT NIGHT</p>	<p>27.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 11:30 LUNCH BUNCH: THE TRAVELER'S RESTAURANT 12:00 LUNCH 12:00 FRENCH 11:00 SETBACK</p>	<p>28.</p> <p>9:00 STR &amp; STABILITY 10:15 CONNECTICUT RIVER CRUISE TRIP 11:00 MUSIC &amp; MONARCHS 11:00 PING PONG 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS MEET &amp; GREET</p>	<p>29.</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>

# AUGUST 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>2 Classes</b>	<b>\$14.00</b>
	<b>Movement with Music</b>	<b>3 Classes</b>	<b>\$24 .00</b>
<b>Wed</b>	<b>Chair Yoga with Latifa</b>	<b>3 Classes</b>	<b>\$24.00</b> <small>updated 7/30/25</small>
<b>Thurs</b>	<b>Strength &amp; Stability</b>	<b>2 Classes</b>	<b>\$14.00</b>
	<b>Music and Monarchs</b>	<b>3 Classes</b>	<b>\$24.00</b> <small>updated 8/1/25</small>
	<b>Chorus Fall Season (Sept-Dec)</b>	<b>16 Classes</b>	<b>\$118.00</b>
<b>Friday</b>	<b>Gentle Yoga with Carol</b>	<b>4 Classes</b>	<b>\$32.00</b>
<b>Events</b>	<b>FREE Chair Yoga Demo Class</b>	<b>July 30<sup>th</sup></b>	<b>FREE</b>
	<b>Summer Staycation</b>	<b>August 7<sup>th</sup></b>	<b>\$5.00</b>
	<b>Tie-Dyeing Event</b>	<b>August 18<sup>th</sup></b>	<b>\$3.00</b>
	<b>Paint Night</b>	<b>August 26<sup>th</sup></b>	<b>\$15.00</b>
	<b>Variety Show</b>	<b>Sept. 25<sup>th</sup></b>	<b>\$5.00</b>
	<input type="checkbox"/> I have an act! (please see staff)		Fee applies to both actors and spectators
	<input type="checkbox"/> Spectator		
<b>Trips</b>	<b>Ice Cream Series: Kloter's Barn</b>	<b>August 5<sup>th</sup></b>	
	<b>New England Botanical Garden</b>	<b>August 13<sup>th</sup></b>	
	<b>Lebanon Historical Society</b>	<b>August 15<sup>th</sup></b>	
	<b>Ivoryton Playhouse</b>	<b>August 21<sup>st</sup></b>	<b>\$48.00</b>
	<b>Ballard Institute &amp; Museum</b>	<b>August 26<sup>th</sup></b>	
	<b>Lunch Bunch: Traveler's Restaurant</b>	<b>August 27<sup>th</sup></b>	
	<b>Connecticut River Cruise</b>	<b>August 28<sup>th</sup></b>	<b>\$27.00</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**

**Annual renewal required.**

**PLEASE PRINT**

**Date:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Town:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**Renewal:** \_\_\_\_\_ **New Subscription:** \_\_\_\_\_

**\$15 FOR 12 ISSUES**

**Amount Enclosed:** \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO  
TOWN OF MANSFIELD**

**Mansfield Senior Center  
303 Maple Road  
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)**

