

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

September 2025



Celebrating
50 Years!

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



MANSFIELD
SENIOR CENTER

Welcome September

303 MAPLE ROAD,
MANSFIELD
860-429-0262

WWW.MANSFIELDCT.GOV/SENIORS

Hours:

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

Senior Center Supervisor:

Jessica Tracy
860-487-9874
TracyJA@mansfieldct.org

Program Coordinator:

Kimberly Rontey
860-487-9872
RonteyKB@mansfieldct.org

Program Assistant:

Vicky Hannon
860-487-9877
HannonL@mansfieldct.org

Outreach Coordinator:

Amy Garganese
860-487-9875
GarganeseA@mansfieldct.org

Nutrition Coordinator:

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

Kitchen Assistant

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

Driver:

Patricia Elliot

Happy Senior Center Month!

For half a century, the Mansfield Senior Center has been a cornerstone of the community, offering a wide array of programs and services that promote health, wellness, and social engagement for seniors. From fitness classes and art workshops to educational seminars, trips, and social events, the center has tirelessly worked to create a vibrant, inclusive environment that fosters connection and growth.

As we commemorate this milestone, we recognize our dedicated volunteers, staff, and community members whose passion and effort have made this center a cherished and vital resource.

To celebrate National Senior Center month and our golden anniversary, we will have special activities each week at the Mansfield Senior Center. Join us in our month-long celebration as we look to the future with a renewed commitment to supporting and empowering the senior community.



Here's to another fabulous 50 years!

~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!

September 2025

Senior Center Closed Monday, September 1st for Labor Day

50TH ANNIVERSARY VARIETY SHOW

A Golden Night of Stars

Thursday, September 25th at 5:00 PM



Join us in celebration the Mansfield Senior Centers 50th anniversary.

Gold-colored attire is encouraged to celebrate our golden anniversary!

Act registration closes 8/29/25. Spectator registration closes at 12 noon on 9/19/25.

\$5 fee applies to all and includes snacks and show. Register using pg. 17 form.

**Come to our
September cafés!**



Friday, September 5th

**Friday, September 19th with music
performance by *Right Moment Duo***

11:30 AM-1:00 PM

(or while supplies last)

What is the Maple Road Café?

No advance lunch orders needed and open to all ages. The Café offers an a la carte menu.

Prices vary. Food may be eaten in or taken to go, unless otherwise noted.

VOLUNTEERS NEEDED FOR MEDICAL RIDES & MEALS ON WHEELS

We are looking for drivers on any weekday, to help provide rides to Mansfield seniors to medical appointments and to deliver meals to Mansfield residents in need. Flexible schedules available. 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**"

CARING COOKIE

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

Laurie Hoffman

Laurie was nominated for "gifting a popular cafe item to a fellow member who missed out."



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.

Birthday Lunch

Celebrate your birthday with us on

September 23rd



Use the lunch menu on page 15 and sign up by **Friday, September 19th** 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!

LET'S CELEBRATE!

COMMUNITY ART PROJECT

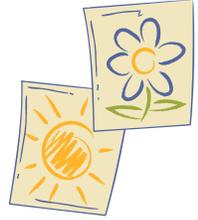
Pick-up by September 19th.

Return your completed square by September 23rd.

Get those creative juices flowing in this community art project! See a member of MSC staff to claim your 2x2 square and instructions. Use whatever media you prefer to complete your square. We recommend taking advantage of the Friday open studio/maker space access in the Craft Room!

All squares must be returned by 9/23.

The reveal of the final full image will occur at the Variety Show, and displayed for the rest of September.



FREE FITNESS CLASSES SEPTEMBER 2ND TO 4TH

You read that right!

MSC fitness classes will be offered free of charge

September 2nd, 3rd, and 4th.

This is a great time to prioritize your health, or try something new!

Regular exercise offers numerous benefits for older adults, promoting both physical and mental well-being. It can improve heart health, reduce the risk of chronic diseases like diabetes and certain cancers, and enhance bone density, thereby lowering the risk of falls and fractures. Exercise also plays a crucial role in maintaining cognitive function, improving mood, and boosting overall energy levels.

Try Strength & Stability, Movement with Music, Chair Yoga or Fundamentals of Tap.

Pre-registration for free classes is required. Use the pg. 17 registration form.

Spaces in each class are limited.



GRANDPARENTS DAY GIVEAWAY!

Packet pick-up 9/2 to 9/5, 9 AM to 4 PM

Happy (almost) grandparents day!

The relationship between a grandparent and grandchild is so precious.

Foster that relationship by picking up a craft kit to do together!

Craft kits will be available for pick-up at the Mansfield Senior Center

Tuesday-Friday from 9 a.m. to 4 p.m.

The Youth Services office will also have pick-up times and options available.

Supplies are limited, please RSVP for your craft kit with preferred

pick-up location and quantity (max one per grandchild) to 860-429-0262



MONDAY MIX & MINGLE

Monday, September 8th at 12 noon

Please join us as we meet, mix, and mingle on a Monday afternoon! New and seasoned members welcome and encouraged to attend.

Join us for a **new member group tour at 12 noon**, followed by snacks and chats in the Back Dining Room. Let's all aim to make a new friend today!



No RSVP required.

FRENCH BASICS

Instructed by Quebec native Celine Demers-Schiffler



Join us for this 5-week session where we will discover basics of conversational Quebec-French. This program will be tailored to the experience level of the group. Early-beginner learners encouraged. Test your new language skills at the Conversational French group, Wednesdays at 12 noon.

Wednesdays, Sept. 10th to Oct. 8th

10:45 AM-11:45 AM

\$40 (5 classes) Register on pg. 17 form

MR. MAGIC'S MAGIC SHOW!

Thursday, September 11th at 10:30 a.m.
Performance by Mr. Magic himself, Rich Rothstein

Start your day with laughter, amazement, and pure joy at this interactive, laugh-out-loud magical experience designed to entertain, engage, and bring everyone together for an unforgettable time!

Cost: \$7 per person

Pre-registration by 9/8 is required. Please use the registration form on page 17.



BOOK CLUB

After several requests, we're looking forward to starting a book club here at the MSC.

September 15th at 2pm meeting will discuss:
Remarkably Bright Creatures
by Shelby Van Pelt



October 27th at 2pm meeting will discuss:
Lessons in Chemistry
by Bonnie Garmus

Reach out to your local library to obtain book copies. **No RSVP required.**

GET YOUR FALL VACCINES!

Eastern Highlands Health District will be hosting a vaccine clinic with Beacon Prescriptions at the Mansfield Senior Center on **Tuesday, September 16th**. Vaccines being offered are Flu (both high dose and regular), Covid-19, RSV, and Pneumonia. Appointments available between 9am-12pm.



Scan with your phone to schedule your appointment:



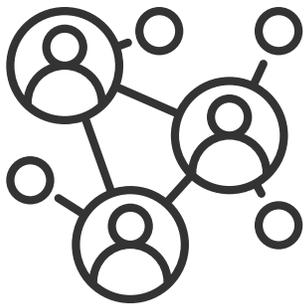
SCAVENGER HUNT! Available all of September!

The MSC is the place to be! To celebrate our golden anniversary, we invite you to discover something new about this local gem (that's right, it's here)! Pick up a scavenger hunt from the Reception desk and follow the clues. These hints will lead you through the center, showcasing some surprising activities and spaces. Once you've cracked the passcode, return the slip for a chance to win a PRIZE!



GROUPS & RESOURCES FAIR

Wednesday, September 17th, 10 AM to 12 PM



It's Senior Center Month and we look forward to hosting organizations that offer resources and information to benefit older adults in Mansfield and surrounding towns at our inaugural resource fair.

Come meet representatives from MSC activity groups, purchase jewelry from the jewelry group sale, learn out local food resources, medical supplies, tech and legal aid, emergency preparedness, and more.

All are welcome at this FREE informational event. If you are not a member, please sign in as a guest on the kiosk.

RIGHT MOMENT DUO CONCERT

Friday, September 19th, 12:30 PM to 1:30 PM

Singer, song writer, and guitarist, Tom Rotchford, accompanied by Donn Federowicz on bass & ukulele, perform Classic Rock, Country, New Rock, & Original Music, accompanied by amazing harmonies, presenting a wide variety of musical experiences. Be treated to selections of their favorite Beatles, Train, Tom Petty, Bruce Springsteen, John Mayer, Niall Horan, Crosby Stills Nash & Young, Chris Stapleton, John Legend and other favorites along with Right Moment Duo original songs.

Come for the Cafe (11:30AM-1PM), stay for the great entertainment (12:30PM-1:30PM)!



SPIRIT WEEK SEPTEMBER 22ND TO 26TH

Do we have spirit? We sure do! Who's best to show it? That's YOU!

We look forward to seeing your spirited attire!

Monday 9/22 - Fallin' for Fall (Wear fall colors)

Tuesday, 9/23 - Crazy Hat/Hair Day

Wednesday, 9/24 - Superhero Day

Thursday, 9/25 -

Golden Anniversary (Wear Gold)

Friday, 9/26 - Decades Day



ELDER LAW EXPLAINED

A presentation by Samantha Graves of Prue Law Group

What is Elder Law and why does it matter to you? Come here a brief overview of:

- Elder Law
- Estate Planning & Assets Protection
- Geriatric Services
- Probate Court Matters

The presentation will end with Q&A time so bring your questions!

Tuesday, September 23rd at 3:15 PM
FREE; RSVP to 860-429-0262 by 9/19

HOME CARE EXPLAINED: **WHAT IT IS, WHO PAYS,** **& HOW TO GET IT**

A presentation by Hope Chapman of Assisted Living Home Care Services

Come learn the ins and outs of home care services. Gain confidence in your understanding of what assisted living home care is and what it can offer you or your loved ones when the time is right.

Tuesday, September 16th at 2 PM
FREE; RSVP to 860-429-0262 by 9/12

GENEALOGY GROUP - ADDED MONTHLY MEETING! MAKING TIME FOR BUILDING OUR TREES



Monday, September 22nd, 10AM to 12PM

Join us for a monthly gathering where genealogy meets community in a collaborative space. Whether you're organizing old files, untangling your family tree, labeling those mystery photographs, or chipping away at a stubborn brick wall, you're not alone.

Bring your project and settle in—no pressure, work at your own pace, with good company and shared purpose. We'll swap tips, lend a hand, and learn new strategies from one another, all while making meaningful progress on our roots. Leave feeling just a little more connected to both past and present.

See pg. 9 for additional Genealogy Group meetings and activities.

New members always welcome at all meetings.

This is a free drop-in program. No RSVP required.



CELEBRATING THE FALL EQUINOX

Monday, September 22nd, 12:15 to 1:15 PM

Meet at Merrow Meadow Park. 13 Merrow Road, Storrs.

Join us for the start of the fall season for a short walk and picnic lunch at one of Mansfield's favorite parks - Merrow Meadow!

Merrow Meadow is a 33-acre park along the Willimantic River containing an old field, wetlands and wooded sections. **We will explore the 0.54 trail, with option to remain on the 0.31 paved loop** and finish with a picnic lunch.

\$5 - includes bagged lunch of turkey sandwich, pickle, chips, and a cookie. BYO non-alcoholic beverage.

Register on the pg. 17 registration form.

SEND FALL GREETINGS!

You'll find the greeting cards in their new home in the Dining Room!



SEASHELL SCIENCE

Tuesday, September 23rd, 1 PM to 3 PM

with Sue Harrington

Join us for a fascinating seashell identification event! Bring your own seashells from summer adventures, whether they're new finds or old treasures. Don't have your own? Sample shells will be available during this discovery session and you can start your collection. Sue will guide you through learning and exploring. Discover fun facts about the common shells of the area, be amazed by some of the spectacular specimens from around the world and enhance your seashell knowledge.

\$5 registration. Register by 9/16 on the pg. 17 registration form



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, September 16th 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: 9 to 5

September 5th 1:00 PM

Three savvy co-workers (Jane Fonda, Dolly Parton, and Lily Tomlin) take it upon themselves to get back at their evil boss (Dabney Coleman) in this classic comedy.



RSVP BY SEPTEMBER 3RD

Dead Poets Society

September 26th 1:00 PM

Maverick teacher John Keating (Robin Williams) returns in 1959 to the prestigious New England boys' boarding school where he was once a star student, using poetry to embolden his pupils to new heights of self-expression.



RSVP BY SEPTEMBER 24TH

Lifelong Learning

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



GENEALOGY

PAST TO PRESENT 10AM-12PM

Monday, September 8th (2nd Monday Each Month)

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.

NEW! Making Time for Building Our Trees 10AM-12PM

Monday, September 22nd (4th Monday Each Month)

See details on pg. 7

NEW! Genealogy Book Discussion

Next meeting: Oct. 20th 11AM-12:15PM

Title: *Stranger in my Genes: A Memoir*

by Bill Griffeth

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

Wednesday, September 17th at 1:00 PM

Science club is BACK!

This month we'll explore "Toys in Space!".
New members always welcome.

Please register/RSVP for the following programs as indicated:

TECH TIME

Monday, September 15th & 29th 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
September 4th, 11th, 18th & 25th
Fee: \$32



Registration is per individual attending. Use the pg. 17 registration form. Please register with payment to receive the Zoom link. May attend in person at the Mansfield Senior Center also.

MSC CHORUS - RETURNING THIS MONTH!



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 4th-Dec. 8th
Performances TBD (approx. Dec. 9th-18th)

Registration for the full season is required.

Full-season payment (Sept-Dec):
\$6 materials + \$112 program fee. **Total: \$118**
Pre-register using the pg. 17 registration form.
Monthly installment payments available by request. Fee is not pro-rated 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 Mahjongg 9/5 & 9/19



*Mahjongg 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.

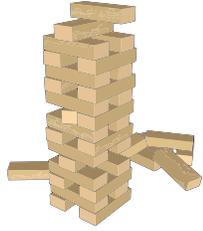
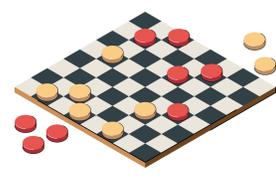
Games Spotlight!

Laugh and Play
Open Game Time!



Play your favorite card and board games with great company!

Bring your own game to teach a new friend or use one of the MSC's. Open Game Time belongs to you. Come have some laughs. Mondays at 11 a.m.! Meet in the Dining Room near the puzzles.



WELLNESS PROGRAMS

Haircuts



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

Friday, September 12th, 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.

**Friday, September 5th
9:00 AM - 12:00 PM**

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

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, September 16th 9:30 AM-3:30 PM
Cost: \$40 cash or check per 30-minute appointment, payable directly to provider**

FOCUS ON FITNESS

For September only, fitness classes Sept. 2nd-4th are free to try. Pre-registration for Sept 2nd-4th class dates is required. Fees below represent the appropriate adjustment when registering for the full month.

Prices listed are for the month of September; full month payment is required for participation. Please call 860-429-0262 for more information on registering for classes, or see page 17.

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

September 3rd, 10th, 17th and 24th Fee: \$24



"Attitude is a little thing that makes a big difference."

– Winston Churchill

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

September 2nd, 9th, 16th, 23rd and 30th

Fee: \$28.00

Thursdays: 9:00-10:00 AM

September 4th, 11th, 18th and 25th

Fee: \$21.00

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.

Wednesdays, Sept. 3rd, 10th, 17th, and 24th

1:00-2:00 PM Fee: \$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

September 12th, 19th and 26th

Fee: \$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, September 2nd, 9th, 16th, 23rd and 30th

1:30-2:30 PM

Fee: \$32.00



OUTREACH & TRANSPORTATION SERVICES

OUTREACH & TRANSPORTATION COORDINATOR: Amy Garganese
860-487-9875
GarganeseA@mansfieldct.org

BEREAVEMENT SUPPORT GROUP

Tuesday, September 9th 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, September 9th 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.

CANCER SUPPORT GROUP

Monday, September 22nd, 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

PTSD SUPPORT GROUP

Monday, September 29th, 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
Tuesdays* 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.

*No shopping 9/30. See pg. 14 Manchester Trip option.

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, September 4th & 18th

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 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.

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.
September 3rd 1:00 PM - Please RSVP TO 860-429-0262 by 9/2

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

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

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 food program that provides meal kits for eligible households. If you currently qualify for our food pantry, you are automatically eligible for this program. Please call for more information.

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.



Individual Counseling Services

**Are you feeling like you may need a change?
Sometimes life gets tough and can cause struggles that
can leave you feeling overwhelmed.
If you are looking for extra support, we are now offering
free counseling services for adults and seniors.**

**Please call 860-487-9873 for more
information
or to schedule an appointment**



SEPTEMBER DAY TRIPS

For the Love of Books, Madison, CT Wednesday, September 3rd, 9:00 AM – 3:00 PM

Calling all book lovers! We have another trip for you to browse the myriad of books at two stops. First we will visit Syd's Book Shack & Boutique where they are "Making a Difference One Book at a Time". Then, we're off to R.J. Julia Booksellers ~ A Great Place to Meet Books! Enjoy lunch right at RJ's café.



Apple Picking, Gales Ferry, CT

Wednesday, September 10th, 10:00 AM – 3:30 PM

At Holmberg Orchards you can pick your own fruits, shop for bakery items at their Farm Market, or stop by their tasting room where you can sample and purchase wines, ciders and slushies. Who doesn't love a day out on the farm?! We will start at Valentino's for lunch before heading to the orchard.



Samuel Slater Experience, Webster, MA

Thursday, September 11th, 9:00 AM – 3:30 PM

Come and learn more about the "Father of the American revolution" The Samuel Slater Experience comprises more than twenty unique, immersive exhibits that make the history of the American Industrial Revolution come alive. Enjoy lunch on Webster Lake at Point Breeze.

Tickets are \$10.00 per person.

Prepaid reservation is required at time of registration.

Lunch Bunch: Hideaway, Old Lyme

Friday, September 12th, 11:00 AM – 2:00 PM

With over 30 years of being a shoreline favorite, The Hideaway Restaurant boasts an extensive menu offering food for all tastes.



Big E CT Day

Wednesday, September 17th

8:30 PM- 4:00 PM



Come out and have fun at the Big 'E' on CT DAY!! Enjoy their daily attractions like agricultural demonstrations, food, music, circus and more!

Tickets are \$11.00 per person.

Pre-paid reservation is required at time of registration.

Homemade Ice Cream Summer Series: Mel's Downtown Creamery, Colchester

Tuesday, September 23rd, 1:00 PM – 3:30 PM

Don't miss the last stop of our Ice Cream Series!! Mel's Downtown Creamery is a 50's-Style ice cream shop with a modern sweet treat twist. Enjoy premium ice cream, order an ice cream cake or ice cream pie, and don't forget to take on the Big Kahuna!



Stonington Lighthouse, Stonington

Wednesday, September 24th, 9:00 AM - 3:00 PM

Let's visit America's first Lighthouse Museum which keeps watch at the south end of Stonington Point.

Admission cost includes a tour of the Captain Nathaniel B. Palmer House Museum, a beautiful old home loaded with interesting history, art pieces and exquisite artifacts. Lunch to follow at Main Street Restaurant & Bar.



**Admission is \$15.00 per person.
Prepaid reservation is required at time of registration.**

Canton Historical Museum, Canton

Thursday, September 25th, 9:00 AM - 3:00 PM

Explore exhibits brimming with artifacts that whisper tales of yesteryear. Prepare to be transported to a bygone era, where the echoes of the past come alive through captivating stories and tangible treasures.

Lunch at "Dish n' Dat" to follow.

Admission is just \$3.00 payable at the museum.



Manchester Shopping Day, Manchester

Tuesday, September 30th, 10:00 AM - 2:00 PM

Let's get out of town for a day of shopping in Manchester. We will make a few stops between The Shops at Evergreen Walk, Hobby Lobby, Buckland Hills and Trader Joe's. Enjoy lunch on your own (or with a buddy!) at one of the many restaurants in the area.



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. 17 registration page for more info. Museum passes may not be used to obtain individual trip discounts.

SEPTEMBER 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
2 BBQ Chicken Breast Mac & Cheese Veg du Jour Dessert Please Circle Dine In or Take Out	3 Bacon Cheeseburger French Fries Cole Slaw Dessert Please Circle Dine In or Take Out	4 Rubeen Potato Salad Pickle Dessert Please Circle Dine In or Take Out
9 Meatloaf Mashed Potatoes Veg du Jour Dessert Please Circle Dine In or Take Out	10 Ravioli with Sauce Garlic Bread Veg du Jour Dessert Please Circle Dine In or Take Out	11 Kielbasa Pierogies Veg du Jour Dessert Please Circle Dine In or Take Out
16 Pineapple Pork Chop Rice Pilaf Veg du Jour Dessert Please Circle Dine In or Take Out	17 Chicken Caesar Salad Dessert Please Circle Dine In or Take Out	18 Clam Chowder Seafood Salad Roll Veg du Jour Dessert Please Circle Dine In or Take Out
23 Chicken Cordon Bleu Mashed Potatoes Veg du Jour Dessert Please Circle Dine In or Take Out <input type="checkbox"/> IT'S MY BIRTHDAY!	24 French Toast Homefries Sausage Dessert Please Circle Dine In or Take Out	25 Chef Salad Cheesy Garlic Bread Dessert TAKE OUT ONLY 12:30 to 4 PM
30 Lemon Garlic Butter Tilapia Egg Noodles Veg du Jour Dessert Please Circle Dine In or Take Out	This menu was selected by popular vote of past favorites. Thank you for your input!	
	September Cafe Dates: 9/5 and 9/19	

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



SEPTEMBER

EVENTS CALENDAR

All programs are ages 55+ unless otherwise noted.

Grandparents Day Packet Pick-up 9/2-9/5				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. <i>Closed</i></p>	<p>2.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC</p>	<p>3.</p> <p>9:00 BOOK LOVERS' TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 11:00 SETBACK 1:00 HRC FEEDBACK SESSION 1:00 FUND. OF TAP</p>	<p>4.</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 1:00 CHORUS</p>	<p>5.</p> <p>9:00 HEARING CLINIC 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:30 MAPLE ROAD CAFE 1:00 CLASSIC MOVIE: 9 TO 5 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p>
FREE Fitness Classes 9/2-9/4				
<p>8.</p> <p>9:30 COMMISSION ON AGING 9:30 TAI CHI DVD 10:00 GENEALOGY GROUP 11:00 OPEN GAME TIME 2:00 MIX & MINGLE 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>9.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BINGO 1:00 BEREAVEMENT SUPPORT GROUP 1:30 MOVE/MUSIC 4:00 CAREGIVER SUPPORT GROUP</p>	<p>10.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 APPLE PICKING TRIP 10:30 SPANISH 10:45 FRENCH BASICS 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 12:30 CSEA MEETING 1:00 SETBACK 1:00 FUND. OF TAP:</p>	<p>11.</p> <p>9:00 SAMUEL SLATER EXPERIENCE TRIP 9:00 STR & STABILITY 10:30 MR. MAGIC'S MAGIC SHOW 11:00 MUSIC & MONARCHS 11:00 PING PONG 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>12.</p> <p>8:30 HAIRCUTS 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:00 LUNCH BUNCH: THE HIDEAWAY RESTAURANT 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>15.</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 BOOK CLUB</p>	<p>16.</p> <p>9:00 STR & STABILITY 9:00 VACCINE CLINIC 9:30 FOOTCARE 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BINGO 1:00 RELIVE THE 60S & 70S THROUGH SONG 1:30 MOVE/MUSIC 2:00 HOME CARE EXPLAINED</p>	<p>17.</p> <p>8:30 BIG E TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 GROUPS & RESOURCES FAIR 10:30 SPANISH 10:45 FRENCH BASICS 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK 1:00 SCIENCE CLUB 1:00 FUND. OF TAP</p>	<p>18.</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 1:00 CHORUS</p>	<p>19.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 11:30 MAPLE ROAD CAFE 12:30 PERFORMANCE BY RIGHT MOMENT DUO 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p>
<p>22.</p> <p>9:30 TAI CHI DVD 10:00 GENEALOGY GROUP 11:00 OPEN GAME TIME 12:15 FALL EQUINOX HIKE: MERROW MEADOW PARK 11:00 FOLK SINGING 1:00 QUILTING 1:00 CANCER SUPPORT GROUP</p>	<p>23.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 BIRTHDAY LUNCH 1:00 MEL'S CREAMERY TRIP 1:00 SEASHELL SCIENCE 1:00 BINGO 1:30 MOVE/MUSIC 3:15 ELDER LAW TALK/Q&A</p>	<p>24.</p> <p>9:00 STONINGTON LIGHTHOUSE TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:45 FRENCH BASICS 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK 1:00 FUND. OF TAP</p>	<p>25.</p> <p>9:00 CANTON HISTORICAL MUSEUM TRIP 9:00 STR & STABILITY 11:00 MUSIC & MONARCHS 11:00 PING PONG 11:30 BRIDGE 12:00 LUNCH - TAKEOUT ONLY 1:00 JEWELRY GROUP 1:00 CHORUS 5:00 50TH ANNIVERSARY VARIETY SHOW!</p>	<p>26.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO 1:00 MOVIE: DEAD POETS SOCIETY</p>
<p> Show your spirit this week! </p>				
<p>29.</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>30.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 MANCHESTER SHOPPING TRIP 12:00 LUNCH 1:00 BINGO 1:30 MOVE/MUSIC</p>			

SEPTEMBER 2025 CLASSES & EVENTS REGISTRATION FORM

Name: _____ Phone: _____

Address/Town: _____ Email: _____

Emergency Contact & Phone: _____

	CLASS/TRIP/EVENT	DAY/DATE	FEE
Classes	Strength & Stability	Tuesday	\$28.00
	Movement with Music		\$32.00
	French Basics	Wednesday	\$40.00
	Chair Yoga with Latifa		\$24.00
	Fundamentals of Tap		\$21.00
	Strength & Stability	Thursday	\$21.00
	Music and Monarchs		\$32.00
	Chorus Fall Season (Sept-Dec)		\$118.00
	Gentle Yoga with Carol	Friday	\$24.00
	FREE Fitness Class Sept. 2-4 (Check below)		
	<input type="checkbox"/> Tu. Strength & Stability	<input type="checkbox"/> Tu. Move w/ Music	<input type="checkbox"/> W. Fund. of Tap
	<input type="checkbox"/> Th. Strength & Stability	<input type="checkbox"/> W. Chair Yoga	
Events	Mr. Magic's Magic Show	Sept. 11th	\$7.00
	Fall Equinox Walk & Lunch	Sept. 22nd	\$5.00
	Seashell Science	Sept. 23rd	\$5.00
	Variety Show (Spectator)	Sept. 25th	\$5.00
Trips	For the Love of Books	Sept. 3rd	
	Apple Picking	Sept. 10th	
	Samuel Slater Experience	Sept. 11th	\$10.00
	Lunch Bunch: The Hideaway	Sept. 12th	
	Big E	Sept. 17th	\$11.00
	Ice Cream Series: Mel's Creamery	Sept. 23rd	
	Stonington Lighthouse	Sept. 24th	\$15.00
	Canton Historical Museum	Sept. 25th	
	Manchester Shopping Day	Sept. 30th	
			Total Due:

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.

Make Checks Payable to Town of Mansfield

Signature: _____ Date: _____

Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268

**Have you found the new
MSC Secret Garden?**

Books, magazines & CD's in the garden are
free for your enjoyment.



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
Newsletter may also be found at
www.mansfieldct.gov/seniorssparks**

