

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

October 2025



October

A SPOOKTACULAR MONTH OF FUN

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



MANSFIELD
SENIOR CENTER

303 MAPLE ROAD,
MANSFIELD
860-429-0262
WWW.MANSFIELDCT.GOV/SENIORS

Hours:

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

Senior Center Supervisor:

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TracyJA@mansfieldct.org

Program Coordinator:

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Jessica Vega
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Kitchen Assistant

Lisa Furman
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Drivers:

Patricia Elliot

Welcome October

It's official, fall is here! The senior center is buzzing with excitement as we roll out a delightful array of activities and trips to celebrate the autumn season.

Join us for our spooktacular Halloween party, where costumes and festive games abound. Stay for a treat at the Cafe the same day!

Enjoy our October-themed movie screenings, perfect for those crisp fall afternoons.

For the creatively inclined, we have two autumn painting events designed to capture the vibrant hues of the season.

Our adventures continue with trips to Pumpkin Town USA, where you can explore a world of gourds and seasonal cheer. Or visit the mesmerizing Jack-O-Lantern Spectacular at Roger Williams Zoo, where thousands of artistically carved pumpkins illuminate the night. Embrace the season with us and create unforgettable memories!

~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!

October 2025

Senior Center Closed October 13th in observance of
Indigenous People's Day

HALLOWEEN PARTY!

BOO!

Spookapalooza

Friday, October 31st at 10:30 a.m.



Happy Halloween! Join us as we celebrate Halloween with ghoulish games, frightening fun and festive music! Costumes are strongly encouraged; prizes will be awarded by popular vote for the best dressed.



Stay for the cafe and classic movie!

The Halloween Party is Free this year! RSVP to 860-429-0262 by 10/23



Come to our
October cafés!



Friday, October 10th

Friday, October 31st

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

We are looking for drivers on any weekday, to help provide rides to Mansfield seniors to medical appointments. 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 October's "Caring Cookie" recipient,

Renie Steinway

Our "wonderful flower lady" was nominated for 'brightening up our day with her beautiful arrangements.'



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

October 21st



Use the lunch menu on page 13 and sign up by **Noon on Friday, October 17th** 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!

NEW IN OCTOBER

WELCOME BACK UCONN STUDENT VOLUNTEERS!

Keep an eye out for friendly faces to start returning to groups, activities, kitchen and reception this month. Please say hello!

60'S & 70'S SING-ALONG

Tuesday, October 21st at 1 PM

Free!

Please RSVP for audience seats to 860-429-0262 by 10/17.



Enjoy some great music led by our very own "Relive the 60's & 70's" music group!

We'll revisit a great era of music with karaoke-style backing tracks and some live instrumentation. This event's focus is to have fun, so sing along!

EXPLAINED SERIES: MEDICARE 101

Tuesday, October 21st at 10:30AM

Refresh your knowledge about Medicare and Medicare insurance plans before the upcoming Annual Election period. We will discuss Medicare A and B, and D and how they relate to Medicare advantage and Medicare supplement insurance. We will also discuss enrollment periods, programs that may be able to save you money, as well as other aspects of the Medicare world.

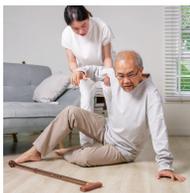
RSVP to 860-429-0262 by 10/17

FALL RISK SCREENINGS

Friday, October 24th, 10:30 AM to 1:30 PM

Presented by University of Connecticut DPT PT C.A.R.E.S. Program. These screenings will be administered by physical therapy students under the direction and supervision of a licensed physical therapist.

Call 860-429-0262 by 10/23 to reserve your FREE screening appointment.



VETERANS' BRUNCH

Friday, November 7th

10 AM to 12:30 PM

An event to honor Veterans and their families. If you are a Veteran or veteran spouse and would like to attend this ceremony and brunch event, please call 860-429-0262 by October 30th.



MEDICARE

OPEN ENROLLMENT EVENTS!



During open enrollment, all Medicare beneficiaries should screen their current Medicare Part D or MAPD plan and compare to next year's plan. Medicare Open Enrollment is the time to:

- Change from a Medicare Advantage Plan to traditional Medicare and choose a Part D plan
- Enroll in a Medicare Advantage Plan
- Change from one Medicare Advantage plan to another
- Change your Part D prescription plan

Please call 860-429-0262 to book an appointment with a certified CHOICES counselor. One-hour appointments are available and required.

Wednesday, October 29th 10AM -1PM

Monday, November 17th 1PM- 4PM

Thursday, December 4th 9AM-12PM

GENEALOGY BOOK DISCUSSION

Monday, October 20th from 11 AM to 12:15 PM

All Welcome. No RSVP required.

Title: *Stranger In My Genes: A Memoir*

Author: Bill Griffeth



"Bill Griffeth, longtime genealogy buff, takes a DNA test that has an unexpected outcome: "If the results were correct, it meant that the family I had spent years documenting was not my own." Bill undertakes a quest to solve the mystery of his origins, a quest which will shake his sense of identity. As he takes us on his journey, we learn about choices made by his ancestors, parents, and others--and we see Bill measure and weigh his own difficult choices as he confronts the past." American Ancestors

MSC BOOK CLUB

Please join us at the MSC book club! Meets the 4th Monday of each month at 2 p.m. Reach out to your local library to obtain books. **No RSVP required.**

New members always welcome!

October 27th, 2pm to discuss:

Lessons in Chemistry

by Bonnie Garmus

November 24th, 2pm to discuss:

Salt to the Sea

by Ruta Sepetys

PUBLIC ACCESS TELEVISION - WHAT WE CAN OFFER YOU!

Wednesday, October 15th at 12:45 PM

Are you an adult who aspires to be a social media influencer, but need some training to make your reels look more professional? Are you looking to build a new creative skill-set in film production and editing? Public Access Television is more than just Channel 192 on your cable box; **it is a valuable media resource that provides free production training, studio equipment, and portable video equipment to borrow.** To learn more, join Michael Sweet and Adam Hamling from CTV192 for this informational session and view some of their state-of-the-art production equipment for yourself!



RSVP to 860-429-0262 by 10/13

MOVIES

Popcorn is served free!



October Sky

October 10th 1:00 PM

The true story of Homer Hickam, Jr. (played by Jake Gyllenhaal), a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's (Chris Cooper) wishes. *October Sky* is based on the best-selling memoir, "*Rocket Boys*" written by Homer Hickman, Jr. himself. Don't miss this heart-warming, coming-of-age film!

RSVP BY OCTOBER 8TH

Classic Movie: The Wolfman

October 31st 1:00 PM

Upon his return to his father's estate, aristocrat Larry Talbot meets a beautiful woman, attends a mystical carnival, and uncovers a horrifying curse. What better way to celebrate Halloween than with a screening of this classic monster movie?!

RSVP BY OCTOBER 29TH



CREATIVE ARTS

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

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.

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!

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!

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!

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!

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!

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!

RELIVE THE 60S & 70S THROUGH SONG

Tuesday, October 21st at 1:00 PM

SING-ALONG CONCERT PERFORMANCE
THIS MONTH!

The concert will be held during the regular meeting time.

**Please RSVP for audience seats
to 860-429-0262 by 10/17.**

Future meetings: Join our singing group the third Tuesday of each month 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!

PAINT NIGHT

Tuesday, October 14th, 3 PM to 5 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. Materials provided. Light refreshments served.

Cost: \$15 per person

Pre-registration by 10/7 is required. Seats limited.

Please use the registration form on page 15.

FALL WATERCOLORS WITH KATHY

Wednesday, October 22nd, 1 PM to 3PM

Are you ready for a fall getaway in a nice cozy cabin by a stream this fall? We can imagine we're there for two hours during this fun watercolor class! **This class is a step up from earlier classes, so come with lots of enthusiasm to learn.**

Bring all your watercolor supplies; MSC staff will provide a supply list one week ahead of the class date; see staff to request the list sooner. If you have Derwent watercolor pencils bring them. Kathy is at the Senior Center desk Monday mornings. Call if you have questions.



Cost: \$7 per person

Pre-registration by 10/15 is required. Spaces are limited, register early. Please use the registration form on page 15.

Lifelong Learning



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

GENEALOGY

PAST TO PRESENT 10AM-11AM

SPECIAL DATE! Monday, October 20th

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.

STAY FOR THE BOOK DISCUSSION, 11AM-12:15PM

Title: *Stranger In My Genes: A Memoir*, by Bill Griffeth

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

Monday, October 27th (4th Monday Each Month)

Organize old files, untangle your family tree, label those mystery photographs... Bring your project, settle in— work at your own pace with good company and shared purpose.

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, OCTOBER 15TH AT 1:15 PM

The Science Club is back! Bring your curiosity - the group tackles a new science topic each month. New members always welcome!

Please register/RSVP for the following programs as indicated:

TECH TIME

Mondays, October 6th and 27th 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
October 2nd, 9th, 16th, 23rd & 30th

Fee: \$40

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.



AARP SMART DRIVER COURSE

Monday, October 6th at 12PM to 4 PM

The AARP Smart Driver Course is one of many programs offered by AARP Driver Safety. It is designed especially for drivers aged 50 and older. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

AARP members \$20.00

Non-AARP members \$25.00

Fee is payable directly to instructor at class.

Call (860)429-0262 to register.



FUN AND GAMES

MONDAYS

11 AM - Open Game Time & **Ping Pong**
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 & **Open Game Time**
11:30 AM - Bridge

FRIDAYS

9 AM - Wii Bowling
10 AM - Scrabble
1 PM - *American Mahjongg
(10/3, 10/17, and 10/31)

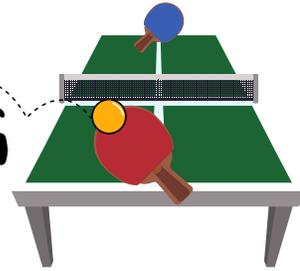
*Mahjongg beginners are welcome on the first session of each month. It may also be helpful to try to familiarize yourself with the tiles and cards.



Games Spotlight!

Let's Play

PING PONG



Ping Pong is now on Mondays in addition to Thursdays!

Beginning in October bring a buddy for a pick-up game of ping-pong. No buddy, no problem! Open Game time meets at 11am as well and is loads of silliness and fun. You'll find the ping-pong table in the Fitness Room. Don't be shy, come on by!

WELLNESS PROGRAMS

Hearing Clinic

Noelle Davis, from the UConn Speech and Hearing Clinic, provides consultations, including hearing tests and hearing aid checks free of charge.

Next Clinic: Friday, October 3rd
9:00 AM - 12:00 PM

Haircuts



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

Friday, October 10th, 8:30 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, October 21st 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 October; full month payment is required for participation. Please call 860-429-0262 for more information on registering for classes, or see page 15.

CHAIR YOGA WITH LATIFA SFAKIOS



“Autumn shows us how beautiful it is to let things go.”

~ Unknown ~

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

Pre-registration is required.

Wednesdays: 10:45 AM-11:45 AM

October 1st, 8th, 15th, 22nd and 29th Fee: \$40

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

October 7th, 14th, 21st and 28th

Fee: \$28

Thursdays: 9:00-10:00 AM

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

Fee: \$35



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.

Tuesdays: 1:00-2:00 PM

See staff for dates and fees.



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

October 3rd, 10th, 17th, 31st

Fee: \$32



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.

There will be no Movement with Music in October.





OUTREACH & TRANSPORTATION SERVICES

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

BEREAVEMENT SUPPORT GROUP

Tuesday, October 7th, 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, October 14th, 3:00-4:30 PM

Please note the new time starting in October.

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, October 20th, 2:00 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, October 27th, 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 Yamil at 860-487-9873

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, October 2nd, 16th, & 30th

Pick-up in the Wrights Way parking lot.

Transportation to FoodShare is available upon request.



YOU HAVE CHOICES

SEE PG. 4 FOR MEDICARE 101 SEMINAR & OPEN ENROLLMENT SIGN-UP DATES

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 860-487-9873 to make an appointment.



HUMAN SERVICES UPDATES

HUMAN SERVICES STAFF

JESSICA ST. LOUIS

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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**

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. Please watch for flyers with request deadline and pick-up date-specific details.

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.

COMMISSION ON AGING

NEXT MEETING

OCTOBER 20TH 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.



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**

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.
**October 1st at 1:00 PM - Please RSVP TO
860-429-0262 by 9/30**

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**





OCTOBER DAY TRIPS



Pumpkin Town USA, East Hampton

Wednesday, October 8th,
10:15 AM – 3:00 PM



Pumpkin Town has been a favorite fall family destination for over 20 years. We will start by enjoying a scenic, narrated 1-mile hayride through the Pumpkintown Forest before heading over to the village where you will meet over 30 Pumpkinheads and their pals. Scenes include a firehouse, saloon, church, bank, post office and more. Cider donuts, pumpkins and more available for purchase. We will stop for lunch at Tavern on 66.

Admission: \$19.00 per person. Pre-paid reservation required

American Museum of Torte Law, Winsted

Wednesday, October 15th,
9:00 AM – 3:00 PM

The American Museum of Torte Law is the only museum of its kind in the world and includes, among other, exhibits on famous cases such as The Ford Pinto, Liebeck v. McDonald's, Tobaccco Cases and more! Come take a short course on the law of wrongful injury and learn how tort law makes the world a safer place. Lunch to follow at the Railway Café just steps away!

Admission: \$7.00 per person. Pre-paid reservation is required

UConn Women's Hockey Game, Storrs

Friday, October 17th,
2:00 PM – 5:30 PM

Come cheer on the UConn Huskies Women's Hockey team as they face Princeton at the brand new Toscano Family Ice Forum right here in Storrs. GO HUSKIES!!

Tickets: \$5 per person. Pre-paid reservation required



Roger Williams Park Zoo Jack-O-Lantern Spectacular, Providence

Wednesday, October 22nd,
4:30 PM – 9:00 PM

Back by popular demand!! The Jack-O-Lantern Spectacular is having their 2nd edition of trivia with a brand-new batch of brain busters carved into the glow of thousands of pumpkins that are creatively hand carved on display. Test your knowledge & enjoy the magic of fall at Roger Williams Park Zoo. Food is available for purchase on Zoo grounds.

Tickets: \$20 per person. Pre-paid reservation required

Lunch Bunch: Parkville Market, Hartford

Friday, October 24th, 11:00 PM- 2:00 PM



Come have "Lunch on a Budget" where you can choose from over a dozen restaurants that have \$10 lunch specials. A list will be provided!



Fantastic Umbrella Factory & Troll Hunting, Charleston, RI

Monday, October 27th,
9:00 AM – 4:00 PM



Let's start our trip at the Umbrella factory, a unique setting with beautiful flowers and greenery. Follow the clam shell pathways, stroll through the bamboo forest and shop the local and imported handmade goods before heading over to Ninigret Park to do some Troll Hunting. Ninigret Park holds two of the famous Wooden Troll sculptures that can be found in naturals setting worldwide! After spending some much-needed time in nature walking paths at both locations we will head to Vetrano's for lunch.

Coffee and... LuAnn's Bakery & Cafe, Ellington

Tuesday, October 28th,
1:00 PM - 3:30 PM



Did you enjoy our Summer Ice Cream Series? Well, you're going to LOVE our new "Coffee and..." series. Join us every month, September-March as we stop at different cafes & restaurants where their specialties are coffees, bakery items "and" more!! Our first stop this month is LuAnn's Bakery in Ellington, offering wholesome meals, made-from-scratch baked goods, and a variety of coffee drinks & other beverages.



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.



OCTOBER 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
9/30 Lemon Garlic Butter Tilapia Egg Noodles Veg du Jour & Dessert Please Circle Dine In or Take Out	1 Crispy Chicken Bacon Ranch Sandwich French Fries Pickle Dessert Please Circle Dine In or Take Out	2 Shepherd's Pie Salad Cheddar Biscuits Dessert Please Circle Dine In or Take Out
7 Orange Chicken Salad Cheesy Bread Dessert Please Circle Dine In or Take Out	8 Tilapia Topped w/Seafood Stuffing Rice Veg du Jour Dessert Please Circle Dine In or Take Out	9 Hot Dog Macaroni Salad Baked Beans Dessert Please Circle Dine In or Take Out
14 Baked Pesto Chicken Egg Noodles Veg du Jour Dessert Please Circle Dine In or Take Out	15 Cheesy Kielbasa & Potato Casserole Salad Dessert Please Circle Dine In or Take Out	16 Fish 'n' Chips Cole Slaw Dessert Please Circle Dine In or Take Out
21 French Onion Pork Chop Baked Potato Veg du Jour Dessert Please Circle Dine In or Take Out <input type="checkbox"/> IT'S MY BIRTHDAY!	22 Spaghetti & Meatballs Salad Garlic Bread Dessert Please Circle Dine In or Take Out	23 Antipasto Salad Bruschetta Bread Dessert Please Circle Dine In or Take Out
28 Western Quiche Homefries Sausage Dessert Please Circle Dine In or Take Out	29 Beef Stroganoff w/Penne Salad Dessert Please Circle Dine In or Take Out	30 Pepperoni Deep Dish Pizza Chicken Tenders Veg du Jour Dessert Please Circle Dine In or Take Out



10/10
Cafe!



10/31
Cafe!

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.

Maple Road Cafes 10/10 and 10/31 SEE PAGE 3 FOR MORE DETAILS ON THE MAPLE ROAD CAFE



OCTOBER

EVENTS CALENDAR



All programs are ages 55+ unless otherwise noted.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6.

9:00 TECH TIME
9:30 TAI CHI DVD
11:00 OPEN GAME TIME
11:00 PING PONG
12:00 AARP SMART DRIVER COURSE
1:00 FOLK SINGING
1:00 QUILTING

7.

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

8.

9:30 WOODCARVING
9:30 TAI CHI DVD
10:15 PUMPKIN TOWN USA TRIP
10:30 SPANISH
10:45 CHAIR YOGA
12:00 LUNCH
12:00 FRENCH
1:00 SETBACK

9.

9:00 STR & STABILITY
11:00 MUSIC & MONARCHS
11:00 PING PONG & OPEN GAME TIME
11:30 BRIDGE
12:00 LUNCH
1:00 JEWELRY GROUP
1:00 CHORUS

10.

8:30 HAIRCUTS
9:00 WII BOWLING
9:30 TAI CHI DVD
10:00 SCRABBLE
10:00 YARNIVORES
11:15 GENTLE YOGA
11:30 MAPLE ROAD CAFE
1:00 MOVIE: OCTOBER SKY
1:00 MAKER SPACE/OPEN STUDIO

13.

Closed

Indigenous People Day

14.

9:00 STR & STABILITY
10:00 WRITING GROUP
10:00 SCRABBLE
10:00 SHOPPING RUN
12:00 LUNCH
1:00 BINGO
3:00 CAREGIVER SUPPORT GROUP
3:00 PAINT NIGHT

15.

9:00 AMERICAN MUSEUM OF TORTE LAW TRIP
9:30 WOODCARVING
9:30 TAI CHI DVD
10:30 SPANISH
10:45 CHAIR YOGA
12:00 LUNCH
12:00 FRENCH
12:45 PUBLIC ACCESS TV TALK
1:00 SETBACK
1:15 SCIENCE CLUB

16.

9:00 STR & STABILITY
11:00 MUSIC & MONARCHS
11:00 PING PONG & OPEN GAME TIME
11:30 BRIDGE
11:30 FOODSHARE
12:00 LUNCH
1:00 JEWELRY GROUP
1:00 CHORUS

17.

9:00 WII BOWLING
9:30 TAI CHI DVD
10:00 SCRABBLE
10:00 YARNIVORES
11:15 GENTLE YOGA
1:00 AMERICAN MAHJONGG
1:00 MAKER SPACE/OPEN STUDIO
2:00 UCONN WOMEN'S HOCKEY GAME TRIP

20.

9:30 TAI CHI DVD
9:30 COMMISSION ON AGING
10:00 GENEALOGY
11:00 GENEALOGY BOOK DISCUSSION
11:00 OPEN GAME TIME
11:00 PING PONG
1:00 FOLK SINGING
1:00 QUILTING
2:00 CANCER SUPPORT GROUP

21.

9:00 STR & STABILITY
9:30 FOOTCARE
10:00 WRITING GROUP
10:00 SCRABBLE
10:00 SHOPPING RUN
10:30 MEDICARE 101
12:00 BIRTHDAY LUNCH
1:00 BINGO (CRAFT ROOM)
1:00 60'S & 70'S SING-ALONG

22.

9:30 WOODCARVING
9:30 TAI CHI DVD
10:30 SPANISH
10:45 CHAIR YOGA
12:00 LUNCH
12:00 FRENCH
1:00 SETBACK
1:00 FALL WATERCOLORS WITH KATHY
4:30 JACK-O-LANTERN SPECTACULAR TRIP

23.

9:00 STR & STABILITY
11:00 MUSIC & MONARCHS
1:00 PING PONG & OPEN GAME TIME
11:30 BRIDGE
12:00 LUNCH
1:00 JEWELRY GROUP
1:00 CHORUS

24.

9:00 WII BOWLING TOURNAMENT
9:30 TAI CHI DVD
10:00 SCRABBLE
10:00 YARNIVORES
10:30 FALL RISK SCREENINGS
11:00 LUNCH BUNCH: PARKVILLE MARKET
1:00 MAKER SPACE/OPEN STUDIO

27.

9:00 TECH TIME
9:00 UMBRELLA FACTORY TRIP
9:30 TAI CHI DVD
10:00 GENEALOGY: BUILDING OUR TREES
11:00 OPEN GAME TIME
11:00 PING PONG
1:00 FOLK SINGING
1:00 QUILTING
2:00 MSC BOOK CLUB
2:00 PTSD SUPPORT GROUP

28.

9:00 STR & STABILITY
10:00 WRITING GROUP
10:00 SCRABBLE
10:00 SHOPPING RUN
12:00 LUNCH
1:00 BINGO
1:00 COFFEE AND...
LUANN'S BAKERY & CAFE TRIP

29.

9:30 WOODCARVING
9:30 TAI CHI DVD
10:00-1:00 MEDICARE ENROLLMENT APPOINTMENTS
10:30 SPANISH
10:45 CHAIR YOGA
12:00 LUNCH
12:00 FRENCH
1:00 SETBACK

30.

9:00 STR & STABILITY
11:00 MUSIC & MONARCHS
11:00 PING PONG & OPEN GAME TIME
11:30 FOODSHARE
11:30 BRIDGE
12:00 LUNCH
1:00 JEWELRY GROUP
1:00 CHORUS

31. **HAPPY HALLOWEEN!**

9:00 WII BOWLING (GROUP ROOM)
9:30 TAI CHI DVD
10:00 SCRABBLE (MEMORIAL ROOM)
10:00 YARNIVORES
10:30 SPOOKAPALOOZA!
11:15 GENTLE YOGA
11:30 MAPLE ROAD CAFE
1:00 CLASSIC MOVIE: THE WOLFMAN
1:00 AMERICAN MAHJONGG
1:00 MAKER SPACE/OPEN STUDIO



OCTOBER 2025 CLASSES & EVENTS REGISTRATION FORM

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

DAY	CLASS/TRIP/EVENT	DETAILS	FEE
Classes			
	Strength & Stability	Tuesdays	\$28.00
	Chair Yoga with Latifa	Wednesdays	\$40.00
	Fundamentals of Tap		SEE STAFF
	Strength & Stability	Thursdays	\$35.00
	Music and Monarchs		\$40.00
	Chorus Fall Season (Sept-Dec)		\$118.00
	Gentle Yoga with Carol	Fridays	\$32.00
Events			
	Paint Night (Acrylic)	Oct. 14 th	\$15.00
	Watercolors with Kathy	Oct. 22 nd	\$7.00
	Halloween Party	Oct. 31 st	FREE
Trips			
	Pumpkin Town USA	Oct. 8 th	\$19.00
	American Museum of Torte Law	Oct. 15 th	\$7.00
	UCONN Women's Hockey	Oct. 17 th	\$5.00
	Roger Williams Park Zoo	Oct. 22 nd	\$20.00
	Lunch Bunch: Parkville Market	Oct. 24 th	
	Fantastic Umbrella Factory	Oct. 27 th	
	Coffee and...LuAnn's Bakery	Oct. 28 th	
		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: _____



SENIORHOOD RESOURCE FAIR
For Tolland County Seniors, Caregivers and Families

FREE – FREE – FREE

Saturday, October 25, 2025
9:30 a.m. - 2 p.m.
Vernon Center Middle School
777 Hartford Turnpike (Route 30), Vernon, CT

Workshops, exhibits, health screenings, flu shots, giveaways

Drug Take Back Table

Free doughnuts and coffee at 9:30 a.m.

Free lunch to first 300 attendees

Facebook: Tolland County Seniorhood Fair
Website: www.vernon-ct.gov/seniorhood

Presented by the Tolland County Multidisciplinary Team

MANSFIELD
CONNECTICUT

Human Services

COMEDY FUNDRAISER

**MANSFIELD HUMAN SERVICES
COMMUNITY ASSISTANCE PROGRAM**

Friday, October 17, 2025

Elks Club, Ball Room

198 Pleasant Street | Willimantic, CT 06226

Doors open 6:00pm | Show starts at 7:00pm

BYOS - Bring Your Own Snacks • Cash Bar
Raffles, 50/50 Drawing, Auctions • PG-13 Event

Tickets \$25.00

For tickets, to donate or sponsor, please visit

www.funny4funds.com/events

For more information, please contact

Jessica: 860-429-3315



POWERED BY



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/seniorsparks**



**Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268**