

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

November 2025



Thankful for you!

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:

Jessica Tracy
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TracyJA@mansfieldct.org

Program Coordinator:

Kimberly Rontey
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RonteyKB@mansfieldct.org

Program Assistant:

Vicky Hannon
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Outreach Coordinator:

Amy Garganese
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GarganeseA@mansfieldct.org

Nutrition Coordinator:

Jessica Vega
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VegaJ@mansfieldct.org

Kitchen Assistant

Vacant

Drivers:

Patricia Elliot
Dave Ignatowicz



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.

Welcome November

November is a month rich in gratitude and reflection, marked by two significant occasions:

Veterans Day and Thanksgiving.

We honor and express our deepest appreciation to those who have served in the military, recognizing their sacrifices and contributions to our nation's freedom and security. As we extend our gratitude to veterans, we also make preparations to gather with family and friends this month for Thanksgiving. This cherished tradition offers an opportunity to express gratitude and to celebrate with our loved ones.

We hope that you will join us for our Thanksgiving luncheon this month as we enjoy a festive meal together, share laughter and good conversation, and celebrate the importance of community.

We appreciate each and every one of you!

With gratitude,
The MSC Staff



Inclement Weather

Information regarding Senior Center closings or cancellations of classes and programs will be shared as promptly as possible on the Senior Center Facebook and Instagram pages, shared via email and text notification (to those opted in), shared on WFSB, and on the main phone line 860-429-0262.

Program cancellations for inclement weather include in-person and zoom programs.

**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!

November 2025

Senior Center Closures:

Please note that the center will have a delayed opening time of 1 p.m. on November 7th



The Senior Center will be **CLOSED** on:
November 11th in observance of Veterans Day
November 27th and **28th** for Thanksgiving break

Come to our
November café!



Friday, November 14th
with a visit from the
UConn Women's Lacrosse Team!

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/jobs> 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,

Scott Brine

Scott was nominated because "he's always out and about picking up litter and doing his part to keep Mansfield beautiful."

We appreciate you, Scott!



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

November 13th



Use the lunch menu on page 13 and sign up by **Noon on THURSDAY, November 6th** 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 NOVEMBER

THANKSGIVING LUNCHEON

Wednesday, November 19th, 11:30 AM

Join us for a delicious and hearty meal at our Thanksgiving luncheon. Come celebrate the holiday and enjoy good food in the company of good friends!

Space is limited.
Register early!

MENU

Turkey

Mashed Potatoes, Stuffing

Green Bean Casserole, Pumpkin Pie



Cost is \$10 for the meal. Pre-registration is required.

Please sign up with the registration form on page 15

Registrations are due by Friday, November 14th at 12:00PM

GIVING TREE

Share Warmth This Season
at the Giving Tree



We invite you to bring your new, gently used, or handmade scarves, mittens, gloves, earmuffs and hats to the Mansfield Senior Center staff for this year's *Giving Tree*.

The tree will be set up outside the Center, allowing individuals in need to choose items they require for the upcoming season.

Thank you for your generosity!

MONDAY MIX & MINGLE

November 3rd, 12:00 PM  WITH PIE!

Sponsored by AT&T

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 slice of pie and a chat in the Back Dining Room. *If you are able, please bring a non-perishable item to support the Mansfield Food Pantry.* Let's all aim to make a new friend today!

RSVP required to 860-429-0262 by 10/30

UConn Student PIANO CONCERT

November 6th, 3:00 PM



Come enjoy this FREE concert event with performances by UConn's Piano Club.

RSVP: 860-429-0262 by November 11/4.

VETERANS' BRUNCH

Friday, November 7th, 10:00 AM to 12:30 PM

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



EMERGENCY PREPAREDNESS PRESENTATIONS



CODE RED - What you need to know to be in "the know"

Presented by Adam Libros, Mansfield Emergency Management Director

Don't be caught unprepared! For seniors in Mansfield, CT, emergency preparedness must include developing a plan for communication, evacuation, and receiving assistance. Learn how to sign up for emergency notifications from the Town. This system helps to inform residents during and after an emergency to protect life and property.

Wednesday, November 5th at 12:45 PM

Please RSVP for audience seats to 860-429-0262 by 11/3.

Are You Ready for Storm Emergencies?

Make Your Go-Bag Kit Now

Presented by Mary Ellen Welch, Family & Consumer Sciences Educator UCONN-CAHNR

Most people prepare for bad weather when they hear that a big storm is coming, planning to stay safely at home.

What would you do if you had to evacuate your home on short notice? Would you have your personalized emergency supply kit ready so you could survive at least three days or more at another location?

This program is for anyone that has not packed a kit and for those that may want to update their kit. If you have pets or family members, this program is also for you. We will begin the process!

Wednesday, November 12th at 10:45 AM

Please RSVP for audience seats to 860-429-0262 by 11/10.



UCONN WOMEN'S LACROSSE MEET & GREET

Friday, November 14th, 11:00 AM to 11:45AM

The team is back to say hello!

Join us for this meet & greet opportunity with players from UConn's Women's Lacrosse Team. Bring your phone to snap a photo with the players.

Stay after the Meet & Greet for today's cafe!

No RSVP required.

MSC BOOK CLUB

Please join us at the MSC book club! Meets the 4th Monday of each month at 2:00pm Reach out to your local library to obtain books. **No RSVP required.**

November 24th, 2:00pm to discuss:

Salt to the Sea
by Ruta Sepetys



December 22nd, 2:00pm to discuss:

The Snow Child
by Eowyn Ivey

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.

November 5th at 1:00 PM -

Please RSVP TO 860-429-0262 by 11/4



AMERICAN RED CROSS BLOOD DRIVE AT THE MSC*

Sunday, November 30th

Sign up at
redcrossblood.org

*Center is open for blood drive only.
No general access.

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 get input on your projects. New members are welcome! Please note, the jewelry group is not accepting tutoring or repair requests at this time.

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, November 18th at 1:00 PM

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!



MOVIES



Popcorn is served free!



Rudy

November 14th 1:00 PM

Rudy (played by Sean Astin) has always been told that he is too small to play college football, but he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

Celebrate football season with this heart-warming and inspiring true story.

RSVP BY NOVEMBER 12TH

Classic Movie: The Sting

November 21st 1:00 PM



This classic 1973 caper film features Paul Newman and Robert Redford as con artists who orchestrate an elaborate scheme to swindle a ruthless mob boss. Come see why *The Sting* won 7 Academy Awards including Best Picture in 1974.

RSVP BY NOVEMBER 19TH

Lifelong Learning



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

GENEALOGY

PAST TO PRESENT 10AM-11AM

Monday, November 10th (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.

Making Time for Building Our Trees 10AM-12PM Monday, November 24th (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, NOVEMBER 19TH AT 1:00 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, November 10th and 24th 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

November 6th, 13th & 20th

Fee: \$24

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.



WELLNESS TALK: A GOOD NIGHT'S SLEEP

A presentation by Robin Whittemore, RN

Thursday, November 20th, 10:30 AM

Getting a good night's sleep is important to your well-being, yet as you age your sleep changes and many older adults don't sleep well. Come learn about the factors that may affect your sleep, the result of repeated lack of sleep, and tips to adjust your routine to promote better sleep and sleep habits.

Please RSVP to 860-429-0262 by 11/19



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 (no 11/25)
3 PM - Trivia - now in person! (no 11/25)

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 (11/7 & 11/21)**

*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 Try

TRIVIA



TRIVIA IS BACK and now in person !

Trivia is officially back up and running, thanks to the wonderful volunteers from UConn Community Outreach. Join us for Trivia Tuesdays! Come by yourself... Bring a buddy... Test your trivia knowledge in this low-pressure, fun setting. Trivia will not be held on 11/25.

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, November 21st
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, November 14th, 8:30 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, November 18th 9:30 AM-3:30 PM
Cost: \$40 cash or check per 30-minute appointment, payable directly to provider

FOCUS ON FITNESS

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

"Gratitude can transform common days into Thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

- William Arthur Ward



New Program: The Floor is Yours!

This program, led by UConn Doctor of Physical Therapy students, is designed to help seniors improve balance, mobility, and confidence in everyday movement. Participants will practice safe techniques for getting up from and down to the floor, along with exercises to strengthen muscles important for stability and fall prevention. The goal is to enhance independence, reduce fall risk, and make daily activities easier and safer.

November 12th and November 19th at 2:30-3:15 PM

FREE; Pg. 15 Registration Required

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

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STRENGTH & STABILITY WITH MARGIE STICKLES

Pre-registration is required.

Tuesdays: 9:00-10:00 AM

November 4th, 18th and 25th Fee: \$21



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. Also available Thursdays (see below).

MOVEMENT WITH MUSIC

Pre-registration is required.

Movement with music is expected

to return in November. Please see staff and watch for update notices!

Have fun working out while dancing! Join Amber for a fun class incorporating strength, cardio, dance and rhythmic exercises! All fitness levels welcome.



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CHAIR YOGA

Pre-registration is required.

Wednesdays: 10:45 AM-11:45 AM

November 5th and 12th Fee: \$16



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. Props and modifications will be offered to meet you exactly where you are.

FUNDAMENTALS OF TAP

Pre-registration is required.

Wednesdays: 1:00-2:00PM

November 5th, 12th, 19th Fee: \$21

This is a tap-dancing refresher class. The class will focus on steps & footwork. Please bring your own tap shoes.



THURS

STRENGTH & STABILITY WITH MARGIE STICKLES

See description under Tuesdays listing. Sign up for Tues and/or Thurs

Pre-registration is required. Thursdays: 9:00-10:00 AM

November 6th, 13th and 20th Fee: \$21

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GENTLE YOGA

Pre-registration is required.

Fridays: 11:15 AM-12:15 PM

November 14th and 21st Fee: \$16



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.



OUTREACH & TRANSPORTATION SERVICES

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

BEREAVEMENT SUPPORT GROUP

Thursday, November 13, 10:00AM

Please note the new date/time starting in November.

The holiday season can be a difficult time especially after a loss. Join us to talk about challenges, share stories and learn coping skills to get through this holiday season.
RSVP to Yamil at 860-487-9873

CAREGIVER SUPPORT GROUP

Tuesday, November 18, 3:00-4:30 PM

Please note the new time and adjusted date for November. 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.

PTSD SUPPORT GROUP

Monday, November 24, 2:00 PM

The Mansfield Senior Center PTSD Support Group will focus on how to cope through the holidays. Please come to share your challenges, your tips and learn some coping skills to use to get through this holiday season.
RSVP to Yamil at 860-487-9873

CANCER SUPPORT GROUP

Using feedback from our participants we will be restructuring this group.

Be on the look out for our Cancer Survivor Toolbox series starting in January 2026. This 6 week series will contain a set of basic skills and special topics needed for Cancer Survivorship including topics on communication, finding information, making decisions, solving problems, standing up for your rights and first steps.
Please reach out to Yamil if you are in need of support 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.

***No shopping 11/11**

MOBILE FOODSHARE

Thursday, 11:30 AM, November 13th

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



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.

YOU HAVE CHOICES

**SEE PG. 11 FOR
OPEN ENROLLMENT APPOINTMENTS**

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 or Amy at 860-487-9875 to make an appointment.



HUMAN SERVICES UPDATES

HUMAN SERVICES STAFF

JESSICA ST. LOUIS

Director

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DOROTHY DELVALLE

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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

NOVEMBER 10TH 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.

TOWN FEE WAIVER PROGRAM

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.).

New program and eligibility updates expected to launch in November.

Please check the website for continued updates.



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 ASSISTANCE PROGRAMS

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

SEASONAL FOOD BASKETS

The Human Services Department will have seasonal food baskets for income eligible individuals and families. Baskets will come with sides (depending on funding).

For the November meal please register by 11/14

For the December meal please register by 12/11

Please call the Human Services Department at 860-429-3315 to register and 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.

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.**

Monday, November 17th 1PM- 4PM

Thursday, November 20th, 10AM-1PM

Thursday, December 4th 9AM-3PM



NOVEMBER DAY TRIPS

Denison Pequot Nature Center, Mystic

Wednesday, November 12th
9:00 AM – 3:00 PM



At our woodland sanctuary in coastal Mystic, you'll discover our natural-history museum's forest, wetland and meadow displays depicting southeastern Connecticut's unique habitats and wildlife. Browse the exhibits in preparation for a hike along the trails, visit several rehabilitated species in the outdoor flight- all raptors native to southern New England. **Admission: \$7.00 per person payable at the museum.** Lunch to follow at Groton Townhouse Restaurant.

Pez Museum, Orange



Come see and experience the PEZ brand in person. Over 4,000 square feet dedicated to all things PEZ! See the largest, most comprehensive collection of PEZ memorabilia on public display in the world. **Admission: \$5.00 per person payable at the museum.** Lunch to follow at Texas Roadhouse. (Wheelchair accessible)



Lunch Bunch: Mr. Z's, Plainfield

Monday, November 17th
11:00 AM – 2:00 PM



At Mr. Z's you can choose from a huge selection of pizza, pasta, salads, grinders, appetizers and a lunch menu separate from the dinner menu served fresh, delicious and with friendly and courteous smile! (Wheelchair accessible)



Art Museum at USJ, West Hartford

Thursday, November 20th
10:15 AM – 4:00 PM



Located on the University's Olmsted Brothers-designed campus, the Art Museum holds a distinguished collection of more than 2,400 paintings and works on paper. The collection of works on paper spans seven centuries, ranging from early European woodcuts to contemporary Japanese prints and a growing collection of photography. **Admission is FREE.** Lunch to follow at Margarita's Mexican Restaurant. (Wheelchair accessible)



Treworgy Planetarium & Mystic Seaport Museum, Mystic

Friday, November 21st
9:00 AM – 3:00 PM



Come see a 45-minute planetarium show at the Treworgy Planetarium, the perfect place for those who love the night sky to discover a sense of wonder. After the show, explore the seaport grounds and transport yourself back in time. Don't forget to visit the last wooden whaleship. You can enjoy lunch at the café on site or bring your lunch! (Wheelchair accessible)

Admission: \$34.50 per person
Pre-paid reservation required



Bowling Fun; Spare Time, Vernon

Monday, November 24th
9:30 AM - 2:00 PM



Come out for some fun and a little friendly competition with your fellow seniors at Spare Time Bowling on "Senior Day Mondays". **The discounted cost is only \$2.50 per game and \$5.84 for shoe rental, payable at Spare Time.** Lunch to follow at Vernon Diner. (Wheelchair accessible)



Coffee and... "Sawdust Coffee", Putnam



Wednesday, November 26th
9:00 AM - 12:30 PM

Second stop on our Coffee and... series is Sawdust Coffee. This cafe has a few locations, but we will visit one in Putnam, CT where they serve fresh coffee, amazing cocktails, delicious desserts and more! (Wheelchair accessible)



PLEASE NOTE: Due to the nature of booking group trips, museum passes & coupons cannot be used.

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.

NOVEMBER 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
<p>4 Shepherd's Pie Cheddar Biscuits Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>5 Fish Sandwich French Fries Cele Slaw Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>6 Chicken Broccoli Alfredo Salad Garlic Bread Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>11 <i>Closed</i> <i>Veterans Day</i> </p>	<p>12 Grilled Ham & Cheese Tomato Soup Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>13 Meatloaf Mashed Potatoes Veg du Jour Cheesy Garlic Bread Dessert</p> <p>Please Circle Dine In or Take Out <input type="checkbox"/> IT'S MY BIRTHDAY!</p>
<p>18 Chicken Broccoli Rice Casserole Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>19 THANKSGIVING LUNCHEON \$10.00</p> <p>See registration form for sign-up</p>	<p>20 Meatball Grinder Tater Tots Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>
<p>25 Reuben Sandwich Potato Salad Pickle Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>26 Cheese Ravioli w/Sauce Veg du Jour Garlic Bread Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>27 <i>Closed</i> <i>Happy Thanksgiving</i> </p>
<p>DECEMBER</p> <p>2 Swedish Meatballs Egg Noodles Veg du Jour Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>3 Turkey Club Sandwich French Fries Pickle Dessert</p> <p>Please Circle Dine In or Take Out</p>	<p>4 Cheesy Taco Pasta Salad Dessert</p> <p>Please Circle Dine In or Take Out</p>



THESE LUNCHESES ARE COOKED ON-SITE AND ARE 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 11:00AM DAY OF.

SEE PAGE 3 FOR MORE DETAILS ON THE MAPLE ROAD CAFE

NOVEMBER

EVENTS CALENDAR



All programs are ages 55+ unless otherwise noted.

<p>MONDAY</p>	<p>TUESDAY</p>	<p>WEDNESDAY</p>	<p>THURSDAY</p>	<p>FRIDAY</p>
<p>3. 9:30 TAI CHI DVD 11:00 OPEN GAME TIME & PING PONG 12:00 MIX & MINGLE WITH PIE! 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>4. 9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BINGO 3:00 TRIVIA</p>	<p>5. 9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 12:45 EMERGENCY PREPAREDNESS SEMINAR 1 11:00 SETBACK (CRAFT ROOM) 1:00 HRC FEEDBACK 1:00 FUND. OF TAP</p>	<p>6. 9:00 STR & STABILITY 10:00 BEREAVEMENT SUPPORT GROUP 11:00 MUSIC & MONARCHS 11:00 OPEN GAME TIME & PING PONG 11:30 BRIDGE 12:00 LUNCH 12:00 11/12 AND 11/13 LUNCH REGISTRATION DEADLINE 1:00 JEWELRY GROUP 1:00 CHORUS 3:00 PIANO CONCERT</p>	<p>7. VETERANS CEREMONY & BRUNCH (RSVP BY 10/30 REQUIRED) CENTER CLOSED FOR GENERAL ACCESS UNTIL 1 P.M. 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p>
<p>10. 9:00 TECH TIME 9:30 COMMISSION ON AGING 9:30 TAI CHI DVD 10:00 GENEALOGY: PAST/PRESENT 11:00 OPEN GAME TIME & PING PONG 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>11. <i>Closed</i> VETERANS DAY </p>	<p>12. 9:00 DENISON PEQUOT NATURE CENTER TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:45 CHAIR YOGA 10:45 EMERGENCY PREPAREDNESS SEMINAR 2 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK 1:00 FUND. OF TAP 2:30 THE FLOOR IS YOURS!</p>	<p>13. 9:00 STR & STABILITY 1:00 MUSIC & MONARCHS 11:00 OPEN GAME TIME & PING PONG 11:30 FOODSHARE 11:30 BRIDGE 12:00 BIRTHDAY LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>14. 8:30 HAIRCUTS 9:00 WII BOWLING 9:00 PEZ MUSEUM TRIP 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:00 UCONN WOMEN'S LACROSSE MEET & GREET 11:30 MAPLE ROAD CAFE 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO 1:00 MOVIE: RUDY</p>
<p>17. 9:30 TAI CHI DVD 11:00 OPEN GAME TIME & PING PONG 11:00 LUNCH BUNCH: MR. Z'S 1:00 FOLK SINGING 1:00 QUILTING 1:00 MEDICARE OPEN ENROLLMENT APPT.</p>	<p>18. 9:30 FOOTCARE 9:00 STR & STABILITY 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 3:00 CAREGIVER SUPPORT GROUP 3:00 TRIVIA</p>	<p>19. 9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 12:00 THANKSGIVING LUNCHEON EVENT 12:00 FRENCH 1:00 SETBACK 1:00 SCIENCE CLUB 1:00 FUND. OF TAP 2:30 THE FLOOR IS YOURS!</p>	<p>20. 9:00 STR & STABILITY 10:00 MEDICARE OPEN ENROLLMENT APPT. 10:15 ART MUSEUM AT USJ 10:30 WELLNESS TALK: SLEEP 11:00 MUSIC & MONARCHS 11:00 OPEN GAME TIME & PING PONG 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>21. 9:00 WII BOWLING 9:00 TREWORGY PLANETARIUM & MYSTIC SEAPORT TRIP 9:00 HEARING CLINIC 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG 1:00 CLASSIC MOVIE: THE STING</p>
<p>24. 9:00 TECH TIME 9:30 TAI CHI DVD 9:30 BOWLING TRIP 10:00 GENEALOGY: TREES 11:00 OPEN GAME TIME & PING PONG 1:00 FOLK SINGING 1:00 QUILTING 1:00 CHORUS 2:00 BOOK CLUB 2:00 PTSD SUPPORT GROUP</p>	<p>25. 9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH</p>	<p>26. 9:00 COFFEE AND... SAWDUST COFFEE TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK</p>	<p>27. 28. <i>Closed</i> Happy Thanksgiving </p>	
<p>ARC BLOOD DRIVE SUN. 11/30</p> 				

NOVEMBER 2025 CLASSES & EVENTS REGISTRATION FORM

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

CLASS/TRIP/EVENT		DAY/DATE	FEE
Classes	Strength & Stability	Tues	\$21.00
	Chair Yoga with Latifa	Wed	\$16.00
	Fundamentals of Tap		\$21.00
	The Floor is Yours!		FREE
	Strength & Stability	Thurs	\$21.00
	Music and Monarchs		\$24.00
	Gentle Yoga with Carol	Friday	\$16.00
Events	Thanksgiving Luncheon	Nov. 19th	\$10.00
Trips	Denison Pequot Nature Center	Nov. 12th	
	Pez Museum	Nov. 14th	
	Lunch Bunch: Mr. Z's	Nov. 17th	
	Art Museum at USJ	Nov. 20th	
	Treworgy Planetarium & Museum	Nov. 21st	\$34.50
	Bowling Fun at Spare Time	Nov. 24th	
	Coffee and... Series: Sawdust Coffee	Nov. 26th	
		Total Due:	

Make Checks Payable to Town of Mansfield
PLEASE REMEMBER TO SIGN THE WAIVER BELOW!

PLEASE NOTE: Payment for each program is due in full for all dates in the month. If a class or program is canceled due to inclement weather or lack of an instructor a credit is issued to the participant's account. At the discretion of the Senior Center Supervisor and under extraordinary circumstances will any other refunds be given.

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

WAIVER OF PARTICIPANT BY SELF: I hereby agree to release, discharge, and hold harmless the Town of Mansfield, its directors, employees, agents, contractors, and/or volunteers from any and all liability that may occur during my participation in the above listed recreational activities. I understand that participation in any recreational activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I may incur. I further understand that the Town does not provide insurance for recreational program participants.

PHOTO RELEASE: I understand that for promotional purposes, the Town may videotape and/or take photographs of participants enrolled in recreational activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me engaging in the above listed recreational activities.

Signature: _____ Date: _____

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

**POSTMASTER: DATED MATERIAL
PLEASE DELIVER PROMPTLY**

Sparks Subscription

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**

