

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

December 2025



Happy Holidays

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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Nutrition Coordinator:

Jessica Vega
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Kitchen Assistant

Sylvia Gott

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 December

As the winter solstice approaches, the days may grow darker, but that means we have more opportunities to brighten your spirits and ignite your spirit of giving!

Important Preparations: First and foremost, make sure you're ready for the (inevitable) winter weather by attending the next Emergency Preparedness presentation, focusing on this very topic. Also take time to review the inclement weather policy provided below, and update/confirm your contact information with staff.

Festive Celebrations!

Join us for festive fun as we celebrate the holidays with:

- The seasonal chorus concert
- A holiday luncheon and gift exchange
- Santa letters & cookie decorating (with the big man himself)
- *Winter Holidays Around the World* educational program
- A special early Christmas Eve morning café!

Spirit of Giving: Get into the spirit of giving by attending the PJ Party or by donating a new or gently used item to the Giving Tree.

Ring in the New Year: Finally, don't miss out on signing up for the Noon-Year's Eve party, where we'll come together to wish everyone a wonderful start to 2026!

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 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!

**CHECK US OUT
ON INSTAGRAM!**



mansfieldct.gov/seniors

December 2025



Senior Center Closed:

Thursday, December 25th



EXCITING ANNOUNCEMENT: WELCOME SYLVIA!

We are delighted to introduce Sylvia as the newest member of our MSC staff team! Sylvia has joined us as the Kitchen Assistant, bringing with her recent experience in school food service. She has already showcased her skills by diving right into action during a busy birthday lunch and café service in the same week!



Sylvia's talents extend beyond the kitchen; in her spare time, she is a passionate nature photographer, an animal lover with numerous pets, and a beekeeper! How cool is that? We knew she was a *keeper*! Be sure to ask her about it when you greet her.

**Come to our
December cafés!**

Friday, December 19th

11:30 AM-1:00 PM
(or while supplies last)



Wednesday, December 24th

Special Breakfast Café

9:00 AM-11:00 AM
(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.

**LOOKING FOR THE
BIRTHDAY LUNCH? SEE PG. 5**



CARING COOKIE

We would like to congratulate December's "Caring Cookie" recipient, **Joe Malon**



Joe was nominated by Irene Dube for not only helping to complete the community puzzle, but for letting members "put in the last piece"! Check out the "Caring Cookie" brag board near the rest rooms to read helpful Joe's **many** nominations this month!

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.

NEW IN DECEMBER



Chorus Concert

Thursday,
December 18th
1:30 PM

Come support the hard work of your friends in the Mansfield Senior Center Chorus as they complete their final performance of the season! Guests of all ages from all towns welcome, free of charge.

Snow date 12/19 at 1:30 p.m.

Please RSVP by 12/15 to 860-429-0262

HOLIDAY LUNCHEON

Monday, December 22nd, 12 PM

Join us for a delicious and festive lunch! Come celebrate the season and enjoy good food in the company of good friends! Dine-in only.



Space is limited.
Register early!

MENU Ham, Scalloped Potatoes, Vegetable side and Apple Pie

Holiday Luncheon Fee: \$10 Pre-registration is required.

Please sign up with the registration form on page 17.

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

GIFT EXCHANGE Please register for the gift exchange by 12/18 on pg. 17 form.

There is no direct fee to participate in the gift exchange. Please bring a wrapped gift valued at approximately \$10. The gift exchange will follow the holiday lunch, with an **estimated start time of 1 PM**. Lunch attendance is not required. **Register for the exchange and lunch separately.** Please see staff if you would like to participate but are unable to provide a gift. 

JAZZED FOR THE NEW YEAR!

Wednesday, December 31st, 10:30 AM to 12:30 PM

Help us ring in the "noon" year!

Dress to impress and come enjoy some light jazz and americana music by local singer June Bisantz.

In-house appetizers, mocktails, and a 12 noon toast included!

Space is limited.
Register early!

Event Fee: \$7

Pre-registration is required.

Please sign up with the registration form on page 17.

Registrations are due by Friday, December 26th at 12:00 PM



EMERGENCY PREPAREDNESS SEMINAR 3: WINTER IS ALMOST HERE: ARE YOU READY?



THURSDAY, DECEMBER 4TH, 10:45 AM

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

Learn strategies for being prepared, cold related exposure & risks, power outages, safety and generator use, making an auto kit, and pet care.

RSVP TO 860-429-0262 BY 12/1



PAJAMA PARTY & CONTEST! TUESDAY, DECEMBER 9TH, 10 AM - 11:30 AM

This collection event will provide PJ's to kids for the holidays through Mansfield Human Services (and other charitable organizations as needed).

Wear your most fashionable (public appropriate) PJ's to this pajama-palooza. We'll keep the morning busy with a showing of *The Breakfast Club*, board games, and crafts as we track and tally the donations for team points. There are two ways to play...

1. Bring a monetary donation of any amount.

The value of your donation will equal the number of points for your assigned team.

2. Bring a new pair of PJ's to donate!

Each pair of PJ's donated is worth 20 points for your team!

In return for your generosity **each participant will be gifted a small PJ Party Pack**. The winning team will also earn a special prize!

Register for this free activity on the pg. 17 form.



Birthday Lunch

Celebrate your birthday with us on

December 10th



Use the lunch menu on page 15 and sign up by **Noon on Friday, December 5th** 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!

GIVE BACK!

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"**

WINTER HOLIDAYS AROUND THE WORLD with Sue Harrington

WEDNESDAY, DECEMBER 10TH, 1 PM - 3 PM

It all started with Winter Solstice, an ancient celebration on the shortest day of the year, which was held to recognize the importance of the sun and its light. Since ancient times, many cultures and religions have added their own holidays and traditions to this festive time of year. Let's take a look at many of these special celebrations, from Diwali in India to Christmas in much of the modern world.

Since gift-givers are an important part of the winter holidays, we will pay special attention to these important characters and how they evolved. Come and enjoy artifacts from different countries and even make your own ornaments and decorations to make your celebration more international. Buon Natale and Gledelig Jul!

\$7 PER PARTICIPANT. PRE-REGISTRATION ON PG. 17 FORM REQUIRED.

CALLING ALL ELVES!

LETTERS FROM SANTA & COOKIE DECORATING

Elves, we know you're out there keeping an eye on things for Santa, but he's putting out an S.O.S. (Sound Of Santa, that is) calling for your help in making sure this year's letter transport from the Mansfield Community Center's special mailbox goes smoothly. He'd like to be sure all letters are signed and sent out to the children who have written to him.

Join Santa and Mrs. Claus for cocoa, candy canes, cookie decorating and letter assembly

MONDAY, DECEMBER 15th at 10 AM

RSVP to 860-429-0262 by 12/10



PAINT NIGHT! TUESDAY, DECEMBER 16TH, 3 PM - 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.

\$15 PER PARTICIPANT. SPACES LIMITED.

PRE-REGISTRATION BY 12/9 ON PG. 17 FORM REQUIRED.

LUNCH & LEARNS

A LITTLE BIT OF LEARNING & A LIGHT LUNCH

PLEASE RSVP FOR EACH DATE TO 860-429-0262
FREE; WHILE SUPPLIES LAST

Note: Topic titles might repeat, but content is fresh and new (same with the food)!

Monday, December 8th
12 p.m.

Brain Bites

Quick, easy tasks for improving both your brain power & your balance.



Monday, December 29th
12 p.m.

Budget Bites

Tips and tricks for healthy eating on a budget.

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 is set up outside the Center, allowing individuals in need to choose items they require for the upcoming season.

Thank you for your generosity!

MSC BOOK CLUB

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

December 22nd, 2:00 pm to discuss:

The Snow Child

by Eowyn Ivey



January 26th, 2:00 pm to discuss:

Esperanza Rising

by Pam Munoz Ryan



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.

December 3rd at 1:00 PM

Please RSVP TO 860-429-0262 by 12/2

A NEW TAKE ON TRIVIA!

With trivia attendance declining, we're looking to kick things back into high-gear with a new format.

Trivia will now be offered **once every-other month**, in an event-style affair. So brush up on your facts and plan to play! 12/2 will be our last game with UConn volunteers before the updated format begins in February.

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, December 16th 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!

Joy

December 8th 1:00 PM

"Joy," starring Jennifer Lawrence, is a biographical drama that chronicles the remarkable journey of Joy Mangano, a determined & inventive woman who rises from humble beginnings to become a successful entrepreneur.

RSVP BY DECEMBER 5TH

Classic Movie: Meet Me in St. Louis

December 19th 1:00 PM

Young love and childish fears highlight a year in the life of a turn-of-the-century family. Don't miss this holiday favorite starring Judy Garland, Margaret O'Brien, and Mary Astor.

RSVP BY DECEMBER 17TH

Lifelong Learning



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

GENEALOGY

PAST TO PRESENT 10AM-11AM

Monday, December 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.

Making Time for Building Our Trees 10AM-12PM Monday, December 22nd (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.

COMING UP NEXT MONTH: GENEALOGY BOOK CLUB!

Monday, January 12th, 11AM-12:15PM

A Fatal Inheritance: How a Family Misfortune Revealed a Deadly Medical Mystery by Lawrence Ingrassia

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, DECEMBER 17TH AT 1:00 PM

Bring your curiosity! This group tackles a new science topic each month. New members are always welcome!

Please register/RSVP for the following programs as indicated:

TECH TIME

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

Mondays, December 8th and 22nd

Call 860-429-0262 to make your FREE appointment.



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 Hanoverian 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

December 4th, 11th (zoom only), and 18th
Fee: \$24

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.



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 12/23
3 PM - Trivia - 12/2 only! Sign-up on the
bulletin board!

WEDNESDAYS

1 PM - Setback - no 12/24

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 (12/5 & 12/19)

*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!



Puzzle Wall!

Did you know the MSC has a wall with free word puzzles, crosswords, sudoku, mazes...?

It's true!

See how many you can solve! The first puzzle this month is, well, finding it! Head to the Dining Room alcove where the jigsaw puzzles live. Look at the wall!

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, December 19th
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, December 12th, 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, December 16th 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 December; full month payment is required for participation. Please call 860-429-0262 for more information on registering for classes, or see page 17.

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STRENGTH & STABILITY WITH MARGIE STICKLES

Pre-registration is required.
Tuesdays: 9:00-10:00 AM Fee: \$35
December 2nd, 9th, 16th, 23rd and 30th



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.
Tuesdays: 1:30-2:30 PM Fee: \$40
December 2nd, 9th, 16th, 23rd and 30th

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

WITH LATIFA SFAKIOS

Pre-registration is required.
Wednesdays: 10:45 AM-11:45 AM
December 3rd, 17th and 31st Fee: \$24



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

WITH MIA POMERENKE

Pre-registration is required.
Wednesdays: 1:00-2:00PM Fee: \$21
December 3rd, 10th and 17th

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 Tuesday's listing. Sign up for Tues and/or Thurs!

Pre-registration is required. Thursdays: 9:00-10:00 AM
December 4th, 11th and 18th Fee: \$21

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GENTLE YOGA

WITH CAROL TYLER

Pre-registration is required.
Fridays: 11:15 AM-12:15 PM Fee: \$16
December 12th and 19th



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.

TAI CHI DVD COOPERATIVE GROUP

No fee/No pre-registration
Mondays, Wednesdays, and
Fridays at 9:30 AM

Join us for this cooperative, self-led group! Practice various forms and routines with the help of DVDs and group learning. All levels welcome.

“Take care of your body. It’s the only place you have to live.”

-Jim Rohn





OUTREACH & TRANSPORTATION SERVICES

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

BEREAVEMENT SUPPORT GROUP

Thursday, December 11th, 10:00 AM

Please note the new date/time.

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

December 9th, 3:00-4:30 PM

Please note the time. 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

December 29th, 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 run on 12/30**

MOBILE FOODSHARE

Thursday, 11:30 AM, December 11th

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. 14 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.



DECEMBER DAY TRIPS

Staying on the bus during trip activity is not permitted

Brunch & Christmas Barn, Woodstock

Friday, December 5th
9:00 AM – 2:00 PM



We will have brunch first at Bills' Bread & Breakfast before we stop at the Christmas Barn, a family-ran business and true gem nestled in the beautiful town of Woodstock. Filled with beautiful Christmas decorations and interesting country items, you can browse the historic barn and search for gifts or buy something for yourself.

Shopping Day in RI, Warwick Mall

Monday, December 8th
9:00 AM - 3:00 PM



Let's get some holiday shopping done!! Warwick Mall is enclosed for your comfort and offers a variety of stores for all your needs, including a Target!! Lunch on your own in the Food Court or Buffalo Wild Wings. (Wheelchair Accessible)

Ivoryton Playhouse: Holiday Jamboree, Ivoryton



Thursday, December 11th
12:30 PM – 7:00 PM

The Playhouse Holiday Jamboree is inspired by classic radio shows and old-time musical reviews with songs, stories, laughter and joy. From foot-stomping fiddle breaks to rich vocal harmonies and in between songs, you will hear folk tales, traditions, recipes, family stories and more-some funny, some tender, all steeped in the magic of the season. Dinner to follow at the Scotch Plains. **Tickets: \$48.00 per person, Prepaid reservations are required** (Wheelchair Accessible)

Bristol Bazaar, Bristol

Friday, December 12th
9:00 AM – 3:00 PM



Shop this year-round marketplace for locally sourced items from artists, boutiques, and small businesses. Be sure to stop by the coffee/cocktail lounge while you enjoy the sights and smells of the holiday season! We will enjoy lunch at Bell City Diner afterwards. (Wheelchair accessible)

Magic of Lights, East Hartford



Monday, December 15th
4:00 PM – 7:00 PM

Start off with a cup of hot cocoa and a freshly baked cookie from our Maple Road Café before enjoying a lights display in the comfort of the warm van. Magic of Lights is a dazzling, drive-thru holiday lights experience featuring favorite holiday scenes and characters of the season. (Wheelchair accessible) **Cost: \$9.00 per person and includes hot beverage & bakery good, Pre-paid reservation required**

Foxwoods, Mashantucket

Wednesday, December 17th
8:45 AM - 4:00 PM



Whether you love to play BINGO, try your luck on a slot machine, shop the Tanger Outlets, eat lunch at one of the many restaurants, or simply take a stroll through the beautiful venue, there is so much to see and do at Foxwoods Resort Casino!! **Bingo admission is just \$15.00 for the matinee session (10:30am) payable that day.** (Wheelchair Accessible)

CT River Museum, Essex

Friday, December 19th
9:30 AM - 4:00 PM



The CT River Museum introduces the important stories of maritime history of the CT River Valley and its people. It preserves the history, collects artifacts and provides exhibitions. This December they will be hosting the 32nd Annual Train Show signaling the holiday season where you can meet and greet with the artist himself, Steve Cryan. Lunch to follow at Fiore's Restaurant. (Wheelchair Accessible)

Admission: \$10 per person, Pre-paid reservation required.

Coffee and... "Charhouse Cookie", Bolton

Monday, December 22nd
10:00 AM – 12:30 PM



Third stop on our Coffee and... series is Charhouse Offering a menu that includes breakfast, lunch, pastries, and drinks, Charhouse Cookie provides a welcoming atmosphere for everyone, whether they are gluten-free or simply looking for a cozy place to gather with friends. The café has become a beloved local spot, celebrating the simple pleasures of life through sweet indulgences. (Wheelchair accessible)

Lunch Bunch: Thai Basil, Woodstock

Tuesday, December 30th
11:00 AM – 2:00 PM



Thai Basil in Woodstock, CT offers a diverse menu of authentic Thai cuisine, featuring appetizers like Chicken Satay and Crab Ragoon, as well as a variety of soups, noodles, chef's specialties, curries, and fried rice dishes. (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 page 17 for more info.



HUMAN SERVICES UPDATES

HUMAN SERVICES STAFF

JESSICA ST. LOUIS

Director

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Administrative Specialist

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DOROTHY DELVALLE

Community Assistance Coordinator

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YAMIL FIGUEROA

Adult Services Social Worker

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SERVICES WE OFFER

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



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

COMMISSION ON AGING

NEXT MEETING

DECEMBER 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.

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 on November 22nd.

Please check the website for continued updates.



Learn more by visiting our webpage:

[https://www.mansfieldct.gov/234/Fee-](https://www.mansfieldct.gov/234/Fee-Waiver-Ordinance)

[Waiver-Ordinance](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 December meal please register by 12/18

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 and/or transportation 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.**

Thursday, December 4th 9AM-3PM

DECEMBER 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.

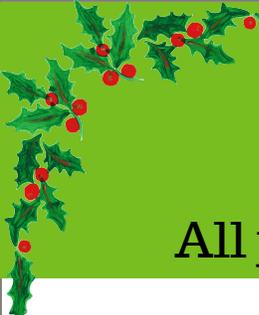
FIRST WEEK MENU DUE EARLY! BY 12 NOON TUES. 11/25

	Tuesday	Wednesday	Thursday
2	Swedish Meatballs Egg Noodles Veg du Jour Dessert Please Circle Dine In or Take Out	3 Turkey Club Sandwich French Fries Pickle Dessert Please Circle Dine In or Take Out	4 Cheesy Taco Pasta Salad Dessert Please Circle Dine In or Take Out
9	Braised Pork Chop w/Cabbage Mashed Potatoes Dessert Please Circle Dine In or Take Out	10 Baked Ziti w/Meat Sauce Salad Garlic Bread Dessert Please Circle Dine In or Take Out <input type="checkbox"/> IT'S MY BIRTHDAY!	11 LUNCH SERVED @ 12:30 Baked Chicken Thigh Spanish Rice & Beans Veg du Jour Dessert Please Circle Dine In or Take Out
16	Breaded Ranch Chicken Baked Potato Veg du Jour Dessert Please Circle Dine In or Take Out	17 Lemon Garlic Butter Tilapia Egg Noodles Veg du Jour Dessert Please Circle Dine In or Take Out	18 Turkey Stuffing Casserole Salad Dessert Please Circle Dine In or Take Out
23	Hot Dog Baked Beans Pasta Salad Dessert Please Circle Dine In or Take Out	 Breakfast Cafe 9:00 - 11:00 AM (or while supplies last)	25 Closed 
30	Orange Chicken Salad Bruschetta Dessert Please Circle Dine In or Take Out	31 Noon Year's Eve Celebration \$7.00 Pre-registration required See form on pg. 17 to sign up	Closed Happy New Year! 


12/19
Cafe!

THESE LUNCHES 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



DECEMBER

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>1.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME & PING PONG 1:00 FOLK SINGING 1:00 QUILTING</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 MOVEMENT WITH MUSIC 3:00 TRIVIA</p>	<p>3.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK 1:00 HRC FEEDBACK 1:00 FUND. OF TAP</p>	<p>4.</p> <p>9:00 STR & STABILITY 9:00 MEDICARE OPEN ENROLLMENT APPT. 10:45 EMERGENCY PREPAREDNESS SEMINAR 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>5.</p> <p>9:00 BRUNCH & CHRISTMAS BARN TRIP 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p>
<p>8.</p> <p>9:00 SHOPPING DAY: WARWICK MALL TRIP 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 12:00 LUNCH & LEARN: BRAIN BITES 1:00 FOLK SINGING 1:00 QUILTING 1:00 MOVIE: JOY</p>	<p>9.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 10:00 PJ PARTY! 12:00 LUNCH 1:00 BINGO 1:30 MOVEMENT WITH MUSIC 3:00 CAREGIVER SUPPORT GROUP</p>	<p>10.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 12:00 BIRTHDAY LUNCH 12:00 FRENCH 1:00 SETBACK 1:00 FUND. OF TAP 1:00 WINTER HOLIDAYS AROUND THE WORLD</p>	<p>11.</p> <p>9:00 STR & STABILITY 10:00 BEREAVEMENT SUPPORT GROUP 11:00 MUSIC & MONARCHS (ZOOM ONLY TODAY) 11:00 OPEN GAME TIME & PING PONG 11:30 FOODSHARE 11:30 BRIDGE 12:30 LUNCH 12:30 IVORYTON PLAYHOUSE TRIP 1:00 JEWELRY GROUP</p>	<p>12.</p> <p>8:30 HAIRCUTS 9:00 BRISTOL BAZAAR TRIP 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>15.</p> <p>9:30 TAI CHI DVD 10:00 SANTA LETTERS & COOKIE DECORATING 11:00 OPEN GAME TIME & PING PONG 1:00 FOLK SINGING 1:00 QUILTING 4:00 MAGIC OF LIGHTS TRIP</p>	<p>16.</p> <p>9:00 STR & STABILITY 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 MOVEMENT WITH MUSIC 3:00 PAINT NIGHT</p>	<p>17.</p> <p>8:45 FOXWOODS TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 1:00 SETBACK 1:00 SCIENCE CLUB 1:00 FUND. OF TAP</p>	<p>18.</p> <p>9:00 STR & STABILITY 11:00 MUSIC & MONARCHS 11:00 OPEN GAME TIME & PING PONG 11:30 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:30 CHORUS CONCERT</p>	<p>19.</p> <p>9:00 WII BOWLING 9:00 HEARING CLINIC 9:30 CT RIVER MUSEUM TRIP 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 11:30 MAPLE ROAD CAFE 1:00 CLASSIC MOVIE: MEET ME IN ST. LOUIS 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p>
<p>22.</p> <p>9:00 TECH TIME 9:30 TAI CHI DVD 10:00 COFFEE AND... CHARHOUSE COOKIE TRIP 10:00 GENEALOGY: TREES 11:00 OPEN GAME TIME & PING PONG 12:00 HOLIDAY LUNCHEON 1:00 GIFT EXCHANGE 1:00 FOLK SINGING 1:00 QUILTING 2:00 BOOK CLUB</p>	<p>23.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:30 MOVEMENT WITH MUSIC</p>	<p>24.</p> <p> 9:00 BREAKFAST CAFE 9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 12:00 FRENCH</p>	<p>25.</p> <p><i>Closed</i></p> <p></p>	<p>26.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>29.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME & PING PONG 12:00 LUNCH & LEARN: BUDGET BITES 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 11:00 LUNCH BUNCH: THAI BASIL 12:00 LUNCH 1:00 BINGO 1:30 MOVEMENT WITH MUSIC</p>	<p>31.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:30 NOON-YEAR'S EVE CELEBRATION 10:45 CHAIR YOGA 12:00 FRENCH 1:00 SETBACK</p>	<p><i>Closed</i></p> <p>HAPPY NEW YEAR 2026</p> <p></p>	<p></p>

DECEMBER 2025 CLASSES & EVENTS REGISTRATION FORM

Name: _____ Phone: _____

Address/Town: _____ Email: _____

Emergency Contact & Phone: _____

CLASS/TRIP/EVENT		DAY/DATE	FEE
Classes	Strength & Stability	Tues	\$35.00
	Music with Movement		\$40.00
	Chair Yoga with Latifa	Wed	\$24.00
	Fundamentals of Tap		\$21.00
	Strength & Stability	Thurs	\$21.00
	Music and Monarchs		\$24.00
	Gentle Yoga with Carol	Friday	\$16.00
Events	Pajama Party & Contest	Dec. 9th	Free
	Winter Holidays Around the World	Dec. 10th	\$7.00
	Paint Night	Dec. 16th	\$15.00
	Holiday Luncheon	Dec. 22nd	\$10.00
	Gift Exchange	Dec. 22nd	Free
	Noon Year's Eve Celebration	Dec. 31st	\$7.00
Trips	Brunch & Christmas Barn	Dec. 5th	
	Shopping Day-Warwick Mall	Dec. 8th	
	Ivoryton Playhouse	Dec. 11th	\$48.00
	Bristol Bazaar	Dec. 12th	
	Magic of Lights	Dec. 15th	\$9.00
	Foxwoods	Dec. 17th	
	CT River Museum	Dec. 19th	\$10.00
	Coffee and... Charhouse Cookie	Dec. 22nd	
	Lunch Bunch: Thai Basil	Dec. 30th	

Make Checks Payable to Town of Mansfield **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.

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**

