

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

January 2026



Happy New Year!

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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GarganeseA@mansfieldct.org

Nutrition Coordinator:

Jessica Vega
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VegaJ@mansfieldct.org

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 January

Welcome to 2026! The Mansfield Senior Center has an exciting lineup of activities this January to ring in the New Year.

Join us for another Mix & Mingle event and enjoy milk and cookies courtesy of Mountain Dairy while socializing with friends.

For those who love a good mystery, a life-sized game of Clue promises to be both challenging and fun.

Interested in hitting the road? Some of our trips include the Copernican Planetarium & Observatory and the Vintage Radio & Communications Museum.

If you're in the mood for exploration without hopping on our van, join the armchair travel session to Alaska. You'll learn about its stunning landscapes and unique wildlife and also have fun in the kitchen whipping up an Alaskan recipe to enjoy.

We look forward to celebrating a brand-new year with all of you!
~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 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

January 2026

Senior Center Closed:

Please note that the senior center will be closed on
New Year's Day - Thursday, January 1st
Martin Luther King Jr. Day - Monday, January 19th



Happy
New Year!

MSC BOOK CLUB

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

January 26th,
discussing:
Esperanza Rising
by Pam Munoz Ryan



Avid Readers!
Check out **pg. 7** for
information on the
Genealogy Group's
book club meeting
on 1/12!

February 23rd,
discussing:
Anxious People
by Fredrik Backman

TECH TIME'S MOVING TO THURSDAYS!

Did you know the Mansfield Senior
Center offers free tech assistance?
Do you have questions about your
computer, cell phone, or tablet?
Our knowledgeable Tech Guru, Bob is
here to help with one-hour
appointments!

Call 860-429-0262 now to reserve your
one-on-one hour with Bob:
Thursdays, January 8th and 22nd
Appointments are limited,
so don't delay! Schedule today.



**Come to our
January cafés!**

Friday, January 16th, 11:30 AM-1:00 PM
w/ 12:30 PM Performance by
Right Moment Duo!



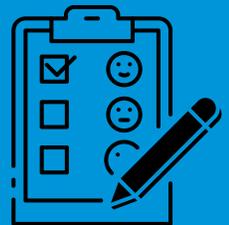
Monday, January 26th, 11:30 AM-1:00 PM

What is the Maple Road Café?

No advance lunch orders needed and open to all
ages. The Café offers an a la carte menu, while
supplies last. Prices vary. Food may be eaten in or
taken to go, unless otherwise noted.

SERVICE SURVEY

Survey available thru January 31st



We are looking to learn more about
member interests for program and trip
planning. Submit your feedback by
scanning the QR code with your phone.
Ask staff if you prefer a paper survey.

NEW IN JANUARY



Mountain Dairy Creamery
483 Browns Rd
Mansfield Ct 06268
860-455-9539

MONDAY MIX & MINGLE

with Milk & Cookies!

Sponsored by Mountain Dairy
Monday, January 5th, 12:00 PM



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 some milk and cookies and a chat in the Back Dining Room.

Let's all aim to make a new friend today!

Please RSVP by 12/29 to 860-429-0262



LIFE SIZED CLUE WILL YOU SOLVE THE MYSTERY?

Friday, January 30th, 1:00 PM

Another January means...another murder mystery! Was it Ms. Peacock in the kitchen with the knife? Colonel Mustard in the study with the wrench? Put your detective caps on and join us for a life-sized version of the classic board game CLUE.

Participants will be divided into groups, each player with their own set of clues. Travel to various rooms, pondering and placing guesses, aiming to solve your groups mystery. *Will you be the first to solve the case?*



Register for this free event on the pg. 15 registration form by 1/23

AARP TAX PREPARATION

AARP Volunteers will be available to help prepare your simple 2025 taxes Thursdays in February, March, and early April.

Please **call or stop by the front desk after January 5th** to make an appointment.

860-429-0262

Appointments will fill. **Tax Season** can the QR Code or follow the link for additional tax aide locations.

<https://www.aarp.org/money/taxes/aarp-taxaide/locations/>



MAKE A BIRD FEEDER!

Thursday, January 8th
come between 10 a.m - 11:30 a.m.

Pinecone bird feeders offer a wonderful natural snack for wildlife in the winter months. Come make your very own pinecone bird feeder to take home. We'll use Crisco, birdseed, pinecones and twine.



RSVP by 1/6 so we can ensure supplies!

860-429-0262

CELEBRATING THE MSC COMMUNITY

CARING COOKIE

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

Martina Wharton

Martina was nominated because
"she is so helpful to many different people.
Always smiling."



We couldn't agree more! Martina helps out with medical rides and is a member of the COA. She also sings with our MSC choir and brings joy to many people at the Mansfield Senior Center. Thank you, Martina!

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.

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!

VOLUNTEERS NEEDED FOR MEDICAL RIDES & RECEPTION DESK

We are looking for drivers on any weekday, to help provide rides to Mansfield seniors to medical appointments. Flexible schedules available.

We are looking for reception area volunteers
select days and times.

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"



HUMAN RIGHTS COMMISSION MONTHLY FEEDBACK SESSION

January 7th at 12:45 PM
Join us in the Dining Room to learn
about the HRC and why
your feedback matters!

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.

January 7th at 1:00 PM
Please RSVP TO 860-429-0262 by 1/4

Birthday Lunch

Celebrate your birthday
with us on

January 13th



Use the lunch menu on page 15
and **sign up by**

Noon on Friday, January 9th

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!



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, January 20th 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!

Classic Movie: An American in Paris

January 26th 1:00 PM

Three friends struggle to find work in Paris. Things become more complicated when two of them fall in love with the same woman.

Don't miss this classic film starring Gene Kelly, Leslie Caron, and Oscar Levant and featuring music by George Gershwin. Come see why this movie won 6 Oscars in 1952, including Best Picture!

RSVP BY JANUARY 23RD

Lifelong Learning



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

GENEALOGY

PAST TO PRESENT 10AM-11AM

Monday, January 12th (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, January 26th (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.

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, JANUARY 21ST 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:

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)!

Friday, January 9th, 12 p.m.

Brain Bites

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

Friday, January 30th, 12 p.m.

Budget Bites

Tips and tricks for healthy eating on a budget.



NEW! ARMCHAIR TRAVEL

DESTINATION: ALASKA!



THURSDAY, JANUARY 22ND, 1:30 PM

We've been to the Netherlands, now join Vicky & Kim in our next adventure to Alaska!

We'll cook an Alaskan recipe, paint the northern lights, and enjoy a travel documentary to discover this amazing wilderness,

\$5 materials fee due at registration. Register by 1/15 on the pg. 15 form.

MUSIC & MONARCHS AND CHORUS PROGRAMS

ARE ON HOLD FOR JANUARY

SAVE THE DATE! CHORUS MEET AND GREET/INFO SESSION for the Spring season will be held on Monday, February 2nd at 1:30 p.m.

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

1:30 PM - Setback - *note new time!*

THURSDAYS

11:00 AM Ping Pong & Open Game Time
11:00 AM - Bridge - *note new time!*

FRIDAYS

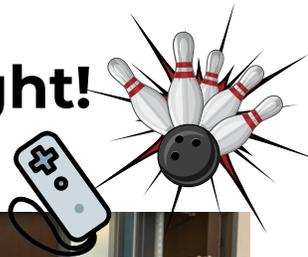
9 AM - Wii Bowling
10 AM - Scrabble
1 PM - *American Mahjonn (1/2 & 1/16)

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



Games Spotlight!

Wii Bowling!



Even if you only drop in on occasion, the Wii bowling crew is sure to adopt you to the team! Join this gregarious crowd each Friday for some friendly Wii bowling competition. Never played before? Not to worry! Players are glad to guide you. You'll be hooked in no time! **Join us on 1/9 at Windham Senior Center for a friendly tournament! More details on pg. 11**

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, January 16th
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, January 9th, 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, January 20th 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 January; full month payment is required for participation. Please call 860-429-0262 for more information on registering for classes, or see page 15.

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STRENGTH & STABILITY WITH MARGIE STICKLES

Pre-registration is required.
Tuesdays: 9:00-10:00 AM Fee: \$28
January 6th, 13th, 20th and 27th



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: \$32
January 6th, 13th, 20th and 27th

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
January 7th and 21st 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.

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
January 8th, 15th, 22nd and 29th Fee: \$28

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GENTLE YOGA

WITH CAROL TYLER

Pre-registration is required.
Fridays: 11:15 AM-12:15 PM Fee: \$24
January 9th, 16th and 30th



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.

A 30 minute workout is only 2% of your day.

You've got this.



PLEASE NOTE: FUNDAMENTALS OF TAP HAS BEEN DISCONTINUED AT THIS TIME.

We share our sincere thanks with Mia for her many years of dance programs with the Mansfield Senior Center.



OUTREACH & TRANSPORTATION SERVICES

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

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.

**2026 MOBILE
FOODSHARE
INFO ON PG. 12**

MEDICAL APPT. TRANSPORTATION

Rides to local medical appointments are free, accessible and available to Mansfield residents age 55+ Monday through Friday between 8:30 AM-4:30 PM Please remember to make your request at least 7 days prior to your appointment. **For more information** or to request a ride/rider form, please call our Outreach Coordinator, Amy Garganese at 860-487-9875.

YOU HAVE CHOICES

Are you in need of free and unbiased Medicare counseling? We have a certified CHOICES counselor on staff that can provide you with one-on-one benefits counseling, enrollment assistance, plan comparisons, eligibility screening, application assistance and so much more. Please contact Yamil at 860-487-9873 or Amy at 860-487-9875 to make an appointment.

CAREGIVER SUPPORT GROUP

Tuesday, January 13th, 3:00-4:30 PM

Caring for a loved one in need can take a physical and mental toll. 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.

BEREAVEMENT SUPPORT GROUP

Thursday, January 15th, 10:00 AM

Experiencing a loss changes our world. This group offers an outlet to share stories, gather strength, healing and understanding from peers in a confidential environment. RSVP to Yamil at 860-487-9873.

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, January 26th, 2:00 PM

The Mansfield Senior Center PTSD Support Group will focus on coping. Please come to share your challenges, your tips and learn some skills to use. RSVP to Yamil at 860-487-9873

NEW! CANCER SURVIVOR TOOLBOX SERIES

**Wednesdays at 10 AM
RSVP to 860-429-0262**

This 6-week series will contain a set of basic skills and special topics needed for Cancer Survivorship. Please attend any dates you are able.

1/21 - Communicating - This program helps you to better express your thoughts and feelings to others and learn how to be an active listener.

1/28 - Finding Information - "Finding Information" explains how to use many of the different resources available to find information that will help you understand your kind of cancer and its treatment.

2/4 - Making Decisions - This program helps you identify how you make decisions, how your style of decision making can work or be improved, and how you can weigh the pros and cons of treatment decisions.

2/11 - Solving Problems - "Solving Problems" describes how to identify and follow the steps needed to solve a difficult situation in your life or daily activity.

2/18 - Negotiating - Negotiating means talking with people involved in your health care so that you can get what you need to have the best quality of life possible.

2/25 - Standing Up for Rights - This program helps you learn how to actively do something in your own best interest in order to feel more in control of your life. This is also known as self-advocacy.



JANUARY DAY TRIPS

PLEASE NOTE: Staying on the bus during trip activity is not permitted

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 15 for more info.

Wii Bowling Tournament, Windham

Friday, January 9th
8:45 AM – 12:00 PM



Join the MSC Wii Bowlers as they face the Windham Senior Center team for another fun Wii Bowling Tournament. It's a great chance to connect, cheer each other on, and enjoy some friendly rivalry. Games start at 9:15 at the WSC. (Wheelchair accessible)



Coffee and... Sweet Aroma Coffee House, Colchester

Monday, January 12th
9:00 AM - 12:30 PM



Are we enjoying the coffee & bakery trips? Next, we will check out *Sweet Aroma's*, known in town for being a quaint, hidden gem. The menu provides variety from coffee, tea, breakfast sandwiches, bagels and of course fresh bakery goods! (Wheelchair accessible)



Copernican Planetarium & Observatory CCSU, New Britain



Wednesday, January 21st
9:30 AM – 3:30 PM

Have you ever seen the dancing lights in the Northern Sky or wonder why this atmospheric phenomenon is so mysterious? Come see a **FREE** show that includes a presentation of the stars and objects that are currently visible followed by an interesting topic about Ice Giant planets. There will be plenty of time for questions following the show! Lunch to follow at Elaine's.



The Vintage Radio & Communications Museum, Windsor



Friday, January 23rd
9:30 AM - 3:00 PM

Take a walk through history from Morse Code transmitters to radio & television to personal computers and everything in between. This museum offers a fascinating and educational look back in time. Lunch to follow at Red Robin (Wheelchair accessible)

**Admission: Seniors-\$7.00 payable at the museum
Military-\$5.00 payable at the museum**



William Benton Museum, Storrs



Wednesday, January 28th
1:00 PM - 4:00 PM

Connecticut State Art Museum will have a new exhibit coming in January and you don't want to miss it! "Raid the Archive: New Eyes on Horsebarn Hill" will draw connections between the history and landscape of UConn. This landscape is not merely a local landmark but a living archive imprinted with legacies past, present and future. (Wheelchair Accessible) **Free Admission**



Lunch Bunch: 4 Seasons by the Lake, Stafford Springs

Friday, January 30th
11:00 AM – 2:00 PM



Enjoy a delicious menu while taking in the beautiful views of the lake during the winter months. 4 Seasons offers a rotating menu with plenty of seasonal specials to choose from. (Wheelchair accessible)





HUMAN SERVICES UPDATES

HUMAN SERVICES STAFF

JESSICA ST. LOUIS

Director

StLouisJ@mansfieldct.org

CATHY POMERLEAU

Administrative Specialist

PomerleauCR@mansfieldct.org

YAMIL FIGUEROA

Adult Services Social Worker

Figueroay@mansfieldct.org

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

JANUARY 12TH 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-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

or visit mansfieldct.gov/1896/Food-Programs

to learn more.

MEAL KITS

The Human Services Department has a food program that provides meal kits for eligible households. If you currently qualify for our food pantry, you are automatically eligible for this program. Please watch for flyers with request deadline and pick-up date-specific details.

January meal kit registration closes 1/15 at 12 noon.

Pick-up will be 1/22.

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.

MOBILE FOODSHARE

Thursday, 11:30 AM, January 8th & 22nd

Pick-up in the Wrights Way parking lot.

Transportation to FoodShare is available upon request for residents age 55+.



2026 Foodshare Schedule and Locations:
<https://mobilefoodpantry.ctfoodshare.org/>

JANUARY 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
6 Chicken Parm Sandwich Tater Tots Salad Dessert Please Circle Dine In or Take Out	7 Tomato Basil Fish Rice Pilaf Veg du Jour Dessert Please Circle Dine In or Take Out	8 LUNCH SERVED @ 12:30 Shepherd's Pie Cheddar Biscuit Dessert Please Circle Dine In or Take Out
13 Stuffed Chicken w/ Broccoli & Cheese Mashed Potato Dessert Please Circle Dine In or Take Out <input type="checkbox"/> IT'S MY BIRTHDAY!	14 Grilled Cheese  French Fries Pickle Dessert Please Circle Dine In or Take Out	15 Bacon Cheeseburger Potato Chips Cole Slaw Dessert Please Circle Dine In or Take Out
20 Meatball Grinder French Fries Veg du Jour Dessert Please Circle Dine In or Take Out	21 Pancakes Hashbrown Patty Sausage Dessert Please Circle Dine In or Take Out	22 LUNCH SERVED @ 12:30 Chicken Caesar Salad Bruschetta Dessert Please Circle Dine In or Take Out
27 Kielbasa w/Sauerkraut Pierogies Dessert Please Circle Dine In or Take Out	28 Fish Sandwich French Fries Cole Slaw Dessert Please Circle Dine In or Take Out	29  Cheese Tortellini Salad Garlic Bread Dessert *TAKE OUT ONLY*



PLEASE NOTE: January 8th & 22nd
 Dine-in lunch service will begin at 12:30 PM
 Take-out lunches will be available for pick-up from 1:00-4:00 PM
 There is NO dine-in lunch on January 29th
 This is a TAKE-OUT meal ONLY.

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 DINE-IN MEALS COME WITH MILK AND A DESSERT.

TAKE-OUT MEALS INCLUDE LUNCH AND DESSERT ONLY AND 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. BEFORE PLACING YOUR ORDER, PLEASE INFORM THE KITCHEN IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.





JANUARY

EVENTS CALENDAR

All programs are ages 55+ unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	1. THURSDAY	2. FRIDAY
<p>5.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME & PING PONG 12:00 MIX & MINGLE WITH MOUNTAIN DAIRY MILK & COOKIES 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>6.</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</p>	<p>7.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 10:45 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 12:45 HRC INFO & FEEDBACK 1:30 SETBACK</p>	<p>8.</p> <p><i>Closed</i></p> <p><i>Happy New Year!</i></p> <p>9:00 TECH TIME 9:00 STR & STABILITY 10:00 MAKE A BIRD FEEDER 11:00 OPEN GAME TIME & PING PONG 11:30 FOODSHARE 11:00 BRIDGE 12:30 LUNCH/IPM TAKEOUTS 1:00 JEWELRY GROUP</p>	<p>9.</p> <p>8:30 HAIRCUTS 9:00 WII BOWLING TOURNAMENT IN WINDHAM 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 12:00 LUNCH & LEARN: BRAIN BITES 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>12.</p> <p>9:00 COFFEE &: SWEET AROMA COFFEE HOUSE TRIP 9:30 COMMISSION ON AGING 9:30 TAI CHI DVD 10:00 GENEALOGY: PAST/PRESENT 11:00 GENEALOGY BOOK CLUB 11:00 OPEN GAME TIME & PING PONG 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>13.</p> <p>9:00 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 BIRTHDAY LUNCH 1:00 BINGO 1:30 MOVEMENT WITH MUSIC 3:00 CAREGIVER SUPPORT GROUP</p>	<p>14.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 12:00 LUNCH 12:00 FRENCH 12:30 CSEA 1:30 SETBACK</p>	<p>15.</p> <p>9:00 STR & STABILITY 10:00 BEREAVEMENT SUPPORT GROUP 11:00 OPEN GAME TIME & PING PONG 11:00 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP</p>	<p>16.</p> <p>9:00 WII BOWLING 9:00 HEARING CLINIC 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 11:30 MAPLE ROAD CAFE 12:30 RIGHT MOMENT DUO 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p> 
<p>19.</p> <p><i>Closed</i></p> 	<p>20.</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 RELIVE THE 60S & 70S THROUGH SONG 1:00 BINGO 1:30 MOVEMENT WITH MUSIC</p>	<p>21.</p> <p>9:30 COPERNICAN PLANETARIUM TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 CANCER SURVIVOR TOOLBOX: COMMUNICATING 10:30 SPANISH 10:45 CHAIR YOGA 12:00 FRENCH 12:00 LUNCH 1:00 SCIENCE CLUB 1:30 SETBACK</p>	<p>22.</p> <p>9:00 TECH TIME 9:00 STR & STABILITY 11:00 OPEN GAME TIME & PING PONG 11:30 FOODSHARE 11:00 BRIDGE 12:30 LUNCH/IPM TAKEOUTS 1:00 JEWELRY GROUP 1:30 ARMCHAIR TRAVEL</p>	<p>23.</p> <p>9:00 WII BOWLING 9:30 VINTAGE RADIO & COMMUNICATIONS MUSEUM TRIP 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>26.</p>  <p>9:30 TAI CHI DVD 10:00 GENEALOGY: TREES 11:00 OPEN GAME TIME & PING PONG 11:30 MAPLE ROAD CAFE 1:00 FOLK SINGING 1:00 QUILTING 1:00 CLASSIC MOVIE 2:00 MSC BOOK CLUB 2:00 PTSD SUPPORT GROUP</p>	<p>27.</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</p>	<p>28.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 CANCER SURVIVOR TOOLBOX: FINDING INFO 10:30 SPANISH 12:00 FRENCH 12:00 LUNCH 1:00 WILLIAM BENTON MUSEUM TRIP 1:30 SETBACK</p>	<p>29.</p> <p>9:00 STR & STABILITY 11:00 OPEN GAME TIME & PING PONG 11:00 BRIDGE 12:30 TAKEOUT ONLY LUNCH 1:00 JEWELRY GROUP</p>	<p>30.</p> <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:00 LUNCH BUNCH 11:15 GENTLE YOGA 12:00 LUNCH & LEARN: BUDGET BITES 1:00 LIFE-SIZED CLUE</p>



2026 Dates: 10 a.m. to 2 p.m. on January 10th (snow date 1/17), April 11th, July 11th & October 10th

Location: First Congregational Church
199 Valley Street, Willimantic

The Repair Cafe movement started in Amsterdam in 2009. Initiated by Dutch journalist Martine Postma, the movement began as a way to combat "throwaway culture" and promote sustainability by teaching people practical repair skills. It also builds community.

HOW IT WORKS:

This Repair Cafe is run all by volunteers. There is electrical repair, tool and knife sharpening, clothing repair, sometimes there is a book repair person, jewelry repair, and bicycle repair. Come with your item and check in. In order or arrival you bring your item to the appropriate repair section. The repair person discusses the problem and the possible solutions. Sometimes a part is required and the person goes out to get that. Sometimes it is not repairable and the repair person explains why. You stay with your item while the repair is being done. Sometimes if you are interested you can help.

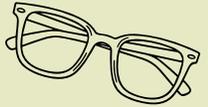
Repairs are free of charge but donations toward program costs are graciously accepted.



Eyeglass Donations Box in MSC Lobby

Near the main entrance is a donation bin for new and gently used prescription glasses and readers.

Mansfield Lions Club also accepts limited medical equipment donations. Email MansfieldAreaLions@Gmail.com to inquire.



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Mansfield, CT 06268**

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