

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

February 2026



It's a **LOVELY** month
to visit the **MSC!**

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

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Outreach Coordinator:

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GarganeseA@mansfieldct.org

Nutrition Coordinator:

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

Kitchen Assistant

Sylvia Gott

Drivers:

Patricia Elliot
Dave Ignatowicz

Welcome February

Join us at the Mansfield Senior Center this February, where love and fun fill the air! Despite being the shortest month, we've curated an exciting array of activities and trips for you.

We're offering **three** special cafes, the enchanting return of Mr. Magic's Magic Show, celebrating Mardi Gras with mouthwatering cuisine and lively music, and cheering on UConn Women's Basketball with our annual Tailgate Party.

Our February excursions will take you to the Museum of Natural History in Providence and the fascinating American Mural Project in Winsted. Plus, our "Coffee and..." series concludes with a purr-fect theme—CATS!

For those who love to explore from the comfort of a chair, embark on a virtual journey to Italy, and immerse yourself in its rich culture and beauty.

We can't wait to share these experiences with 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.



MANSFIELD SENIOR CENTER RESPECTS THE DIVERSITY OF OUR PARTICIPANTS. YOU WILL FIND A WARM WELCOME HERE, REGARDLESS OF SEX, AGE, RACE, ETHNICITY, NATIONAL ORIGIN, RANGE OF ABILITIES, SEXUAL ORIENTATION, GENDER IDENTITY, FINANCIAL MEANS, EDUCATION AND POLITICAL PERSPECTIVE.

**CHECK US OUT
ON FACEBOOK!**



CHECK 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!**

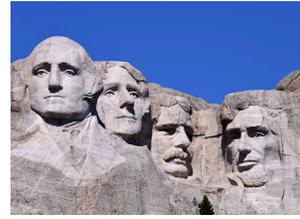


mansfieldct.gov/seniors

February 2026

Senior Center Closed:

Please note that the senior center will be closed on Presidents' Day - Monday, February 16th



COME TO OUR FEBRUARY CAFÉS!



Friday, February 6th 11:30 AM-1:00 PM
"Soup"-er Bowl Café

Friday, February 13th 11:30 AM-1:00 PM
Valentine's Café (following Magic Show)

Friday, February 20th 10:00 AM-11:30 AM
Breakfast Café!

What is the Maple Road Café?

No advance 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.

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** to make an appointment.
860-429-0262
Appointments will fill.
Scan the QR Code or follow the link for additional tax aide locations.



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

MR. MAGIC'S MAGIC SHOW

Performance by Mr. Magic himself, Rich Rothstein
FRIDAY, FEBRUARY 13TH, 10:30 AM

Mr. Magic is BACK! Start your day with laughter, amazement, and pure joy at this interactive, laugh-out-loud magical experience designed to entertain, engage, and bring everyone together for an unforgettable time! Bring the grandkids this time and enjoy the experience together.

Cost: \$3.00 per adult, children are FREE!
Pre-registration by 2/10 is required.



ARMCHAIR TRAVEL

DESTINATION:

ITALY!

**WEDNESDAY,
FEBRUARY 18TH,
2:00-4:00 PM**

Join MSC staff in our next adventure to Italy; home of this year's winter Olympics! We'll cook a delicious Italian recipe, learn a few steps from the Tarantella, and enjoy a travel documentary to discover this historic and beautiful place.

\$5 materials fee due at registration.
Register by 2/12 on the pg. 15 form.

SPREAD THE *Love*

This February, let generosity be your Valentine! When you purchase a reusable \$2.50 Community Bag at the MansfieldBig Y store, \$1 goes directly to our organization. Your support helps make a real difference in our community.



NEW IN FEBRUARY

MARDI GRAS CELEBRATION

Join in the festivities as we kick off Mardi Gras on Fat Tuesday, February 17th. Enjoy a delicious meal followed by a concert by singer, songwriter, and former UCONN anthem singer, Tomaca. You don't want to miss this party!



MENU

**Cajun Kielbasa Jambalaya
with Red Beans & Rice
Corn Bread
Bananas Foster**



Tuesday, February 17th, 12:00-2:00 PM Cost: \$10.00
Pre-registration required by NOON on Friday, February 13th



PAINT NIGHT

Scott Ginter returns to guide you through the easy steps to create your own, beautiful masterpiece! No painting experience is required. Come enjoy socializing with fellow members in a fun, creative space.

All required materials, and light refreshments provided.

Thursday, February 19th, 3:00-5:00 PM
Cost: \$15.00 Pre-registration by 2/12 required.

UCONN WOMEN'S BASKETBALL TAILGATE PARTY



It's the second to last home-game of the regular season, and it's Huskies Senior Day! Come join us at the MSC to watch and cheer on the UConn Women Huskies as they take on the Providence Friars. Wear your favorite UConn apparel. Game starts at 12 p.m. Snacks provided. Plan for local traffic. MSC doors open at 11 a.m.

Sunday, February 22nd, 11:00 AM to Game end
Cost: \$7.00 Pre-registration by 2/13 required.



LUNAR NEW YEAR

The Chinese Lunar New Year Celebration is a traditional event celebrated in large parts of the world to welcome **luck & prosperity** in the year to come.

2026 is the year of the Fire Horse. In Chinese zodiac, the Fire Horse signifies high energy, independence, dynamic change, and transformative momentum.

Don yourself in your favorite red outfit and come join us for some FREE, fun and festive activities!

Thursday, February 26th, 11:00 AM-12:00 PM
FREE. Pre-registration required.



CELEBRATING THE MSC COMMUNITY

VETERANS ROUNDTABLE

Calling All Veterans:
We Want to Hear From You
Wed., Feb. 4th at 12:45 PM

Mansfield Human Services is hosting a Veterans Roundtable Discussion. This is an open conversation designed to learn what resources, services, and supports our local veterans need and what you wish our community offered.

This gathering is also a great chance to have your voices heard. Meet with the new Human Services Outreach Worker and the Human Services Director to help shape what the future of Veterans Services looks like in our community.

Join us, share your experiences, and help us build the support network our veterans deserve.

RSVP preferred by 2/3/26

Phone: 860-487-9871

Email: GardinerA@mansfieldct.org



WELCOME AMANDA!

Mansfield Human Services Department is pleased to welcome Amanda, our newest addition to the Adult/Social Services division of Human Services. She is filling the new role of



Human Services Outreach Worker. While Amanda's hours may vary, she will be onsite Tuesday through Thursday, largely during afternoon hours. She will help to enhance and support key programs including veterans services, outreach to vulnerable residents, and coordination of food programs.

She brings enthusiasm, compassion, and a strong commitment to community connection. Outside of work, Amanda enjoys exploring Mansfield's many hiking trails with her two rescue dogs and occasionally finds time to crochet. She looks forward to getting to know more about our community and contributing to the important work already underway.

Contact Amanda: 860-487-9871
GardinerA@mansfieldct.org



Birthday Lunch

Celebrate your birthday with us on

February 10th



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



CARING COOKIE

We would like to congratulate **February's**

"Caring Cookie" recipient,

Alma Maldonado-Cordner



Alma was nominated by Christine B. because "when it comes to taking photographs at special events & such, no one could do it better than her."

We certainly appreciate you, Alma and your wonderful photography skills!

Is there someone at the senior center that you want to acknowledge with a shout-out? Nominate that special person for our monthly "**Caring Cookie**" award using a nomination slip found in the Dining Room.

UCONN STUDENT VOLUNTEERS RETURN!

Welcome back students! Look for these friendly faces around the center this month.



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. **February 4th at 1:00 PM**

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.

RELIEVE THE 60S & 70S THROUGH SONG

WILL NOT MEET IN FEBRUARY.

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!



Please register for the following program as indicated:

MSC CHORUS



If you enjoy singing with your fellow seniors, and entertaining in the community, give our talented Mansfield Senior Center Chorus a try! All levels welcome. Prior chorus/singing experience is not required. *Meet & Greet is drop-in, no RSVP or enrollment commitment required.* Rehearsals are under the direction of Dr. Charles Houmard. Performances, primarily at local nursing homes, follow the season in mid-May and early June.

THURSDAYS at 1:00 PM Feb. 5th-May 7th
SELECT MONDAYS Apr. 27th and May 4th
Performances TBD (approx. May 8th-29th)



MEET & GREET:
MONDAY, FEB. 2ND AT 1:30 PM

Registration for the full season is required.

Full-season payment (Feb.-May/June): \$6 materials + \$112 program fee. **Total: \$118**

Pre-register using the pg. 15 registration form. Monthly installment payments available by request. Fee is not prorated for missed dates unless full group is cancelled.

FOCUS ON FITNESS



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

New Time! STRENGTH & STABILITY
WITH MARGIE STICKLES

Pre-registration is required.
Tuesdays: 10:30-11:30 AM
February 3rd, 10th, 17th and 24th Fee: \$28
Thursdays: 10:30-11:30 AM
February 5th, 12th, 19th and 26th Fee: \$28

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. Register for one or both days.



MOVEMENT WITH MUSIC

Pre-registration is required.
Tuesdays: 1:30-2:30 PM Fee: \$32
February 3rd, 10th, 17th and 24th



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

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.

GENTLE YOGA
WITH CAROL TYLER

Pre-registration is required.
Fridays: 11:15 AM-12:15 PM Fee: \$32
February 6th, 13th, 20th and 27th

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.

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, February 20th
9:00 AM - 12:00 PM

Haircuts

Note new rate



Lynn Shea has 25 years of experience cutting hair. **Haircuts are \$20 cash**, payable directly to Lynn at appointment.
Friday, February 13th, 8:45 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, February 17th, 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

Lifelong Learning



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

GENEALOGY

PAST TO PRESENT 10AM-11AM

Monday, February 9th (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, February 23rd (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, February 18th 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:

STROKE AWARENESS

Thursday, February 12th 10-11 AM

Presented by



Taking quick action is critical! This session provides life-saving knowledge regarding the signs and symptoms to prevent a stroke.

RSVP to 860-429-0262 by 2/11

TYPE 2 DIABETES PREVENTION

Thursday, February 26th at 10 AM

Presented by Robin Whittemore, RN



Did you know that as we age, our risk for type 2 diabetes increases? The good news is that lifestyle changes can help decrease the risk of developing type 2 diabetes. Come learn some strategies to improve your health in 2026!

RSVP to 860-429-0262 by 2/25

LUNCH & LEARNS



A LITTLE BIT OF LEARNING & A LIGHT LUNCH

FREE; RSVP REQUIRED FOR EACH DATE BY THE FRIDAY PRIOR TO 860-429-0262

Monday, February 9th 12 PM

Brain Bites

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

Friday, February 27th 12 PM

Budget Bites

Tips and tricks for healthy eating on a budget.

TECH TIME



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

YOUR PEACE OF MIND PLANNER

One of the greatest gifts you can leave behind is access to your information and affairs for your loved ones. Your contacts, health, financial affairs, instructions... Let Bob help you establish your “planner” (or review one you’ve already started). This appointment is not an offer of any advice beyond how to keep and compile valuable and practical information for your loved ones.

Call 860-429-0262 now to reserve your one-on-one hour with Bob: Thurs., Feb. 19th and 26th
Appointments are limited.



CLASSICAL MUSIC CLUB

WITH DR. CHARLES HOUMARD

(FORMERLY MUSIC & MONARCHS)



"Without music, life would be a mistake"- Nietzsche. Big ideas alongside superficial pleasures are the ingredients of classical music. Politics, art, literature and philosophy are some of the topics we explore as we listen to familiar music from the great classical composers throughout history... Richard Wagner, Dimitri Shostakovich and totalitarianism in Germany and the Soviet Union is the topic for February.

Available in-person or on zoom.

THURSDAYS AT 11 AM
FEB. 5TH, 12TH, 19TH, 26TH
FEE: \$32 PER PERSON

Zoom link emailed on 2/4 to pre-registered participants.



SAVE THE DATE!

AN EGG-CITING

EVENT



Watch for this special egg-decorating activity in late March. Full details will be announced in the March Sparks.

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

THURSDAYS

11:15 AM - Bridge - *note new time!*

FRIDAYS

9 AM - Wii Bowling
10 AM - Scrabble
1 PM - *American Mahjongg (2/6 & 2/20)

*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!



Monday, February 2nd at 12:00 PM

Do you like treats? Do you like trivia? Are you ready for a little friendly competition?

Sign up to play Trivia this month! RSVP to 860-429-0262 **required** by 1/29 (or there may not be enough treats...) Teams assigned upon arrival.



MOVIES

Popcorn is served free!

Miracle February 6th at 1:00 PM

Celebrate the 2026 Winter Olympics with this inspiring and true story!

Kurt Russell plays Herb Brooks, the player-turned-coach who led the 1980 U.S. Olympic hockey team to victory over the seemingly invincible Soviet squad.

RSVP BY FEBRUARY 3RD



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.**

February 23rd, discussing: *Anxious People* by Fredrik Backman



March 23rd, discussing: *A Year in Provence* by Peter Mayle



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, February 10th, 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, February 12th, 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, February 23rd, 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**

Dates for this 6-week series continue, covering a set of basic skills and special topics needed for Cancer Survivorship. Please attend any dates you are able. You do not need to have attended the January dates to benefit from the series dates below.

- 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.

FEBRUARY 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.

Coffee and...CATS!!!

Two Wrasslin' Cats Coffee House & Cafe, East Haddam

**Monday, February 9th
9:00 AM- 12:30 PM**



Comfortable eatery specializing in sandwiches, salads and pastries, plus coffee and cat-themed merchandise. Besides coffee, tea and other beverages, Wrasslin' Cats offers an array of whimsically-named menu items, such as the Cats Pajamas Wrap, Littermate, Catprese, Furry Curry, and Garden Cat. Come out and get your cat cuddles while enjoying coffee and more!
(Wheelchair accessible)



Prison Arts Exhibition, ECSU, Willimantic

**Friday, February 13th
1:00 PM – 4:00 PM**



Eastern CT State University is hosting the 45th annual Prison Arts show by the Community Partners in Action Program. The show will feature 604 artworks by 162 artists from nine CT correctional facilities with a wide range of drawings, paintings, sculptures and carpentry projects. This is a **FREE** public event.
(Wheelchair accessible)



Metropolitan Opera in Cinema: Cinderella, Manchester

**Wednesday, February 18th
12:00 PM – 3:30 PM**



Come watch a previously-recorded Opera show at the Buckland Hill IMAX Theater. The classic telling of the Cinderella story is an excellent source of Opera and provides color, romance and glowing nostalgia. The fairytale takes place in an indeterminate past in which magic, whimsy and love at first sight are features of everyday life. (Wheelchair accessible)

**Admission: \$15.00 payable at registration
Registration due by 2/10/26.**



Lunch Bunch: Tullis Taphouse, Griswold

**Monday, February 23rd
11:00 AM - 2:00 PM**



Tullis Taphouse is a Gastropub and has your cravings covered! Offering a variety of apps, salads, burgers, sandwiches and main dishes...something for everyone! Daily specials available too.
(Wheelchair accessible)



Museum of Natural History, Providence



**Wednesday, February 25th
9:00 AM - 3:00 PM**

The museum was founded in 1896 to house a donation of mammal and bird specimens from John Steere, a former Providence resident. It features natural history exhibits (plants, animals, geology) and features stunning grand French chateau-style architecture, recent renovations, and upgrades. We will stop for lunch at Texas Roadhouse.
(Wheelchair accessible)

Admission: \$2.00 payable at the museum



American Mural Project, Winsted



**Friday, February 27th
9:00 AM – 4:00 PM**

The American Mural Project is a nonprofit arts center that has the largest indoor collaborative artwork in the world that reaches 120 feet long and is five stories high. The mural is a tribute to American workers and portrays real workers from all walks of life on a grand scale. Lunch to follow at the Log House.
(Wheelchair Accessible)

Admission: \$12.00 Pre-registration required



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

AMANDA GARDINER

Human Services Outreach Worker

Phone: 860-487-9871

GardinerA@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

FEBRUARY 9TH 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.

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.

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.

NEW SATELLITE PANTRY NOW OPEN AT THE MANSFIELD PUBLIC LIBRARY

As of January 8th, a limited item satellite pantry is now available to residents at the library during all library operating hours.

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.

February meal kit (Chicken Parm) registration closes February 12th at 12 noon.

Pick-up will be February 19th.

MOBILE FOODSHARE

Thursday, 11:30 AM, February 5th and 19th

Pick-up in the Wrights Way parking lot.

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



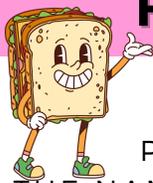
2026 Foodshare Schedule and Locations:
<https://mobilefoodpantry.ctfoodshare.org/>

NEW! SENIOR CENTER TRIP ASSISTANCE PROGRAM

The Town of Mansfield Human Services Office is currently administering a Senior Trip Scholarship program derived from private contributions intended to provide assistance to seniors (age 55+) wishing to access Senior Center Trips. These funds are used only for the cost of the trip (i.e. tickets, admission, entry fees, etc), and do not include items such as lunch, food, personal items, etc or other Senior Center programs. Criteria for assistance includes: financial hardship (see income below), history of assistance, residency and other available private/public financial resources.



Please contact the Human Services office for an application.



FEBRUARY 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 860-487-9876. SIGN UP BY 12:00PM ON FRIDAYS FOR THE FOLLOWING WEEK.

Tuesday	Wednesday	Thursday
3 Breaded Pork Chop Cheesy Scallop Potatoes Veg du Jour Dessert Please Circle Dine In or Take Out	4 Veggie Burger with Cheese  Onion Rings, Pickle Dessert Please Circle Dine In or Take Out	5 LUNCH SERVED @ 12:30 Clam Chowder Seafood Salad Roll Veg du Jour Dessert Please Circle Dine In or Take Out
10 Beef Tips in Gravy Sour Cream & Chives Mashed Potatoes Veg du Jour & Bruschetta Dessert Please Circle Dine In or Take Out <input type="checkbox"/> IT'S MY BIRTHDAY!	11 Honey BBQ Chicken Breast Rice Pilaf Veg du Jour Dessert Please Circle Dine In or Take Out	12 Hot Dog Baked Beans Potato Salad Dessert Please Circle Dine In or Take Out
17 Mardi Gras Celebration \$10.00  DINE-IN ONLY Pre-registration required See form on pg. 15 to sign up	18 Crispy Chicken Ranch Wrap French Fries Pickle Dessert Please Circle Dine In or Take Out	19 LUNCH SERVED @ 12:30 Taco Salad Fritos Dessert Please Circle Dine In or Take Out
24 Pasta Primavera Salad Bruschetta  Dessert Please Circle Dine In or Take Out	25 Fish Sticks Mac & Cheese Veg du Jour Dessert Please Circle Dine In or Take Out	26 Chicken Stir Fry White Rice Spring Roll Dessert  Please Circle Dine In or Take Out



Cafe 2/6



Cafe 2/13



Breakfast Cafe 2/20

PLEASE NOTE:

on February 5th & 19th
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

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 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 (1:00PM-4:00PM ON SELECT DATES).

IF YOU NEED TO CANCEL OR CHANGE 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.



= VEGETARIAN

SEE PAGE 3 FOR MORE DETAILS ON THE MAPLE ROAD CAFE



FEBRUARY

EVENTS CALENDAR

All programs are ages 55+ unless otherwise noted.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> <p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME & PING PONG 12:00 TREATS & TRIVIA 1:00 FOLK SINGING 1:00 QUILTING 1:30 CHORUS MEET & GREET</p> 	<p>3.</p> <p>10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 10:30 STR & STABILITY 12:00 LUNCH 1:00 BINGO 1:30 MOVEMENT WITH MUSIC</p>	<p>4.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 CANCER SURVIVOR TOOLBOX: MAKING DECISIONS 10:30 SPANISH 12:00 FRENCH 12:00 LUNCH 12:45 VETERANS ROUNDTABLE 1:00 HRC FEEDBACK 1:30 SETBACK</p>	<p>5.</p> <p>9:00 AARP TAX APPOINTMENTS 10:30 STR & STABILITY 11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 11:30 FOODSHARE 12:30 LUNCH/IPM TAKEOUTS 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>6.</p>  <p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 11:30 MAPLE ROAD CAFE 1:00 MOVIE: MIRACLE 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p>
<p>9.</p> <p>9:00 COFFEE AND: TWO WRASSLIN' CATS COFFEE HOUSE & CAFE TRIP 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</p>	<p>10.</p> <p>10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 10:30 STR & STABILITY 12:00 BIRTHDAY LUNCH 1:00 BINGO 1:30 MOVEMENT WITH MUSIC 3:00 CAREGIVER SUPPORT GROUP</p>	<p>11.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 CANCER SURVIVOR TOOLBOX: SOLVING PROBLEMS 10:30 SPANISH 12:00 LUNCH 12:00 FRENCH 12:30 CSEA 1:30 SETBACK</p>	<p>12.</p> <p>9:00 AARP TAX APPOINTMENTS 10:00 BEREAVEMENT SUPPORT GROUP 10:00 STROKE AWARENESS PRESENTATION 10:30 STR & STABILITY 11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>13.</p>  <p>8:45 HAIRCUTS 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 10:30 MR. MAGIC'S MAGIC SHOW 11:15 GENTLE YOGA 11:30 MAPLE ROAD CAFE 1:00 MAKER SPACE/OPEN STUDIO 1:00 PRISON ARTS EXHIBITION @ ECSU TRIP</p>
<p>16.</p> <p><i>Closed</i></p> <p>HAPPY Presidents Day</p> 	<p>17.</p> <p>9:30 FOOTCARE 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 10:30 STR & STABILITY 12:00 MARDI GRAS CELEBRATION & MUSIC BY TOMACA 1:00 BINGO 1:30 MOVEMENT WITH MUSIC</p>	<p>18.</p> <p>9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 CANCER SURVIVOR TOOLBOX: NEGOTIATING 10:30 SPANISH 12:00 MET OPERA IN CINEMA TRIP 12:00 LUNCH 12:00 FRENCH 1:00 SCIENCE CLUB 1:30 SETBACK 2:00 ARMCHAIR TRAVEL: ITALY</p>	<p>19.</p> <p>9:00 TECH TIME 9:00 AARP TAX APPOINTMENTS 10:30 STR & STABILITY 11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 11:30 FOODSHARE 12:30 LUNCH/IPM TAKEOUTS 1:00 JEWELRY GROUP 1:00 CHORUS 3:00 PAINT NIGHT</p>	<p>20.</p>  <p>9:00 WII BOWLING 9:00 HEARING CLINIC 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 10:00 BREAKFAST CAFE 11:15 GENTLE YOGA 11:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p>
<p>23.</p> <p>9:30 TAI CHI DVD 10:00 GENEALOGY: TREES 11:00 LUNCH BUNCH TRIP: TULLIS TAPHOUSE 11:00 OPEN GAME TIME & PING PONG 1:00 FOLK SINGING 1:00 QUILTING 2:00 MSC BOOK CLUB 2:00 PTSD SUPPORT GROUP</p>	<p>24.</p> <p>10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 10:30 STR & STABILITY 12:00 LUNCH 1:00 BINGO 1:30 MOVEMENT WITH MUSIC</p>	<p>25.</p> <p>9:00 MUSEUM OF NATURAL HISTORY TRIP 9:30 WOODCARVING 9:30 TAI CHI DVD 10:00 CANCER SURVIVOR TOOLBOX: RIGHTS 10:30 SPANISH 12:00 FRENCH 12:00 LUNCH 1:30 SETBACK</p>	<p>26.</p> <p>9:00 TECH TIME 9:00 AARP TAX APPOINTMENTS 10:00 TYPE 2 DIABETES PREVENTION PRESENTATION 10:30 STR & STABILITY 11:00 LUNAR NEW YEAR CELEBRATION 11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS</p>	<p>27.</p> <p>9:00 AMERICAN MURAL PROJECT TRIP 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:15 GENTLE YOGA 12:00 LUNCH & LEARN: BUDGET BITES 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>*2/22</p> <p>SUNDAY</p> <p>11:00 UCONN TAILGATE PARTY</p> 				

FEBRUARY 2026 CLASSES & EVENTS REGISTRATION FORM

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

	CLASS/TRIP/EVENT	DAY/DATE	FEE
Classes	Strength & Stability	Tues	\$28.00
	Movement with Music		\$32.00
	Strength & Stability	Thurs	\$28.00
	Classical Music Club		\$32.00
	Chorus		\$118.00
	Gentle Yoga with Carol	Friday	\$32.00
Events	Mr. Magic's Magic Show	Feb. 13 th	\$3.00
	Mardi Gras Celebration	Feb. 17 th	\$10.00
	Armchair Travel: Italy	Feb. 18 th	\$5.00
	Paint Night	Feb. 19 th	\$15.00
	UCONN Tailgate Party	Feb. 22 nd	\$7.00
	Lunar New Year Celebration	Feb. 26 th	FREE
Trips	Coffee &: CATS!!!	Feb. 9 th	
	Prison Arts Exhibition At ECSU	Feb. 13 th	
	Metropolitan Opera: Cinderella	Feb. 18 th	\$15.00
	Lunch Bunch: Tullis Taphouse	Feb. 23 rd	
	Museum of Natural History	Feb. 25 th	
	American Mural Project	Feb. 27 th	\$12.00

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: _____



Save the Date!

Scan code for more Info.



PJ Run For a Cause

5K Run/Walk & Kids Fun Run

All proceeds support Mansfield's Betsy Hamill Campership Scholarship program for youth.

When: Saturday, March 28th at 12:30 p.m.

Where: Mansfield Middle School



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**"

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

