

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

March 2026



**Spring; *branch* out and
try something new!**

**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
860-487-9874
TracyJA@mansfieldct.org

Program Coordinator:

Kimberly Rontey
860-487-9872
RonteyKB@mansfieldct.org

Program Assistant:

Vicky Hannon
860-487-9877
HannonL@mansfieldct.org

Outreach Coordinator:

Amy Garganese
860-487-9875
GarganeseA@mansfieldct.org

Nutrition Coordinator:

Jessica Vega
860-487-9876
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 March

Spring is a time of renewal and celebration, and the March events at the MSC are perfectly designed to capture this spirit. Music lovers will delight in free performances by the lively Dixie Cats and talented EOS students. For those with a creative flair, our egg decorating event offers a chance to unleash your artistic side and embrace a beloved springtime tradition.

Everyone can benefit from a nutrition class presented by UCONN and a comprehensive blood pressure education series by EHHD.

You won't want to miss our festive St. Patrick's Day celebration, featuring a feast of wonderful food and a traditional Irish dance performance by SRL Irish Dance Academy that brings the Emerald Isle to life.

Art and history enthusiasts will have the chance to embark on a variety of museum trips this month, including the Museum of Work and Culture and the Eric Carle Museum, each promising unique insights and inspiration. If you prefer a more relaxed journey, the armchair travel series invites you on a virtual trip to Ireland, offering an immersive experience from the comfort of your seat. There's something for everyone this March, so come celebrate the season with us!

~The MSC Staff~



Inclement Weather...we may not be out of the woods just yet!

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

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

**CHECK US OUT
ON FACEBOOK!**



**CHECK US OUT
ON INSTAGRAM!**



mansfieldct.gov/seniors

CHECK OUT OUR MANSFIELD SENIOR CENTER FACEBOOK PAGE FOR INTERESTING STORIES, PROGRAM & EVENT INFORMATION, PICTURES AND AN OPPORTUNITY TO CONNECT WITH LOCAL RESOURCES AND ORGANIZATIONS FOR SENIORS!

March 2026

Your Ideas. Your Senior Center. Your Future.



Talk with architects and Town staff and let us know what's important to you in a **NEW Senior Center.**



Wednesday, March 25th, 9:30 a.m. to 11:30 a.m.
at the Mansfield Senior Center. No RSVP required.

FREE CONCERT BY THE DIXIE CATS



The Dixie Cats are coming back for another toe-tapping performance! Their Dixieland-style music will make it hard to stay in your seat - dancing and singing along is highly encouraged!

Come for lunch at the cafe, and stay for the free music!

Friday, March 6th 12:15-1:15 PM
Cost: FREE, No RSVP required.

EOS STUDENT FREE MUSIC PERFORMANCE



We look forward to welcoming more talented student musicians from EOS high school, volunteering their time to perform for...you!

Settle in with a late breakfast from the Breakfast Cafe and enjoy this free performance!

Friday, March 13th 11:30 AM - 12:30 PM
Cost: FREE, No RSVP required.

COME TO OUR MARCH CAFÉS!

Friday, March 6th 11:30 AM-1:00 PM
With a performance by "The Dixie Cats"

Friday, March 13th 10:00 AM-11:30 AM
Breakfast cafe followed by EOS Music!

Friday, March 20th 11:30 AM-1:00 PM
Celebrating the Spring Equinox



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.

NEW IN MARCH

FALL RISK SCREENINGS

Presented by University of Connecticut DPT PT C.A.R.E.S. Program

These FREE fall-risk screenings will be administered by physical therapy students under the direction and supervision of a licensed physical therapist.

Friday, March 6th 10:30 AM - 1:30 PM
Cost: FREE Please RSVP by March 5th



ARMCHAIR TRAVEL DESTINATION: IRELAND

WEDNESDAY, MARCH 11, 1:30 - 3:30 PM

Join MSC staff on our next adventure to Ireland! We'll cook a delicious Irish recipe, learn a few classic tunes, and enjoy a travel documentary to discover the beautiful landscape,

Have you traveled to Ireland yourself? Or share ancestral connections? Bring a souvenir or heirloom to share!



\$5 materials fee due at registration. Register by 12 noon March 6th.

ST. PATRICK'S DAY CELEBRATION

Don yourself in your favorite green attire and come join in the St. Patrick's Day festivities! Enjoy a delicious meal followed by a traditional Irish dance performance by the SRL Irish Dance Academy.



MENU

Corned Beef & Cabbage
Boiled Potatoes, Carrots
Dessert

Tuesday, March 17th 12:00 - 1:45 PM

Cost: \$10 Pre-registration required by noon on March 13th



"WE CAN'T WAIT TO SHOWCASE OUR DANCERS AGES 2 - ADULT AND TEACH YOU ABOUT IRISH DANCE, MUSIC, AND CULTURE!" -SRL IRISH DANCE ACADEMY

AN EGGS-CITING EVENT!

led by Sue Harrington

Easter is coming! Do you want the most interesting Easter Basket in town? Bring at least one-dozen white-shelled eggs (see information below) and we will provide materials and instructions for:



- yarn-wrapped eggs
- mosaic eggs
- wax-resist eggs
- plaid eggs
- natural dyed eggs
- people & animal eggs
- and more!

The eggs:

- **If you want to eat them later**, they should be hard-boiled and refrigerated. There will be some materials that are not food safe and you should not use.
- **If you want to make them permanent** and be able to display them for many years, you can blow them out ahead of time



Wednesday, March 18th 1:00 - 3:00 PM

Free. BYO Eggs.

Pre-registration by 3/10 required.

CELEBRATING THE MSC COMMUNITY

NEW! SHOW & TELL



Come share something you're passionate about with your friends at the Mansfield Senior Center! Do you have a childhood object, a souvenir from a memorable trip, or just a fun shopping find with a story?

Monday, March 30th at 10:30 AM

Register to come with your object to tell a story or to just come and listen.

Show and tell items

must be permissible in municipal buildings.

Sharers and Spectators register using pg. 15 by 3/25

Planning to share? Topic must be listed on registration form. Share not to exceed 5 minutes



Mix & Mingle (and munch!)

MSC Staff are hosting again this time! New and seasoned members welcome and encouraged to attend this relaxed get together.

Let's get to know each other, and aim to make a new friend, over a snack and a collaborative activity (psst...everyone takes something home).

New members are welcome to join us after the activity on a tour of the center.

Monday, March 2nd 12:00 - 1:00 PM

Cost: FREE

RSVP to 860-429-0262 by 2/27

Birthday Lunch

Celebrate your birthday

with us on

March 25th



Use the lunch menu on page 15 and **sign up by Noon on Friday, March 20th** 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 **March's "Caring Cookie" recipient,**

Dot Michaelis!

Dot was nominated for always thinking of others. Whether she's sharing a meal or busy helping the MSC quilters make comfort shawls and placemats for those in need, Dot never hesitates to care for friends and strangers alike.



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.



HUMAN RIGHTS COMMISSION **MONTHLY DISCUSSION:**

Talking With Your Grandchildren

(and other young people):

What matters? What's Difficult?

How do you overcome misunderstandings?



Everyone is invited to share stories of good conversations and difficult conversations they have had with young people. What have we learned about cross-generational communication with people we care about?

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. **March 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.

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

note new start time!

Wednesdays from 9:00 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, March 17th 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!



SOCIAL LEARNING

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

GENEALOGY

PAST TO PRESENT 10AM-11AM

Monday, March 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, March 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, MARCH 18TH AT 1:00 PM

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

Lifelong Learning

Please register/RSVP for the following programs as indicated:



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.

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

Available in-person
or on zoom.

Zoom link emailed on
3/4 to pre-registered
participants.

EHHD FREE BLOOD PRESSURE EDUCATION SERIES

Tuesdays, March 10th & 24th 10-11 AM

Presented by



EHHD residents & their partners with uncontrolled hypertension or who have two or more risk factors for hypertension (such as poor eating habits, being overweight, tobacco use, diabetes, a family history of hypertension, or an inactive lifestyle) can attend. This session includes an at-home education component. **Free. Call 860-429-0262 by 12 noon on 3/6 to register.**



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., March 12th & 26th
Appointments are limited.

UConn NUTRITION CLASS

Tuesday, March 24th at 1:00-2:00 PM

Presented by UConn Nutrition Students



March is National Nutrition Month! This year’s theme is *Discover the Power of Nutrition*. Find out what you can do to have more energy and feel your personal best on a limited budget. Everyone who attends will receive a program reinforcer from UConn SNAP-Ed.

RSVP to 860-429-0262 by Friday, 3/20

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. 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)

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 by individual for missed dates. Last day to register 3/11



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, March 9th 12 p.m.

Brain Bites

Quick, easy tasks for improving your brain power.

Monday, March 23rd 12 p.m.

Balance Bites

Tips and tricks for improving your balance.

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.**

March 23rd,

discussing:

A Year in Provence

by Peter Mayle



April 27th,

discussing:

The Midnight Library

by Matt Haig

FUN AND GAMES

MONDAYS

11 AM - Open Game Time

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

FRIDAYS

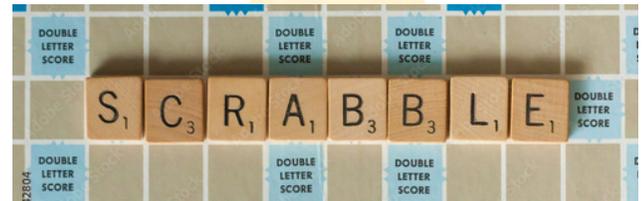
9 AM - Wii Bowling

10 AM - Scrabble

1 PM - *American Mahjongg (3/6 & 3/20)

*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!



Did you know...you have two opportunities each week to try your hand (or show off your skills) at Scrabble? It's true!

Scrabble is great to keep you sharp; promoting word recall, strategic thinking, vocab expansion, boosting cognitive function and enhancing memory. Playing at the MSC has the added bonus of making new social connections.

Stop by Tuesdays and/or Fridays at 10 a.m. to join the fun! No RSVP required.

SAVE THE DATE: NEXT TRIVIA & TREATS IS MONDAY, 4/6, 12 P.M.

FITNESS



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

Mondays

9:30 AM
TAI CHI DVD GROUP
No fee/No pre-registration

Tuesdays

NEW TIME! 9:30 AM
STRENGTH & STABILITY
Pre-registration is required.
March 3rd, 10th, 17th, 24th and 31st
Fee: \$35

1:30 PM MOVEMENT WITH MUSIC
Pre-registration is required.
March 3rd, 10th, 17th, 24th and 31st
Fee: \$40

Wednesdays

9:30 AM
TAI CHI DVD GROUP
No fee/No pre-registration

Thursdays

NEW TIME! 3:15 PM
STRENGTH & STABILITY
Pre-registration is required.
March 6th, 13th, 20th and 27th Fee: \$28

Fridays

9:30 AM
TAI CHI DVD GROUP
No fee/No pre-registration

STRENGTH & STABILITY

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.

MOVEMENT WITH MUSIC

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

WELLNESS PROGRAMS

Appointments are required for all wellness services. Please call 860-429-0262 to make an appointment or to cancel.

Haircuts



Lynn Shea has 25 years of experience cutting hair. **Haircuts are \$20 cash**, payable directly to Lynn at appointment.

Friday, March 13th, 8:45 AM - 12:00 PM

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, March 17th 9:30 AM-3:30 PM
Cost: \$40 cash or check per 30-minute appointment, payable directly to provider

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: March 20th
9:00 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



OUTREACH & TRANSPORTATION SERVICES

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

SHOPPING & ERRANDS

Shopping and errand trips run the first four Tuesdays of each month.

1st & 3rd Tuesdays:

- **Big Y & East Brook Mall: 10:00 AM - 12:00 PM**
- **Price Chopper: 12:00-2:00 PM -note new time!**

2nd & 4th Tuesdays: 10:00 AM - 12:00 PM

- **Big Y**
- **East Brook Mall**
- **Walmart**
- **Aldi's**

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.



MOBILE FOODSHARE



Thursday, 11:30 AM
March 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.ct.foodshare.org/>

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, March 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.

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, March 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

BEREAVEMENT SUPPORT GROUP

Thursday, March 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.



All Veterans, save the date!

Come talk all things VA Healthcare & Veteran Benefits.

Alex Spears & Veteran Benefits Rep.

Thurs April 16th 4:30p-6p

Senior Center Dining room

More Details to come.



MARCH 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.



Eric Carle Museum, Amherst, MA



Wednesday, March 11th, 9:00 AM – 4:00 PM

The Eric Carle Museum of Picture Book Art's mission is to celebrate and elevate picture book art. They collect, preserve, and exhibit original art and foster an ever-growing audience passionate about picture book art. Eric Carle (1929-2021) was one of the best-known illustrators of our time. The creator of more than 70 picture books, he combined winsome stories and exuberant collages that appeal to young readers and adults alike. Lunch to follow at The Grape Vine Grill. (Wheelchair accessible)

Admission: \$10.00/person payable at the museum

Museum of CT History, Hartford



Monday, March 23rd, 9:30 AM - 3:30 PM

At the Museum of Connecticut History, you'll find exhibits that trace the growth of the State and its role in the development of the nation. The Museum focuses on Connecticut's government, industrial and military history. Lunch to follow at Redheat Tavern (Wheelchair Accessible)

Free Admission



Lunch Bunch: Harp & Dragon, Norwich



Friday, March 13th, 11:00 AM – 3:00 PM

Gear up for St. Patrick's Day with lunch at an Irish Pub in the heart of Norwich with a casual, friendly atmosphere. Great food, appetizers, pub grub, and entrees.

Fabric Trail, Rocky Hill & Colchester Wednesday, March 25th, 9:30 AM- 3:30 PM



Time to stock up on your fabric & yarn! Join us for a trip with our first stop at Americana Fabrics in Rocky Hill, then off to lunch at Gina Marie's. We will end our trip with a stop to Colchester Mill, Fabric & Quilting. (Wheelchair accessible)



Museum of Work & Culture, Woonsocket, RI



Wednesday, March 18th, 9:00 AM – 4:00 PM

The Museum of Work & Culture presents a compelling story of immigrants who came to find a better life in the mill towns along the Blackstone River. Visitors will explore the lives of immigrants at home, work, and school through nine immersive exhibits. Lunch to follow at Cracker Barrel. (Wheelchair accessible)

Admission: \$8.00/person with docent-led tour payable at the museum



Brunch Bunch: Vanilla Bean Cafe, Pomfret Center



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

Enjoy high-quality, hand-prepared food in a comfortable, casual atmosphere (Wheelchair accessible)



Manchester Shopping Day, Manchester



Tuesday, March 31st, 10:00 AM- 2:00 PM

Let's get out of town for a day of shopping in Manchester. We will make a few stops along the way that include the Shoppes at Buckland Hills, Hobby Lobby and the Trader Joe's plaza. You can find lunch on your own located at the mall or in the plaza. (Wheelchair accessible)



Ashbel Woodward Museum, Franklin Friday, March 20th, 12:30 PM- 3:30 PM



Come be part of history, community, and conversation about the museum's newest exhibit, Rebel Yankeys, a powerful exploration of two Revolutionary War soldiers from Franklin—Lebbeus Quy and Jacob Kingsbury—and the very different lives they led. Their stories open a window into the social and racial dynamics of 18th-century Franklin, brought to life through voices and artifacts from the era. Enjoy a "Taste of History" experience, with a cup of tea featuring the teas thrown into Boston Harbor. (Wheelchair accessible)

Admission: \$5.00/person; 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

MARCH 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.

March meal kit registration closes on March 12th at 12 noon; Pick-up on March 19th

MOBILE FOODSHARE

Thursday, 11:30 AM, March 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, history of assistance, residency and other available private/public financial resources.

Please contact the Human Services office for an application.



MARCH 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 Meatloaf Mashed Potatoes Veg du Jour Dessert Please Circle Dine In or Take Out	4 Grilled Chicken Club Sandwich w/Bacon French Fries Pickle Dessert Please Circle Dine In or Take Out	5 LUNCH SERVED @ 12:30 Creamy Vegetable Orzo Garlic Bread Squash Dessert Please Circle Dine In or Take Out
10 Fried Chicken Thigh Mashed Potatoes Veg du Jour Dessert Please Circle Dine In or Take Out	11 Spaghetti & Meatballs Salad Garlic Bread Dessert Please Circle Dine In or Take Out	12 Blueberry Pancakes Home Fries Sausage Dessert Please Circle Dine In or Take Out
17 St. Patrick's Day Celebration DINE-IN ONLY Pre-registration required See form on pg. 15 to sign up	18 Orange Chicken Salad Cheesy Garlic Bread Dessert Please Circle Dine In or Take Out	19 LUNCH SERVED @ 12:30 Lemon Garlic Tilapia Rice Pilaf Veg du Jour Dessert Please Circle Dine In or Take Out
24 Vegetable Lo Mein Stir Fry Spring Roll Cucumber Dill Salad Dessert Please Circle Dine In or Take Out	25 Shepherd's Pie Salad Cheddar Biscuit Dessert Please Circle Dine In or Take Out <input type="checkbox"/> IT'S MY BIRTHDAY!	26 Reuben French Fries Pickle Dessert Please Circle Dine In or Take Out
31 Grilled Ham & Cheese Tomato Soup Salad Dessert Please Circle Dine In or Take Out	PLEASE NOTE: on March 5 th & 19 th 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	

Cafe
3/6

Breakfast Cafe
3/13

Cafe
3/20

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.

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



MARCH

EVENTS CALENDAR

All programs are ages 55+ unless otherwise noted.



2. MONDAY	3. TUESDAY	4. WEDNESDAY	5. THURSDAY	6. FRIDAY
<p>9:30 TAI CHI DVD 11:00 OPEN GAME TIME 12:00 MIX & MINGLE 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>9:30 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>9:00 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 12:00 FRENCH 12:00 LUNCH 1:00 HRC FEEDBACK: COMMUNICATING WITH YOUNGER GENERATIONS 1:30 SETBACK</p>	<p>11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 11:30 FOODSHARE 12:30 LUNCH/IPM TAKEOUTS 1:00 JEWELRY GROUP 1:00 CHORUS 3:15 STR & STABILITY</p>	<p>9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 10:30 FALL RISK SCREENINGS 11:30 MAPLE ROAD CAFE 12:15 DIXIE CATS PERFORMANCE 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p> 
<p>9. 9:30 COMMISSION ON AGING 9:30 TAI CHI DVD 10:00 GENEALOGY: PAST/PRESENT 11:00 OPEN GAME TIME 12:00 LUNCH & LEARN: BRAIN BITES 1:00 FOLK SINGING 1:00 QUILTING</p>	<p>10. 9:30 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 10:00 EHHD BLOOD PRESSURE SERIES 12:00 LUNCH 1:00 BINGO 1:30 MOVEMENT WITH MUSIC 3:00 CAREGIVER SUPPORT GROUP</p>	<p>11. 9:00 ERIC CARLE MUSEUM TRIP 9:00 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 12:00 LUNCH 12:00 FRENCH 1:30 SETBACK 1:30 ARMCHAIR TRAVEL: IRELAND</p>	<p>12. 9:00 TECH TIME 10:00 BEREAVEMENT SUPPORT GROUP 11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS 3:15 STR & STABILITY</p>	<p>13. 8:45 HAIRCUTS 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 10:00 BREAKFAST CAFE 11:00 LUNCH BUNCH: HARP & DRAGON RESTAURANT 11:30 EOS STUDENT MUSIC PERFORMANCE 1:00 MAKER SPACE/OPEN STUDIO</p> 
<p>16. 9:30 TAI CHI DVD 11:00 OPEN GAME TIME 11:00 FOLK SINGING 1:00 QUILTING</p>	<p>17. 9:30 FOOTCARE 9:30 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 ST. PATRICK'S DAY LUNCH 1:00 IRISH DANCE PERFORMANCE 1:00 RELIVE THE 60S & 70S THROUGH SONG 1:00 BINGO 1:30 MOVEMENT WITH MUSIC</p>	<p>18. 9:00 MUSEUM OF WORK & CULTURE TRIP 9:00 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 12:00 LUNCH 12:00 FRENCH 12:30 CSEA 1:00 SCIENCE CLUB 1:00 EGG-CITING EVENT 1:30 SETBACK</p>	<p>19. 11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 11:30 FOODSHARE 12:30 LUNCH/IPM TAKEOUTS 1:00 JEWELRY GROUP 1:00 CHORUS 3:15 STR & STABILITY</p>	<p>20. 9:00 WII BOWLING 9:00 HEARING CLINIC 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:30 MAPLE ROAD CAFE 12:30 ASHBEL WOODWARD MUSEUM TRIP 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG</p> 
<p>23. 9:30 MUSEUM OF CT HISTORY TRIP 9:30 TAI CHI DVD 10:00 GENEALOGY: TREES 11:00 OPEN GAME TIME 12:00 LUNCH & LEARN: BALANCE BITES 1:00 FOLK SINGING 1:00 QUILTING 2:00 MSC BOOK CLUB 2:00 PTSD SUPPORT GROUP</p>	<p>24. 9:30 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 10:00 EHHD BLOOD PRESSURE SERIES 12:00 LUNCH 1:00 UCONN NUTRITION CLASS 1:00 BINGO 1:30 MOVEMENT WITH MUSIC</p>	<p>25. 9:00 WOODCARVING 9:30 FABRIC TRAIL TRIP 9:30 TAI CHI DVD 9:30 NEW SENIOR CENTER FEEDBACK SESSION 10:30 SPANISH 12:00 FRENCH 12:00 BIRTHDAY LUNCH 1:30 SETBACK</p>	<p>26. 9:00 TECH TIME 11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS 3:15 STR & STABILITY</p>	<p>27. 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 1:00 MAKER SPACE/OPEN STUDIO</p>
<p>30. 9:00 BRUNCH BUNCH: VANILLA BEAN CAFE 9:30 TAI CHI DVD 10:30 SHOW & TELL 11:00 OPEN GAME TIME 11:00 FOLK SINGING 1:00 QUILTING</p>	<p>31. 9:30 STR & STABILITY 10:00 MANCHESTER SHOPPING DAY TRIP 10:00 WRITING GROUP 10:00 SCRABBLE 12:00 LUNCH 1:00 BINGO 1:30 MOVEMENT WITH MUSIC</p>			

MARCH 2026 CLASSES & EVENTS REGISTRATION FORM

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

CLASS/TRIP/EVENT		DAY/DATE	FEE
Classes	Strength & Stability	Tues	\$35.00
	Movement with Music		\$40.00
	Strength & Stability	Thurs	\$28.00
	Classical Music Club		\$32.00
	Chorus		\$118.00
Events			
	Armchair Travel: Ireland	March 11 th	\$5.00
	St. Patrick's Day Celebration	March 17 th	\$10.00
	Egg Decorating	March 18 th	FREE
	Show & Tell (check box below)	March 30 th	FREE
	Sharing: My item is:		
	Spectating		
Trips	Eric Carle Museum	March 11 th	
	Lunch Bunch: Harp & Dragon	March 13 th	
	Museum of Work & Culture	March 18 th	
	Ashbel Woodward Museum	March 20 th	\$5.00
	Museum of CT History	March 23 rd	
	Fabric Trail	March 25 th	
	Brunch Bunch: Vanilla Bean Cafe	March 30 th	
	Manchester Shopping Trip	March 31 st	

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: _____



Register Now!

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

