



# SENIOR SPARKS

VOLUME 37 ISSUE 5    MANSFIELD SENIOR CENTER ASSOCIATION, INC.    MAY 2011  
303 Maple Road, Storrs/Mansfield CT 06268    (860) 429-0262x5

\* President: Tom Rogers \* Vice President: Frank Trainor \* Secretary: Vacant \* Finance Officer: Don Stitts \* Treasurer: Wilfred Bigl  
\* Asst. Treasurer & Sparks Manager: Kathy Rule \* Travel: Judy Bigl \* Ways & Means: Jan Scottron \* Program Chair: Vacant  
\* Member-at-Large: Sam Gordon



The Mansfield Senior Center Association presents its annual  
Vaudeville Show

# Anything Goes XIX

Wednesday, May 18th, 2010



Noon Meal:

*Sweet & Sour Chicken Breast  
Linguini  
Broccoli  
Peach Cup  
Cake*



~ Followed by the 19th annual Vaudeville Show

\$2.00 suggested donation at door (\$3.00 for salad plate)  
\$7.00 if under age 60

(Please sign up by Thursday, May 12th, 11:00 AM)

*It's not too late!*

*Please see Cindy or Tom if you have an act you would like to perform.*



**A NOTE FROM CINDY DAINTON ...  
SENIOR SERVICES COORDINATOR**

Every day at the Senior Center something amazes me. Today, one of the members came in to show me a book that he has published about his family history centered in Atlantic City. He tells me that it took five years to pull all of the information together and to get the book published. He states that he did it so that his family would have the history at hand.

I also saw crocus poking up through the ground to welcome us to spring! It is hard to believe that spring is here after all of the snow that we had this winter. Spring is a fun time, a time of fresh beginnings. Everything looks so crisp and clean in the sunshine.

Things have been going fairly well at the Center and individuals are coming back from the south. Unfortunately, there are two classes that are not drawing the attendance needed to be able to continue. As of the writing of this article, all of the class members are trying to get some new individuals to participate. The two classes are Bridge with Chinky and Zumba Gold. I am hoping that by May some more interest will be generated in these classes. Please call the Center to see if these classes are still going on before coming in for them.

I also want to let you know that I have a proposal to change the hours of the Senior Center for the summer (June 23<sup>rd</sup> to Sept 1st) to Monday, Tuesday, and Wednesday from 8:30 AM to 4:30 PM; Thursday from 8:30 AM to 7:30 PM; and Friday from 8:30 AM to 1:00 PM. This will provide us with the opportunity to attract new members who are looking for evening hours, as well as the ability to explore some new program options. This means that there will be some adjustments to the class schedule, so please watch for the details.

**HAPPY SPRING!!**



**MANSFIELD SENIOR CENTER  
ASSOCIATION, INC.**

*A Note from Tom Rogers,  
President, MSCA*

*E-mail: Thomas.rogers@snet.net*

The theme for this month's article is "Should Have." Things that I could have done, but for whatever reason didn't do. Top of the list is "Accreditation." This is an analysis of a Senior Center's operation, leadership, (both professional and volunteer), a comprehensive of the physical plant of the Center, and recommendations on how to improve. The study is done by Senior Service professionals and volunteers outside of the town. If done right, it is very intense and thorough. It allows a cross-section of people to be interviewed from the Town Manager to the occasional visitor. There is a four-figured cost involved. The process, when completed, gives us bragging rights, a plaque on the wall, a gold star to add to any grant requests, and the knowledge that we are doing something right.

Along with that, an updated "Policy and Procedures" manual. This will help in determining who is responsible for what, who should sign checks, is there a limit on budgeted expenses, or even unbudgeted expenses. What is a payment authorization and who can sign the authorization. Under what circumstances can Association stationary be used. How much authority does an Executive Board officer have. How much authority does a Committee have.

I know that regulations can be a pain in the neck, but without them chaos, mistrust, and credibility can disappear. Speaking of manuals, the reception desk should have a manual, which would involve the handling of monies, class registration (both town and the Computer lab), how to use the telephone, signing up new members, policies regarding meals and meal sign-ups, and who to refer questions to. This needs to be updated on a regular basis.

Also, arrange a yearly reception for any and all town hall employees who have helped the seniors in some way. We don't thank them often enough.

In a perfect world, all of the above, and more, may be done. I apologize for not doing these things; but time, patience, personalities, and my strength are the major reasons.

## MISCELLANY

### Thank You

Many thanks to John Adamcik, June Curtis, Patty Flubacher, Mary Haskell, Richard Hobby, Alice Jansen, Fran Leffler, and Al Swanson for collating the April issue of *Sparks*. *Thanks so very much!*

### BLUEBERRY STUDY

Blueberries must be ordered by  
**Thursday, May 12th,**  
**11:00 AM**

*NO EXCEPTIONS!*

Blueberry pick-up is  
**Friday, May 20th,**  
**11:00 to 11:30 AM**

*Blueberries are available to  
Study Participants Only*

**Welcome to the newest  
members of the  
Mansfield Senior Center  
Association:**

*Estelle Elliott  
Donna Barra  
Elizabeth Huebner  
Patricia Curry  
April Ford  
Muriel A. Fenn*

### In Memory of

**Patricia Browne  
Virginia Herrmann  
Florence Lent  
Coranna Desilets  
Norman Kogan  
Robert Gouldsbrough**

## TRAVEL DESK



### MESSAGE FROM THE TRAVEL DESK

**Hours:**  
**Monday to Friday**  
**10:00 AM to Noon**

If you are interested in any of the trips, please sign up as soon as possible so the trips do not get cancelled. Please call the desk at 860-429-0262x6, or Judy at 860-429-0180 with any questions or concerns.

**Cancelled Trips:** *Indian Head Resort, Lincoln, NH, and "Show Boat" at Goodspeed Opera House & Luncheon at Gelson House.*

July 14 (Thursday): *Dock & Dine w/Show & Thimble Island Cruise* \$71.00 pp

August 16 (Tuesday): *Newport Playhouse & Cabaret "Lobster Bake Buffet"* \$85.00 pp. Deadline: Aug. 5th.

September 7 (Wednesday): *Suffolk Downs Raceway (Boston) w/Luncheon Buffet*—includes 8x10" photo, much more, see flyer. A real fun day. \$50.00 pp. Deadline: Aug. 22.

October 18 (Tuesday): *Octoberfest at Inn at Villa Bianca, Seymour, CT.* All you can eat German buffet, unlimited beer and wine, German entertainment and dancing. \$73.00 pp. Deadline: Oct. 3rd.

### Sparks Submissions

Please submit your articles for the June issue of *Sparks* by May 13th.

November 3 (Thursday): *Buddy Holly Tribute w/Luncheon at Log Cabin* in North Hampton, MA. Roast turkey **AND** Yankee pot roast. Both items included. \$68.00 pp. Deadline: Oct. 21st.

November 29 (Tuesday): *Hukelau's "Christmas in Hawaii"* Chicopee, MA. Prime rib or baked scrod. \$62.00 pp. Deadline: November 16.

## Change of Address?

Have you recently moved? **Please** let us know if you have a change of address or if you will be temporarily away, so we may update our records, especially if you receive the monthly newsletter *Senior Sparks*. Thanks!

## Senior Hobby Display Case

### Share your talent!

If you have items you would like to share in the Hobby Display Case, please see Cindy.

## ST. PATRICK'S DAY CELEBRATION MARCH 17, 2011



### Greenest Women:

*Mary Haskell  
Ellie Trainor, runner-up*

### Greenest Men:

*Bob Homans  
Sam Gordon, runner-up*

**Congratulations!**

**Barbara Lavoie, MSW, Senior Services Social Worker**

Barbara is available at the Mansfield Senior Center Monday, Wednesday, Thursday, and Fridays from 8:30 AM-4:30 PM, to assist you with information, assessments, and referrals to community services, as well as short-term counseling free of charge.

Dear Members:

Many seniors are familiar with the name Senior Resources or Area Agency on Aging (triple A), but really have no clue to what this valuable agency does. Located in Norwich, CT., Senior Resources is one of five agencies that is located strategically in Connecticut to serve seniors. Senior Resources provides the following programs: Respite Care Program—this program provides assistance to those caretakers who are caring for a loved one with dementia and provides respite service, education, and funding for special needs. The Caregivers Support Program provides financial assistance to individuals who are being assisted by a caregiver. The financial help is usually in the form of services or goods. Senior Resources also operates the “CHOICES Program.” CHOICES counselors provide education and assistance to seniors in regards to Medicare and Medicaid issues, as well as assisting individuals with

choosing a drug plan. These are just a few of the many programs that are provided.

In gratitude to the great assistance Senior Resources provide, I will be offering a trip to Chili’s Restaurant on Wednesday, May 25th. We will leave the Senior Center at 10:30 AM. For every meal that is purchased by a coupon presenter, Senior Resources receives 10 percent profit. This fundraiser will greatly help them to continue to provide assistance to seniors. After visiting Chili’s in New London, we are off to the Crystal Mall for roughly an hour and a half of shopping. We will board our bus at 3:00 PM, and return to the Senior Center, arriving around 4:00 PM. Transportation is only \$1.50, and you will pay the cost of your meal. Call me at 860-429-0262, ext.1 to reserve your seat now! Only 20 seats available.

Peace to you!

Barbara

*Let’s Talk!*

**Conversations with Betty Heiss, MSW**

Each 1st and 3rd Thursday of the month at the Wellness Center - 11:00 AM

*All are welcome to attend.*

This month: May 5 & 19.

*May is*

**“Older American’s Month”**

*Join us on Wednesday, May 4th, 10:00 AM, at the Mansfield Senior Center for an informal reception to celebrate. Light refreshments available.*

ADVERTISEMENTS

**WELLNESS PROGRAMS & SUPPORT GROUPS**

Please call Kathy Yaffee at 860-429-0262,x4, Monday through Thursday, 10:00 AM to 2:00 PM, to schedule appointments with the providers listed below, unless otherwise noted.

**ADULT HEALTH SCREENINGS** by VNA East Nurse Mary Hess. Nominal charges for blood pressure, cholesterol, HDL cholesterol, blood glucose, earwax, and foot care. Checks payable to VNA East. 8:30 AM to 12:30 PM. May 4th & May 18th.

**BLOOD PRESSURE SCREENINGS** every other Wednesday at 11:00 AM, offered by Interim Health Care. No appointments necessary for these free screenings. May 4 & 18.

**CAREGIVER'S SUPPORT GROUP** with Barbara Lavoie every third Thursday at 6:30 PM. The next meeting is Thursday, May 19th, at the Wellness Center. Please call Barbara at 860-429-0262x1.

**ELDERCARE LAW** with Attorney Gates from CT Legal Services provided free to people 60 years or older. Monday, May 16th, 1:00-3:00 PM. Please call 860-429-0262x0 for an appointment.

**FOOTCARE** appointments with Dr. Walter, Podiatrist, Tuesday, May 10th, 8:30 AM. Medicare will be billed if you are eligible. Dr. Walter carries Dr. Comfort shoes, including M/C Diabetic shoes.

**LOW VISION SUPPORT GROUP** with Barbara Lavoie the second Monday of each month from 11:00 AM to 12:00 PM. Next meeting is Monday, May 9th.

**MASSAGE THERAPY** with Deb Turner Wed., May 11 & 25, from 1:00 to 4:00 PM. Appointments range from 15-minutes to one hour, payable to Deb Turner. Call Kathy for your appointment.

**MS SUPPORT GROUP** meets the second Tuesday of each month in the Craft Room from 6:00 to 7:30 PM. Next meeting is May 10th. Please contact Susan Gavitt at 860-423-7413 for further information.

**REFLEXOLOGY** every other Friday with Therese John, still only \$15.00, payable to Therese John. May 13 & 27. If you haven't tried yet—now is the time! Call Kathy Yaffee for your appointment.

**OTHER HEALTH PROGRAMS**

**Storrs Drug Community Education Session with Lisa Holle, PharmD, BCOP Assistant Clinical Professor**

Monday, May 16th: **Preventing Alzheimer's Disease**  
11:00-11:45 AM in the Memorial Room  
at the Mansfield Senior Center  
*(rescheduled from March 28th)*

Alzheimer's disease is the most common form of memory loss and other intellectual disability. This seminar will discuss the disease, risk factors, and factors that may prevent the onset of Alzheimer's disease.

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Monday, May 23rd: **High Blood Pressure**  
11:00-11:45 AM in the Memorial Room  
at the Mansfield Senior Center

According to the Centers for Disease Control and Prevention (CD), 90% of American adults between the ages of 45-64 years will develop high blood pressure (also known as hypertension). This seminar will discuss high blood pressure, the risks of high blood pressure, and preventing and controlling high blood pressure. Also, free blood pressure screenings will be provided.

**VOLUNTEER TRANSPORTATION PROGRAM – WE NEED YOU!!!!!!**

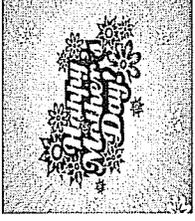
It's finally spring!!! Our transportation program has been **extremely** busy these past few months of 2011! We've provided over 50 rides for Mansfield seniors during January, February, and March. Even Mother Nature can't keep our volunteer drivers down!!

Now that the nice weather is here, I'm expecting that the requests for transportation will increase. If YOU, or anyone you know, is interested in volunteering to provide transportation, please have them contact me here at the center (860-429-0262, ext. 2). We do provide mileage reimbursement, as well!

Enjoy this lovely spring weather – drive carefully – and take time to smell the flowers!!

*Gianna*

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SAT. & SUN.**

|                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                     |                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>2.</b> 9:00-Beg.'s T'ai Chi<br/>9:00-Powerpoint<br/>9:00-TRIAD Meeting<br/>10:00-Sparkettes<br/>10:00-Art Studio<br/>12:00-Conversación en Español<br/>12:00-Lunch<br/>12:30 &amp; 1:15-Mahjongs<br/>1:00-Chorus<br/>3:15-Senior Aerobics<br/>5:45-9:00-Ballroom-R</p>                                   | <p><b>3.</b> 8:30-Strength/Stability<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>10:30-Ways &amp; Means<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bingo<br/>1:30-Therapeutic Exer.<br/>2:30-Computer Comm.<br/>4:15-5:15-Beg. Tap<br/>6:15-7:45-Dance-R</p>                                                             | <p><b>4.</b> 8:30-VNA East<br/>9:15-T'ai Chi<br/>10:00-Older's American's<br/>    <i>Month Reception</i><br/>10:00-Drawing Class w/Bill<br/>10:15-T'ai Chi<br/>11:00-Jorgensen Tickets<br/>11:00-Blood Pressure<br/>12:00-Causeries en Français<br/>12:00-Birthday Lunch<br/>12:45-Willie N.<br/>5:45-7:45-Ballet-R<br/>6:00-8:30-Evening Quilting</p>                                | <p><b>5.</b> 8:30-Strength &amp; Stability<br/>10:00-Sparkettes<br/>10:00-Quilting w/Pat<br/>10:00-Wii Bowl<br/>10:00-Bridge w/Chinky<br/>11:00-Conversations w/Betty<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bridge<br/>1:00-Jewelry<br/>1:30-Therapeutic Exer.<br/>3:15-Senior Aerobics<br/>5:45-7:45-Ballet-R</p>                                           | <p><b>6.</b> 9:00-Yoga<br/>10:00-Knitting,<br/>    Crocheting<br/>10:00-Scrabble<br/>10:15-Zumba Gold<br/>12:00-Lunch<br/>12:45-Movie<br/>1:00-Art Studio<br/>2:00-T'ai Chi</p>                                                     | <p><b>7. Saturday</b><br/>~~~~~<br/><b>8. Sunday</b><br/></p>                                            |
| <p><b>9.</b> 9:00-Beg.'s T'ai Chi<br/>9:30-Comm. on Aging<br/>10:00-Sparkettes<br/>10:00-Art Studio<br/>11:00-Low Vision Group<br/>12:00-Conversación en Español<br/>12:00-Lunch<br/>12:30 &amp; 1:15-Mahjongs<br/>1:00-Chorus<br/>3:15-Senior Aerobics<br/>5:45-9:00-Ballroom-R</p>                           | <p><b>10.</b> 8:30-Dr. Walter<br/>8:30-Strength/Stability<br/>9:00-12:00-Excel<br/>10:00-Scrabble / Wii Bowl<br/>10:00-Genealogy<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bingo<br/>1:00-Intro. to Computers<br/>1:30-Therapeutic Exer.<br/>4:15-5:15-Beg. Tap<br/>6:00-8:30-MS Spt. Group<br/>6:15-7:45-Dance-R</p> | <p><b>11.</b> 9:15-T'ai Chi<br/>10:00-Executive Board<br/>10:00-Drawing Class w/Bill<br/>10:00-Digital Photography<br/>10:15-T'ai Chi<br/>11:00-Jorgensen Tickets<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>12:45-UCConn-Hawley<br/>    <i>Armory Programs</i><br/>1:00-Word Processing<br/>1:00-4:00-Massage Therapy<br/>5:45-7:45-Ballet-R<br/>6:30-9:00-TNT Quilters</p> | <p><b>12.</b> 8:30-Strength &amp; Stability<br/>9:00-12:00-Excel<br/>10:00-Sparkettes<br/>10:00-Quilting w/Pat<br/>10:00-Wii Bowl<br/>10:00-Bridge w/Chinky<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bridge<br/>1:00-Jewelry<br/>1:00-Intro. to Computers<br/>1:30-Therapeutic Exer.<br/>3:15-Senior Aerobics<br/>5:45-7:45-Ballet-R</p>                        | <p><b>13.</b> 9:00-Yoga<br/>10:00-Knitting, Crocheting<br/>10:00-Scrabble<br/>10:00-Reflexology<br/>10:15-Zumba Gold<br/>12:00-Lunch<br/>12:45-Movie<br/>1:00-Art Studio<br/>1:00-Word Processing<br/>2:00-T'ai Chi</p>             | <p><b>14. Saturday</b><br/>~~~~~<br/><b>15. Sunday</b><br/>~~~~~</p>                                                                                                                      |
| <p><b>16.</b> 9:00-Beg.'s T'ai Chi<br/>10:00-Sparkettes<br/>10:00-Art Studio<br/>11:00-Preventing<br/>    Alzheimer's Disease<br/>12:00-Conversación en Español<br/>12:00-Lunch<br/>12:30 &amp; 1:15-Mahjongs<br/>1:00-Chorus<br/>1:00-3:00-Atty. Gates<br/>3:15-Senior Aerobics<br/>5:45-9:00-Ballroom -R</p> | <p><b>17.</b> 8:30-Strength/Stability<br/>9:00-12:00-Excel<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bingo<br/>1:00-Intro. to Computers<br/>1:30-Therapeutic Ex.<br/>4:15-5:15-Beg. Tap<br/>6:15-7:45-Dance-R</p>                                                               | <p><b>18.</b> 8:30-VNA East<br/>9:15-T'ai Chi<br/>10:00-Drawing Class w/Bill<br/>10:00-Digital Photography<br/>10:15-T'ai Chi<br/>11:00-Jorgensen Tickets<br/>11:00-Blood Pressure<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>12:45-Anything Goes XIX<br/>2:00-Word Processing<br/>2:00-Red Hatters<br/>5:45-7:45-Ballet-R<br/>6:00-8:30-Evening Quilting</p>                | <p><b>19.</b> 8:30-Strength/Stability<br/>9:00-12:00-Excel<br/>10:00-Sparkettes<br/>10:00-Bridge w/Chinky<br/>10:00-Wii Bowl<br/>11:00-Conversations w/Betty<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Jewelry / Bridge<br/>1:00-Intro. to Computers<br/>1:30-Therapeutic Exer.<br/>3:15-Senior Aerobics<br/>5:45-7:45-Ballet-R<br/>6:30-Caregiver's Support</p> | <p><b>20.</b> 9:00-Yoga<br/>10:00-Scrabble<br/>10:00-Knitting/<br/>    Crocheting<br/>10:15-Zumba Gold<br/>12:00-Lunch<br/>12:45-Movie<br/>1:00-Duplicate Bridge<br/>1:00-Art Studio<br/>1:00-Word Processing<br/>2:00-T'ai Chi</p> | <p><b>21. Saturday</b><br/><br/>Armed<br/>Forces<br/>Day<br/>~~~~~<br/><b>22. Sunday</b><br/>~~~~~</p> |

**SAT. & SUN.**

**FRIDAY**

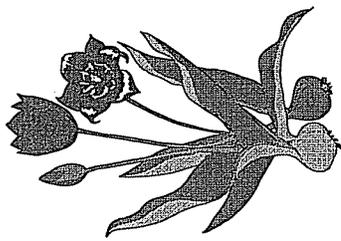
**THURSDAY**

**WEDNESDAY**

**TUESDAY**

**MONDAY**

|                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                                                                          |
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| <p><b>23.</b><br/>9:00-Beg.'s Tai Chi<br/>10:00-Sparkettes<br/>10:00-Art Studio<br/>11:00-High Blood Pressure Program<br/>12:00-Conversación en Español<br/>12:00-Lunch<br/>12:30 &amp; 1:15-Mahjongg<br/>1:00-Chorus<br/>3:15-Senior Aerobics<br/>5:45-9:00-Ballroom-R<br/>6:30-9:00-Condo Assn.</p> | <p><b>24.</b><br/>8:30-Strength/Stability<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bingo<br/>1:00-Intro. to Computers<br/>1:30-Therapeutic Ex.<br/>4:15-5:15-Beg.'s Tap<br/>6:15-7:45-Dance-R</p> | <p><b>25.</b><br/>9:15 &amp; 10:15-T'ai Chi<br/>10:00-Drawing w/Bill<br/>10:00-Digital Photography<br/>11:00-Jorgensen Tickets<br/>12:00-Causeries en Français<br/>12:00-Depression by Interim Health Care<br/>1:00-4:00-Massage Therapy<br/>5:45-7:45-Ballet-R<br/>6:30-9:00-TNT Quilters</p> | <p><b>26.</b><br/>8:30-Strength/Stability<br/>10:00-Sparkettes<br/>10:00-Quilting w/Pat<br/>10:00-Wii Bowl<br/>10:00-Bridge w/Chinky<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Jewelry<br/>1:00-Therapeutic Ex.<br/>3:15-Senior Aerobics<br/>5:45-7:45-Ballet-R</p> | <p><b>27.</b><br/>9:00-Yoga<br/>10:00-Knitting, Crocheting<br/>10:00-Scrabble<br/>10:00-Reflexology<br/>10:15-Zumba Gold<br/>12:00-Lunch<br/>12:45-Movie<br/>1:00-Art Studio<br/>2:00-T'ai Chi</p> | <p><b>28. Saturday</b><br/>~~~~~<br/><b>29. Sunday</b></p>                                                                                               |
| <p><b>Other Days of Note:</b><br/>22-Lag B'Omer<br/>29-Rogation Sunday</p>                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                    | <p style="text-align: center;"><b>May 2011</b></p> <p style="text-align: center;"><i>"What potent blood hath modest May."</i><br/>~ Ralph W. Emerson</p> |



**Center Closed**

June 1st: *Birthdays Lunch—Mr. Magic!*  
 June 8th: *Annual MSC Association Meeting*  
 June 15: *MSCA's Annual Spring Banquet*  
 June 22nd: *Fiber—How Much is Enough? by TVCCA*  
 June 29th: *Healthy Plate Club by Windham Hospital*

July 4th: Independence Day—Center Closed  
 July 6th: Birthday Lunch

**The Center will be closed the week of July 18-22, for annual maintenance repair.**

Please note that the *Senior Sparks* may be checked on the Town of Mansfield Web Event calendar at <http://mansfieldct.org> for updated changes.

Classes followed by "R" are  
 Recreation/Community Center-sponsored classes.

**MAY / MAI / MAI BIRTHDAYS**

*Birthstone: Emerald for Happiness  
Flower: Lily of the Valley for Purity*

- 1 Barbara Alley, Eleanore Gaynor, Patricia Hiser  
Constance Greene, Angeline Paulson  
Naomi Sanders, Helen Woodworth
- 3 Vivian Moore, Elizabeth Norris, John Roulier
- 4 John Berg, William Nauss, Shirley Olsen
- 5 Jean Alcorn, Fred Emmert
- 6 LeRoy Faulkner, Lillian Gyure  
Alice Raphaelson, Pamela Skoog
- 7 Lloyd Duff, Gladene Fait, Ivan Franson  
Bettejane Karnes, Louise Longo, JoAnne Wood
- 8 George Waller
- 10 William Lonergan, Jr., Harold Mattern  
Joan Watson
- 11 Jean Landry
- 12 Camille Ayala, Bob Guttay, Barbara Hood  
Patricia Kirtley, Maybelle McCormick  
Louis O'Mara, Doris Ouimette
- 13 Patricia McHugh, Howard Yorke
- 14 Paula Clebnik, Sylvia Corcoran, Alice Reynolds  
Helen Dombrowski, Clyde McKenna
- 15 Bernard Baldwin, Robert Burns, Joanne Nolan  
Benjamin Cosenza, Kay Holt, Kenneth Moorhead
- 16 Arthur Perretta, Mary Thatcher
- 17 Edith Breault, Albert Ching, Mary Turcotte
- 18 I. Ridgway Davis, John Dudek  
Winifred James, Barbara Roy, Betty Savage
- 19 Joan DeBella, Linda Frazier, Louise Hawkins  
Ron Milavsky, Harriet Pettingill, Carl Raynor
- 20 Elinor Chovnick, Georgette Comeau  
Catherine Johnson, Louis Loyzim
- 21 Eunice Brewer, James Fandell, Sue Graham
- 22 Evelyn Budzinski, Maureen Cepelak  
Jim Durdan, Beverly Young
- 23 Walter Banas, Erika Kares, Gerda Michaels  
Caroline Provost, Dorothy Rondeau  
Helen Schroeter
- 24 Maggie Chambers, Paul Klemens
- 25 Maybelle Guttay
- 26 Jessie Daniels, Theresa Galipeau
- 27 Richard Brown, Kim Henryk, Sandy Martino  
Anne Piontek
- 29 Aline Booth, Ruth Filip, Jane Howard  
Marion Ryan
- 30 Paul Barbeau, Granville Beschler  
Shirley Corcoran, Mary Francis  
Suzanne Hill, Lois Meyers, Donald Stitts
- 31 Elinor Gadoury, Henry Gile,  
Susan McDougall, Barbara Moore



*Rose Ferreri*



*Ted Lamb*

*Happy April Birthdays to our special attendees  
at the birthday lunch celebration.*

*Ruth Gunn*

*Jim Campetelle*



**May 4th: Willie N.**  
*(rescheduled from February)*

**June 1: Mr. Magic!**

**Cards**

**Duplicate Bridge: March 18th**

**NS**

- 1. Jerry Shaffer & Richard Lebel 35
- 2. Paula Tate & Mary Shinoski 35
- 3. Floyd Bass & Donald Nolan 31

**EW**

- 1. Sally Hirakis & M. McCarrick 38
- 2. Sue Losee & Ellie Tambornini 32
- 3. Helen Collins & Kay Zartun 31

**Duplicate Bridge: April 8th**

**NS**

- 1. Jerry Shaffer & Omar Sheppard 47
- 2. Helen Collins & Rita Pollack 44.5
- 3. Floyd Bass & Donald Nolan 41.5

**EW**

- 1. Andrea Marshall & Noteen Steele 43.5
- 2. Doris LeDoyt & Anna McLain 42
- 2. Sue Losee & Ellie Tambornine 42
- 3. Napoleon & Helen Gauthier 37

**Important Information from the Mansfield Senior Center Association, Inc.**

**Mansfield Senior Center Association, Inc.  
Proposed Budget for FY 2011/2012**

**INFLOWS**

|                        |           |
|------------------------|-----------|
| Association            | \$ 500.00 |
| Bread                  | 750.00    |
| Bridge                 | 300.00    |
| Cards                  | 500.00    |
| Coffee                 | 400.00    |
| Dividends & Interest   | 85.00     |
| Donations              | 250.00    |
| Fall Sale              | 1,500.00  |
| Jewelry                | 1,000.00  |
| Knitting               | 500.00    |
| Lunch                  | 250.00    |
| Miscellaneous          | 250.00    |
| Newsletter             | 2,000.00  |
| Spring Sale            | 1,500.00  |
| Winter Event           | 1,000.00  |
| from Operating Surplus | 1,500.00  |

**TOTAL INFLOWS \$12,285.00**

**OUTFLOWS**

|                     |             |
|---------------------|-------------|
| Association Expense | \$ 1,485.00 |
| Food                | 500.00      |
| Food Supplies       | 1,750.00    |
| Insurance           | 1,200.00    |
| Music               | 500.00      |
| Paper Goods         | 250.00      |
| Program             | 3,500.00    |
| Program Food        | 100.00      |
| Sparks              | 2,750.00    |
| Ways & Means        | 250.00      |

**TOTAL OUTFLOWS \$12,285.00**

**CALL TO MEETING**

***Mansfield Senior Center Association Members:***

Please attend the annual Association Meeting on Wed., May 13th, to discuss Sparks. The Mansfield Senior Center Association's Annual Meeting will be **Wednesday, June 8, 2011, at 12:45 PM.** There are items to discuss and vote upon, to include the annual proposed budget and the election of officers for the MSCA's Executive Board. The newly elected officers shall then assume their duties effective July 1, 2011 to June 30, 2013. We encourage all Association members to attend this important annual meeting.

**Slate of Officers**

The Nominating Committee of the MSCA has selected the following to be nominated to fill the corresponding Executive Board positions:

|                  |                 |
|------------------|-----------------|
| President:       | Marilyn Gerling |
| Vice President:  | Chuck Boster    |
| Secretary:       | Beverly Gotch   |
| Treasurer:       | Wilfred Bigl    |
| Finance Officer: | Don Stitts      |
| Member-at-Large: | Samuel Gordon   |

In accordance with Article X. Nominations and Elections, Section 2, of the MSCA's by-laws: "Nominations may be made from the floor at the Annual meeting, provided the consent of the nominee has been secured."

**Save the Date!**

The Mansfield Senior Center Association will present its annual

***Spring Banquet***

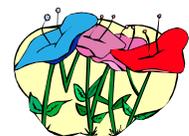
Wednesday, June 15th, Social Hour: 5:00 PM

at the Buchanan Auditorium

Dinner will be catered by "***The Country Store***" of Mansfield Center

Sign up in the Special Events book at the Reception Desk.

More info will follow.



**Mansfield Senior Center**

**860-429-0262, ext. 0**

*Fax:* (860) 429-3208

*E-mail:* SeniorCntr@mansfieldct.org  
www.mansfieldct.org

Monday - Friday, 8:30 AM - 4:30 PM

Senior Services Coordinator:

Cindy Dainton, 860-429-0262, ext. 9

Senior Services Social Worker:

Barbara Lavoie, MSW, ext. 1

Volunteer Transportation Manager:

Gianna Stebbins, ext. 2

Administrative Assistant:

Linda C. Wohllebe, ext. 3

Receptionist:

Kathy Yaffee, ext. 4

The Municipal Agent for the Elderly, & Director, Dept. of Human Services: Kevin Grunwald, MSW, (860) 429-3315.

**Transportation:** Dial-a-Ride Transportation & Medical Transport outside the Dial-a-Ride Region: (860) 456-1462, **48 hours** in advance.

**Jorgensen Theater  
Tickets Procedure**

A representative from Jorgensen Center for the Performing Arts box office is now at the Mansfield Senior Center each Wednesday from 11:00 AM to 1:00 PM, for your convenience, for the buy-one-get-one-free incentive performances. This way you will be able to pick out your own seating, and receive your tickets directly from Jorgensen!

**Special Lunch - Friday, May 13th**

*Pizza, Chips  
Dessert, Juice*

\$5.00 per person (payable to MSCA) with sign up at the Reception Desk  
**Please sign up by May 10th.**

TVCCA is closed this day due to in-service training.

*So let's splurge and do something a little different!*

**Meal Program**

The TVCCA meal program is subsidized through the Older Americans Act and available to seniors 60 years or older at a suggested donation of \$2.00 (**salads are \$3.00**). Individuals younger than 60 are welcome to eat at the Center, but pay the actual cost of the meal, which is \$7.00. **Reservations must be made 72 hours in advance by 11:00 AM of that third day (three workdays, not to include weekends and holidays.** Guests and new members will need to complete a registration form at the time of their reservation. Homebound seniors may call 1-800-953-1365 to receive Meals-on-Wheels.

**Main Entrée Options**

Mon., May 2: Vegetable Lasagna  
Tues., May 3: Salisbury Steak  
Wed., May 4: Parmesan Pollock *or*  
Egg Salad Plate

Thurs., May 5: BBQ Pulled Pork  
Fri., May 6: Chicken Stroganoff *or*  
Chicken Caesar Salad

Mon., May 9: Honey Glazed Ham  
Tues., May 10: Chicken Cacciatore  
Wed., May 11: Meatloaf w/Gravy *or*  
Greek Salad

Thurs., May 12: Spaghetti & Meatballs  
Fri., May 13: Pizza (*see Special Events*)

Mon., May 16: Hungarian Goulash  
Tues., May 17: Mustard Pork Loin  
Wed., May 18: S&S Chicken Breast  
Thurs., May 19: Turkey Shepherd's Pie  
Fri., May 20: Eggplant Parm. *or*  
Egg Salad Plate

Mon., May 23: Potato Crusted Pollock  
Tues., May 24: Chicken Casserole  
Wed., May 25: BBQ Pork Loin *or*  
Tuna Salad Plate

Thurs., May 26: Seafood Salad w/Roll  
Fri., May 27: Chicken Breast w/Gravy  
*or* Greek Salad

Mon., May 30: **Memorial Day-Closed**  
Tues., May 31: Jambalaya w/Rice

**Please be sure to indicate the main meal or salad meal when completing your menus. Thank you.**

**Computer Classes**

*Computer course applications are available at the Mansfield Senior Center. Stop by or call 860-429-0262, ext 7. All courses are \$10.00. Six-student limit per class session.*

**Are Computers for Me?** Call the above number for one-on-one assistance. No fee.

**Office Hours for any Computer or Digital Camera Issues** with Dan Gebben, Mondays 10:00-11:00 AM. No charge.

May Classes:

**Excel:** May 10, 12, 17, & 19 (9:00 AM-12:00 PM), Instructor: Mike Beschler

**Intro. to Computers:** May 10, 12, 17, 19, & 24 (1:00-3:00 PM), Instructor: Dan Gebben

**Word Processing:** May 11, 13, 18, & 20 (1:00-3:00 PM), Instructor: Dan Gebben

**Digital Photography:** May 11, 18, 25, & June 1 (10:00 AM to 12:00 PM), Instructor: Chuck Boster

**"Mac Club"** at the Mansfield Senior Center. Call Frank Trainor or Mike Palmer at 860-429-0262x7 for more information. Please leave your name and phone number if you receive the voice mail.



*Here's two leprechauns from the St. Patrick's Day Celebration!*

## MAY CLASS SESSIONS

*Pre-registration required for most classes.*

~ **BRIDGE** with Chinky Thursdays at 10:00 AM. \$15.00 per month residents; \$20.00 per month non-residents. *BRIDGE Group-non class*, \$10.00 per month residents; \$13.00 non-residents. **Must pre-register.**

~ **DRAWING** with Bill Dougal Wednesdays at 10:00 AM. May 4-25. Four classes. \$24.00 residents; \$28.00 non-residents.

~ **LOVELY OLD BONES** with Kathy Tuesdays and Thursdays, 12:30 PM. Participants must provide a doctor's note. \$4.00 per class residents; \$5.00 per class non-residents.

~ **QUILTING** with Pat Ferguson Thursdays, 10:00 AM to 12:30 PM. Choose an old or new project of your choice with Pat as your "quilting coach." Bring show and tell. May 5-26. Four classes. \$24.00 residents; \$28.00 non-residents.

~ **SENIOR AEROBICS** with Margie Stickles Mondays & Thursdays, 3:15 PM. May 2-26. Eight classes. \$40.00 residents; \$48.00 non-residents.

~ **STRENGTH & STABILITY** with Patty Tuesdays & Thursdays, 8:30 AM. \$4.00 per class residents; \$5.00 per class non-residents.

~ **T'AI CHI Classes** with Laddie Sacharko:

- *T'ai Chi Mondays*, 9:00 AM: May 2-23, four classes. \$20.00 residents; \$24.00 non-residents.
- *T'ai Chi Wednesdays*, 9:15 AM: May 4-25, four classes. \$20.00 residents; \$24.00 non-residents.
- *T'ai Chi Wednesdays*, 10:15 AM: April May 4-25, four classes. \$20.00 residents; \$24.00 non-residents.
- *T'ai Chi Fridays*, 2:00 PM: May 6-27, four classes. \$20.00 residents; \$24.00 non-residents.

~**THERAPEUTIC EXERCISE** with Kathy. Tuesdays and Thursdays, 1:30 PM. \$4.00 per class residents; \$5.00 per class non-residents.

~ **YOGA** with Therese John Fridays, 9:00 AM. May 6-27, four classes. \$20.00 residents; \$24.00 non-residents.

~ **ZUMBA GOLD** with Patty Fridays, 10:15 AM. May 6-27, four classes. \$20.00 residents; \$24.00 non-residents. **Must pre-register.**

~ **DANCE CLASSES** with Richard Riskey:

- *Sparkettes* each Thursday at 10:00 AM: May 5-26, four classes. \$20.00 residents; \$24.00 non-residents.
- *Beginner's Tap* Tuesdays at 4:15 PM. A minimum of five needed for this class. Adults of all ages are welcome to attend.

## OTHER CLASSES

**Art Studio** Mondays, 10:00 AM, and Fridays, 1:00 PM. All skill levels are welcome to work on their own projects, and offer each other advice.

**BINGO** Tuesdays at 1:00 to 4:00 PM. This is a lively group!

**BRAIN AEROBICS** w/Ginny Easow will resume in the fall.

**CHORUS** rehearses Mondays at 1:00 PM. The group sings in four-part harmony, and sings at local housing and nursing-rehab centers.

**CREATIVE JEWELRY** Thursdays, 1:00 PM. Donated jewelry is inspected, mended, cleaned, and put back into selling shape. No charges apply except for materials. (Check out the Jewelry Case in the Center's lobby for some wonderful deals on some great pieces!)

**GENEALOGY** w/Helen Collins Tuesday, May 10th at 10:00 AM. All levels are welcome to attend this free, friendly group.

**KNITTING & CROCHETING** Fridays at 10:00 AM. This group helps those who want to learn how to knit or crochet, and will help those who want to learn new techniques. Materials are available if you are interested in volunteering to make some items for the Association. Yarn is also available for sale during this time.

**MAHJONGG** Mondays, 12:30-4:00 PM w/ Margaret Perry facilitating this challenging game that works with numbers.

**SCRABBLE** Tuesdays and Fridays from 10:00 AM to noon. All welcome.

Spanish (*Conversación en Español*) on Mondays, and French (*Causeries en Français*) on Wednesdays. Bring a bag lunch at noon, and converse in the Spanish and French languages for an hour.

**WII BOWLING** Tuesdays and Thursdays at 10:00 AM. All welcome.

**Invitation**

**GLEN RIDGE COMMUNITY  
OPEN HOUSE CELEBRATION  
in our Community Room**

11 Sycamore Drive, Mansfield, CT  
*(One mile West of Mansfield Community Center)*

**SUNDAY, JUNE 5, 2011  
2:00—4:00 PM**

Come see our beautiful 55 and older  
community and hear why this is the place  
to enjoy life with friends and neighbors.

***REFRESHMENTS WILL BE SERVED***  
Questions call — 860-429-2202

**ATTENTION SENIOR SPARKS  
SUBSCRIBERS**

Watch for the **subscription form** that will  
be in this very spot in the **June issue** of  
***Senior Sparks***. Please complete the form  
and mail in with the appropriate payment in  
order to continue to receive our most  
informational newsletter.

If you have any questions concerning our new  
expiration policy, please don't hesitate to  
contact us. And, again, thank you for all your  
patience during this transition.

Kathy Rule, *Sparks* Manager

***SENIOR SPARKS***

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



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