



SENIOR SPARKS

VOLUME 37 ISSUE 8 MANSFIELD SENIOR CENTER ASSOCIATION, INC. AUGUST 2011
303 Maple Road, Storrs/Mansfield CT 06268 (860) 429-0262, ext. 5

* President: Marilyn Gerling * Vice President: Chuck Boster * Secretary: Beverly Gotch * Finance Officer: Don Stitts * Treasurer: Wilfred Bigl
* Asst. Treasurer & Sparks Manager: Kathy Rule * Travel: Judy Bigl * Ways & Means: Jan Scottron
* Program Co-Chairs: Ferne MacDonald & Estelle Elliott * Member-at-Large: Sam Gordon

And they're off ...!

“At the Races”
with Ted & Ellie Lamb

Wednesday, August 17th, 12:45 PM



*Pick your favorite horse,
place your bet, and win, win, win!*



*Congratulations to
Jim Campettele for his
“perfect score” in the
Wii Bowling game here at the
Center on Tuesday,
June 28, 2011.*



*Special thanks to June Curtis
for graciously stepping in
and taking care of all the
greeting cards while
Maybelle McCormick
has been out.*

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

Well, we are back from our maintenance shut down week and getting ready for the fall. Summer hours will end on Friday, September 2nd. The following week the Center will return to the former schedule of Monday through Friday from 8:30 AM to 4:30 PM daily. Lunch on Friday will return to serving at noontime.

Thursday evening programming in August is full of things to do. I hope that you will come in and enjoy some of the special programming. I have been getting great comments on the program that occurred during June and July. Board Games will start the month off on August 4th. A representative from Masonicare will be here on August 11th to give us an update on the project. Mr. Magic will be back on the 18th. We will be showing a movie on the 25th. Please look elsewhere in the newsletter for more detailed information including information on dinners. Please remember to sign up by the deadline for the dinners as I have to put the orders in by Tuesday afternoon.

We are gathering names of volunteers that would be interested in driving the van. Please see Gianna Stebbins if you are interested and she will be able to assist you with getting a public service license.

On average, the Senior Center has 350 to 400 unduplicated individuals who come in each month. This presents challenges in terms of a number of items, but in particular, temperature at the Senior Center. There are also some classes that require certain room temperatures. The staff is doing its best to try to accommodate as much as possible. Please be aware that the temperature at the Center may be warmer or cooler than your temperature at home. For that reason, I would encourage you to wear layers to the Senior Center so that you are able to adjust your layers to your own comfort level.

As a gentle reminder, please drink your water this summer and stay hydrated! Dehydration can have some significant complications any time of year but especially during the summer. The Senior Center is air conditioned so please feel free to come here to get cooled off! **Have a Safe and Hydrated Summer!!**

MANSFIELD SENIOR CENTER ASSOCIATION, INC.

*A Note from Marilyn Gerling,
President, M.S.C.A.*

Email: gerling@snet.net

Summer passes quickly when you're having fun! My fourth daughter and six-plus year old granddaughter will be arriving home in Salem, OR, on July 12th. They boarded the train in Springfield on July 8th. We had a wonderful time together, along with my other three daughters (St. Louis, New Jersey, and Connecticut), and six grandchildren (oldest 23!). It's July 11th now as I write this, and time to get back to work!

In my last letter I said there would be a date and time for a "New Ideas" group to discuss things you'd like to see offered here. This will be on Friday, August 12th at 10:30 AM, and all are invited to come for coffee and add or just listen to the discussion. We can even "think outside the box." The evening programs this summer were suggested by a group held in the spring. We'll be in the window end of the Dining Room.

Exciting news: In September we'll be starting a Writing Group on Wednesday mornings. Watch for more details in *Sparks*.

Another big challenge is how to keep our special bridge classes with Chinky Rastomji. I wouldn't have started playing bridge again if I couldn't start with some refresher lessons. Now I, and others like me, get to play often and enjoy playing. To keep these classes going, we've decided that September classes, to include beginning, returning, and accomplished players, will be paying \$5.00 per week per person. This will be \$25.00 payable in advance for the five Thursdays in September. We'll need at least eight class members signed up to keep these classes going. Remember, bridge is recommended as a good way to keep our brains stimulated!

Wishing you a pleasant and safe, not-too-hot or too rainy rest of the summer!



MISCELLANY

Thank You

Many thanks to John Adamcik, June Curtis, Beryl Griffin, Richard Hobby, Alice Jansen, Fran Leffler, and Al Swanson for collating the July issue of *Sparks*. *Thanks so very much!*

Special Thanks ...



I would like to take this opportunity to thank Richard Hobby for all his years of service in collating the *Senior Sparks*. Over 17 years ago when I

began working here, Richard and Raymond Hobby were already well established at the Senior Center, and had been working on the monthly newsletter for quite some time. I relied heavily on Richard when it came to collating. He knew just what to do, especially when getting the newsletter ready for mailing at the Post Office. And, believe me, you have to know a lot to get that done!

Richard has now decided that it's time to hang up newsletter duties (except for reading it, of course!), and let others take over the responsibility. It won't be the same, but I understand. So, dear Richard, if you're reading this now, we invite you to come by each month and share a donut with the crew, just for old time's sake, because we love you very much, and that's the least we can do! So Richard, keep expecting that monthly call, because you're going to get it!

Thank you so very much!

TRAVEL DESK



WELCOME TO OUR NEW 2011 TRAVEL SCHEDULE

Contact Judy at 860-429-0180 or the Travel Desk at 860-429-0262, ext. 6.

The trips are starting to fill up, so be sure to sign up soon! We have a great schedule coming up and hope to see you all on the bus

August 16 (Tuesday): *Newport Playhouse & Cabaret "Lobster Bake Buffet"* \$85.00 pp. Deadline: Aug. 5th. *Last year it was a sellout, so don't miss out!*

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



October 18 (Tuesday): *October-fest at Inn at Villa Bianca, Seymour, CT*. All you can eat German buffet, unlimited beer and wine, German entertainment and dancing. \$75.00 pp. Deadline: Oct. 3rd. *This is a very popular trip!*

November 3 (Thursday): *Buddy Holly Tribute w/Luncheon at Log Cabin* in North Hampton, MA. Roast turkey AND Yankee pot roast. \$68.00 pp. Deadline: Oct. 31st. *This trip will certainly bring back some old memories!*

November 29 (Tuesday): *Hukela's "Christmas in Hawaii"* Chicopee, MA. Prime rib or baked scrod. \$62.00 pp. Deadline: November 16. *What better way to start the holiday season!*

BLUEBERRY STUDY

Blueberries must be ordered by **Thursday, Sept. 8th, 11:00 AM**

NO EXCEPTIONS!

Blueberry pick-up is **Friday, Sept. 16th, 11:00 to 11:30 AM**

Blueberries are available to Study Participants Only

Sparks Submissions

Please submit your articles for the September issue of *Sparks* by August 10th. Thank you.

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

**Mary Brown
John Fisher
Marilyn Slater**

IN MEMORY OF

*Elinor Gadoury
James & Eleanor
Manton
Corine Norgaard
Mildred Marco
Frank Pomeranty*

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,

As I sit and type this information out; it is 90 degrees outside and humid. Two of my friends have recently suffered from dehydration and were, as they put it; "sick as dogs." Dehydration can occur through blood loss, diarrhea, malnutrition, vomiting, the flu, and failure to replenish lost fluids through normal functioning.

Under "normal" conditions the body puts out 2500 ml. units of fluid daily. No, not simply by urination, but loss of fluid through breathing, sweating, and bowel excretions. To maintain equilibrium, the body must replace this amount equally. Symptoms of dehydration include increased heart rate, body temperature, and respiration. Persons may suffer from decreased sweating and urination, along with extreme fatigue, headaches, nausea, muscle cramps, and tingling of limbs. Severe dehydration can cause confusion, chest

and abdominal pain, vomiting, dim vision, painful urination, and unconsciousness. If you suspect that you are experiencing dehydration, drink plenty of water, but begin with small sips. Gatorade or Pedialite are often recommended because they can help replace valuable electrolytes (sodium and potassium salts) that are lost in dehydration. In severe dehydration, call 911, and get to the hospital **ASAP!** To know how much water you should take in daily... divide your weight by two. The end result is how many OUNCES of water you should drink daily. Example: 150 lbs divided by two is 75. That's right, 75 ozs. Float or sink, what a choice!

The Caregiver's Support Group will meet the third Thursday in August (18th). Please feel free to join us.

Peace.



AUGUST BE WELL NEWSLETTER

August health observances that are important for seniors include Immunization and Cataract Awareness. According to the American Academy of Ophthalmology, a cataract is a clouding of the eye's lens. The lens must be clear in order to focus light properly onto the retina. Some risk factors for cataract development include advancing age, diabetes, high blood pressure, obesity, and exposure to bright sunlight. By age 75, 70% of people will have cataracts.

At this time of year it is important to plan to your seasonal influenza vaccination. It is recommended that yearly flu vaccination should begin in September or as soon as vaccine is available and continue throughout the influenza season into December and beyond. VNA East, your local non-profit Visiting Nurse Association for over 70 years offers a number of influenza vaccination clinics in our service area. Please see page 5 of this issue for scheduling at the Mansfield Senior Center. For a full copy of this be well letter, please see the Wellness Bulletin board. Have a good summer.

Mary Withey, MSN, APRN

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. August 11 & 17.



BLOOD PRESSURE SCREENINGS every other Wednesday at 11:00 AM, offered by Interim Health Care. No appointments necessary for these free screenings. Aug. 3 & 17.

CAREGIVER'S SUPPORT GROUP with Barbara Lavoie every third Thursday at 6:30 PM. The group will meet on August 18th. Please call Barbara at 860-429-0262x1, for further information.

ELDERCARE LAW with Attorney Gates from CT Legal Services provided free to people 60 years or older. Monday, August 15th, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, August 16th, 9:00 AM. Medicare will be billed if you are eligible. Dr. Walter carries Dr. Comfort shoes, including M/C Diabetic shoes. Call Kathy for your appointment.

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, August 8th.

MS SUPPORT GROUP will resume in September.

REFLEXOLOGY every other Friday with Therese John, still only \$15.00, payable to Therese John. Therese will resume appointments in September.

INFORMATIVE INFORMATION

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

11:00-11:45 AM at the Senior Center

Monday, August 29th:

Chronic Obstructive Pulmonary Disease

Chronic obstructive pulmonary disease, a group of lung diseases including emphysema and chronic asthmatic bronchitis, (COPD) is the leading cause of illness and death worldwide. This seminar will discuss the symptoms, causes and risk factors, and treatment of the disease, including lifestyle changes and home remedies.

Conversations with Betty Heiss, MSW

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

Thursday, August 4th:

"The Person I Admire Most"

Thursday, August 18th:

"All About the City/Town I Grew Up In"

Everyone welcome for a friendly, lively discussion.

SAVE THE DATE!

2011 Seasonal Flu/Pneumonia Clinic

Thursday, October 13, 2011, at the
Mansfield Senior Center, sponsored by VNA East

1:00 to 4:15 PM

\$30.00 for Flu Shot or Insurances Accepted:

Medicare B, Anthem, Aetna, ConnectiCare,
HealthNet/Smart Choice

\$50.00 for Pneumonia Vaccine

or Insurances Accepted:

Medicare B or Anthem

Please call 860-429-0262, ext. 0, for your
15-minute scheduled appointment.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

<p>1. 9:00-Beg.'s T'ai Chi 10:00-Sparkettes 10:00-Art Studio 12:00-Conversación en Español 12:00-Lunch 1:00-Mahjongg 1:00-Beginner's Tap 3:15-Senior Aerobics</p>	<p>2. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer.</p>	<p>3. 9:15-T'ai Chi 10:15-T'ai Chi 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 6:00-Ballet-R</p>	<p>4. 8:30-Strength & Stability 10:00-Sparkettes 10:00-Wii Bowl 10:00-Bridge w/Chinky 11:00-Conversation w/Betty 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:30-Therapeutic Exer. 3:15-Senior Aerobics 5:45-6:30-Party Grinder 6:30-7:30-Board Games</p>	<p>5. 8:30-Pilates 9:00-Yoga 10:00-Scrabble 10:15-Zumba Gold 10:30-Coffee & Ideas 11:30-Lunch 1:00-T'ai Chi 1:00-Art Studio</p>	<p>6. Saturday ~~~~~ 7. Sunday</p>
<p>8. 9:00-Beg.'s T'ai Chi 10:00-Sparkettes 10:00-Art Studio 11:00-Low Vision Group 12:00-Conversación en Español 12:00-Lunch 1:00-Mahjongg 1:00-Beginner's Tap 1:30-3:30-TMO Mtg. 3:15-Senior Aerobics</p>	<p>9. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer.</p>	<p>10. 9:15-T'ai Chi 10:15-T'ai Chi 10:30-Executive Meeting 12:00-Causeries en Français 12:00-Lunch 6:00-Ballet-R</p>	<p>11. 8:30-VNA East 8:30-Strength & Stability 10:00-Sparkettes 10:00-Wii Bowl 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:30-Therapeutic Exer. 3:15-Senior Aerobics 5:45-6:30-Pizza Dinner 6:30-7:30-Masonicare</p>	<p>12. 8:30-Pilates 9:00-Yoga 10:00-Scrabble 10:15-Zumba Gold 11:30-Lunch 1:00-T'ai Chi 1:00-Art Studio</p>	<p>13. Saturday 10:00 AM-3:00 PM Tournament Bridge ~~~~~ 14. Sunday V.J. Day</p>
<p>15. 9:00-Beg.'s T'ai Chi 10:00-Sparkettes 10:00-Art Studio 12:00-Conversación en Español 12:00-Lunch 1:00-Mahjongg 1:00-Beginner's Tap 1:00-Atty. Gates 3:15-Senior Aerobics</p>	<p>16. 8:30-Strength/Stability 9:00-Dr. Walter 10:00-Scrabble 10:00-Wii Bowl 10:00-Genealogy 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex.</p>	<p>17. 8:30-VNA East 9:15-& 10:15-T'ai Chi 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Lunch 12:45-Horseracing w/ <i>Ted & Ellie</i> 200-Red Hatters 6:00-8:00-Altrusa</p>	<p>18. 8:30-Strength/Stability 10:00-Sparkettes 10:00-Wii Bowl 10:00-Bridge w/Chinky 11:00-Conversation w/Betty 12:00-Lunch 12:30-Lovely Old Bones 1:00-Jewelry / Bridge 1:30-Therapeutic Exer. 3:15-Senior Aerobics 5:45-6:30-KFC Dinner 6:30-7:30-Encore performance by <i>Mr. Magic!</i> 6:30-Caregiver's Support Grp.</p>	<p>19. 8:30-Pilates 9:00-Yoga 10:00-Scrabble 10:15-Zumba Gold 11:30-Lunch 1:00-T'ai Chi 1:00-Art Studio 1:00-Duplicate Bridge</p>	<p>20. Saturday ~~~~~ 21. Sunday</p>

MONDAY

TUESDAY

WEDNESDAY

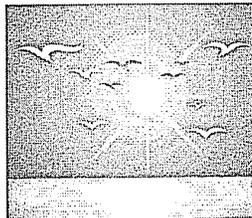
THURSDAY

FRIDAY

SAT. & SUN.

<p>22. 9:00-Beg. T'ai Chi 10:00-Sparkettes 10:00-Art Studio 10:30-Program Planning 12:00-Conversación en Español 12:00-Lunch 1:00-Mahjongg 1:00-Beginner's Tap 3:15-Senior Aerobics 6:30-9:00-Condo Assn.</p>	<p>23. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex.</p>	<p>24. 9:15-T'ai Chi 10:15-T'ai Chi 12:00-Causeries en Français 12:00-Lunch 12:45-Creamery Brook Presentation 1:00-3:00-Digital Info. Presentation w/Chuck 6:00-Ballet-R</p>	<p>25. 8:30-Strength/Stability 10:00-Sparkettes 10:00-Wii Bowl 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:30-Therapeutic Ex. 3:15-Senior Aerobics 5:00-7:00-Picnic Dinner & Movie</p>	<p>26. 8:30-Pilates 9:00-Yoga 10:00-Scrabble 10:15-Zumba Gold 11:30-Lunch 1:00-T'ai Chi 1:00-Art Studio</p>	<p>27. Saturday ~~~~~ 28. Sunday</p>
<p>29. 9:00-Beg. T'ai Chi 10:00-Sparkettes 10:00-Art Studio 11:00-Chronic Obstructive Pulmonary Disease 12:00-Conversación en Español 12:00-Lunch 1:00-Mahjongg 1:00-Beginner's Tap 3:15-Senior Aerobics</p>	<p>30. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex.</p>	<p>31. 9:15-T'ai Chi 10:15-T'ai Chi 12:00-Causeries en Français 12:00-Lunch 12:45-Fire Safety 6:00-Ballet-R</p>	<p>August 2011</p> <p><i>A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken!</i></p> <p>~ James Dent</p>		<p>Other Days of Note: 9-Fast of Av 11-Dog Days End 15-Assumption B.V.M.</p>

Sept. 1st: 6:30 PM: Entertainer Millicent Wong
Sept. 7th: Birthday Lunch w/Crooner's Corner Concert
Sept. 14th: How to Read a Food Label by TVCCA
Sept. 21st: "Good to Go" - Entertainment
Sept. 28th: Identity Theft



October 5th: Birthday Lunch & Sparkettes
October 12th: Association Meeting
October 13th: Flu Clinic
October 19th: "Long River Band"
October 26th: Acupuncture

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.

AUGUST / AOUT BIRTHDAYS

Birthstone: Sardonyx for Felicity
Flower: Gladiolus for Preparedness

- 1 Polly Guhl, Fritzie Mann, Winthrop Smith
Wu Kui Yang
- 2 Doris Bachand, Linda Miller, Roy Pettingill
Mary Shinoski, Billie Skelly, Julie Soja
- 3 Marguirete Guilbault, Jeffrey Keel
- 4 Mary Fay, Ruth Klemens, Wayne Marcotte
Rachel Sherman, Marion Whitmore
- 5 Kenneth Doeg, Elliot Wolk
- 6 Paul Generous, John Lucey, Samuel Shepardson
- 7 Dorothy Blocker, Maurice Elliott, Doris Palmer
Gertrude Huard, Ferne MacDonald, Patricia Stukel
- 8 Frances Anthony, Jo Caler, Fran Little, Joan Nauss
- 9 Thomas Burke, Betty May, Ruth Penevolpe
Harriet Schneiderman, Camille Turcotte
Jane Waters
- 10 Lorraine Cloutier, Leo Schneiderman
Lenny Todd
- 11 Floyd Bass, Clara Hutt
- 12 Clemma Gebbie, Andrew Seidl, Jean Williams
- 13 Christine Ashe, Carolyn Haddad, Zenna Rinaldi
- 15 Estelle Elliott, Hyunyong Kim, Irene Mesiti
Frank Schiller, Dortha Wright
- 16 Don Arsenault, Ralph Bartram, Bernard Boudreau
Suzanne Durdan, Virginia Stallman
- 17 Elizabeth Slater
- 18 Nancy Landerman, George Lirot, Carol Menditto
Nickolas Rinaldi
- 19 Pat Allen, Lois Carruth, Ellie Lamb
Ruth Langin, Louise Pikarski, Lena Sokolovski
- 20 Eva Griffith, Katharine Kenderdine
Howard Raphaelson
- 21 Alison Bevin, Joan Brodeur, Elizabeth Robinson
Edward Soltesz, Norman Thurston, Joyce Watrous
- 22 Lucien Bergeron, Natalie Dodge, John Kim
Peter Marchese, Lucille Nye, Thomas Rogers
Victoria Santi, Milton Stern
- 23 Owen Devereux, Elvin Dickson, Myrtle Moran
Ed Sicard, Feather Spearman
- 24 Jim Findley, Anita Frankel, Richard Miller
- 25 Philip Maiorana, Bonnie Peabody, Aina Sadeski
- 26 Ann Marie Fortier, Denise Labonte
Philip Secker, Ed Wandersee
- 27 Catherine Butler, Stan Dugan, Carol McMillan
Paul Moews, Benjamin Wojick
- 28 Anthony Bussolotta, Jean Lonergan, Marie Long
Patricia Patenaude, Tove Rosado
- 29 Lionel Boudreau, Barbara Doyle, Henry Gantick
Kathryn Kruy, Beverly Nass
- 30 Elaine Coelho, W. Gates, Margaret Trainor
- 31 Lorraine Jacobson



Happy Birthday to Our
July Attendees
Vincent Westlake and John Hutt

*Belated July Birthday Wishes to
Carol Moulton*



**September 7th:
Crooner's Corner Concert**

**October 5th:
Sparkettes**

CARDS



Duplicate Bridge: July 8, 2011

NS

1.	Floyd Bass & Betty Savage	48.5
2.	Bill and Eloise Farris	44.5
3.	Helen Collins & Rita Pollack	41.5

EW

1.	Doris LeDoyt & Anna McLain	49.5
2.	Helen Hirakis & Joanne Nolan	49.5
3.	Ellie Tambornini & Sue Losee	37.5

Mansfield Senior Center**860-429-0262, ext. 0**

Fax: (860) 429-3208

Wellness Fax: (860) 429-3905

E-mail: SeniorCntr@mansfieldct.org

www.mansfieldct.org

Summer Hours (6/23-9/1):

Mon. - Wed., 8:30 AM - 4:30 PM

Thurs., 8:30 AM - 7:30 PM

Fri., 8:30 AM - 1:00 PM

*(Lunch served at 11:30 AM Fridays)***Senior Center 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.

LOST & FOUND

We have many items that have been left here over the past few months (years?), and we are offering you one last look at these items to see if any may belong to you. Otherwise, they are going to a better place. If you want to come down and take a peek, we will have everything in a box under the coat hanger closest to Kathy Yaffee's office. Good luck and we hope you find what you may have been looking for!

**~ Last Chance! Don't Miss Out On the Fun! ~**

Don't forget our Thursday evening hours during the summer taking us to Thursday, September 1st. The hours are: Monday to Wednesdays: 8:30 AM to 4:30 PM; Thursdays: 8:30 AM to 7:30 PM; and Fridays, 8:30 AM to 1:00 PM. **Meals on these Fridays will be served at 11:30 AM.** For those of you who use the Dial-A-Ride, the office has been notified, and they know to pick you up before we close at 1:00 PM. We hope you will be able to join us, especially on Thursday evenings.

Upcoming August Thursday Evening Events:

- **August 4th:** 5:45 to 6:30 PM: Party Grinder followed at 6:30 to 7:30 PM with Board Games. Pizza dinner is \$5.00 per person, and you must sign up by August 1st, 4:30 PM.
- **August 11th:** 5:45-6:30 PM: Pizza Dinner followed at 6:30 PM, by a presentation from Masonicare concerning the proposed Assisted Living arrangements in Mansfield. Dinner is \$5.00 per person, and you must sign up by August 8th, 4:30 PM.
- **August 18th:** 5:45-6:30 PM: Original or Grilled KFC Dinner to include mashed potatoes, coleslaw, and dessert; followed at 6:30 PM, from an encore performance by "Mr. Magic" himself! Dinner is \$7.00 and must be reserved no later than August 15th, 4:30 PM.
- **August 25th:** Bring your own picnic lunch and enjoy a movie from 5:00 to 7:00 PM, on the BIG screen in the Dining Room. We hope to show the new release "Secretariat", in my opinion one of the greatest horses of all time!
- **September 1st:** Our last Thursday evening for the season, and we would like to celebrate with a "Pot Luck" meal! Wouldn't that be fun??? We could use main dishes, salads, desserts, rolls and butter. We will probably put a sign up sheet near the reception area as the time draws nearer. Let's end our summer series with a bang!

We'll have sign up sheets in the Special Events book on the receptionist desk for all our events. Please sign up before the deadline dates!



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, but are asked to 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, excluding 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

Please indicate main meal or salad when completing your menus for the month.

- Mon., Aug. 1: Penne Pasta & Meatballs
 Tues., Aug. 2: Seafood Salad on Roll
 Wed., Aug. 3: Maple Mustard Pork Loin
 OR Greek Salad
 Thurs., Aug. 4: Turkey Sheppard's Pie
 Fri., Aug. 5: Chicken Florentine **OR**
 Tuna Salad Plate
- Mon., Aug. 8: Honey Glazed Ham
 Tues., Aug. 9: Meat Loaf & Mashed Taters
 Wed., Aug. 10: Eggplant Parm. & Pasta
 OR Caesar Salad
 Thurs., Aug. 11: Spanish Rice & Beef Bake
 Fri., Aug. 12: Parm. Crusted Pollock **OR**
 Egg Salad Plate
- Mon., Aug. 15: Turkey Chili
 Tues., Aug. 16: Herb Crusted Chicken Breast
 Wed., Aug. 17: Portuguese Chicken **OR**
 Tuna Salad Plate
 Thurs., Aug. 18: Asian Pork Loin
 Fri., Aug. 19: Baked Ziti w/Sausage **OR**
 Greek Salad
- Mon., Aug. 22: Ritz Crusted Lasagna
 Tues., Aug. 23: Beef Hot Dog w/Bun
 Wed., Aug. 24: Portuguese Chicken **OR**
 Egg Salad Plate
 Thurs., Aug. 25: Salisbury Steak w/Gravy
 Fri., Aug. 26: BBQ Chicken Breast **OR**
 Caesar Salad
- Mon., Aug. 29: Lazy Man's Lasagna
 Tues., Aug. 30: Chicken Oreganata
 Wed., Aug. 31: BBQ Beef & Rice Bake **OR**
 Greek Salad

Speak Up! Speak Out!

This column was started for you, or readers! Please, feel free to send us your suggestions, comments, or a good funny story you would like to share! It's your Center! Get involved ... You may remain anonymous.

Our first piece to be received is listed below. We thank the submitter very much, and we look forward to hearing from all of you.

SOMETHING TO THINK ABOUT

Are you an active member,
 The kind that would be missed,
 Or are you just contented
 That your name is on the list?

Do you attend the meetings,
 And mingle with the flock,
 Or do you stay at home
 And Criticize the knock?

So come to meetings often,
 And help with hand and heart,
 Don't be just a member,
 But take an active part!

We Thank You

We would like to extend our thanks to:

- Mike Beschler for refinishing the bench in the front dedicated to Peggy Combe by her daughter;
- and Cynara Stites for new bandages and anti-bacterial ointment to update our Center's First Aid kit;
- and Lida Bilokur for the lovely home-grown flowers that she graciously shared with us. They were beautiful!



Coffee & Idea Session
 with Marilyn Gerling
 in the Dining Room on
 Friday, August 5th at 10:30 AM.

All welcome to participate.

Computer Program

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

“**Mac Club**” at the Mansfield Senior Center. Call Frank Trainor or Mike Palmer at 860-429-0262, ext. 7, for more information. Please leave your name and phone number if you receive the voice mail.

—————

DIGITAL CAMERA INFORMATION PROGRAM with Chuck Boster

WEDNESDAY, August 24th,
1:00-3:00 PM in the Hobby Room

Chuck will hold an information session on digital cameras, and asks that you bring your own to learn a little more about them. This will be a free-recourse program to the one listed below.

—————

“Coming in September”

DIGITAL PHOTOGRAPHY CLASS with Chuck Boster

**Wednesdays, Sept, 7, 14, 21, &
28; 1:00 to 3:00 PM**
\$10.00 for complete session

This course is designed to assist persons using basic “Point & Shoot” digital cameras. Emphasis on “hands-on” instruction. Learn the camera basics, and you will have the chance to take photos in a variety of indoor settings. Photo printing techniques demonstrated. Introduction to photo editing software such as Picasa. Go digital! See and improve pictures in a heartbeat; e-mail and print photos instantly, perfect your pictures with “digital magic”, unleash your creativity, and enjoy your pictures.

CLASS UPDATES

September is drawing near when all classes go back to regular schedules! Watch our next issue for all the details. In the meantime, we still offer classes throughout the summer. And remember, registration forms are available at the Center:

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.

SENIOR AEROBICS with Margie Stickles Mondays & Wednesdays, 3:15 PM. August 1-29. Nine classes. \$45.00 residents; \$54.00 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 (please note Laddie will not be here the last two weeks in August.)

- **T’ai Chi Mondays**, 9:00 AM: August 1-15, three classes. \$15.00 residents; \$18.00 non-residents.
- **T’ai Chi Wednesdays**, 9:15 AM: August 3-17, three classes. \$15.00 residents; \$18.00 non-residents.

*Watch for a possible new art form
of T’ai Chi with Laddie to begin in
September.*

- **T’ai Chi Wednesdays**, 10:15 AM: August 3-17, three classes. \$15.00 residents; \$18.00 non-residents.
- **T’ai Chi Fridays**, 1:00-2:00 PM: August 5-19, three classes, \$15.00 residents; \$18.00 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. August 5-26, four classes. \$20.00 residents; \$24.00 non-residents.

ZUMBA GOLD with Patty Fridays, 10:15 AM. August 5-26, four classes. \$20.00 residents; \$24.00 non-residents.

AARP SAFE DRIVING COURSE with Lyn White at the Mansfield Senior Center on Tuesday, August 9th, from 9:00 AM to 1:00 PM \$12.00 for AARP members; \$14.00 for non-members, payable to MSCA with sign up.

SAVE THE DATE:
Friday, September 9, 2011
**Computer Learning
Center Open House**
at the
Mansfield Senior Center

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