



# SENIOR SPARKS

VOLUME 37 ISSUE 9 MANSFIELD SENIOR CENTER ASSOCIATION, INC. SEPTEMBER 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 Co-Chairs: Zoe Leibowitz & Betty Savage  
\* Program Planning Co-Chairs: Ferne MacDonald & Estelle Elliott \* Member-at-Large: Sam Gordon \* Computer Co-Chairs: Mike Palmer & Don Stitts

*LOOK AT WHAT TURNING AGE 55 ENTITLES YOU TO:*

**Knitting & Crocheting**

**Exercise Classes**

**Bridge Games**

**Scrabble**

**Special Programs  
& Events**

**T'ai Chi Classes**

**Jewelry Classes**

**Daily Lunches**

**Weekly Free Movies**

**Computer Classes**

**Eldercare Law**

**Travel Trips**

**Exercise Equipment**

**Genealogy**

**Free Tax Preparation**

Conversation in French & Spanish

**Digital Photography**

**Mahjongg**

**Library**

**Chorus**

**Dance Classes**

**Quilting**

**Writing Group**

**Wellness Programs**

**Yoga**

*... and mingle with a great bunch of people!*

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

Fall is approaching and the leaves will be changing color. There are also some changes at the Senior Center. Summer hours will end on Friday, September 2<sup>nd</sup>. 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.

As most of you know, I have been doing some cost analysis of the programs that are being offered at the Senior Center. Unfortunately, the programs are no longer breaking even to pay for the instructors. I have been talking with the administration at the Town and also with the MSCA Executive Board over the summer to determine what to do about classes. Therapeutic Exercise, Lovely Old Bones, and Strength & Stability will increase to \$5.00 per class residents, \$6.00 non-residents. In addition, the Bridge program is being re-structured as a pre-registration class and it will also increase to \$5.00 per class (\$6.00 non-residents) with a minimum of eight needed to run the class in September. As a reminder, Mansfield residents are able to apply for the fee waiver program. Barbara or I can assist you with the process.

We are continuing to gather 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.

Thanks to the MSCA Executive Board for the televisions in both the Memorial and Craft rooms. Thanks to the wonderful crew from Facilities Management who came into the Center during the shutdown week and did a fantastic job! Thanks to Rosemary MacDonald's family for a donation of some medical equipment. Thanks to Ferne MacDonald for her donation of large print books for the library. Thanks to all of the wonderful volunteers that do such great work every day!

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 End of Summer!!**

**MANSFIELD SENIOR CENTER ASSOCIATION, INC.**

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

E-mail: gerling@snet.net

Here I am on August 12th, and when you receive this, summer will be almost gone. My hope is that despite the hot/wet weather, you're having a good one!

As you can see from the front page, we'd love to have more seniors (and almost seniors) come check us out. If you do not see something you'd like to see offered, both Cindy and I would appreciate your letting us know.

We had a good first "Coffee and Ideas" meeting today, and plan to continue with the next one on Friday, September 9th at 10:30 AM. Come join us. We appreciate ideas! The Computer Center is having an Open House that afternoon, so order lunch (three days ahead) and stay to see what's in the works with computers.

Something new: we are very fortunate to have Toni Drerscher planning to lead a weekly Writing Group beginning Wednesday, Sept. 14 from 9:30-11:30 AM. Toni has had previous experience leading writing groups and has been in the *CLIR MEMOIR* class for a few years. We are excited to have this new opportunity.

In August, Jan Scottron gave her resignation as chairperson of the Ways and Means Committee. We thank her wholeheartedly for her many years of working with several committees. And we look forward to her still donating the beautiful place cards for which she grows the flowers and makes at home. Betty Savage and Zoe Leibowitz have agreed to co-chair this committee, with my thanks and Jan's blessing.

Betty is the instructor in the Jewelry Class and Zoe is also skilled at making lovely jewelry. This class meets Thursdays at 1:00 PM. They would welcome new members and you could make jewelry for yourself, your family, and/or for Senior Center bazaars.

We're encouraging more attendance at our Executive Committee and Association meetings. Our Executive Committee meets monthly on the second Wednesday at 10:15 AM. We welcome members coming to observe and "Public Comment" is the last item on our agenda. Association meetings are currently held four times a year. The next Executive meeting will be Wed., Sept. 14th, 10:15 AM, and the next Association membership meeting will be Wed., Oct. 12th at 12:45 PM.

## MISCELLANY

## Thank You

Many thanks to John Adamcik, June Curtis, Beryl Griffin, Richard Hobby, Alice Jansen, Karen Peters, and Ed Sicard for collating the August issue of *Sparks*. *Thanks so very much!*

**NEW! WRITING GROUP**  
Wednesdays beginning Sept. 14th, 9:30-11:30 AM. We are excited to be offering an opportunity to those of you who have been wishing for a writing group. The group will be led by Toni Drerscher. Toni has led a number of writing groups in the past and has been writing with the *CLIR MEMOIR* class for a few years. She believes that many of us have the desire to write and that this group will give members the chance to present their efforts to others who also like to write, whether it be stories, memoirs, observations on the current events, or try poetry. Whatever you write, it will give you pleasure. It will clear your mind and keep you going. Please join us.



## IN MEMORY OF

*Helen Jurkovic  
Milton Stearn  
Rosemary MacDonald  
Fred Cazal*

## TRAVEL DESK

WELCOME TO  
OUR 2011 TRAVEL  
SCHEDULE

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

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): *Octoberfest 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): *Hukulau'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!*

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

David E. Mills, Sr.  
Judy & Charles Sutherland  
Eugene Ducharme  
Jack Ennis  
Beverly & John Elwood  
Christopher Chvirko

## 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 October issue of *Sparks* by Sept. 14th. Thank you.

## Senior Hobby Display Case

Please stop by and enjoy this month's display on collectible dolls, courtesy of Beverly Gotch.

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

### 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 this is an annual town wide publication, I would like to take this opportunity to address my role as Social Worker for senior residents in the town of Mansfield. Presently, I work four days a week or 28 hours a week. My job is to primarily assist seniors and their families to identify and assist individuals to access services that help individuals with medical, financial, and psycho-social needs. What does this mean? Well....I can help with insurance concerns, refer you to community help for home health care or homemaking, assist with federal and state entitlement programs, provide information on nutrition programs, transportation, consumer problems, assist and provide you with applications for programs such as food stamps (SNAP program), or fuel assistance. I am employed to be your senior resource guide, so please feel free to contact me!

I want to thank all of you for donating to our Senior Center food basket. Every second week of the month we accept food donations that are given to our food pantry at the town hall to support our town residents who need

this support. The number of people that use this resource is large, so please remember our own residents and continue to support this cause. Please remember that pre-packaged meals (Hamburger Helper, cans of soup, Spaghetti-O's) are very popular. Cereal and hygiene products, along with paper goods, are very much appreciated.

Every second Monday of the month at 11:00 AM, I offer a Low Vision Support Group here at the Senior Center. This group provides support and education to individuals who have low vision. Seniors of any town are welcome to attend this friendly informative group.

Every third Thursday of the month at 6:30 PM, the Senior Center offers a "Caregivers Support" group. This group is for those who care for a loved one or friend with illness. Come for support, friendship, and resources.

Please call with any questions you may have.

Peace,

Barbara Lavoie



SEPT.

### BE WELL NEWSLETTER

September recognizes many significant health observances, but two of them are related and very important for our overall health. September is **National Cholesterol Education Month** and **Fruits and Veggies—More Matters Month**. These topics are linked because if you want to lower your cholesterol or keep it at a healthy level eating more fruits and vegetables is one way to achieve lower cholesterol. **Produce for Better Health**, which is associated with the **Centers for Disease Control and Prevention**, provides us with 10 top reasons to eat more fruits and veggies: 1. color & texture, convenience, fiber, low in calories, may reduce disease risk, vitamins & minerals, variety, quick & natural snack, fun to eat, and fruits & veggies are nutritious and delicious!

So head on out to a Farmer's Market this month and stock up on your fruits and veggies ... your body will thank you for it!

Mary B. Withy, MSN, APRN, CIC  
Coord. Of Comm. Outreach Svcs.

*(An unedited copy of this article is posted at the Wellness Center for your information.)*

## 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. Sept. 15 & 28.

**BLOOD PRESSURE SCREENINGS** every other Wednesday at 11:00 AM, offered by Interim Health Care. No appointments necessary for these free screenings. Sept. 7 & 21.

**CAREGIVER'S SUPPORT GROUP** with Barbara Lavoie every third Thursday at 6:30 PM. The group will meet on Sept. 15th. 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, Sept. 26th, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

**FOOTCARE** with Dr. Walter, Podiatrist, Tuesday, Sept. 6 & 27, 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, Sept. 12th.

**REFLEXOLOGY** every other Friday with Therese John, still only \$15.00, payable to Therese John. September 9th & 23rd.

### New Massage Therapy with Faith Manning

*at the Mansfield Senior Center*

**Monday, Sept. 19th, 1:00 to 4:00 PM**

Let's welcome Faith, a nationally certified massage therapist with a Connecticut license, who comes to us highly recommended. After two initial months, we hope to have her the first and third Mondays of each month from 1:00 to 4:00 PM. A half-hour massage is \$20.00, and an hour is \$40.00. Payment would go directly to her. Faith has a wonderful personality and an enthusiasm for her work. Make your appointment with Kathy Yaffee and let's give her a big Mansfield Senior Center welcome!

## INFORMATIVE INFORMATION

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

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

Sept. 26th: **Lyme Disease**

Lyme disease is caused by transmission of bacteria to humans through the bite of ticks and can cause many symptoms, some of which can be long lasting. Approximately 2000 Connecticut residents will contract Lyme's disease each year. Prevention of Lyme disease and other tick-borne diseases, proper tick removal, recognition of signs/symptoms, diagnosis, and treatment will be discussed.

### Conversations with Betty Heiss, MSW

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

September 1st: *"Growing Up With the Radio"*

September 15th: *"If I had a Magic Wand!"*

*Everyone welcome for a friendly, lively discussion.*

### 2011 Seasonal Flu/Pneumonia Clinic

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

**1:00 to 5:00 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.**

# September 2011



### Other Days of Note:

- 11-Grandparents' Day
- 12-Harvest Moon
- 14-Holy Cross Day
- 17-Citizenship Day
- 21,23,24-Ember Days
- 25-Gold Star Mother's Day
- 29-Michaelmas Day

- 1.** 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-Pot Luck Dinner  
6:30-7:30-Millicent Wong

- 2.** 8:30-Pilates  
9:00-Yoga  
10:00-Scrabble  
10:00-Knitting & Crocheting  
**11:30-Lunch**  
1:00-Art Studio  
*(T'ai Chi cancelled)*

- 3. Saturday**  
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- 4. Sunday**

- 5.**
- Labor Day**
- 
- Center Closed**

- 6.** 8:30-Strength/Stability  
9:00-Dr. Walter  
10:00-Scrabble  
10:00-Wii Bowl  
10:00-Ways & Means  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bingo  
1:30-Therapeutic Exer.  
2:30-Computer Mtg.  
6:15-9:00-Dance-R

- 7.** *(T'ai Chi classes cancelled)*  
10:30-Drawing w/Bill  
11:00-Blood Pressure  
12:00-Causeries en Français  
12:00-Birthday Lunch  
12:45-Crooner's Corner  
1:00-Digital Photo.  
5:45-7:45-Ballet-R  
6:30-9:00-Evening Quilting w/Pat

- 8.** 8:30-Strength & Stability  
10:00-Sparkettes  
10:00-Wii Bowl  
10:00-Bridge w/Chinky  
10:00-Quilting w/Pat  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bridge  
1:00-Jewelry  
1:30-Therapeutic Exer.  
3:15-Senior Aerobics  
5:45-7:45-Ballet-R

- 9.** 8:30-Pilates  
9:00-Yoga  
10:00-Scrabble  
10:00-Knitting & Crocheting  
10:30-Coffee & Ideas  
10:30-Reflexology  
12:00-Lunch  
12:45-Movie  
12:45-Computer Lab's  
**"Open House"**  
1:00-Art Studio  
*(T'ai Chi cancelled)*

- 10. Saturday**  
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- 11. Sunday**  
**Patriot Day**

- 12.** 9:00-Beg.'s T'ai Chi  
9:30-Comm. on Aging  
10:00-Sparkettes  
10:00-Art Studio  
11:00-Low Vision Grp.  
12:00-Conversación en Español  
12:00-Lunch  
1:00-Mahjongg  
1:00-Beginner's Tap  
1:00-Chorus  
3:15-Senior Aerobics  
5:45-9:00-Ballroom-R

- 13.** 8:30-Strength/Stability  
10:00-Scrabble  
10:00-Wii Bowl  
10:00-Genealogy  
10:00-Intro. to Comp.  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bingo  
1:30-Therapeutic Ex.  
6:15-9:00-Dance-R

- 14.** 9:15-& 10:15-T'ai Chi  
9:30-Writing Group  
10:15-Executive Mtg.  
10:30-Drawing w/Bill  
12:00-Causeries en Français  
12:00-Lunch  
12:45-How to Read a Food Label by TVCCA  
1:00-Digital Photo.  
5:45-7:45-Ballet-R  
6:30-9:00-TNT Quilters

- 15.** 8:30-Strength/Stability  
8:30-VNA East  
10:00-Sparkettes / Wii Bowl  
10:00-Bridge w/Chinky  
10:00-Quilting w/Pat  
10:00-Intro. to Comp.  
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  
5:45-7:45-Ballet-R  
6:30-Caregiver's Support Grp.

- 16.** 8:30-Pilates  
9:00-Yoga  
10:00-Scrabble  
10:00-Knitting & Crocheting  
10:00-Stamping Class  
11:00-Blueberry Pick Up  
12:00-Lunch  
12:45-Movie  
1:00-Art Studio  
1:00-Duplicate Bridge  
2:00-T'ai Chi

- 17. Saturday**  
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- 18. Sunday**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

**19.** 9:00-Beg. 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  
1:00-4:00-Massage Therapy w/Faith  
1:15-Chorus  
3:15-Senior Aerobics  
5:45-9:00-Ballroom-R

**20.** 8:30-Strength/Stability  
10:00-Scrabble  
10:00-Wii Bowl  
10:00-Intro. to Comp.  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bingo  
1:30-Therapeutic Ex.  
6:15-9:00-Dance-R

**21.** 9:15 & 10:15-T'ai Chi  
9:30-Writing Class  
10:30-Drawing w/Bill  
11:00-Blood Pressure  
12:00-Causeries en Français  
12:00-Lunch  
12:45-Good to Go!  
1:00-Digital Photo.  
2:00-Red Hatters  
5:45-7:45-Ballet-R  
6:00-8:00-Altrusa  
6:30-9:00-Evening Quilting w/Pat

**22.** 8:30-Strength/Stability  
10:00-Sparkettes  
10:00-Wii Bowl  
10:00-Bridge w/Chinky  
10:00-Quilting w/Pat  
10:00-Intro. to Comp.  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bridge  
1:00-Jewelry  
1:30-Therapeutic Ex.  
3:15-Senior Aerobics  
5:45-7:45-Ballet-R

**23.** 8:30-Pilates  
9:00-Yoga  
10:00-Scrabble  
10:30-Reflexology  
12:00-Lunch  
12:45-Movie  
1:00-Art Studio  
2:00-T'ai Chi  
  
**Autumn Begins**

**24. Saturday**  
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**25. Sunday**  
**TRIAD Yellow Dot**  
12:00-1:00 PM  
First Baptist Church of Mansfield

**26.** 9:00-Beg. T'ai Chi  
10:00-Sparkettes  
10:00-Art Studio  
10:00-4:30-Quilting Retreat w/Pat  
10:30-Program Planning  
11:00-Lyme Disease  
12:00-Conversación en Español  
12:00-Lunch  
1:00-Mahjongg  
1:00-Beginner's Tap  
1:00-Atty. Gates  
1:15-Chorus  
5:45-9:00-Ballroom-R

**27.** 8:30-Strength/Stability  
9:00-Dr. Walter  
10:00-Scrabble  
10:00-Wii Bowl  
10:00-Intro. to Comp. (if needed)  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bingo  
1:30-Therapeutic Ex.  
6:15-9:00-Dance-R

**28.** 8:30-VNA East  
9:15 & 10:15-T'ai Chi  
9:30-Writing Class  
10:30-Drawing w/Bill  
12:00-Causeries en Français  
12:00-Lunch  
12:45-Identity Theft  
1:00-Digital Photo.  
5:45-7:45-Ballet-R  
6:00-Ballet-R  
6:30-9:00-TNT Quilters

**29.** 8:30-Strength/Stability  
10:00-Sparkettes / Wii Bowl  
10:00-Bridge w/Chinky  
10:00-Quilting w/Pat  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bridge / Jewelry  
1:00-4:00-Free E-mail Sem.  
1:30-Therapeutic Ex.  
3:15-Senior Aerobics  
5:45-7:45-Ballet-R  
  
**Rosh Hashanah begins at Sundown**

**30.** 8:30-Pilates  
9:00-Yoga  
10:00-Scrabble  
12:00-Lunch  
12:45-Movie  
1:00-Art Studio  
1:00-Duplicate Bridge  
2:00-T'ai Chi  
  
**Rosh Hashanah**

**Mansfield Weekend**  
Friday, Sept. 23 to  
Sunday, Sept. 25  
with annual  
**Festival on the Green**  
on Sunday.  
Call 860-429-2740  
for further information.

October 5th: Birthday Lunch & Sparkettes  
October 12th: Association Meeting  
October 13th: Flu Clinic  
October 19th: Oktoberfest w/"Dudley Hamlin Band"  
October 26th: Acupuncture



November 2nd: Birthday Lunch w/Country Duo  
November 9th: Association Meeting  
November 16th-Connecticut Characters w/Bev York  
November 30-Healthy Snacks by Windham Hospital

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.

**SEPTEMBER / SEPTEMBRE BIRTHDAYS**

*Birthstone: Sapphire for Wisdom  
Flower: Aster for Memories*

- 1 Eleanor Elton, Phyllis Martin, Helen Ross  
John Walsh
- 2 Ethel Comiskey
- 3 Delia Aguilar, Carmen Costas, Colleen Moulton
- 4 Helen Breen, Virginia Ferguson, Frances Nicholas  
Stephen Orrell, Shirley Plesz, Eileen Shover, Yen Tu
- 5 Carol Bricker, Dorothy Cole, Patricia Gimmartino  
Renee Liese, Edith Provencher
- 6 Donald Corriveau, Jean Gosselin  
Nancy Hopkins, Robert Jackson  
Abraham Landerman, Compton Rees
- 7 Grace Clawson, Jane Hughes, Millie Jones  
John Lamson, Margaret Pryor, Biagio Russo  
Joan Walker
- 8 Mary Dean Lindsay, Tobias Schwartz  
Germaine Staples
- 9 Earl Daggett, Jr., Sabina Gouldsbrough  
Susan Kim, Charles McLaughlin
- 10 Yadollah Ghiaei, Willard Watrous
- 11 Rhoda Dyjak, Dorothy Hagenow  
Donald Morrisette
- 12 Emaneul Hirakis, Aline Koch
- 13 Lena Barry, Anna Olson
- 14 Gregory Frantz, Barbara Goodwillie  
Anne McCaughey, Zong-Yi Xia
- 15 Waltraud Bockholdt, Bette Geary, Elizabeth Hamill  
Eleanor Manton, Richard Pellegrine, Jeanine Swatick
- 16 Frances Cichowski, Carol Phillips, Catharen White
- 17 Elizabeth Green
- 18 Kenneth Hall, Julia Kuliis, Constance Misale  
Ann Marie Schlaefer, Jeanette Williams
- 19 Emily Mattingly, Joan Stuart
- 20 Virginia Black
- 21 Joyce Collins, Barbara Cummings, Betsey Ecker,  
Jacqueline Germain, Derrith Owen  
Edmond Tomastik
- 22 Karl Beckert, Marie Brown, Roderick, Dole  
Josephine Marrotte
- 23 Merrill Bishop, Peggy Minkler, Al Swanson
- 24 Eli Dabora, Betty Heal, Ruth Pfeifer
- 25 Jean Haines, Evelyn MacDonald, Jack Roach  
Marie Roulier
- 26 Jane Ann Bobbitt, Pauline Kramer, Diana Wetherell
- 27 Richard Harris, Robert Powers
- 28 Roger Winkel
- 29 Angela Hence, Alma Maldonado Cordner  
Catherina Melehy, Madeline Nasansky
- 30 Christopher Clark, Fran Leffler, Betty Wexler



*Happy Birthday to our August Attendees:  
Thomas Rogers & Elliott Wolk*

**Birthday Luncheons:**

**September 7th:**

**~ Crooner's Corner Concert ~**

**October 5th:**

**~ Sparkettes ~**

**CARDS**

**Duplicate Bridge: July 29, 2011**

**NS**

- 1. Paul Stanton & Phanindra Chakraborty 92
- 2. Jerry Shaffer & Omar Shepard 91
- 3. Kukkuab Kawrebce & Eileen Kopec 76

**EW**

- 1. Mary Shinosky & Paula Tate 79.5
- 2. Doris LeDoyt & Anna McClain 76
- 3. Barbara Hood & Michael Stephens 67

**TRIAD YELLOW DOT SIGN UP**

at the First Baptist Church of Mansfield  
945 Storrs Road

**Sunday, September 25th, 12:00-1:00 PM**

**AARP Driver Safety Course**

*taught by Lynne White, District Coordinator*

**Tuesday, November 8th, 9:00 AM to 1:00 PM**

*at the Mansfield Senior Center*

\$12.00 AARP members; \$14.00 non-members

Payable to: MSCA with registration

Class limited to 25, so please sign up early!

**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

**Hours:** Monday to Friday

8:30 AM to 4:30 PM

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.

**Jorgensen Ticket Update**

As of this printing, Jorgensen will not be able to accommodate the "Buy-One-Get-One-Free" senior discount. The box office worker is retiring and, at this time, they do not yet know if the position will be allowed to be filled. Jorgensen will keep us posted if plans change, so continue to check in with us and read your *Sparks*. We will let you know as soon as we know. We apologize for the inconvenience and thank you for your understanding.

**Speak Up! Speak Out!**

Remember, please let us know if you have any comments, articles, etc., you would like in the *Sparks*. Please see Kathy Rule, or leave a message at 860-429-0262, ext. 5.

**Please also remember,  
Volunteers are always welcome!**

**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 work days, 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.*

Thurs., Sept. 1: Turkey Casserole

Fri., Sept. 2: Baked Chicken **OR**  
Cobb Salad

Mon., Sept. 5: **Labor Day-Center Closed**

Tues., Sept. 6: Salisbury Steak w/Gravy

Wed., Sept. 7: Chicken Parm. **OR**  
Tuna Salad

Thurs., Sept. 8: Pork Loin w/Gravy

Fri., Sept. 9: Pollock **OR** Greek Salad

Mon., Sept. 12: Chicken Paprika

Tues., Sept. 13: Seafood Salad on Roll

Wed., Sept. 14: Turkey Chili **OR**  
Cobb Salad

Thurs., Sept. 15: Eggplant Parm.

Fri., Sept. 16: Pollock **OR** Caesar Salad

Mon., Sept. 19: BBQ Chicken Breast

Tues., Sept. 20: Pork Loin w/Rice

Wed., Sept. 21: Goulash **OR** Greek Salad

Thurs., Sept. 22: Baked Chicken

Fri., Sept. 23: Beef Bake **OR** Tuna Salad

Mon., Sept. 26: Parm. Pollock

Tues., Sept. 27: Chicken Cacciatore

Wed., Sept. 28: Pork Loin **OR**  
Caesar Salad

Thurs., Sept. 29: Meatloaf w/Gravy

Fri., Sept. 30: Cheese Ravioli **OR**  
Cobb Salad

*(Menu is subject to change.)*

**Where's Waldo??**

Have you heard of the "Find Waldo" quest? Well, here at *Sparks* we are going to start our own monthly quest. All you need to do is look in this issue to find the word **unlimited**. Once you have found this "hidden" item, please send the answer in with your entry form below to: Mansfield Senior Center/MSCA, 303 Maple Road, Storrs CT 06268, by Sept. 9th, in order to qualify for the drawing. At the end of that day, we will draw one name from all of the correct entries, and that person will win a free lunch on the Association at the Mansfield Senior Center. The winner will be announced in the October issue of *Sparks*. Please, only one entry per person. Good luck!

**"Hidden Item" Entry Form**

**Name:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Correct Page & Answer #:** \_\_\_\_\_



**We Want You!**

**Volunteer Drivers  
Needed**

**for the Volunteer  
Transportation Program**

Please call Gianna Stebbins,  
Volunteer Transportation  
Program Manager,  
at 860-429-0262, ext. 2,  
for further information.

**NEW SEPTEMBER CLASS SESSIONS:** *Pre-registration required for most classes. Forms available at the Center.*

~ **DRAWING** with Bill Dougal Wednesdays at 10:30 AM. Beginners and able artists develop their drawing skills. Seven minimum to offer class. Sept. 7-28. Four classes. \$24.00 residents; \$28.00 non-residents.

~ **LOVELY OLD BONES** with Kathy Tuesdays and Thursdays, 12:30 PM. Designed specifically for the individual that has been diagnosed with osteoporosis or the beginning stages. Participants must provide a doctor's note. \$5.00 per class residents; \$6.00 per class non-residents.

~ **PILATES** with Kathy Fridays, 8:30 AM. Sept. 2-30. Five classes. \$25.00 residents; \$30.00 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. Sept. 8,15,22,29 & Oct. 6,20,27. Seven classes. \$42.00 residents; \$49.00 non-residents.

- *Evening Quilting w/Pat* the 1st and 3rd Wed. of the month, 6:00-8:30 PM. Sept. 7, 21; Oct. 6,19; & Nov. 2,16. Six classes. \$36.00 residents; \$42.00 non-residents.
- *Mini Quilting Retreat All Day Quilting w/Pat* Monday, Sept. 26, 10:00 AM-4:30 PM. \$30.00 residents; \$35.00 non-residents.

~ **SENIOR AEROBICS** with Margie Stickles Mondays & Thursdays, 3:15-4:15 PM. Join Margie if you want to get your heart pumping! Sept. 1-29. Eight classes. \$40.00 residents; \$48.00 non-residents.

~ **STRENGTH & STABILITY** with Patty Tuesdays & Thursdays, 8:30 AM. Increase muscular strength by conditioning with free (hand) weights. \$5.00 per class residents; \$6.00 per class non-residents.

~**THERAPEUTIC EXERCISE** with Kathy. Exercise focuses on endurance, balance, muscular strength and flexibility. Members exercise while sitting for part of the session, and may bring canes, walkers as needed. Balls, discs, bands, weights and stimulating conversation are provided. One-hour classes are held Tuesdays and Thursdays at a genteel 1:30 PM. \$5.00 per class residents; \$6.00 per class non-residents.

~ **YOGA** with Therese John Fridays, 9:00 AM. Gentle Hatha exercises obtains increased strength, endurance, flexibility, mobility, better posture, and efficient breathing. Sept. 2-30. Five classes. \$25.00 residents; \$30.00 non-residents.

~ **DANCE CLASSES** with Richard Risley, director of the "Sparkettes", an advanced tap dancing group, for the past 18 years. This group has been in existence since 1987, and are always looking for seniors who like to tap.

- **Sparkettes** each Thursday at 10:00 AM: Sept. 1-29. Five classes. \$25.00 residents; \$30.00 non-residents.
- **Beginner's Tap** Mondays at 1: PM. A minimum of five needed for this class. Adults of all ages are welcome to attend. Sept. 12-26. Three classes. \$15.00 residents; \$18.00 non-residents

**NEW: T'AI CHI** with Laddie Sacharko. T'ai Chi is composed of slow, deliberate movements, meditation, and deep breathing, which enhance physical health and emotional well-being. Please be advised that effective Mon., Sept. 12, class prices will increase to \$6.00 residents; \$7.00 non-residents. Classes available:

- *T'ai Chi Mondays*, 9:00 AM: Sept. 12, 19, 26. \$18.00 residents; \$21.00 non-residents.
- *T'ai Chi Wednesdays*, 9:15 AM: Sept. 14, 21, 28. \$18.00 residents; \$21.00 non-residents.
- *T'ai Chi Wednesdays*, 10:15 AM: Sept. 14, 21, 28. \$18.00 residents; \$21.00 non-residents.
- *T'ai Chi Fridays*, 2:00 PM: Sept. 16, 23, 30. \$18.00 residents; \$21.00 non-residents.

#### **T'ai Chi for Seniors and Fall Prevention Program**

Why this new T'ai Chi program? This program has been scientifically tested for years, evaluated to reduce rate of falling by 55%! It is recommended by the CDC in it's Compendium of Fall Prevention programs. It is a SIMPLE T'ai Chi movement set AND a complete program protocol. What you need to know: 1) Two classes a week for 16 weeks; 2) First and last class sessions include functional balance testing; 3) Instruction video and booklet available after fourth week (small additional fee). Registration for Fall Prevention Training Protocol requires registration for two classes weekly for 16 weeks. You may register for one class weekly for 16 weeks, or you may register for one class per week for eight weeks (both do not qualify as fall prevention training program). MD or Physical Therapist written referral gets priority for registration that is limited to 14 people.

Instructor Laddie Sacharko, is Program Certified: ORI; "T'ai Chi Moving for Better Balance" and other certifications, and has been teaching T'ai Chi to seniors in eastern CT for 12 years, and teaching Mansfield seniors since 1998. Please register at the Mansfield Senior Center.

## Other Classes



### **BRIDGE WITH CHINKY**

Thursdays from 10:00 to 11:00 AM, at the Mansfield Senior Center. This is a good chance to learn how to play bridge or maybe just freshen your game a little. \$25.00 per month residents; \$30.00 non-residents. Register at the Senior Center. Minimum of eight needed.

**CHORUS** (most) Mondays, with rehearsals beginning Sept. 12, 1:15 to 2:45 PM (1:00 PM on Sept. 12 only), under the superb direction of Amanda Hanzlik. No audition required; beginners welcome. Just show up ready to sing!

**NEW! CRAFT CLASSES** Fridays at 10:00 AM to noon, beginning Sept. 16th. If you are looking for something new, try this craft class. Experience not necessary. Our first class will be a stamping class. You can make your own holiday cards, note cards, personal stationary, and more. Materials supplied for this first class. Please sign up by Sept. 13 with the receptionist.

**GENEALOGY GROUP** meets the second Tuesday of each month at 10:00 AM. This is a free, friendly group welcoming all interested in finding about their genealogy/family history. We have helpful discussions and the leader presents new materials. We also take day trips to libraries and archives specializing in genealogy. Be aware that October is "Family History" month. Watch for programs and talks and also TV shows. If you keep saying, "I'm going to work on my genealogy," make this the year to get at it!

## Computer Learning Center's Fall Programs

### Computer Learning Center's "Open House"

*at the Mansfield Senior Center*

**Friday, September 9th, 12:45 PM,**

*with a special slide show presentation beginning at 1:00 PM.*

A simple photo technique of cropping an image will be featured, along with digital photography work by Dan Gebben, Chuck Boster, and former student Jackie Peoples. See our laptops in action and try them out, and meet the instructors and preview our new courses. Light refreshments will be available. Please come visit and enjoy our "Open House!"

*\* Free help for PC users with Dan Gebben every Monday from 10:00-11:00 AM at the Mansfield Senior Center.*

*\* FREE "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.*

(The following courses are \$10.00 each, payable with registration at the Mansfield Senior Center. If you have any questions, please call the Computer Lab at 860-429-0262, ext. 7, and leave your name and number.)

**Introduction to Digital Photography** with Chuck Boster and Dan Gebben Wednesdays, Sept. 7, 14, 21, & 28, from 1:00-3:00 PM. Designed to assist persons using "Point & Shoot" cameras. Emphasis on "hands-on" instruction. Learn the camera basics and take pictures inside and out. Learn to perfect your pictures with "digital magic" - unleash your creativity and enjoy your pictures!

**Introduction to Computers** with Dan Gebben Tuesdays & Thursdays, Sept. 13, 15, 20, 22 (and the 27th, if needed), from 10:00 AM to noon. Areas to be covered include basic computer use, mouse control, games, folders and files creation, word processing, saving and deleting, E-mail, Skype, Facebook, Internet usage, purchasing a computer, troubleshooting, maintenance, and the media player.

**Free seminar** on E-mail Thursday, September 29th, from 1:00-4:00 PM with Dan Gebben. This seminar will include topics such as reading an E-mail address, mailboxes, how to set up E-mail contacts and to send and receive, a look at the header fields, HTML, and plain text. This free class is for people who already have an E-mail account. If you need one, please come to the Senior Center on any Monday from 10:00-11:00 AM and see Dan.

**Introduction to Word** with Frank Trainor Tuesdays & Fridays, Oct. 4, 7, 11, & 14, from 9:00 AM to noon.

**Excel 2003** with Mike Beschler Tuesdays & Thursdays, Oct. 18, 20, 25, & 27, from 9:00 AM to noon.

**Introduction to the Internet** with Mike Palmer Wednesdays, Oct. 5, 12, & 19, from 9:30 to 11:30 AM. What is the Internet? How did it happen? What can I use it for? Learn how to get around on the Internet, including how to search for anything that interests you. Send E-mail to your friends and attach a picture! There are so many things that we can do!

**Last Thursday Evening Program**

Our last Thursday evening program for the summer will be September 1st, and we will celebrate with a "Pot Luck" meal, followed by Millicent Wong entertaining (she comes highly recommended!).

We could use main dishes, salads, desserts, rolls and butter, or whatever you would like to bring. We are not putting up a sign up sheet, as that would not be a "Pot Luck!", now would it??

So, let's finish this successful summer series in a grand 'ole manner. We hope to see you at 5:45 PM, and entertainment starts at 6:30 PM. Please come join us.

***Yes! Please renew my subscription!***  
***Sparks Subscription***

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**\$6.00 - 12 bulk issues or \$9.50 - First Class**

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**Mansfield Senior Center  
303 Maple Road  
Mansfield-Storrs, CT 06268**

***SENIOR SPARKS***

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



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