



SENIOR SPARKS

VOLUME 37 ISSUE 10 MANSFIELD SENIOR CENTER ASSOCIATION, INC. OCTOBER 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

Flu/Pneumonia Clinic Thursday, Oct. 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.

Free Masonicare Lunch & Tour for Seniors

Tuesday, October 25th

They will pick us up at 10:00 AM
at the Mansfield Senior Center,
and we will return at 3:30 PM.

See all that Masonicare has to offer,
including Assisted Living
on the Wallingford Campus.

Please sign up with the receptionist
by October 19th.

FISHY FEST

at the Mansfield Senior Center

Wednesday, October 19th

Noon Meal

*Lemon Pepper Crusted Fish
Macaroni & Cheese
Stewed Tomatoes
Pineapple Cup
Non-alcoholic Beer*

Followed with entertainment by

Dudley Hamlin & the Long River Band

Suggested donation of \$2.00 for age 60+
\$7.00 for those under 60



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

Well, we made it through Tropical Storm Irene! It was quite the week and has really started me thinking about preparing for a future storm. Personally, I am hoping that we never (and I mean never) have another storm, but I know that is not realistic. The Department Heads in town will be reviewing the storm recovery in the next couple of weeks. In addition, I feel that it is important to give you information that will be useful in such an event. At the end of each of my articles for the next three months, I will have suggestions on what you can locate or purchase for each week of the month to get yourself better prepared. I will be preparing at the same time!! If you have extra items, please donate them to the Senior Center for someone who may be having difficulty getting all of the items.

There has been a great deal of discussion about class fees. The Senior Center only charges for those classes in which an instructor is paid. The class needs to generate enough income in order to pay the instructor from the fees that are collected.

There was a huge response to the T'ai Chi program that we instituted last month for balance and fall prevention. We even added two classes of T'ai Chi each week to accommodate everyone who wanted to be in the class. Laddie and I are talking about when we might be able to offer the program again. Please watch the *Sparks* for details.

We will continue the Beginner Bridge program with some changes to the program. Please look for the details on page 11 in *Sparks*.

On a personal note, I will be taking personal leave beginning October 7th. I will be out for three weeks. During that time, I ask that you assist the staff in running the Senior Center and programs in any way possible. This is nothing too serious, and I will be back before you know it!

Homework assignments:

- Week of October 3rd – purchase three gallons of water per person in household
- Week of October 10th – purchase one meal of foods that does not need cooking
- Week of October 17th—find or purchase a flashlight with batteries
- Week of October 24th—update any expired items in your first aid kit
- Week of October 31st—look for container to put emergency items into

MANSFIELD SENIOR CENTER ASSOCIATION, INC.

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

E-mail: gerling@snet.net

We've had two "Coffee & Ideas" meetings and will start to work on some suggestions. Several have asked for the Association budget to be made understandable. This is a challenge I'm taking very seriously as I need to understand it as well. I'm endeavoring to get some answers before our next Coffee & Ideas meeting on Oct. 7, 10:30 AM.

Another suggestion is to have a hospitable place for people to come and socialize, make a puzzle, or whatever. This is proving to be a bigger challenge. Move the hall computer? Where? Have less exercise equipment? Take down a wall? When the Memorial Room (behind the Reception Desk) is not scheduled, it is a place where people may gather. The same is true for the Hobby Room, which, coming from the front, is the room off the hallway on the left before the dining room.

One suggestion will be taken to the Executive Board meeting on September 14. That is to follow the Town Council's procedure of having "Public Comment" at the beginning of the Executive meeting, and strongly enforcing the time limit for each public speaker. Another suggestion is to have a short report from each committee in the *Sparks*. Space is the big problem with the off-site publisher doing the printing.

Would committee reports be more helpful than my letter? And would making the minutes of the Executive Board available via e-mail be helpful? If so, give me your e-mail address and I'll see if I can send the minutes. We can post an enlarged copy of the minutes on the Association bulletin board in the lobby. You can see there are many ways we can continue to work to make the Association and the Senior Center more member-friendly.

I've asked Chuck Boster to chair the October 14 Executive Board and Association meetings as I'll be flying to Oregon for a granddaughter's seventh birthday party. The last one I attended was her first. I'm sorry to miss these important meetings. Please be good to Chuck!

MISCELLANY

Thank You

Many thanks to John Adamcik, Jim Campetelle, Carolyn Cosgrove, June Curtis, Margaret Easton, Marilyn Gerling, Sam Gordon, Beryl Griffin, Richard Hobby, Alice Jansen, Fran Leffler, Karen Peters, and Ed Sicard for collating the town-wide September issue of *Sparks*. *Thanks so very much for your help and patience!*

Thanks to Phyllis Keyes for helping with the August newsletter. I apologize for the exclusion.

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

- Hedi A. LaBranche
- Nancy Palmer
- Mary K. Cartier
- Marie Addesso
- Kenneth J. Jones
- Joanne Sousa
- Fred Brown

IN MEMORY OF

- Burriss "B.D." Lamar*
- Ruth Bohr*
- Celia Becker*
- Arthur Chovnick*
- Mrs. Vincent Westlake*
- Richard H. Kehoe*
- Arline Burkinshaw*

TRAVEL DESK



TRAVEL SCHEDULE

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

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): ***Hukelau'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!***



Travel Desk Volunteers Needed

Volunteers are needed for the Travel Desk for Wednesday and Friday mornings. Hours are 9:00 AM to 12:00 PM. Please leave a message at 860-429-0262, ext. 6, for Judy, and she will get back in touch with you. We could really use your help!

BLUEBERRY STUDY

Blueberries must be ordered by **Thursday, November 10th, 11:00 AM**

NO EXCEPTIONS!

Blueberry pick-up is **Friday, November 18th, 11:00 to 11:30 AM**

Blueberries are available to Study Participants Only

Sparks Submissions

Please submit your articles for the November issue of *Sparks* by Oct. 7th. Thank you.

Senior Hobby Display Case

Attention Veterans

As part of our Veterans' celebration this year, we would be most appreciative if you would consider contributing some memorabilia for us to showcase in our display case for the month of November. We would insure that the items are properly marked, and will be returned to the rightful owners. This display case remains locked and only staff have access. Please contact Cindy if you would be interested at 860-429-0262, ext. 9.



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,

The open enrollment period to switch to a new Medicare Advantage Plan or go back to original Medicare is different this year. In the past you could make changes November 15th through December 31st. The new period this year is October 15th through December 7th, 2011. The same holds true for those of you who want to change to a new Medicare Part D drug plan. I understand that premium rates for Medicare D should remain the same for 2012. Please understand that this **DOES NOT** mean that your current plan will remain the same. Always call your plan to question if your drugs will remain on the current plan that you have. Advantage Plans can change yearly as well; make sure you are getting the same benefits as you do in 2011.

For those of you who receive extra (Medicare Low Income Subsidy) help to pay for your medications (meaning you pay \$2.50 for generic or \$6.40 for brand name drugs) **be CERTAIN to complete Form 1026-SM-REDE** if you receive this form in the mail from Social Security. The form is called "Social Security Administration Review of Your Eligibility for Extra Help". If you do not respond to this form, you may lose your benefits.

Last but not least: thanks to all of you who give and have given to our food basket. We are making a difference in the lives of other people less fortunate than ourselves in this community!!!

Barbara



SNAP

(formally know as Food Stamps)

SNAP (Supplemental Nutrition Assistance Program) is an income-based food assistance program.

One-person households with a gross income (before taxes) of less than \$1670 a month may be eligible for SNAP benefits. Two-person households with a gross income (before taxes) of less than \$2246 a month may be eligible.

If you are 60 or older, or disabled, and your monthly income is **above those limits, you may still be eligible** for SNAP.

There is **no** asset test, bank account, or automobile information needed for SNAP.

If you qualify for SNAP, you will be issued an "EBT card" you can use at the grocery store, like a debit card.

Those with questions about eligibility or in-need of application assistance, you may call Michael Rouleau, SNAP Outreach, 860-874-5349, End Hunger CT!

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. Thursday, October 13th.

BLOOD PRESSURE SCREENINGS on the first & third Wednesday of each month at 11:00 AM, offered by Interim Health Care. No appointments necessary for these free screenings. October 5th & 19th.

CAREGIVER'S SUPPORT GROUP with Barbara Lavoie every third Thursday at 6:30 PM. The group will meet on October 20th. 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, October 24th, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, Oct. 25th & Nov. 8th, 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, October 17th.

MASSAGE THERAPY with Faith Manning the first and third Mondays of each month, 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. Make your appointment with Kathy Yaffee. Oct. 3 & Oct. 17.

MS SUPPORT GROUP meets the second Tuesday of each month in the Craft Room from 6:00 to 7:30 PM. Next meeting is Oct. 11th. 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. October 14 & 28th.

INFORMATIVE INFORMATION

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

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

Monday, Oct. 24th: Preventing Breast Cancer

Over the course of a lifetime, one in eight women will be diagnosed with breast cancer. In this seminar, learn how to assess your risk of breast cancer, what you can do to prevent breast cancer, and understand why screening for breast cancer is important.

Conversations with Betty Heiss, MSW

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

October 6th: *"Growing Up with the Radio"*

October 20th: *"Recent Storm ... CL&P Response"*

Everyone welcome for a friendly, lively discussion.

WANTED: DRIVERS FOR OUR NEW SR. CENTER VAN!!!!

Mansfield has been selected by the D.O.T. to receive a cash grant of up to \$40,000 to purchase a wheelchair-accessible vehicle for transportation of elderly residents and residents with disabilities! If you are interested in applying to be a volunteer driver for our new van, please contact Gianna Stebbins at the Mansfield Sr. Center (860-429-0262, ext. 2). All drivers will be required to obtain a public service license in order to serve in this capacity. Any fees associated with obtaining this license will be paid for by the Town of Mansfield.



MONDAY

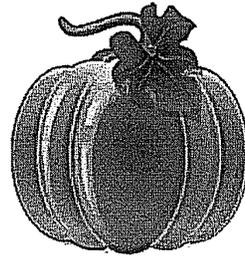
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.



Other Days of Note:

- 4-Fast of Gedaliah
- 9-Fire Prevention Day
- 11-Hunter's Moon
- 12-Sukkot
- 21-Simchat Torah
- 24-United Nations Day



1. Saturday

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**2. Sunday**

**3.**

- 9:00 & 10:00-T'ai Chi
- 10:00-Sparkettes
- 10:00-Art Studio
- 10:00-Computer Help
- 12:00-Conversación en Español
- 12:00-Lunch
- 1:00-Mahjongg / Massage
- 1:00-Beginner's Tap
- 1:15-Chorus
- 3:15-Senior Aerobics
- 5:45-9:00-Ballroom-R

**4.**

- 8:30-Strength/Stability
- 9:00-Intro. to Word
- 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

**5.**

- 9:15 & 10:15-T'ai Chi
- 9:30-Writing Group
- 9:30-Internet Intro.
- 10:30-Drawing w/Bill
- 11:00-Blood Pressure
- 12:00-Causeries en Français
- 12:00-Birthday Lunch
- 12:45-Sparkettes
- 5:45-7:45-Ballet-R
- 6:30-9:00-Evening Quilting w/Pat

**6.**

- 8:30-Strength & Stability
- 10:00-Sparkettes
- 10:00-Wii Bowl
- 10:00-Bridge w/Chinky
- 10:00-Quilting w/Pat
- 11:00-Conversation w/Betty
- 12:00-Lunch
- 12:30-Lovely Old Bones
- 1:00-Bridge 1:00-Jewelry
- 1:30-Therapeutic Exer.
- 2:15-Board Games Group
- 3:15-Senior Aerobics
- 5:45-7:45-Ballet-R

**7.**

- 8:30-Pilates
- 9:00-Yoga / Intro. to Word
- 10:00-Scrabble
- 10:00-Knitting & Crocheting
- 10:15-Zumba Gold
- 10:30-Coffee & Ideas
- 12:00-Lunch
- 12:45-Movie
- 1:00-Art Studio
- 1:00 & 2:00-T'ai Chi
- Yom Kippur begins at Sundown**

**8. Saturday**

**Yom Kippur**

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9. Sunday

10.

Columbus Day



Center Closed

11.

- 8:30-Strength/Stability
- 9:00-Intro. to Word
- 10:00-Scrabble
- 10:00-Wii Bowl
- 10:00-Genealogy
- 12:00-Lunch
- 12:30-Lovely Old Bones
- 1:00-Bingo
- 1:00-Intro. to Comp.
- 1:30-Therapeutic Ex.
- 6:00-7:30-MS Spt. Grp.
- 6:15-9:00-Dance-R

12.

- 9:15-& 10:15-T'ai Chi
- 9:30-Writing Group
- 9:30-Internet Intro.
- 10:15-Executive Mtg.
- 10:30-Drawing w/Bill
- 12:00-Causeries en Français
- 12:00-Lunch
- 12:45-Association Meeting
- 5:45-7:45-Ballet-R
- 6:30-9:00-TNT Quilters

13.

- 8:30-Strength/Stability
- 8:30-VNA East
- 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-Jewelry
- 1:00-Intro. to Computers
- 1:00-5:00-Flu Clinic
- 1:30-Therapeutic Exer.
- 2:15-Board Games Group
- 3:15-Senior Aerobics
- 5:45-7:45-Ballet-R

14.

- 8:30-Pilates
- 9:00-Yoga
- 9:00-Intro. to Word
- 10:00-Scrabble
- 10:00-Knitting & Crocheting
- 10:15-Zumba Gold
- 10:30-Reflexology
- 12:00-Lunch
- 12:45-Movie
- 1:00-Art Studio
- 1:00 & 2:00-T'ai Chi

15. Saturday

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**16. Sunday**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

**17.** 9:00 & 10:00-T'ai Chi  
 10:00-Sparkettes  
 10:00-Art Studio  
 10:00-Computer Help  
 11:00-Low Vision Group  
 12:00-Conversación en Español  
 12:00-Lunch  
 1:00-Mahjongg / Massage  
 1:00-Beginner's Tap  
 1:00-Program Planning  
 1:15-Chorus  
 3:15-Senior Aerobics  
 5:45-9:00-Ballroom-R

**18.** 8:30-Strength/Stability  
 9:00-Excel 2003  
 10:00-Scrabble  
 10:00-Wii Bowl  
 12:00-Lunch  
 12:30-Lovely Old Bones  
 1:00-Bingo  
 1:00-Intro. to Comp.  
 1:30-Therapeutic Ex.  
 6:15-9:00-Dance-R

**19.** 9:15 & 10:15-T'ai Chi  
 9:30-Writing Class  
 9:30-Internet Intro.  
 10:30-Drawing w/Bill  
 11:00-Blood Pressure  
 12:00-Causeries en Français  
 12:00-*Fishy Fest*  
 & *Dudley Hamlin Band*  
 2:00-Red Hatters  
 5:45-7:45-Ballet-R  
 6:30-9:00-Evening  
 Quilting w/Pat

**20.** 8:30-Strength/Stability  
 9:00-Excel 2003  
 10:00-Sparkettes / Wii Bowl  
 10:00-Bridge w/Chinky  
 10:00-Quilting w/Pat  
 11:00-Conversation w/Betty  
 12:00-Lunch  
 12:30-Lovely Old Bones  
 1:00-Bridge 1:00-Jewelry  
 1:00-Intro. to Comp.  
 1:30-Therapeutic Ex.  
 2:15-Board Games Grp.  
 3:15-Senior Aerobics  
 5:45-7:45-Ballet-R  
 6:30-Caregiver's Spt. Grp.

**21.** 8:30-Pilates  
 9:00-Yoga  
 10:00-Scrabble  
 10:00-Knitting/Crocheting  
 10:00-Craft Class  
 10:15-Zumba Gold  
 10:30-Reflexology  
 12:00-Lunch  
 12:45-Movie  
 1:00-Art Studio  
 1:00-Duplicate Bridge  
 1:00 & 2:00-T'ai Chi

**22. Saturday**  
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**23. Sunday**

**24.** 9:00 & 10:00- T'ai Chi  
 10:00-Sparkettes  
 10:00-Art Studio  
 10:00-Computer Help  
 11:00-Prevent Breast Cancer  
 12:00-Conversación en Español  
 12:00-Lunch  
 1:00-Mahjongg  
 1:00-Beginner's Tap  
 1:00-Atty. Gates  
 1:15-Chorus  
 3:15-Senior Aerobics  
 5:45-9:00-Ballroom-R

**25.** 8:30-Strength  
 9:00-Dr. Walter  
 9:00-Excel 2003  
 10:00-Masonicare Trip  
 10:00-Scrabble  
 10:00-Wii Bowl  
 12:00-Lunch  
 12:30-Lovely Old Bones  
 1:00-Bingo  
 1:00-Intro. to Comp.  
 1:30-Therapeutic Ex.  
 6:15-9:00-Dance-R

**26.** 9:15 & 10:15-T'ai Chi  
 9:30-Writing Class  
 10:30-Drawing w/Bill  
 12:00-Causeries en Français  
 12:00-Lunch  
 1:00-4:00-Computer  
 Safety & Protection  
 5:45-7:45-Ballet-R  
 6:30-9:00-TNT Quilters

**27.** 8:30-Strength/Stability  
 9:00-Excel 2003  
 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 Ex.  
 2:15-Board Games Grp.  
 3:15-Senior Aerobics  
 5:45-7:45-Ballet-R

**28.** 8:30-Pilates  
 9:00-Yoga  
 10:00-Scrabble  
 10:00-Knitting &  
 Crocheting  
 10:15-Zumba Gold  
 10:30-Reflexology  
 12:00-Lunch  
 12:45-Movie  
 1:00-Art Studio  
 1:00 & 2:00-T'ai Chi

**29. Saturday**  
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**30. Sunday**

**31.** 9:00 & 10:00-T'ai Chi  
 10:00-Sparkettes  
 10:00-Art Studio  
 10:00-Computer Help  
 12:00-Conversación en Español  
 12:00-Lunch  
 1:00-Mahjongg  
 1:00-Beginner's Tap  
 1:15-Chorus  
 3:15-Senior Aerobics  
 5:45-9:00-Ballroom-R

**Halloween**

November 2nd: Birthday Lunch w/Country Duo  
 November 9th: Executive Meeting & Fire Safety  
**Save the Date: Nov. 9th, 9:30 AM-Veterans' Celebration**  
 November 16th: Connecticut Characters w/Bev York  
 November 30: Healthy Snacks by Windham Hospital

December 7th: Birthday Lunch w/MMS Chamber Choir  
 December 10th: Holiday Bazaar, 9:00 AM -1:00 PM  
 December 21st: Holiday Dinner w/entertainment by  
 the MSC Chorus & Sparkettes  
 December 28th: TBA by TVCCA

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

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

**OCTOBER / OCTOBRE / OKTOBER BIRTHDAYS**

*Birthstone: Opal for Hope*  
*Flower: Calendula for Constancy*



*Happy Birthday to our  
 September attendees:  
 Al Swanson, Margaret Pryor,  
 Francine Leffler, & Francis Nichols*

- 1 Edly Bussolotta, Gary Drew, Beverly Korba  
 Jeanne Meddick, David Miller, Frank Schwager  
 Joseph Sokolowski, Marilyn Whaley
- 2 Linda Douda, Robert Pfeifer, Sandra Roth  
 Blanche Sehl, Crayton Walker
- 3 Eunice Goodwin, Milton Gordon, Cindy Schaffer
- 4 Madelyn Mackovick, Donald Nygren, Mary Strout
- 5 Helen Collins, Mary Ann Doucette  
 Anita Eichner, Betty Gordon
- 6 James Dick, Betty Toon
- 7 Robert Miller, Gladys Olsen, William Stwalley
- 8 June Attwater, Mel Blossick, Isabelle Ricard  
 Jack Rice
- 9 Carla Kelly, Barbara Manupelli
- 10 Phyllis Evans, Camille Forman, Robert McClintock
- 11 Ruth Haddad, Marjorie Nelson, Allan Ogren
- 12 Diana Hodgins, Ulla Hussey
- 13 Harold Abramson, Nancy Wengel
- 14 Ernest Brisson, Margaret Davis  
 Grazina Maciuilka, Althea Stadler
- 15 Ellen Bartram, Isaac Hoffman  
 Matthew McGregor, Dorothea Mercier  
 May Miller, Richard Sherman, Mary Tokes
- 16 Phyllis Getter, Elizabeth Welden
- 17 Sandra DeNevtte, Winthrop Hawkins  
 Patricia Leta, Tulay Luciano, Barbara Nagy
- 18 Frank Fontana, Mufide Gurun, Evelyn Hughes  
 Hans Laufer, Angela Marcus, Forest Nutini  
 Barbara Osborn, Carolyn Viens
- 19 Loretta Castagna, David Kolb, Richard Staples
- 20 John Fisher
- 21 JoAnne McCaughey, Harriet Walker
- 22 Rita Duval, Mary Harper, John Rickard
- 23 Olivia Devereux, Elaine Enright, Jo Kind  
 Donna Lussier
- 24 Rita Clang, Herb Crickmore
- 25 Lea Barbeau, Frank Eichner, Roger Ferguson  
 Muriel Lucus, John Mangeri, Charles Prewitt
- 26 Colby Melanec
- 27 Audrey Barberet, Blanche Brauneck  
 Fernand Duval, Marietta Johnson, Robert Landry  
 Margaret McCarrick
- 28 Gail Dunnrowicz
- 29 Rex Altomare, Lida Bilokur, Barbara Ladd
- 30 Georgette Beaumont, Frank Perroth
- 31 Elizabeth Dickson

**Birthday Luncheons:**

**October 5th:**  
 ~ Sparkettes ~

**November 2nd:**  
 ~ Country Duo ~

**CARDS**

**Duplicate Bridge: August 19, 2011**

**NS**

|                               |      |
|-------------------------------|------|
| 1. Paula Tate & Mary Shinoski | 86.5 |
| 2. Aline Booth & Jeanne Haas  | 85   |
| 3. Doris LeDoyt & Anna McLain | 68.5 |

**EW**

|                                  |      |
|----------------------------------|------|
| 1. Rita Pollack & Helen Collins  | 77.5 |
| 2. Jenny Shaffer & Omar Sheppard | 69.5 |
| 3. Joe & Mary Ann Fodor          | 62   |

**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 Lynne at time of class.  
 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.

**Speak Up!  
Speak Out!**

Jim Campetelle, one of our members, suggested doing a write-up once a month on different volunteers here at the Center, to include a bio and photo. Think this is a good idea? Let me know.

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. She will return your call as soon as she can. Thank you.

**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). 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**

Mon., Oct. 3: Pork Loin w/Gravy  
Tues., Oct. 4: Potato Crusted Fish  
Wed., Oct. 5: Tuscan Beef w/Pasta  
Thurs., Oct. 6: Crispy Baked Chicken  
Fri., Oct. 7: Cheese Manicotti w/Sauce

Mon., Oct. 10: **Columbus Day—Closed**  
Tues., Oct. 11: Italian Style Meatloaf  
Wed., Oct. 12: Chicken Oreganata  
Thurs., Oct. 13: Baked Ziti w/Sausage  
Fri., Oct. 14: Beef Chili w/Rice

Mon., Oct. 17: Beef Stroganoff  
Tues., Oct. 18: Chicken Florentine  
Wed., Oct. 19: Lemon Pepper Fish  
Thurs., Oct. 20: Glazed Pork Loin  
Fri., Oct. 21: Turkey & Penne Casserole

Mon., Oct. 24: Eggplant Rolette w/Pasta  
Tues., Oct. 25: Mustard Pork Loin  
Wed., Oct. 26: Pub Burger w/Bun  
Thurs., Oct. 27: Mexican Baked Fish  
Fri., Oct. 28: Baked Chicken

Mon., Oct. 31: Chicken Marsala  
**Happy Halloween**

**Where's Waldo??**

Have you heard of the "Find Waldo" quest? Well, here at *Sparks* we have started our own monthly quest. All you need to do is look in this issue to find the object located on the entry form. 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 Nov. 7th, or drop in box at Front Desk, 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 November issue of *Sparks*. Please, only one entry per person. Good luck!

**"Hidden Item" Entry Form**

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

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

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

 - Hidden Item

We only had two submissions for the September "Hidden Item", so both are winners. Congratulations to Margaret Easton and Mille Kramer.

**NEW!**

**Board Games Group with Peter & Caitlin**

*from UConn Generations Connect*

Thursday afternoons from 2:15 to 4:00 PM beginning Thursday, Oct. 6th, and continue to Thursday, Dec. 8th. There is no charge for this class, except to join us and have some fun!

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


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~ **BEGINNER'S TAP** with Richard Risley Mondays at 1:00 PM. No registration—students pay Richard directly.

~ **DRAWING** with Bill Dougal Wednesdays at 10:30 AM. Oct. 5-26. 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. \$5.00 per class residents; \$6.00 per class non-residents.

~ **PILATES** with Kathy Fridays, 8:30 AM. Oct. 7-28. Four classes. \$20.00 residents; \$24.00 Non-residents.

~ **QUILTING** with Pat Ferguson Thursdays, 10:00 AM to 12:30 PM, through Oct. 6, 20, & 27. New session Nov. 3, 10, 17; Dec. 1, 8, 15, & 22. 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.

~ **SENIOR AEROBICS** with Margie Stickles Mondays & Thursdays, 3:15-4:15 PM. Oct. 3 to 31 (no class Oct. 10). Eight classes. \$40.00 residents; \$48.00 non-residents.

~ **SPARKETTES** with Richard Risley each Thursday at 10:00 AM. Oct. 5-26. Four classes. \$20.00 residents; \$24.00 non-residents.

~ **STRENGTH & STABILITY** with Patty Tuesdays & Thursdays, 8:30 AM. \$5.00 per class residents; \$6.00 per class non-residents.

~ **THERAPEUTIC EXERCISE** with Kathy Tuesdays and Thursdays at 1:30 PM. \$5.00 per class residents; \$6.00 per class non-residents.

~ **YOGA** with Therese John Fridays, 9:00 AM. Oct. 7-28. Four classes. \$20.00 residents; \$24.00 non-residents.

~ **ZUMBA GOLD** with Patty Fridays, 10:15 AM. No registration required—students pay Patty \$20 per month directly, or a \$7.00 drop-in fee. This class is designed for the active older adult and addresses the anatomical, physiological, and psychological needs of the participant.

**T'AI CHI** with Laddie Sacharko on the following days:

- *T'ai Chi Mondays*, 9:00 & 10:00 AM
- *T'ai Chi Wednesdays*, 9:15 & 10:15 AM
- *T'ai Chi Fridays*, 1:00 & 2:00 PM

\*Due to the overwhelming response, you may come in and, if there is space available, you may sign up for a class. Please see staff for a registration form. *(We have started a "wait list" for those who are still interested in the "T'ai Chi Moving for Better Balance" program. Please leave your name and phone number with our receptionist at 860-429-0262, ext. 0, and these names will be considered first for the next program opening.)*

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### SNOW CLOSING

When Mansfield schools are closed or have a delayed opening, the Mansfield Senior and Wellness Center will also be closed or delayed accordingly (a 90-minute delay means we will open at 10:00 AM). Listen for Mansfield school information, not necessarily specific Senior Center information, on WTIC (1080 AM) and WILI (1400 AM), or watch the news on Channel 3 for announcements. The phone voice message (860) 429-0262, will also inform you of delays/closures.

We urge you to always put your own safety first, use caution, and not come to the Center until after 9:00 AM on bad weather days; and if the parking lot has not yet been cleared of snow or sanded for ice, please park elsewhere until Public Works has the opportunity to get here.

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### Notice from the Memorial Committee of the MSCA

The Memorial Committee has made a motion to approve up to \$2,000.00 for the purchase of a "healing board" to be installed on the far back wall of the Dining Room. This would improve and save the wear and tear on the wall when displaying pictures, objects, or seasonal decorations. When pins or staples, etc., are removed, the "healing board" automatically seals itself where the hole(s) had been.

This motion will need to be voted upon by the membership at the next MSC Association meeting scheduled for Wednesday, Oct. 12th at 12:45 PM.

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## Other Classes

### BRIDGE WITH CHINKY

Thursdays, 10:00 to 11:00 AM. This is a good chance to learn how to play bridge or maybe just freshen your game a little. \$5.00 per class for students; \$2.50 for all others playing in the room while Chinky is teaching. Pre-register at the Senior Center for the month of October (\$20.00 students; \$10.00 all others).

### CONVERSACIÓN EN ESPAÑOL

needs new members. Spanish is a wonderful language. At the "Spanish table" we have all benefitted from speaking this beautiful tongue and from discussing happenings present and past. The Spanish table has no requirements for competency, but invites all interested in using the language and better learning it to join us. Did you know that investigators have found that using and learning a language other than your native one actually impedes memory loss? Need we say more? We meet for bag lunch every Monday at noon. Please come and join us.

**CRAFT CLASS** every third Friday of the month from 10:00 AM to noon. Each class will be a different craft. Come join us. Experience not necessary.

**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. Be aware that October is "Family History" month. Watch for programs and talks and also TV shows.

*"Listen!*

*The wind is rising and  
the air is wild with leaves.  
We have had our summer evenings,  
now for October eves!"*

~ Humbert Wolfe

## Computer Learning Center's Fall Programs

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

**Introduction to Computers** with Dan Gebben Tuesdays & Thursdays, Oct. 11, 13, 18, 20, & 25, from 1:00 to 3:00 PM. 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.

**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.

**\*\*FREE CLASS: Computer Safety & Protection (PC)**, Wednesday, October 26th, 1:00-4:00 PM, with instructor Dan Gebben.

*Save the Date — HOLIDAY BAZAAR*

*at the Mansfield Senior Center*

**Saturday, December 10th, 9:00 AM to 1:00 PM**

We'll need craft items, baked goods, gift items for our white elephant tables, etc. Alert your friends: we'll offer gift wrapping with a choice of papers. It'll be a good place for lunch, too. This year we'll need more helpers than usual because the UConn students won't be available. Think about pitching in. The Ways & Means Committee is always open to new members! Items for the bazaar may be delivered to the Mansfield Senior Center.

**GIFT WRAPPING:** We will be wrapping gifts purchased from the Bazaar. We will also wrap gifts you have purchased elsewhere. In order to serve everyone, if you are bringing more than three items, please call Estelle at 860-429-1685.

**PRICES:** Small gifts under 4" - \$1.00 each; medium gifts (small shirt box) - \$2.00 each; large gifts (large shirt box) - \$3.00 each. Regular bows included in these prices. There will be fancy bows available at an additional charge.





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