



SENIOR SPARKS

VOLUME 37 ISSUE 11 MANSFIELD SENIOR CENTER ASSOCIATION, INC. NOVEMBER 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



Thanksgiving Celebration Day

at the Mansfield Senior Center
Wednesday, November 16, 2011—Noon

Menu:

Roasted Turkey w/Stuffing & Gravy
Mashed Sweet Potatoes, Cranberry Sauce
Long Bean Medley
Pumpkin Pie w/Whipped Topping
Beverage

Entertainment: ***Connecticut Characters with Bev York***

Suggested Donation: \$3.00 for 60 years and older; \$7.00 for all others

Veterans' Day Reception Program

at the Mansfield Senior Center

**Wednesday, November 9th,
9:30 to 10:45 AM**

All Veterans and their spouses
are invited to attend.

Light refreshments will be served.

Holiday Bazaar Reminder

Save room on your calendar for
Saturday, December 10, 2011.

Our Holiday Bazaar will take place!

Watch for our full page ad in
December's issue of *Senior Sparks*
for full details.



A Note from Cindy Dainton—Senior Center Coordinator

“Gratitude is the sign of noble souls”. ~ Aesop

I would like to express my deepest thanks to the staff and participants at the Senior Center who assisted in carrying out the programs at the Senior Center while I was away. It was so comforting to know that all was being taken care of. THANK YOU ALL SO MUCH!

Fall has brought a flurry of activity at the Senior Center, and now we are in full force. The Senior Center has a myriad of activities taking place each week. I cannot emphasize enough that you really need to read through the entire newsletter so that nothing is missed! There are also updates on the bulletin board at the Senior Center.

“Less is more”— I believe that is the saying. I have just been told that my article has to be shortened due to a new advertisement in the *Senior Sparks*. Please let our sponsors know how much you appreciate them supporting the newsletter.

Below is the homework in getting ready for any future storms:

Homework Assignment:

Week of November 7th: gather family and friends’ emergency contact information – also locate or purchase a whistle (to attract the attention of emergency personnel).

Week of November 14th: purchase one meal of foods that does not need cooking.

Week of November 21st: locate or purchase hand crank (manual) can opener.

Week of November 28th: make copies of personal documents.

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

Today it is actually chilly outside (Oct. 6) so we're getting a taste of what's coming. In the meantime, Oct. 8th's forecast is 80°. Isn't New England a challenge?

Regarding a place to socialize, we're looking at the whole picture. Cindy and I will meet with all the receptionists to see what suggestions they may have to help them deal with their multiple tasks. Some of you remember when the reception desk was where the computer table is now. We both believe having someone available as soon as you walk in is welcoming and helpful, so we would like to leave that where it is. After listening to the receptionists, we'll consider their suggestions and look at how to best accommodate them and work on how we can make a better place for socializing. I'm confident we'll be trying something soon.

The agenda for the Executive Committee meetings will have Public Comment near the beginning. I'm leaving a good bell with Chuck Boster for the Oct. 12th meeting, as comments must have a time limit. We'll see how that goes. We want more members involved in the whole decision making progress. In this respect, I hope the vote at the Oct. 12th Association meeting passed, adding "at least" to the "four meetings a year" in the Bylaws on number of Association meetings. We'd like to try to have more of the public meetings.

Remember to sign up soon for the Thanksgiving Dinner on Wednesday, November 16th.

HAPPY THANKSGIVING TO YOU ALL!

ADVERTISEMENT SPACE

MISCELLANY

Thank You

Many thanks to John Adamcik, June Curtis, Sam Gordon, Richard Hobby, Alice Jansen, and Ed Siscard for collating the October issue of *Sparks*. *Thanks so very much!*

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!

NEW Craft Class
Friday, Nov. 18th
10:00 AM to 12:00 PM

HOLIDAY CARDS

Assorted kits will be available—
come join the fun! Get creative!

**VOLUNTEER OPPORTUNITIES
WITH AARP TAX-AIDE**

Volunteer for the nation's largest FREE tax preparation and assistance. There are many kinds of volunteer opportunities, from Tax-Aide Counselors to Greeters as well as Communications and Technology Coordinators. One opportunity may be right for you!

For additional information, visit
www.aarp.org/taxaide

AARP Tax-aide is a program of the AARP Foundation, offered in conjunction with the IRS.

TRAVEL DESK

**TRAVEL
SCHEDULE**



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

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!

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

**Foster Lindley
Benjamin Sachs
Helen & Napoleon
Gauthier**

IN MEMORY OF

**Ruth Filip
Jessie & Herman Marshall
Elizabeth Hamill
Mary Allie
Vivian Moore**

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 December issue of *Sparks* by November 4th. Thank you.

Senior Hobby Display Case

We thank Alice Miner for her lovely "village homes" display for the month of October. Please be sure to visit and check out the Veterans' Day display for the month of November.

Holiday Mitten Tree

The Mansfield Senior Center will once again have a holiday mitten tree that will be decorated with small items of clothing such as mittens, scarves, caps, booties, and socks. These items are given to those in need. Donations of purchased and hand-made items are most welcome.



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:

This is such a busy time of the year for all of us. Both busy and expensive as holidays are around the corner and heating bills climb. Let me get to the point; many people young and old are going to be desperately affected by the cut in funding to fuel programs. Many people will find that their fuel assistance will be cut by as much as half to three quarter's from last year. I urge all of you to look at those causes that you donate or contribute to, and perhaps consider donating to the Special Needs fund that is operated by the Town of Mansfield, Human Services Department. I cannot believe that there is no greater cause than meeting basic human needs such as food, water, shelter, and warmth. Please contact Kevin Grunwald if you have any questions at 860-429-3314.

Once again the Senior Center will adopt a Mansfield family to provide a Thanksgiving and Christmas meal. I will have a list of food items needed, so please call me if you are interested in purchasing food for this cause.

The Department of Social Services "Choices Program" bus will once again visit the Center on Monday, November 7th to assist individuals with choosing a Medicare Health or drug plan. Please call me at 860-429-0262, ext. 1, to schedule an appointment.

UConn audiology students will be available on Thursday, November 17th for free hearing exams. Again, please call me to schedule an appointment.

Carol Dykais will visit on Monday, November 14, 11:00 AM, to present information on low vision aides and the latest information on Macular Degeneration and Glaucoma. Everyone is invited.

Wishing you health, happiness, and peace.

Sincerely,

Barbara



A Big Thank You to Volunteer Transportation Drivers!!!!

An ice cream social was held on Wed., Sept. 28th, to honor all members of the Volunteer Transportation Program!!! Each driver received a "goody bag" in appreciation for all their efforts! The program continues to grow both in numbers of new drivers as well as new transportation requests. A big **THANK YOU** to all our volunteer drivers:

***Delia Aguilar
Donna Fairfield
Carol Fineout
Marilyn Gerling
Sharon Kozin
Fran Leffler
Toni Moran
Skip Olander
Ruth Wilding-McLaughlin
Carol & Richard Pellegrine
Ginny Rowe
Dario Sartori
Betty Savage
Roxane Steinman
Cynara Stites
Joan Terry
Betty Wexler***

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. Nov. 10 & 16; Dec. 8 & 14.

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. November 2 & 16.

CAREGIVER'S SUPPORT GROUP with Barbara Lavoie every third Thursday at 6:30 PM. The group will meet on November 17th. 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, November 28th, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, Nov. 8th; and Dec. 13, 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, November 14th.

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. November 7 & 21.

MS SUPPORT GROUP meets the second Tuesday of each month in the Craft Room from 6:00 to 7:30 PM. Next meeting is November 8th. 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. Nov. 4 & 18.

INFORMATIVE INFORMATION

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

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

Monday, November 14th: *"Cholesterol: What do the Numbers Mean?"*

High cholesterol is one of the major risk factors leading to heart disease, heart attack, and stroke. In this seminar, learn why high cholesterol is unhealthy, what your cholesterol levels mean, and how to improve your cholesterol levels.

Conversations with Betty Heiss, MSW

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

November 3rd: *"Connecting with Old Friends"*

November 17th: *"Am I Assertive or Aggressive?"*

Everyone welcome for a friendly, lively discussion.

Department of Social Services Bus
at the Mansfield Senior Center Parking Lot
(assist with Medicare & drug plans)

Monday, Nov. 7th, 9:30 AM to 2:00 PM

&

FREE HEARING SCREENINGS
by UConn Audiology Students
at the Mansfield Wellness Center

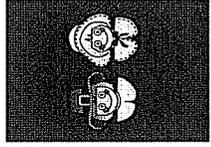
Thursday, Nov. 10th from 10:00 to 11:15 AM

Call Barbara Lavoie at 860-429-0262, ext. 1,
to schedule your free appointments.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.											
<p>1. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Ways & Means 10:30-Drawing w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer. 2:30-Computer Mfg. 6:15-9:00-Dance-R</p>	<p>2. 9:15 & 10:15-T'ai Chi 9:30-Writing Group 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 12:45-Country Duo 5:45-7:45-Ballet-R 6:30-9:00-Evening Quilting w/Pat</p>	<p>3. 8:30-Strength/Stability 9:00-Advanced Internet 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 / Jewelry 1:30-Therapeutic Exer. 2:15-Board Games 3:15-Senior Aerobics 5:45-7:45-Ballet-R</p>	<p>4. 9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:15-Zumba Gold 10:30-Reflexology 10:30-Coffee & Ideas 11:00-Brain Aerobics 12:00-Lunch 12:45-Movie 1:00-Art Studio 1:00 & 2:00-T'ai Chi</p>	<p>5. Saturday <i>Set clocks back one hour before bedtime.</i> ~~~~~ 6. Sunday <i>Daylight Savings Time Ends</i> ~~~~~</p>	<p>7. 9:00 & 10:00-T'ai Chi 9:30-DSS Bus 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Conversacion 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</p>	<p>8. 8:30-Strength/Stability 9:00-Dr. Walter 9:00-1:00-AAARP Driving 10:00-Scrabble / Wii Bowl 10:00-Generology 10:30-Drawing w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer. 6:00-7:30-MS Spt. Grp. 6:15-9:00-Dance-R Election Day</p>	<p>9. 9:15 & 10:15-T'ai Chi 9:30-Writing Group 9:30-Veterans' Celebration 10:00-Digital Photo Beyond 12:00-Causeries en Français 12:00-Lunch 12:45-Fire Safety 1:00-Digital Photo Intro. 1:30-Executive Meeting 5:45-7:45-Ballet-R 6:30-9:00-TNT Quilters</p>	<p>10. 8:30-Strength/Stability 8:30-VNA East 9:00-Advanced Internet 10:00-Free Hearing Screenings 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 1:30-Therapeutic Exer. 2:15-Board Games 3:15-Senior Aerobics 5:45-7:45-Ballet-R</p>	<p>11. Veterans' Day  Center Closed</p>	<p>12. Saturday ~~~~~ 13. Sunday ~~~~~</p>	<p>14. 9:00 & 10:00-T'ai Chi 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 11:00-Low Vision Group w/guest Carol Dykais 11:00-High Cholesterol 12:00-Conversacion en Español 12:00-Lunch 1:00-Mahjongg / Beg. Tap 1:00-PowerPoint 1:15-Chorus 3:15-Senior Aerobics 5:45-9:00-Ballroom-R</p>	<p>15. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:30-Drawing w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 6:15-9:00-Dance-R</p>	<p>16. 8:30-VNA East 9:15 & 10:15-T'ai Chi 9:30-Writing Group 10:00-Digital Photo Beyond 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Thanksgiving Day Celebration 12:45-Connecticut Characters w/Bev York 1:00-Digital Photo Intro. 2:00-Red Hatters 5:45-7:45-Ballet-R 6:00-8:00-Altrusa 6:30-9:00-Evening Quilting</p>	<p>17. 8:30-Strength/Stability 9:00-Advanced Internet 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 1:30-Therapeutic Exer. 2:15-Board Games 3:15-Senior Aerobics 5:45-7:45-Ballet-R</p>	<p>18. 9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:00-Craft Class Holiday Cards 10:15-Zumba Gold 10:30-Reflexology 11:00-Brain Aerobics 12:00-Lunch 12:45-Movie 1:00-Art Studio 1:00 & 2:00-T'ai Chi</p>	<p>19. Saturday ~~~~~ 20. Sunday ~~~~~</p>

November 2011

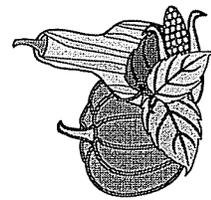


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
<p>21. 9:00 & 10:00-T'ai Chi 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Conversación en Español 12:00-Lunch 1:00-Mahjongg / Massage 1:00-Beginner's Tap 1:00-Program Planning 1:00-PowerPoint 1:15-Chorus 3:15-Senior Aerobics 5:45-9:00-Ballroom-R</p>	<p>22. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:30-Drawing w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 6:15-9:00-Dance-R</p>	<p>23. 9:15 & 10:15-T'ai Chi 9:30-Writing Class 10:00-Digital Photo Beyond 12:00-Causeries en Français 12:00-Lunch 5:45-7:45-Ballet-R</p>	<p>24. <i>Thanksgiving Day</i></p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><i>The Mansfield Senior Center will be closed Thursday & Friday for the Thanksgiving Holiday.</i></p>  </div>	<p>25.</p>	<p>26. Saturday ~~~~~ 27. Sunday</p>
<p>28. 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 / Beg.'s Tap 1:00-Atty. Gates 1:00-PowerPoint 1:15-Chorus 3:15-Senior Aerobics 5:45-9:00-Ballroom-R</p>	<p>29. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:30-Drawing w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 6:15-9:00-Dance-R</p>	<p>30. 9:15 & 10:15-T'ai Chi 9:30-Writing Class 10:00-Digital Photo Beyond 12:00-Causeries en Français 12:00-Lunch 12:45-Healthy Snacks by Windham Hosp. 5:45-7:45-Ballet-R</p>			<p>Other Days of Note: 1-All Saints' Day 27-Advent Sunday 30-St. Andrew</p>

JANUARY 2012

January 4th: Birthday Lunch with "Fast Draw Fun"
January 18th: Entertainers
Sara Jo Burke & Bobby DeQuattro
January 25th: Healthy Digestion

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



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.

NOVEMBER / NOVEMBRE / BIRTHDAYS

Birthstone: Topaz for Fidelity

Flower: Chrysanthemum for Loveliness

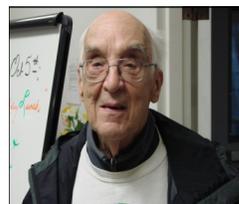
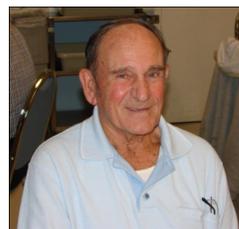
- 1 Bob Homans, Elizabeth Lang, Judy Lester
Robert Lester
- 2 Helen Kinsman
- 3 Lucy Anthony, Donald DeBella
- 5 Joan Cole, Karin Rickards
- 6 Herbert Perkins, Catherine Strauch
- 7 Richard Hobby, Helen Kramer, Mary Long
Robert Marrotte, Katherine Richards
- 8 Ms. Roy Campbell
- 9 Carolyn Alfand, Claire Soltesz
- 10 Lillian Freudmann, Donald Hoyle
- 11 Lyle Heselton, James Leta, David Limberger
Hazel Rubins
- 12 Linda Lee Hill, Edward Wong
- 13 Stanley Bevin, Alyce Douda
Elizabeth Lacouture, Neil Mulkern, Edith Taylor
- 14 Priscilla Bakke, Eleanor Costello, Roger Miner
Ruth Rautio, Joyce Roscoe
- 15 Sherman Clebnik, Judith Marcus
Marilyn Smith
- 16 Helen Armstrong, Uenda Hicking
Edwin Hodgkins, Butter, Benedict Maciuika
Eleanor Peters
- 17 Roger Crossgrove, Ann Druge
Virginia Todd, Evelyn Vegiard, Richard Warren
- 18 Carol Ames, Lillian Lawrence
Georgette Mailhiot, Anita Satriano
- 19 Shirley Malinowski, Pascal Prignano
- 20 Barry Juhasz, Gina Mastrangelo, Nora Stevens
- 21 Walter Carr, Linda Lee Doubleday
Alice Jansen, Annie Raynor, Kenneth Tremblay
- 22 Geraldine Collins
- 23 Linda Miles, Peter Rich
- 24 Beverly Elwood, Virginia Field, Ravi Jain
Kendall Rhee
- 25 Tina Fu, Carole Hall, Elaine Russo
Donald Wetherell
- 26 Evelyn Drouin, Karna Secker, Ann Smith
- 28 Yuan-Gen Yin
- 29 George Campbell, Richard Long
- 30 Bill Coughlin, George Danks, Millie Kramer



Future Birthday Luncheons:

November 2nd:
~ Country Duo ~

December 7th:
~ MMS Chamber Choir ~



***Happy Birthday
to our October Attendees:***

***Georgette Beaumont, Madelyn Mackovick
Colby Melanec, Marjorie Nelson
Ernest Brisson, Robert McClintock
Charles Prewitt, Jack Rice***

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.

Where's Waldo?!

Find the hidden item listed below somewhere in this issue, and send in the answer on the entry form 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 December issue of *Sparks*. Please, only one entry per person. Good luck! *November's winner: Beryl Griffin. Congratulations!*

"Hidden Item" Entry Form

Name: _____

Phone #: _____

Correct Page & Answer #: _____

Hidden Item: the word **"Butter"**

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

Tues., Nov. 1: Beef Stroganoff w/Noodles
Wed., Nov. 2: Penne Pasta & Meatballs
Thurs., Nov. 3: Mexican Baked Haddock
Fri., Nov. 4: Orange Soy Glazed Pork

Mon., Nov. 7: Stuffed Shells w/Sauce
Tues., Nov. 8: Portuguese Chicken
Wed., Nov. 9: Potato Crusted Fish
Thurs., Nov. 10: Maple Roasted Pork Loin
Fri., Nov. 11: **Veterans' Day—Closed**

Mon., Nov. 14: Italian Style Meatloaf
Tues., Nov. 15: Haddock Italiano
Wed., Nov. 16: **Thanksgiving Dinner**
Thurs., Nov. 17: Baked Penne w/Sausage
Fri., Nov. 18: Chicken Paprika

Mon., Nov. 21: Chicken Florentine
Tues., Nov. 22: Eggplant Rolette
Wed., Nov. 23: Beef & Bean Chile
Thurs., Nov. 24 & Fri., Nov. 25:

Thanksgiving Holiday—Closed

Mon., Nov. 28: Salisbury Steak w/Gravy
Tues., Nov. 29: Swedish Meatballs
Wed., Nov. 30: Chicken Parmesan

Menu subject to change.



Speak Up! Speak Out!

Where have all our members gone? We offer good food, good company, many activities, and wonderful entertainment! Case in point—on Wed., Oct. 21, the entertainment here following lunch was just great, and sadly, we only had about 15 people in the audience. Why? These things are done for **YOU!** What a shame. We will lose these things in the future, I'm afraid, if more members don't start participating. We used to have **BIG** crowds. What has happened? (~ Anonymous)

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!**

Brain Aerobics
with Jenny Easow is back!

Fridays at 11:00 AM
in the Memorial Room

Come and exercise your mind!

*So once in every year we throng
upon a day apart,
to praise the Lord
with feast and song,
in thankfulness of heart.*

~ Arthur Guiterman,
The First Thanksgiving

OCTOBER CLASS SESSIONS

- ~ **BEGINNER'S TAP** with Richard Risley Mondays at 1:00 PM. No registration—students pay Richard directly.
- ~ **NEW DAY! DRAWING** with Bill Dougal Tuesdays at 10:30 AM. Nov. 1 to 29. Five classes. \$30.00 residents; \$35.00 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.
- ~ **QUILTING** with Pat Ferguson Thursdays, 10:00 AM to 12:30 PM. Current session continues through Dec. 1, 8, 15, & 22.
- **Evening Quilting w/Pat** the 1st and 3rd Wed. of the month, 6:00-8:30 PM, continues thru Nov. 2 & 16.
- ~ **SENIOR AEROBICS** with Margie Stickles Mondays & Thursdays, 3:15-4:15 PM. Nov. 7 to 28 (no class Nov. 24). Six classes. \$30.00 residents; \$36.00 non-residents.
- ~ **SPARKETTES** with Richard Risley each Thursday at 10:00 AM. Nov. 3, 10, 17. Three classes. \$15.00 residents; \$18.00 non-residents.
- ~ **STRENGTH & STABILITY** with Patty Tuesdays & Thursdays, 8:30 AM. \$5.00 per class residents; \$6.00 per class non-residents.
- ~ **T'AI CHI** with Laddie Sacharko on the following days: T'ai Chi Mondays, 9:00 AM & 10:00 AM; T'ai Chi Wednesdays, 9:15 & 10:15 AM; T'ai Chi Fridays, 1:00 & 2:00 PM. *(Current programs in session. Watch for future details on new classes.)*
- ~ **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. Nov. 4 & 18. (No class Nov. 11 & 25.) Two classes. \$10.00 residents; \$12.00 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.

"AT-RISK-PROGRAM"

With the recent experience of Tropical Storm Irene, many people are concerned about how to deal with the aftermath of a natural disaster here in Mansfield.  The "At-Risk Program" is a prevention program operated by the Human Services Department for elderly and disabled residents who may need special assistance during emergencies such as hurricanes, ice or snow storms, when there may be power and telephone outages or travel may be hampered for extended periods of time. The program identifies individuals who may have special needs, and assists them in developing a plan to be able to meet their basic needs and not jeopardize personal safety or health. Through this program, our professional staff meet with residents to assess needs, identify and access appropriate resources, and develop an emergency response plan. Participation in this program is voluntary, and individuals are encouraged to identify family members, friends, and neighbors as an important element of the plan. If you feel that you may need special assistance under these circumstances, please contact the Human Services Department at 860-429-3315 to obtain an application and schedule an appointment to meet with one of our staff.

CARDS

Duplicate Bridge: Sept. 16, 2011

NS

- 1. Paul Stanton & Phanindra Chankarboty 86.5
- 2. Paula Tate & Mary Shinoski 81
- 3. Jerry Shaffer & Omar Sheppard 72.5

EW

- 1. Joseph & Mary Ann Fodor 80
- 2. Bill & Eloise Farris 69
- 3. Judy Senkbeil & Marion Buteau 68

Duplicate Bridge: Sept. 30, 2011

NS

- 1. Doris LeDoyt & Anna McLain 86
- 2. Phanindra Chandarboty & Paul Stanton 77.5
- 3. Jerry Shaffer & Omar Sheppard 73.5

EW

- 1. Joseph & Mary Ann Fodor 76
- 2. Aline Booth & Jeanne Haas 68.5
- 3. Andrea Marshall & Noreen Steele 67.5

Arbors of Hop Brook

**Arbors of Hop Brook
Independent & Assisted Living
Retirement Community**



*Cordially invites you
to a
"Winter Wonderland"
Open House*

**Tuesday, December 13th
11:00 AM – 1:30 PM**

Manchester only family owned Retirement Community will be hosting tours by our fabulous residents of the community and residents' beautiful apartments. See for yourself why Arbors has earned its fabulous reputation. After the tour, enjoy a delicious lunch and wonderful entertainment.

Arbors of Hop Brook's bus will leave the Mansfield Senior Center at 9:45 AM sharp, and will be returning at approximately 2:30 PM. For the bus, a minimum sign up of at least eight with a maximum of 14.

All attendees please R.S.V.P. to Arbors at 860-647-9343 by November 30th. Feel free to travel on your own, as well, to the event. This special event will start promptly at 11:00 AM. (Please, no late attendees.)

Save the Date!

*Holiday Celebration
at the Mansfield Senior Center*

Wednesday, December 21st

*Entertainment:
MSC Chorus & Sparkettes*

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.)

PowerPoint: Frank Trainor, Mondays, Nov. 14, 21, & 28th; 1:00 to 3:00 PM.

Beyond Intro. to Digital Photo: Dan Gebben, Wednesdays, Nov. 9, 16, 23, & 30th; 10:00 AM to 12:00 PM.

Digital Photo Intro: Dan Gebben, Wednesdays, Nov. 9, 16, 23, & 30th; 1:00 to 3:00 PM.

Advanced Internet: George Jones, Thursdays, Nov. 3, 10, & 17th; 9:00 to 11:00 AM. Learn how to take advantage of the incredible resources the Internet provides with hands-on instruction and effective browsing.



*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! 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! Please deliver your wonderful items for the Bazaar to the Mansfield Senior Center.

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

[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.]

The Ways & Means Committee will meet November 1st at 10:00 AM.

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

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



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