



SENIOR SPARKS

VOLUME 37 ISSUE 12 MANSFIELD SENIOR CENTER ASSOCIATION, INC. DECEMBER 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

HOLIDAY BAZAAR

at the Mansfield Senior Center, 303 Maple Road, Storrs CT 06268

Saturday, December 10, 2011—9:00 AM to 1:00 PM

- ~ *Toys, Books, Jewelry*
- ~ *Bake Sale, Silent Auction*
- ~ *Christmas Décor*
- ~ *Wonderful Knitted & Quilted Items*
- ~ *Attic Treasures*

Join the festivities! Shop 'til you drop!

Eat 'til you burst!

Have your presents wrapped!

Bring your friends!

We will gladly accept bake sale items (*individually packaged, please*)
the day before or the morning of the sale.



**For more information,
please call the Center at 860-429-0262, ext. 0.**



A Note from Cindy Dainton—Senior Center Coordinator

*“In seed time learn, in harvest time teach,
in winter time enjoy.” ~ William Blake*

Welcome to December. I am hoping that we do not have a repeat of last winter! Please remember that when the Mansfield Public Schools are closed, the Senior Center is closed for the day. In addition, if Mansfield schools open late, we will also open late. I do my best to get the media to make announcements regarding our status by 7:00 AM. In addition, the answering system at the Senior Center is updated in the morning. Above all, please use your own judgment and be safe.

I am writing this as we all are trying to recover from Storm Alfred. There is also a whole lot of winter in front of us. As a way to enjoy this winter, think about coming to a program or take a class that you would normally not take. It is a great way to meet people and to try something new. There are a number of things going on at the Senior Center every day – please take a few minutes to review this newsletter and, in particular, the calendar. We hope to see you at the Senior Center this month!

Homework Assignment

Week of December 5th: make a plan for what you will do if you need to leave your home in an emergency.

Week of December 12th: purchase one meal that does not need cooking.

Week of December 19th: purchase battery operated or hand crank radio.

Week of December 26th: locate emergency blanket for kit.

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

Well, it certainly feels good to leave the past two storms behind! It was quite a trial for those without power long term. Also, for those with power trying to help out those without. My florescent lanterns were a huge help, and I believe WalMart carries them. Mine came from Ocean State in 2004, when we moved here, leaving our whole-house automatic generator behind. Once we got the generator, we never had a power outage there! Now we can stop and really count our blessings, pay attention to Cindy’s list of what to do to be prepared, and hope we’ve had our share of power outages for a long time to come!

You’ve noticed the treadmill has been removed. It wasn’t safe when anyone fell. I’m hoping we’re keeping the bicycles. I see them ridden often, and exercise is important!

Because the Receptionists’ Meeting was postponed, we haven’t finalized plans for setting up a new welcoming area for socializing. We’ll keep working on it, though.

I hope to see you all at the Holiday Bazaar on Dec. 10th, and the Holiday Dinner on the 21st.

The next “Coffee & Ideas” will be Friday, January 6, 2012, at 10:30 AM here at the Center. In the meantime, do share your ideas with me.

ADVERTISEMENT SPACE

MISCELLANY

Thank You

Many thanks to John Adamcik, Jim Campetelle, June Curtis, Sam Gordon, and Phyllis Keyes for collating the November issue of *Sparks*. *Thanks so very much!*

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

*Robert Bee
James Moran, Sr.
James & Brenda Chase
Carolyn Mull
John Marshall
George & Grete Binau-Hansen
Ray Haddad
Jennifer Hoskins
Fuzane Dowling*

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

IN MEMORY OF

Ruth Klemans



TRAVEL DESK



TRAVEL

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

*A Very Happy Holidays
from the Travel Desk*

** Judy, Carol, and Rosemary **

*Another year gone by and
working on, what I hope will be,
a fun year of trips!*

I am tossing around scheduling a seven-night Alaska Cruise for May 13th–20th, 2012. This cruise would be flying to Seattle, Washington, and boarding *The Norwegian Pearl*. This would run approximately \$2000.00 p/p, including the airfare and taxes, for an inside cabin. The outside or balcony cabins would be more expensive. There would be a \$250.00 p/p deposit at time of sign-up, and the balance would be due by February 15, 2012. I would appreciate hearing from anyone interested in going on this cruise, as I need at least 10 people to be able to book the trip at this price.



PASSPORTS ARE REQUIRED because we will be stopping in Victoria, British Columbia. Please call me if you are interested in this cruise at 860-429-0180.

More trips will be posted, and flyers will be available in January.

**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, January 12, 2012, 11:00 AM**

NO EXCEPTIONS!

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

*Blueberries are available to
Study Participants Only*

Sparks Submissions

Please submit your articles for the January issue of *Sparks* by December 9th. Thank you.

Senior Hobby Display Case

If you have items you wish to display, please ask for Cindy at the Senior Center.

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,

I would like to thank all those individuals who contributed food or money to help provide a Thanksgiving meal to two adopted Mansfield families (the two needy families were appointed to the Senior Center by the Mansfield Human Services Department). The gift basket with a turkey and all the trimmings was greatly appreciated. Our adopted families will be provided with a Christmas meal and a small gift. If you are interested in providing a food item or cash gift, please call me.

Two thousand and eleven certainly will be remembered for the havoc that storms Irene and Alfred caused in Connecticut. Storm Alfred was particularly difficult, as this nor'easter dumped wet, heavy snow that caused major power outages throughout our state. No heat, lights, or phone service for days on end in cold weather was trying for all of us. The elderly,

and young, were especially venerable. Many people took shelter at the community center. A big thank you to Town management for hot showers, beds, food, water, electricity for cell phones, and most of all, heat. I urge everyone to take a moment and jot down what they have learned from this experience and how you could have prepared differently. Did you have batteries, matches, and a radio? Did you fill the tub up with water for the toilet? Did you plan on having enough water for at least three days? Did you fill up your car with gas, or make sure you had your prescription drugs filled? You get the point. I recognize my mistakes. I hope that we all can learn from this experience and better prepare ourselves for any future disaster. An ounce of prevention certainly can make a difference.

Peace,
Barbara Lavoie



We would like to express our thanks to the following volunteers who assisted at the Flu Clinic, held at the Mansfield Senior Center, on Thursday, October 13th:

*John Adamcik
June Curtis
Beverly Gotch
Cynthia Johnson
Sharon Kuvos
Fran Nichols*

Cell Phones Go Public

Effective last month, all cell phone numbers were being released to telemarketing companies. If you receive sales calls on your cell phones, you are normally charged for this. To avoid the calls and charges, call the national "Do Not Call" list from your cell phone at 1-888-382-1222, or go to their website at: <https://www.donotcall.gov/default.aspx>. Your cell number will be blocked for five years. You must call from the cell phone number that you want to have blocked.

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. 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. December 7th & 21st.

CAREGIVER'S SUPPORT GROUP with Barbara Lavoie every third Thursday at 6:30 PM. The group will meet on December 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, December 19th, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, Dec. 13th, 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, December 12th.

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. December 5th & 19th.

MS SUPPORT GROUP meets the second Tuesday of each month in the Craft Room from 6:30 to 8:00 PM (new time). Next meeting is December 13th. 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. Dec. 2nd and 16th.

INFORMATIVE INFORMATION

Conversations with Betty Heiss, MSW

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

December 1 & 15

*Everyone welcome for this
friendly, lively discussion.*

FIRE SAFETY

with Fran Raiola,

from the

Town of Mansfield's Fire Department

Wednesday, December 14th, 12:45 PM

(rescheduled from Wed., Nov. 9th)

Please Note:

Town policy states that thermostats in Town buildings will be set at 68 degrees during the winter months. Please plan to wear extra layers when you come to the Mansfield Senior Center, especially if you find the temperature a little cool for you. Thank you.

Conversación en Español and **Causeries en Français** needs new members. These are wonderful languages. At the "Spanish & French tables," we have all benefitted from speaking these beautiful tongues and from discussing happenings - present and past. There are no requirements for competency, but we invite all interested in using the languages and better learning them 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 & Wednesday, respectively, at noon. Please come and join us.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

December 2011

*"How did it get so late so soon?
It's night before it's afternoon.
December is here before it's June.
My goodness how the time has flown.
How did it get so late so soon?"*

~ Dr. Seuss

Other Days of Note:

8-Conception B.V.M.
14, 16, 17-
Ember Days
29-St. Thomas
31-New Year's Eve



1. 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 / Jewelry
1:30-Therapeutic Exer.
2:15-Computer Fun!
3:15-Senior Aerobics
5:45-7:45-Ballet-R

2. 9:00-Yoga
10:00-Scrabble
10:00-Knitting &
Crocheting
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

3. Saturday

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**4. Sunday**

**5.** 9:00 & 10:00-T'ai Chi  
10:00-Sparkettes  
10:00-Art Studio  
10:00-Computer Help  
10:30-Receptionist Mtg.  
12:00-Conversación en Español  
12:00-Lunch  
1:00-Mahjongg / Massage  
1:00-Beginner's Tap  
1:00-Receptionist Mtg.  
1:15-Chorus  
3:15-Senior Aerobics  
5:45-9:00-Ballroom-R

**6.** 8:30-Strength/Stability  
10:00-Scrabble / Wii Bowl  
10:30-Drawing w/Bill  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Holiday Cards &  
On-line Shopping  
1:00-Bingo  
1:30-Therapeutic Exer.  
6:15-9:00-Dance-R  
6:30-8:00-MS Spt. Grp.

**7.** 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-MMS  
Chamber Choir  
5:45-7:45-Ballet-R  
  
**Pearl Harbor Day**

**8.** 8:30-VNA East  
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  
1:00-Jewelry  
1:30-Therapeutic Exer.  
2:15-Computer Fun!  
3:15-Senior Aerobics  
5:45-7:45-Ballet-R

**9. Bazaar Set Up**  
9:00-Yoga  
10:00-Scrabble  
10:00-Knitting &  
Crocheting  
10:15-Zumba Gold  
11:00-Brain Aerobics  
12:00-Lunch  
12:45-Movie  
1:00-Art Studio  
1:00 & 2:00-T'ai Chi

**10. Saturday**

**Holiday Bazaar**  
**9:00 AM-1:00 PM**

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11. Sunday

12. 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
1:00-Beginner's Tap
1:15-Chorus
3:15-Senior Aerobics
5:45-9:00-Ballroom-R

13. 8:30-Strength/Stab.
9:00-Dr. Walter
10:00-Scrabble
10:00-Genealogy
10:00-Wii Bowl
10:00-Ways & Means Mtg.
10:30-Drawing w/Bill
12:00-Lunch
12:30-Lovely Old Bones
1:00-Bingo
1:30-Therapeutic Ex.
6:00-7:30-MS Support
6:15-9:00-Dance-R

14. 8:30-VNA East
9:15-& 10:15-T'ai Chi
9:30-Writing Group
10:00-Executive Board
Meeting
12:00-Causeries
en Français
12:00-Lunch
12:45-Fire Safety
5:45-7:45-Ballet-R

15. 8:30-Strength/Stability
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.
3:15-Senior Aerobics
5:45-7:45-Ballet-R
6:30-Caregiver's Support
Group

16. 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-Duplicate Bridge
1:00-Art Studio
1:00 & 2:00-T'ai Chi

17. Saturday

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**18. Sunday**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

**19.** 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-Atty. Gates  
 1:00-Mahjonnig / Massage  
 1:00-Beginner's Tap  
 1:00-Program Planning  
 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  
 10:30-Drawing w/Bill  
 12:00-Lunch  
 12:30-Lovely Old Bones  
 1:00-Bingo  
 1:30-Therapeutic Ex.  
 6:15-9:00-Dance-R  
  
**Hanukkah begins  
 at Sundown**



**21.**  
 9:15 & 10:15-T'ai Chi  
 9:30-Writing Class  
 12:00-Causeries en Français  
 12:00-Holiday Dinner  
 12:45-MSc Chorus & Sparkettes  
 2:00-Red Hatters  
 5:45-7:45-Ballet-R  
  
**Hanukkah**

**22.**  
 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  
 1:00-Jewelry  
 1:30-Therapeutic Exer.  
 3:15-Senior Aerobics  
 5:45-7:45-Ballet-R  
  
**Winter Begins**

**23.**  
 9:00-Yoga  
 10:00-Scrabble  
 10:00-Knitting & Crocheting  
 10:15-Zumba Gold  
 12:00-Lunch  
 12:45-Movie  
 1:00-Art Studio  
 1:00 & 2:00-T'ai Chi

**24. Saturday**  
  
*Christmas Eve*  
  
 ~ ~ ~ ~ ~  
**25. Sunday**  
  
*Christmas Day*

**26.**  
  
*Center Closed for the  
 Christmas Holiday*

**27.**  
 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

**28.**  
 9:15 & 10:15-T'ai Chi  
 9:30-Writing Class  
 12:00-Causeries en Français  
 12:00-Lunch  
 12:45-TVCCA Program  
 5:45-7:45-Ballet-R

**29.**  
 8:30-Strength/Stability  
 10:00-Sparkettes / Wii Bowl  
 10:00-Bridge w/Chinky  
 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

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

**31. Saturday**  
  
*New Year's Eve*  
  
 ~ ~ ~ ~ ~  
**January 1, 2012**  
*Happy New Year!*

**JANUARY 2012**  
  
 January 4th: Birthday Lunch with "Fast Draw Fun"  
 January 18th: Entertainers  
 Sara Jo Burke & Bobby DeQuattro  
 January 25th: Healthy Digestion



**FEBRUARY**  
  
 February 1st: Birthday Lunch w/John Paolillo  
 February 15th: "Weather Day" -  
 Special Program Planning Event  
*(watch for details!)*

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.

**DECEMBER BIRTHDAYS**

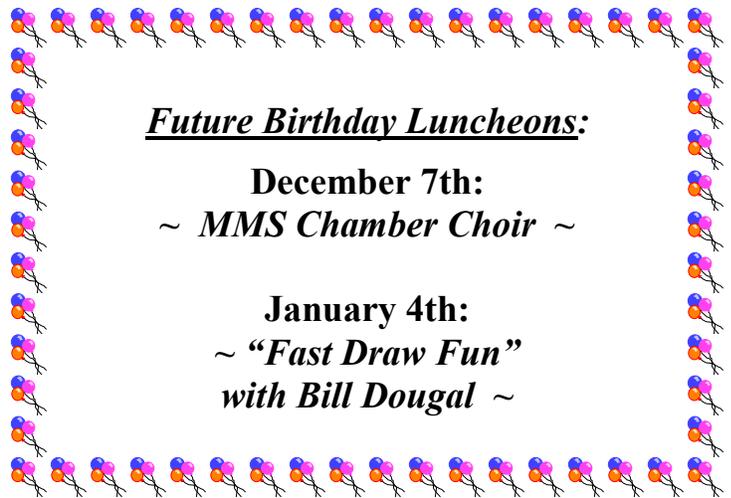
*Birthstone: Turquoise for Success*  
*Flower: Narcissus for Precious Moments*



*Happy Birthday to our November Attendees:  
 Roger Cosgrove, Alice Jansen,  
 & Richard Hobby*

*Belated October Birthday Wishes to  
 Barbara Warren*

- 1 Barbara Gamache, Furong Jia
- 2 Wilfred Bigl, Harry Darrow, Helen Sadow
- 3 Susan Dinsmore, Harriet Stern
- 4 Douglas Andrew, Donald Beland  
 Arthur Gandelman, Natalie Hills  
 Natalie Jurkovics
- 5 Mary Cartier, Beatrice Langille
- 6 Lena Forand, Elizabeth Geissler  
 Elizabeth Hanks
- 7 Vera Christensen, Balaji Mundkur  
 Helen Perkins, Donald Roberts
- 8 Judy Bigl, Adelaide Corcoran, Irene Petix
- 9 Yvonne Besette, Betty Curtis, Sarah Hirakis  
 Norma Ogren
- 10 Francis Jacobson, Mohini Mundkur
- 11 Eleanor Plank
- 12 Eileen Stock, Imanuel Wexler
- 14 Edith Archer, Janet Baker, Robert Collins  
 Sherwin Fu, Oscar Guilbault  
 Margaret Perry, Robin Weiner
- 15 Bernice Smith
- 16 Jean Manter, Barbara Reilly
- 17 Dorothy Eaton, Hazel Gustafson
- 18 Sandy Gallo, Janet Generous  
 Gloria Jackson, May Trickett
- 19 Ruth Hareld, Michael Palmer
- 20 Allan Attwater, Jack Ennis, Barbara Kolb  
 Bertha Lanagan, Emile Poirier
- 21 Robert Bee, Raymond Campbell  
 Kathleen DeJoseph, Zoe Leibowitz  
 Rosemary Lyon, Mona Thibodeau
- 22 Susan Audette
- 23 Shirley Barrett, John Cagianello  
 Judy Sutherland
- 25 Marjorie Norton
- 27 Donna Clauson, Janet Pardus  
 Nancy Roberts, Adele Welles
- 28 Martha Broder-Allard, Barbara Nutini  
 Fred Patrone
- 29 San Juan Epifenio, Alice Mott, Gary Patterson,  
 Virginia Rowe, Barbara Stitts  
 George Woodling
- 30 Rita Braswell, Lawrence Frazier
- 31 Simone Altomare  
 Carol Bollinger



**Future Birthday Luncheons:**

**December 7th:**  
 ~ *MMS Chamber Choir* ~

**January 4th:**  
 ~ *“Fast Draw Fun”*  
 with *Bill Dougal* ~

**Cards**

***Duplicate Bridge: Friday, October 21st***

***NS***

- 1. George Waller & Kay Zartun 62.5
- 2. Addy Specyalski & Paul Sawyer 57.5
- 3. Floyd Bass & Mary Brown 55.5
- (Tie:) Paula Tate & Mary Shinoski 55.5

***EW***

- 1. Paul Stanton & Phanindra Chandarbotty 52.5
- 2. Doris LeDoyt & Anna McLane 52
- 3. Barbara Hood & Mike Stephens 50



**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 Dec. 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 January issue of *Sparks*. Please, only one entry per person. Good luck! *November's winner: Colby Melanec. Congratulations!*

**"Hidden Item" Entry Form**

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

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

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

**Hidden Item:** 

**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**

Thurs., Dec. 1: Orange Glazed Pork Loin  
Fri., Dec. 2: Crispy Baked Chicken

Mon., Dec. 5: Hot Dog w/Bun  
Tues., Dec. 6: Chicken Parmesan  
Wed., Dec. 7: Beef, Bean & Pasta Stew  
Thurs. Dec. 8: Herb Crusted Pork Loin  
Fri., Dec. 9: Sloppy Joe's w/Bun

Mon., Dec. 12: Chicken Paprika  
Tues., Dec. 13: Italian Style Meatloaf  
Wed., Dec. 14: Chicken Florentine  
Thurs. Dec. 15: Beef & Bean Chili  
Fri., Dec. 16: Potato Crusted Fish

Mon., Dec. 19: Stuffed Shells w/Sauce  
Tues., Dec. 20: Salisbury Steak w/Gravy  
Wed., Dec. 21: "Holiday Celebration"  
Turkey w/Stuffing & Gravy (\$4.50)  
Thurs. Dec. 22: Baked Chicken  
Fri., Dec. 23: Goulash w/Rice Pilaf

Mon., Dec. 26: Center Closed for the Christmas Holiday  
Tues., Dec. 27: Chicken Cacciatore  
Wed., Dec. 28: Maple Mustard Pork Loin  
Thurs. Dec. 29: Turkey/Penne Casserole  
Fri., Dec. 30: BBQ Chicken Breast

*Menu is subject to change.*



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

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

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SUBSTITUTE RECEPTIONISTS NEEDED

We are in dire need of substitute receptionists. We would have you train with a receptionist on days that would be most convenient for you. If you are interested, please call Cindy at 860-429-0262, ext. 9. We hope to hear from you!

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***Holiday Cards & On-Line Shopping***

***with Nicole Wilson & Dan Gebben***

***Tuesday, December 6th, 1:00-2:00 PM in the Computer Lab***

Learn how to search for and purchase gifts on-line for the holidays and all year round. Then learn fun ways to make your own personalized cards on the computer. Free hands-on instruction provided. A fun, easy, and cheap way to get the most out of your holidays!

## DECEMBER CLASS SESSIONS

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

~ **DRAWING** with Bill Dougal Tuesdays at 10:30 AM. Dec. 6 to 27. 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.

~ **SENIOR AEROBICS** with Margie Stickles Mondays & Thursdays, 3:15-4:15 PM. Dec. 1 to Dec. 29 (no class Dec. 26). Eight classes. \$40.00 residents; \$48.00 non-residents.

~ **SPARKETTES** with Richard Risley each Thursday at 10:00 AM. Dec. 1 to 29. Five classes. \$25.00 residents; \$30.00 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. Dec. 2 to 30. Five classes. \$25.00 residents; \$30.00 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.

## NEW QUILTING SESSION

### Quilting With Pat 2011

**Thursday Mornings, 10:00 AM - 12:30 PM**

**2012 Winter Session -  
Jan. 5, 12, 19, 26 & Feb. 2, 9, 16**

This session we will feature the use of the "Square in a Square" Ruler and Book. This tool is valuable in making a perfect square in a square, half square triangles, flying geese, star points, and many other units that have pesky triangles added to a central shape. If you prefer, you may choose to work on any project of your choice with Pat Ferguson as your "Quilting Coach." Seven classes. \$42.00 residents; \$49.00 non-residents.

### Evening Quilting With Pat

**1<sup>st</sup> & 3<sup>rd</sup> Wed. of the month, 6:30 - 9:00 PM  
Jan. 4, 18; Feb. 1, 15; & March 7, 21**

This session we will feature the use of the "Square in a Square" Ruler and Book. This tool is valuable in making a perfect square in a square, half square triangles, flying geese, star points, and many other units that have pesky triangles added to a central shape. If you prefer, you may choose to work on any project of your choice with Pat Ferguson as your "Quilting Coach." Six classes. \$42.00 residents; \$48.00 non-residents.

### Mini Quilting Retreat

**All Day Quilting With Pat  
Monday, January 23, 2012  
10:00 AM - 4:30 PM**

Quilt all day on projects of your choice with Pat Ferguson as your "Quilting Coach."

\$30.00 residents; \$35.00 non-residents

**\*\*If you have any questions call Pat 860-429-6999\*\*  
or email: [pat@patfergusonquilts.com](mailto:pat@patfergusonquilts.com)**

Register at the  
Mansfield Senior Center  
for all of Pat's classes.



## AARP Information

### 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](http://www.aarp.org/taxaide)

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

### Future AARP Driver Safety Courses

*taught by Lynne White,  
District Coordinator*

*at the Mansfield Senior Center*

**April 17 & Nov. 13, 2012**

**9:00 AM to 1:00 PM**

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

Payable to the class instructor at the time of the course. However, please call the Mansfield Senior Center at 860-429-0262, ext. 0, to sign up.

Classes limited to 25 each,  
so please sign up early!

## MSCA Computer Learning Center

*\* 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 course is \$10.00, 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 Computers** with Dan Gebben Tuesdays & Thursdays, January 17, 19, 24, 26, and 31, 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.

## HOLIDAY DINNER

*at the Mansfield Senior Center*

**Wednesday, December 21st — Noon**

*Turkey with Stuffing  
Mashed Potatoes & Gravy  
Green Bean Almondine  
Cranberry Sauce  
Apple Pie*

**Entertainment provided by our  
own MSC Chorus & Sparkettes.**

*Sign up now!*

*\$4.50 suggested donation 60+  
\$9.00 under 60*

**SNOW CLOSING**

When Mansfield public 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 public 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.

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

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**\$6.00 - Bulk issues or \$9.50 - First Class**

***Amount Enclosed:*** \_\_\_\_\_  
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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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