



SENIOR SPARKS

VOLUME 38 ISSUE 1 MANSFIELD SENIOR CENTER ASSOCIATION, INC. JANUARY 2012
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

Attention
Sparks Subscribers

All *Sparks* renewals
will be due June 30th,
in order to have the
same renewal date
for everyone.

Thank you,
Kathy Rule

**Free A.A.R.P.
Tax-Aide Assistance**

begins in February
at the Mansfield
Senior Center

Mondays & Wednesdays
9:00 to 11:00 AM &
1:00 to 3:00 PM

Please Join us in Welcoming in the New Year!

Wednesday, January 18, 2012—Noon

Menu:

Honey-Glazed Ham, Mashed Potatoes
Green Beans, Apple Sauce



Followed with Entertainment by Sara Jo Burke & Bobby DeQuattro

\$2.00 suggested donation 60+; \$7.00 under 60

A Note from Cindy Dainton—Senior Center Coordinator

HAPPY NEW YEAR! This is the time when we think back over 2011 and look forward to 2012. Last year the Center tried some new things and also continued with tradition. One thing that I am hoping will not repeat in 2012 is the snow and the storms! Maybe 2012 will be a quiet, or at least a quieter year.

I have been asked if we would start a pinochle group, and also a setback group. I am happy to schedule these groups if we have enough individuals to participate. In addition, one member asked if there could be a hiking group at the Center. I am looking for individuals that would be interested in beginning and planning the group for the spring. If you are interested in any of these groups, would you please let me know? Also, if you have an interest that you would like to share at the Senior Center, please let me know.

We were notified in early December that participation in the meal program (both café and home-delivered) is third behind Norwich and New London. Congrats to both our staff and volunteers that works so hard to provide good meals to everyone!!

The last part of November brought the Windham Hospital Nutritionists back to the Center to talk about Healthy Snacks. The program was well received and will be back in March for another discussion. During the program, it was announced that they would be willing to do a Pre-Diabetes and Weight Loss session here at the Center if we can get five participants. The session would be two hours in length, and the cost would be \$30. It is not covered by insurance. If you would be interested in participating in the program, please give Kathy a call at ext. 4, so that she may keep a running list of those interested and plan accordingly.

*A Note from Marilyn Gerling, President, M.S.C.A.****I WISH YOU A HAPPY NEW YEAR!!!***

How did six months pass so quickly? November was a real challenge for me as many of you know. For three weeks I was so sick I did nothing but take care of my cat, try to get some nourishment, get driven to the doctor's, and read or sleep. It's been over 40 years since I had the flu, and this was a reminder of how sick it is possible to be. It was all respiratory, but did not get to pneumonia! It is so good to be back. I hope I've learned to reduce stress and to get more down time.

We're planning the "social area" suggested in Coffee and Ideas, and hope to get it in place soon. At the Receptionists' Meeting, they thought it would help them as well. It is also frequently difficult for them when the Travel phone is used for personal calls. There is a chair near the phone on the left of the door into the Dining Room. This would be the preferred phone for you to use.

LEARN TO PLAY BRIDGE—If you might be interested in learning to play bridge, or in taking a brush-up class, please come in and sign up for the Bridge Class with Chinky. Bridge is one of the suggested ways to keep your brain functioning well. And it's fun!

Keep tuned in. We hope to have more information soon on how or when we'll be able to offer the buy-one-get-one free tickets to some Jorgensen performances.

Bring your suggestions and ideas to Coffee & Ideas at 10:30 AM on Friday, January 6th.

ADVERTISEMENT SPACE

MISCELLANY

Thank You

Many thanks to Jim Campetelle, June Curtis, Sam Gordon, Beryl Griffin, Polly Guhl, Richard Hobby, Fran Leffler, Howard Raphaelson, and Ed Sicard for collating the December issue of *Sparks*. *Thanks so very much!*

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

*Jane Jackman
Wendy Jacobs
Stephen Bass*



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

*Frank Schiller
Patricia Ching
Ursula Raiola*

Sparks Submissions

Please submit your articles for the February issue of *Sparks* by January 11th. Thank you.

TRAVEL DESK



TRAVEL

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

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. Anyone over the age of 18 is welcome on our trips and **do not have to be a Mansfield resident**. **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 by Jan. 15th.**

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!

TRAVEL UPDATE!

All trips are open to the public ... More info on all trips will be posted this month.

Watch for the sign-ups for the following trips coming in 2012 ... Sign-ups will begin in February. No specific dates have been set yet ... more to come!

- The Love & Laughter Tour at Chez Josef in Agawam, Ma.
- The Singing Trooper at the Kate Theater in Old Saybrook, CT.
- Odyssey Luncheon Cruise on Boston Harbor.
- Germanfest at the Historic William Inn.
- Patsy Cline Tribute at Log Cabin (not yet scheduled).



*Happy New Year
from
Judy, Carol
& Rose Mary*

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*

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:

Happy New Year!

I hope all of you have enjoyed the holidays and are looking forward to the New Year. I try very hard to take a moment each day and give thanks for the many blessings in my life. I do think it is easy to give thanks when your life is going well. We all feel blessed when we have a job, a roof over our head, a car that runs well, or when our loved ones are healthy. It isn't so easy to be aware of blessings when life gives you those lemons. We may have to search deeper or harder to recognize them.

Here are some of the little blessing I am thankful for: a cup of hot tea, a bright sky, sighting a bluebird, a baby's smile, a hug from a friend, a good joke, a walk with my dog, spending time with my family.

Small blessings are just as important as big blessings; maybe greater as they may be the only blessings we may have when misfortune is at our door. Can you count your blessings? They are all around you!

Much gratitude to all those people who donated food and money to our two adopted Mansfield families. Your generosity was so appreciated!

Peace to all in 2012.

Sincerely,

Barb Lavoie



NEW STUDENT INTERN

We welcome new UConn student intern Jessica Valladres who will be joining us this month for the spring semester. Jessica is a junior working on her minor in Gerontology, and will be training with Cindy. Welcome, Jessica!

Conversations with Betty Heiss, MSW

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

Everyone welcome for this friendly, lively discussion.

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. Jan. 20th (10:30AM-12:30 PM) and Jan. 25th (8:30-11:00 AM).

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. Jan. 4 & 18.

CAREGIVER'S SUPPORT GROUP with Barbara Lavoie every third Thursday at 6:30 PM. The group will meet on Jan. 19th. 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, Jan. 23rd, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, Jan. 3rd & 24th, 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, Jan. 9th.

MASSAGE THERAPY with Faith Manning usually 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. Jan. 23rd.

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 Jan. 10th. 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. (Dates not available at printing.)

A.A.R.P. 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!

A.A.R.P. TAX-AIDE ASSISTANCE

begins Wednesday, February 1st
at the Mansfield Senior Center

Please call the Reception Desk at
860-429-0262, ext. 0, to make an appointment.

Walk-ins will also be accepted

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 Jan. 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 February issue of *Sparks*. Please, only one entry per person. Good luck! **December's winner: Marilyn Gerling.** *Congratulations!*

"Hidden Item" Entry Form

Name: _____

Phone #: _____

Correct Page & Answer #: _____

Hidden Item: the word "catnip"

MONDAY

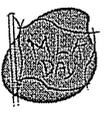
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

<p>2.</p> <p>New Year's Day Observed</p> <p><i>A HAPPY NEW YEAR</i></p> <p>Center Closed</p>	<p>3.</p> <p>8:30-Strength/Stability 9:00-Dr. Walter 10:00-Scrabble 10:00-Wii Bowl 10:00-Ways & Means 10:30-Drawing 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Ex. 2:30-Computer Mtg.</p>	<p>4.</p> <p><i>T'ai Chi cancelled</i></p> <p>9:30-Writing Group 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 12:45-"Fast Draw Fun!" 6:30-9:00-Evening Quilting w/Pat</p>	<p>5.</p> <p>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. 3:15-Senior Aerobics</p>	<p>6.</p> <p>9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio <i>T'ai Chi cancelled</i></p>	<p>7. Saturday</p> <p>~~~~~</p> <p>8. Sunday</p>
<p>9.</p> <p>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-Conversation en Español 12:00-Lunch 1:00-Mahjongg / Beg. Tap 1:00-Microsoft Office 1:15-Chorus 3:15-Senior Aerobics 5:45-9:00-Ballroom-R</p>	<p>10.</p> <p>8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Genealogy 10:30-Drawing 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer. 6:15-9:00-Dance-R 6:30-8:00-MS Support</p>	<p>11.</p> <p>9:15 & 10:15-T'ai Chi 9:30-Writing Group 10:00-Executive Board Meeting 10:00-Digital Photo 12:00-Causeries en Français 12:00-Lunch 5:45-7:45-Ballet-R 6:30-9:00-TNT Quilters</p>	<p>12.</p> <p>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</p>	<p>13.</p> <p>9:00-Yoga 10:00-Scrabble 10:00-Knitting & Crocheting 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio 1:00 & 2:00-T'ai Chi</p>	<p>14. Saturday</p> <p>~~~~~</p> <p>15. Sunday</p>
<p>16.</p> <p>Dr. Martin Luther King, Jr., Day</p>  <p>Center Closed</p>	<p>17.</p> <p>8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:30-Drawing 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Intro. to Computers 1:30-Therapeutic Ex. 6:15-9:00-Dance-R</p>	<p>18. 9:15-& 10:15-T'ai Chi</p> <p>9:30-Writing Group 10:00-Digital Photo 11:00-Blood Pressure 12:00-Causeries en Français 12:00-<i>New Year's Lunch</i> 12:45-<i>Entertainers</i> <i>Sara Jo Burke</i> <i>& Bobby DeQuattro</i> 2:00-Red Hatters 5:45-7:45-Ballet-R 6:00-8:00-Altrusa 6:30-9:00-Even. Quilting</p>	<p>19. 8:30-Strength/Stability</p> <p>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 / Jewelry 1:00-Intro. to Computers 1:30-Therapeutic Exer. 3:15-Senior Aerobics 5:45-7:45-Ballet-R 6:30-Caregiver's Support Group</p>	<p>20. 9:00-Yoga</p> <p>10:00-Scrabble 10:00-Knitting & Crochet 10:15-Zumba Gold 10:30-VNA East 11:00-Brain Aerobics 12:00-Lunch 1:00-Duplicate Bridge 1:00-3:00-Introduction. to Amazon.com 1:00-Art Studio 1:00 & 2:00-T'ai Chi</p>	<p>21. Saturday</p> <p>~~~~~</p> <p>22. Sunday</p>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

23. T'ai Chi cancelled
 10:00-Sparkettes/Art Studio
 10:00-Computer Help
 10:00-Quilting Retreat
 12:00-Conversación en Español
 12:00-Lunch
 1:00-Atty. Gates / Massage
 1:00-Mahjongg / Beg.'s Tap
 1:00-Program Planning
 1:00-Microsoft Office
 1:15-Chorus
 3:15-Senior Aerobics
 5:45-9:00-Ballroom-R
Chinese New Year

24.
 8:30-Strength/Stability
 9:00-Dr. Walter
 10:00-Scrabble
 10:00-Wii Bowl
 10:30-Drawing
 12:00-Lunch
 12:30-Lovely Old Bones
 1:00-Bingo
 1:00-Intro. to Computers
 1:30-Therapeutic Ex.
 6:15-9:00-Dance-R

25.
 8:30-VNA East
 9:15 & 10:15-T'ai Chi
 9:30-Writing Group
 10:00-Digital Photo
 12:00-Causeries en Français
 12:00-Lunch
 12:45-Healthy Digestion
 5:45-7:45-Ballet-R
 6:30-9:00-TNT Quilters

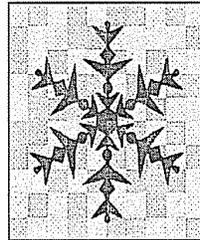
26.
 8:30-Strength/Stability
 10:00-Sparkettes / Wii Bowl
 10:00-Bridge w/Chinky
 10:00-Quilting w/Pat
 12:00-Lunch
 12:30-Lovely Old Bones
 1:00-Bridge
 1:00-Jewelry
 1:00-Intro. to Computers
 1:30-Therapeutic Exer.
 3:15-Senior Aerobics
 5:45-7:45-Ballet-R

27. 9:00-Yoga
 10:00-Scrabble
 10:00-Knitting & Crocheting
 10:15-Zumba Gold
 11:00-Brain Aerobics
 12:00-Lunch
 1:00-3:00-Internet Shopping Class
 1:00-Art Studio
T'ai Chi cancelled

28. Saturday
 ~ ~ ~ ~ ~
29. Sunday

30.
T'ai Chi cancelled
 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
 1:00-Microsoft Office
 1:15-Chorus
 3:15-Senior Aerobics
 5:45-9:00-Ballroom-R

31.
 8:30-Strength/Stability
 10:00-Scrabble
 10:00-Wii Bowl
 10:30-Drawing
 12:00-Lunch
 12:30-Lovely Old Bones
 1:00-Bingo
 1:00-Intro. to Computers
 1:30-Therapeutic Ex.
 6:15-9:00-Dance-R



**January
2012**

*January is
National Eye
Care Month
&
National Blood
Donor Month*

FEBRUARY

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



MARCH

March 7th: Birthday Lunch w/MMS Strings Group

SAVE THE DATE!
March 21st: "Irish to the Last Drop!"

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.

JANUARY BIRTHDAYS

Birthstone: Garnet for Constancy
Flower: Carnation for Friendship



**Happy Birthday to our
 December Attendees: Harry Darrow,
 Zoe Leibowitz, & Eileen Stock**

Belated birthday apologies to
 Elizabeth Hanks and Joan Sidney.
 Elizabeth was listed for Dec. 6,
 when it should have been Dec. 24;
 and Joan's name was listed incorrectly
 in the September birthdays. Thank you.

- 1 Joseph Cary, Charles Sutherland, Vera Ward
- 2 Dexter Eddy
- 3 Donald Chanski, Bonnie Faulkner
- 4 Robert Pfeffer
- 5 Marian Brazziel, Gwen Duff, Keith Johnson
Ginger Yorks
- 6 William Burns, Frank Eckert, Joanne Foy
Doris Garrison, Michele Palmer
- 7 John Sung Kim, Lizabeth Toney
- 8 Judith Bell, Jeanne Haas
- 9 David Mills
- 10 Adelle Milavsky
- 11 Gene Barbaret
- 12 Sophie Gianninoto
- 13 Ruth Nik, Ron Pelrine, Joan Webster
- 14 Irene Dube
- 15 Dorothy Bishop, Toni Drescher
Thomas Morrison, Franklin Wells
- 16 Clare Currier, Bernard Gilbert
Elizabeth Laub, Inge Peltier
- 17 David Melson, Barbara Williams
- 18 James Bobbitt, Walter Harper, Florence Palmer
- 19 Dorothy Ashwell, Vincent Audette, Anna Klase
Joseph Konecny, William Paulson
- 20 Donald Hodgins, Jane Kenknight
Virginia King, Donald Rowe, Ilene Whitacre
- 21 Diana Burns
- 22 John Federowicz, Jung Ja Lee Kim
Shirley Zande
- 23 Steven Anderson, ViNeta Bombria
James Manton, Carol Pellegrine, Joan Quarto
- 24 Henry Dube, Jeanne Miller, Paul Walencewicz
Pamela Patterson, Dolores Saunders
- 26 Arthur Abramson, Pearl Emmert
Edward Leadbetter
- 27 Etta Bishop, Dave Waters
- 28 Christopher Chvirko, Elaine Kollet, Carol Welt
- 29 William Aho, Edmund De Mattia
Muriel Fenn
- 30 Sylvia Aho, Claire Gates, Naomi Heiss
Elsie Klitz, Lois McClintock, Lillian Rioux
- 31 William Smith



Future Birthday Luncheons:

January 4th:

~ **"Fast Draw Fun" with Bill Dougal** ~

February 1st:

~ **Entertainer John Paolillo** ~

Cards

Duplicate Bridge: Friday, Nov. 11, 2011

NS

- 1. **George Waller & Lavidia Mead** 42.5
- 2. **Helen Collins & Rita Pollack** 39
- 3. **Paula Tate & Mary Shinoski** 37.5

EW

- 1. **Joe & Mary Ann Fodder** 38
- 2. **Jerry Shaffer & Omar Shepard** 34.5
- 3. **Nappy & Helen Gothier** 29



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.

~ ~ ~ ~ ~

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 catnip 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.

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., Jan. 2: **New Year's Day Observed, Center Closed**
- Tues., Jan. 3: Potato Crusted Fish
- Wed., Jan. 4: Tuscan Beef Ragu
- Thurs., Jan. 5: Glazed Pork Loin
- Fri., Jan. 6: Cheese Manicotti

- Mon., Jan. 9: Pork Loin w/Gravy
- Tues., Jan. 10: Noodle Casserole
- Wed., Jan. 11: Chicken Oreganata
- Thurs., Jan. 12: Baked Ziti
- Fri., Jan. 13: Beef & Bean Burrito

- Mon., Jan. 16: **Dr. Martin Luther King, Jr., Day—Center Closed**
- Tues., Jan. 17: Chicken Florentine
- Wed., Jan. 18: Honey Glazed Ham
- Thurs., Jan. 19: Crispy Chicken
- Fri., Jan. 20: Turkey Casserole

- Mon., Jan. 23: Meatloaf
- Tues., Jan. 24: Maple Pork Loin
- Wed., Jan. 25: Beef Stroganoff
- Thurs., Jan. 26: Baked Fish
- Fri., Jan. 27: Baked Chicken

- Mon., Jan. 30: Chicken Dijonaise
- Tues., Jan. 31: Eggplant Rolette

Menu is subject to change.

Speak Up! Speak Out!

Just wondering:

- Why does the woman's bathroom at the Senior Center have a tampon dispenser? Perhaps seniors were much younger when the Senior Center was built?
- Why is the room with shelves of library books called the "hobby" room? Perhaps reading is a hobby?

~ Cynara Stites

(Answers: Question 1. To the best of our knowledge, the dispenser was installed at the time the Senior Center was built in 1975. A work order has been submitted requesting it's removal.

Question 2. Again, to the best of our knowledge, the "hobby" room was originally named so as that was where members met to play games, cards, etc., such as goes on now, but later "morphed" into a library. The MSCA is in the process of having a new door sign made called "Library.")

* * * *

Do you have any comments, articles, a favorite poem, 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.

We always welcome volunteers!

JANUARY CLASS SESSIONS

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

~ **DRAWING** with Bill Dougal (see page 11).

~ **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 w/PAT** Thursdays, 10:00 AM to 12:30 PM. Jan. 5, 12, 19, 26 & Feb. 2, 9, 16. Seven classes. \$42.00 residents; \$49.00 non-residents.

- **Evening Quilting** first and third Wednesdays, 6:30 to 9:00 PM. Jan. 4, 18; Feb. 1, 15; & Mar. 7, 21. Six classes. \$42.00 residents; \$48.00 non-residents.
- **All-day Quilting Retreat** Mon., Jan. 23, 10:00 AM to 4:30 PM. \$30.00 residents; \$35.00 non-residents.

~ **SENIOR AEROBICS** with Margie Stickles Mondays & Thursdays, 3:15-4:15 PM. Jan. 5 to 26 (no class Jan. 2 & 16). Seven classes. \$35.00 residents; \$42.00 non-residents.

~ **SPARKETTES** with Richard Risley each Thursday at 10:00 AM. Jan. 5 to 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.

~ **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. See calendar for actual dates.

~ **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. Jan. 6 to 27. 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 Fall Prevention Class

Beginning with an overwhelming response to our first offering, two additional classes per week were added. Even with six total classes per week, a few people just could not be accommodated, and a waiting list had to be taken. Most participants found the classes to be an enjoyable opportunity to socialize, as well as a rewarding fitness and balance training experience.

The final classes will not have been held by the time this is printed, so the study data will not have been completed. We do continually receive anecdotal "success" stories from class members, their own experience resulting from the training. One documented cause of falling is the "fear of falling", many self-reports of improved confidence from our classmates. Changes (improvements) in posture, and the way we walk are reported and observable. We even have people able to get up from a standard, armless chair using no hands, or other aids, for the first time in years!

The ultimate purpose of this class is to prevent falls, and along the way improve well-being. We want you to remain independent for as long as possible...falls are the leading cause of early resort to rehab and nursing facilities, and the leading cause of Traumatic Brain Injury for people over 65.

We'll begin a new program of classes in mid-February, after the worst of the winter weather, and publish the study data in the Feb. *Sparks*. Registration for the new class begins Jan. 3, and is likely to be "hot!" Be sure and register early (no later than Jan. 27th) to get your preferences. In the meantime, we'll be showing a video in the Dining Room featuring some of our seniors - check that out!



T'ai Chi Fall Prevention Program includes practice in chairs!

Drawing Class with Bill Dougal

*Tuesdays, 10:00 to 11:00 AM
at the Mansfield Senior Center*

Beginners and able artists develop their drawing skills. Learn about composition, perspective, gradation and line techniques like cross-hatching. Subjects will include people, still life's, animals, and landscapes.

Register **now** at the Mansfield Senior Center for new **February** classes (no classes in January). Feb. 7, 14, 21, & 28. Four classes. \$24.00 residents; \$28.00 non-residents. (Minimum of seven needed to hold class.)



Artwork by Bea Nagy

BRAIN AEROBICS

*with Ginny Easow
resumes Friday,*

January 20th, 11:00 AM
at the Mansfield Senior Center.

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 courses are \$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.)

Microsoft Office (MSO) vs. Open Office (OO) with Frank Trainor Mondays, January 9, 23, and 30, from 1:00 to 3:00 PM. We use MSO Word for writing tasks; MSO Excel for files with numbers; and MSO Powerpoint for presentations. Open Office is a *free download*. We compare Word & OO Writer, Excel & OO Calc, Powerpoint & OO Impress. Fifty percent of the time is "hands on."

Introduction to Digital Photography with Chuck Boster Jan. 11, 18, 25, and Feb. 1st, from 10:00 AM to noon. This course is designed to assist persons using basic "Point & Shoot" digital cameras. Emphasis on "hands-on" instruction. Learn the camera basics, and you will have the chance to take photos in a variety of indoor settings. Photo printing techniques demonstrated. Introduction to photo editing software such as Picasa. Go digital! See and improve pictures in a heartbeat; e-mail and print photos instantly, perfect your pictures with "digital magic", unleash your creativity, and enjoy your pictures.

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.

FREE COMPUTER CLASSES WITH DAN GEBBEN

Learn about . . .

Amazon.com, Friday, January 20th, 1:00 to 3:00 PM

and

Internet Shopping, Friday, January 27th, 1:00 to 3:00 PM

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.

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303 Maple Road
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