



SENIOR SPARKS

VOLUME 38 ISSUE 2 MANSFIELD SENIOR CENTER ASSOCIATION, INC. FEBRUARY 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



CRAFT ~ COLLECTABLES SHOW

Saturday, April 21, 2012, 9:00 AM to 3:00 PM
at the Mansfield Senior Center

If you are interested in renting a table as a vender,
please call 860-429-1685 or 860-456-2570 for information.

Please Join Us for Our
February Special Program

“Weather Day”



Wednesday, February 15th

Lunch at Noon
followed by
Meteorologist Art Horn

Save the Date!

~ Spring Bazaar ~

Saturday, May 19th
9:00 AM to 1:00 PM

at the Mansfield Senior Center

(For bazaar donations, we are limiting the
time for donation drop-offs to Tuesdays on-
ly, from 9:00 AM to 1:00 PM.)

A Note from Cindy Dainton—Senior Center Coordinator

Faith is taking the first step, even when you don't see the whole staircase. ~ Martin Luther King, Jr.

Have you thought of your New Year's Resolution? I would like you to consider a resolution to volunteer for the Association one hour per month over the coming year. All of the committees could use some additional members, and the fundraising events could use some additional hands. Please talk with one of the officers or committee chairs of the Mansfield Senior Center Association listed on the front cover of the *Sparks* to gather more information.

I am still interested in hearing from anyone that would like to play pinochle, setback, or form a hiking group. In addition, I am working on offering a Pre-diabetes and Weight Loss session here at the Senior Center run by Windham Hospital Nutritionists. This would be one session, two hours in length, and the cost would be \$30. Insurance does not cover this program. I need at least five individuals for the program. If you are interested, please let Kathy know at extension 4 so that I may schedule the program.

The Mansfield Senior Center has purchased new chairs for the Fitness Room replacing chairs that are original to the Center. Chairs are used in a wide variety of fitness classes by participants of all levels. Favorable comments have been heard from many!

According to Google, "In the United States, the first mass-produced valentines of embossed paper lace were produced and sold shortly after 1847 by [Esther Howland](#) (1828–1904) of [Worcester, Massachusetts](#)." Approximately one billion valentines are sent out each year. School children are the biggest senders of valentines and teachers receive the most valentines. So here is your first Valentine!

HAPPY VALENTINES DAY!!



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

So far (Jan. 11th), we're having a winter without snow! Isn't it wonderful? Or will I have to eat my words by the time you are reading this. Our February 15th entertainer will be Meteorologist Art Horn, giving us some clues about the weather.

A new "healing board" for displays in the Dining Room, is expected to be up by the end of this week. It's exciting because when items are taken off the board and the tacks are removed, the board heals itself. Next we'll need to schedule who will put up new displays and when. I expect the Program Committee will have priority.

We had a meeting with a representative from Jorgensen. The result at this point isn't what we hoped. There is a small existing discount on tickets for seniors. If you order tickets for three or more events, there is a slightly larger discount. If we hear more about discounts, we'll get the word out.

During this month's "Coffee & Ideas," there was an important discussion about what will be the best way to have *Sparks* printed when our current off-site printing contract expires in June. We all agreed we liked *Sparks* better when it was printed here, and we hope to have a committee working on this issue. The topic also led to discussion on how to raise funds should they be needed. Let me know your ideas! The next "Coffee & Ideas" will be Friday, February 3rd at 10:30 AM. *The coffee is free, the ideas priceless!*

Happy Valentine's Day

ADVERTISEMENT SPACE

MISCELLANY

Thank You

Many thanks to June Curtis, Sam Gordon, Beryl Griffin, Alice Jansen, Karen Peters, and Howard Raphaelson for collating the January issue of *Sparks*. *Thanks so very much!*

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

Mary Reynolds Luce



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

Edith Provencher
Lucy Crosbie
Althea Stadler
Ann Druge
Dale Dreyfus

Sparks Submissions

Please submit your articles for the March issue of *Sparks* by February 8th. Thank you.

TRAVEL DESK



The Travel Desk welcomes you to join us on our 2012 bus trips. Sign-ups begin this month!

Hours are Monday to Friday, 10:00 AM to noon. Please call 860-429-0262, ext. 6, or 860-429-0180.

****All trips leave from the South Eagleville Fire Department, Rt. 32, Mansfield, CT.**

****All payments must be received two weeks prior to the trip date and checks must be made out to: MSCA.**

(Please note that on the Log Cabin trips, I do not yet have the luncheon menu or the time we return. This will be posted in the next issue of Sparks.)

Tuesday, March 13th: "Love & Laughter" at Chez Josef. Enjoy Irish Step Dancers and Irish music. Menu: Corned Beef and Cabbage or Baked Scrod. \$75.00 pp. Departs 10:00 AM; returns 4:00 PM. Deadline: February 29th.

Tuesday, May 8th: "Buddy Holly Tribute" at the Log Cabin with a stop at the Christmas Tree Shop. Trip includes luncheon, dessert, and a petite bottle of wine. \$94.00 pp. Departs: 8:00 AM. Deadline: April 24th.

Thursday, June 14th: "The Singing Trooper" at the Katherine Hepburn Theatre, Old Saybrook Morning Show, then on to the Mohegan Sun for lunch and a free casino bonus. \$59.00 pp. Departs 9:00 AM; returns 6:00 PM. Deadline: May 31st.



July (date & price to be announced in next issue of *Sparks*): **"Newport Playhouse with Lobsterfest Menu."**

Tuesday, August 14th: "Odyssey Luncheon Cruise on Boston Harbour" - more information to follow.

Tuesday, September 18th: "Grand Ole' Opry" at the Log Cabin with stop at Christmas Tree Shop. Luncheon menu, dessert, and petite bottle of wine. \$94.00 pp. Departs 8:00 AM. Deadline: September 4th.

Wednesday, October 24th: "Germanfest" at Historic Williams Inn in Williamstown, Mass. All you can eat German buffet, with German beer and wine by the glass. German entertainment and lot's of fun! Departs 8:30 AM; returns 6:00 PM. Deadline: October 10th.

Wednesday, November 7th: "Patsy Cline Tribute" at the Log Cabin with stop at the Christmas Tree Shop. Complete luncheon with petite bottle of wine. \$4.00 pp. Departs 8:00 AM. Deadline: October 24th.

****We will be doing a trip with the Dial-A-Ride bus in May with a limited number of passengers, due to the size of the bus. I will be posting more information on this in the next Sparks.**

**Hope to see you on the bus ...
Judy, Rose Mary, and Carol**

Welcome to Our 2012 Travel "Kick-Off!"

*Wednesday, February 22nd,
12:45 PM at the
Mansfield Senior Center*

Dessert & Coffee

Come see what we are offering for out trips for the new year.

All welcome. Hope to see you there!

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 have said it before and I will say it again, again, and again. Don't be a scam victim. Scams are costly, embarrassing, and hurtful. Without saying any names...I am presently trying to help someone recoup \$2,700.00! This unfortunate person was scammed by a fake mortgage company that promised to cut his/her mortgage by 60%. Presently, we are dealing with the Banking Commission to try and recoup any possible money from this scam. I know that all of us have been raised by sayings burned into our memories by our parents, family, or friends. I have such a saying, "If it's too good to be true...it isn't!"

Scam artist have been around since early man—scams are not new. This being said, it is up to you to protect yourself from crooks and thieves trying to get your hard-earned dollars.

Be aware of these too common scams: Work at Home scams, Charity scams, Mortgage and Insurance scams, Hotel and Vacation scams, Mail Order scams, Medical scams,

Used car scams, Religious scams, Nigerian scams (all you have to do is give us your checking acct. and we will deposit your winnings into your account!), Police and Fireman scams, and, of course, Internet scams. Call Consumer Protection to ask about a product or service (1-860-713-6300), or the State Banking Department (860-240-8299). Do not be fooled by time lines - many scams will state that you have to sign up now to get a "special rate or fee." Talk to your family and friends. Ask your religious leaders about legitimate organizations and charities. Last, but not least, report scams or suspicions of scams to local police to stop thieves in their tracks.

Peace,
Barbara Lavoie

Daffodil Days

**American
Cancer Society's
Daffodil Days**

Bouquet of 10 Daffodils
\$10.00

Potted Daffodil Bulbs
\$15.00

Bear & A Bunch
\$25.00

**Last day to order is
Friday, March 2nd**

Please order at the
Mansfield Senior Center
or call Linda at
860-429-0262, ext. 3
if you are interested.

Checks payable to:
American Cancer Society

Conversation with Betty Heiss, MSW

The first Thursday of the month
at the Mansfield Wellness Center—11:00 AM

Thursday, February 2nd: "Setting Our Priorities"

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. Feb. 2 & 15.

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.

CAREGIVER'S SUPPORT GROUP with Barbara Lavoie every third Thursday at 6:30 PM. The group will meet on Feb. 16th. 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, Feb. 27th, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, Feb. 14, 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, Feb. 13th.

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. Next date is Feb. 6th.

M.S. 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 Feb. 14th. Please contact Susan Gavitt at 860-423-7413 for further information

REFLEXOLOGY every other Friday at 10:00 AM, with Therese John, still only \$15.00, payable to Therese John. Feb. 10 & 24.

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!

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

AARP Tax-Aide, a free program, provides income tax preparation assistance for low and middle income taxpayers of all ages, with special attention to those 60 and older. Call 860-429-0262, ext. 0, to schedule an appointment with a certified Tax-Aide counselor. Walk-in's will also be welcome. The tax assistance schedule is:

**Mondays & Wednesdays,
February 1st to April 16th, 2011**

9:00 to 11:00 AM and 1:00 to 3:00 PM

If married, both husband and wife should be present during an income tax counseling session. The following information and documents will be needed:

- ~ Copies of 2010 income tax forms
- ~ Social Security of Individual Taxpayer ID numbers for all household members and personal identification
- ~ A check book so any refund may be direct-deposited
- ~ All documents that relate to deductible expenses
- ~ All 2011 income report forms that have been received:
 - *SSA-1099, Social Security Benefit Statement
 - *All 1099 forms
 - *W-2, Wage and Tax Statement form
 - *W-2G, Certain Gambling Winnings
 - *Original cost of assets sold during 2011

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

FEBRUARY 2012

“Away in a meadow all covered with snow,
the little old groundhog looks for his shadow.
The clouds in the sky determine our fate,
if winter will leave us all early or late.”

- Don Halley

6. 9:00-11:00-Tax Assist.
9:00 & 10:00-T'ai Chi
10:00-Sparkettes
10:00-Art Studio
10:00-Computer Help
12:00-Conversación en Español
12:00-Lunch
1:00-Mahjongg
1:00-Beg.'s Tap
1:00-Massage Therapy
1:00-3:00-Tax Assist.
3:15-Senior Aerobics
5:45-9:00-Ballroom-R

7. 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 Exer.
2:30-Committee Comm.
6:15-9:00-Dance-R
6:30-8:00-MS Support

13. 9:00-11:00-Tax Assist.
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 / Beg. Tap
1:00-3:00-Tax Assist.
3:15-Senior Aerobics
5:45-9:00-Ballroom-R

14. 8:30-Strength/Stability
9:00-Dr. Walter
10:00-Scrabble
10:00-Wii Bowl
10:00-Genealogy
10:30-Drawing w/Bill
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
Valentine's Day

1. 9:00-11:00-Tax Assist.
9:15 & 10:15-T'ai Chi
9:30-Writing Group
10:00-Intro. Digital Photo
11:00-Blood Pressure
12:00-Causeries en Français
12:00-Birthday Lunch
12:45-“John Paolillo”
1:00-3:00-Tax Assist.
5:45-7:45-Ballet-R
6:30-9:00-Evening
Quilting w/Pat
National Freedom Day

8. 9:00-11:00-Tax Assist.
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-“The King's Speech”
1:00-3:00-Tax Assist.
5:45-7:45-Ballet-R
6:30-9:00-TNT Quilters

15. 8:30-VNA East
9:00-11:00-Tax Assist.
9:15 & 10:15-T'ai Chi
9:30-Writing Group
11:00-Blood Pressure
12:00-Causeries en Français
12:00-Lunch
12:45-“Weather Day”
1:00-3:00-Tax Assist.
2:00-Red Hatters
5:45-7:45-Ballet-R
6:30-9:00-Even. Quilting
Susan B. Anthony Day

2. 8:30-Strength/ Stability
8:30-VNA East
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
1:30-Therapeutic Exer.
3:15-Senior Aerobics
5:45-7:45-Ballet-R
Groundhog Day

9. 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

16. 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
6:30-Caregiver's Support

3. 9:00-Yoga
10:00-Scrabble
10:00-Knitting &
Crocheting
10:00-Photo Club
10:15-Zumba Gold
10:30-Coffee & Ideas
11:00-Brain Aerobics
12:00-Lunch
1:00-Art Studio
T'ai Chi Cancelled

10. 9:00-Yoga
10:00-Scrabble
10:00-Knitting &
Crocheting
10:00-Reflexology
10:15-Zumba Gold
11:00-Brain Aerobics
12:00-Lunch
1:00-Art Studio
1:00 & 2:00-T'ai Chi

17. 9:00-Yoga
10:00-Scrabble
10:00-Knitting &
Crocheting
10:00-Photo Club
10:00-Reflexology
10:15-Zumba Gold
11:00-Brain Aerobics
12:00-Lunch
1:00-Duplicate Bridge
1:00-Art Studio
1:00 & 2:00-T'ai Chi

4. Saturday
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**5. Sunday**

**11. Saturday**  
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12. Sunday
Lincoln's Birthday

18. Saturday
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**19. Sunday**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

|                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                   |                                                                                     |
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| <p><b>20. Presidents' Day</b></p>  <p><b>Center Closed</b></p>                                                                                                                                                                                                                     | <p><b>21. 8:30-Strength/Stability</b><br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>10:30-Drawing w/Bill<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bingo<br/>1:00-Intro. to Computers<br/>1:30-Therapeutic Ex.<br/>6:15-9:00-Dance-R</p> <p><i>Mardi Gras</i></p> | <p><b>22. 9:00-11:00-Tax Assist.</b><br/>9:15 &amp; 10:15-T'ai Chi<br/>9:30-Writing Group<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>12:45-Travel "Kick-Off"<br/>1:00-3:00-Tax Assist.<br/>5:45-7:45-Ballet-R<br/>6:30-9:00-TNT Quilters</p> <p><i>Ash Wednesday</i><br/><i>Washington's Birthday</i></p> | <p><b>23. 8:30-Strength/Stability</b><br/>10:00-Sparkettes<br/>10:00-Wii Bowl<br/>10:00-Bridge w/Chinky<br/>10:00-Quilting w/Pat<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Wellness Committee<br/>1:00-Bridge / Jewelry<br/>1:00-Intro. to Computers<br/>1:30-Therapeutic Exer.<br/>3:15-Senior Aerobics<br/>5:45-7:45-Ballet-R</p>                                                                                                                                                                                                                                                                                                                                                 | <p><b>24. 9:00-Yoga</b><br/>10:00-Scrabble<br/>10:00-Knitting &amp; Crocheting<br/>10:15-Zumba Gold<br/>11:00-Brain Aerobics<br/>12:00-Lunch<br/>1:00-Art Studio<br/>1:00 &amp; 2:00-T'ai Chi</p> | <p><b>25. Saturday</b></p> <p>~~~~~</p> <p><b>26. Sunday</b></p>                    |
| <p><b>27. 9:00-11:00-Tax Assist.</b><br/>9:00 &amp; 10:00-T'ai Chi<br/>10:00-Sparkettes<br/>10:00-Art Studio<br/>10:00-Computer Help<br/>12:00-Conversación en Español<br/>12:00-Lunch<br/>1:00-Atty. Gates<br/>1:00-Mahjongg / Beg. Tap<br/>1:00-Program Planning<br/>1:00-3:00-Tax Assist.<br/>1:15-Chorus<br/>3:15-Senior Aerobics<br/>5:45-9:00-Ballroom-R</p> | <p><b>28. 8:30-Strength/Stability</b><br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>10:30-Drawing w/Bill<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bingo<br/>1:00-Intro. to Computers<br/>6:15-9:00-Dance-R</p>                                                   | <p><b>29. 9:00-11:00-Tax Assist.</b><br/>9:15 &amp; 10:15-T'ai Chi<br/>9:30-Writing Group<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>1:00-3:00-Tax Assist.<br/>5:45-7:45-Ballet-R</p> <p><i>Sadie Hawkins Day</i></p>                                                                                     | <p><b>Sadie Hawkins Day</b></p> <p>First documented in 1288 when Scotland passed this as a law, Feb. 29th was the one day when women could ask someone to marry them. They also made it law that any man who declined this proposal in a leap year must pay a fine, such as a kiss or money for clothing. In the USA, this custom translated the Old World leap year tradition into today's "Sadie Hawkins Day," when women can chase single men and propose marriage to them. The character of "Sadie Hawkins" existed in the old Al Capp cartoon strip <i>Li'l Abner</i> and was first mentioned there on Nov. 13, 1937. (<a href="http://www.cryptomundo.com">www.cryptomundo.com</a>)</p> |                                                                                                                                                                                                   |  |

**MARCH**

Wednesday, March 7th: Birthday Lunch w/MMS Strings Group

Wednesday, March 21st: St. Patrick's Day Celebration w/"Irish to the Last Drop!" (\$4.50 age 60+; \$9.00 all others)

**APRIL—National Volunteer Week—April 15-21**

Wednesday, April 4th: Birthday Lunch w/the Sparkettes

Wednesday, April 18th: Volunteer Celebration

Thursday, April 26th: Intergenerational Dinner at E.O. Smith High School



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

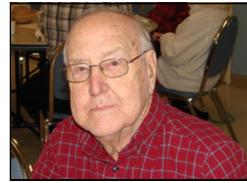
Classes followed by "R" are Recreation/Community Center-sponsored classes.

**FEBRUARY BIRTHDAYS**

*Birthstone: Amethyst for Sinerity*

*Flower: Violet for Modesty*

- 1 Eugene Alassi, Helen Fogg, Jeanne Rice
- 2 Charlene Armitage, Frank Castagna  
Howard Ogushwitz, Vivian Putnam
- 4 Curt Beck, Stella Cowles, Patricia Frantz
- 5 Lorraine Basset, Janet Jones, Carol Kubgsek  
Jean Wahner, Samuel Witryol
- 6 John Adamcek, Joan Gerdsen, Rita Lambert  
Nancy Palmer
- 7 Beverly Hamil, David Kobey  
Marilyn Wielock
- 8 Mary Beth Courtney, Juanita Hall  
Mary Louise Martel
- 9 Eileen Kennedy
- 10 Deanna Federowicz, Claire Stewart
- 11 Angela Blossick
- 12 Dorothy Jenson, Cheryl Kusmer  
Beverly Parrotte
- 14 Matthew Koch, Walter Simson  
Roberta Smith, Monique Vigneau  
Martin Whitmore
- 15 Joan Kotula, Lee Sisson
- 16 Linda Lester, Donald Nolan
- 17 Sue Bartholomew, Ursula Beschler  
Orlena Bray, Anne Dodd, Gerald Leibowitz  
William Petix, Joan Terry
- 18 Dorothy Kireyezyk, Emma Kuchta
- 19 Beth Acebo, Doris Alvarez, Theresa Carpenter  
Andrew Filtz, Eileen Kopec, Joan Milvae
- 20 William Lawrence
- 21 Ayla Kardestuncer, Sandra Marschat  
Hilda Slater, Paula Tate, Susanna Thomas
- 22 Joan Charron, Caren Golob, Samuel Gordon  
Georgina Hendrick, Jeanette Lussier
- 23 Richard Drake, Esther Gruber, Ursula Laak  
Janet Roach, Francis Trainor
- 24 Mary Beardsley, Mary Judd, Sharon Swanson
- 25 Edwin Tucker, Janice Walencewicz
- 26 Margaret Combe, Jane Jackman
- 27 Willard Daniels, Mary Lou LaFlamme



**Happy Birthday to our January Attendees:**

*Bud Gilbert, Lois McClintock  
Gene Barberet; Sylvia & William Aho*

**Belated January 12th Birthday Wishes to Cynara Stites**



**Future Birthday Luncheons:**

**March 7th:**

**MSS Strings Group**

**April 4th: Sparkettes**

**Cards**

**Duplicate Bridge: Dec. 16, 2011**

**NS**

- 1. Lavidia Mead & George Waller 28
- 2. Floyd Bass & Omar Sheppard 26
- 3. Paula Tate & Mary Shinoski 22.5

**EW**

- 1. Doris LeDoyt & Anna McLain 21
- 2. Michael Stephens & Barbara Hood 21
- 3. Andrea Marshall & Noreen Steele 17.5

**Duplicate Bridge: Dec. 29, 2011**

**NS**

- 1. Lavidia Mead & George Waller 27
- 2. Floyd Bass & Marion Buteau 22
- 3. Paula Tate & Mary Shinoski 21

**EW**

- 1. Mary Anne & Joseph Fodor 20
- 2. Sue Losee & Millie Kramer 19
- 2. Andrea Marshall & Noreen Steele 19
- 3. Barbara Ladd & Vera Christensen 17.5



*Anyone can catch your eye,  
but it takes someone special  
to catch your heart.*

~ Anonymous

**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.

**BLUEBERRY STUDY**

Blueberries must be ordered by  
**Thursday, March 8th,**  
**11:00 AM**

*NO EXCEPTIONS!*

Blueberry pick-up is  
**Friday, March 16th,**  
**11:00 to 11:30 AM**

*Blueberries are available to  
Study Participants Only*

**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.

**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**

Wed., Feb. 1: Meatloaf w/Gravy  
Thurs., Feb. 2: Orange Soy Glazed Pork  
Fri., Feb. 3: Lazy Man's Lasagna

Mon., Feb. 6: Beef Stroganoff w/Noodles  
Tues., Feb. 7: Mexican Baked fish  
Wed., Feb. 8: Chicken Dijonaise  
Thurs., Feb. 9: Baked Penne w/Sausage  
Fri., Feb. 10: Herb Crusted Pork Loin

Mon., Feb. 13: Crispy Baked Chicken  
Tues., Feb. 14: Salisbury Steak  
Wed., Feb. 15: Spanish Beef Stew  
Thurs., Feb. 16: Fish Italiano  
Fri., Feb. 17: Chicken Paprika

Mon., Feb. 20: **Presidents' Day—Closed**  
Tues., Feb. 21: Portuguese Chicken  
Wed., Feb. 22: Eggplant Rolette w/Noodles  
Thurs., Feb. 23: Chicken Cacciatore  
Fri., Feb. 24: Parmesan Herb Crusted Fish

Mon., Feb. 27: Beef & Cheese Burrito  
Tues., Feb. 28: BBQ Pork Loin  
Wed., Feb. 29: Chicken Parmesan

*Menu is subject to change.*



**Speak Up! Speak Out!**

Old age has turned me into a people watcher while waiting for my ride.

Each day at lunch I watch the same people stroll in, eat, and never contribute to the cost of the meal. Two dollars for a fine meal is not too much to ask! Being unable to pay is one thing; taking advantage is another.

Each day I watch people devour all the candy at the front desk and never think of bringing some in for others to enjoy.

Each day I see the same people volunteering.

We have a wonderful Senior Center. So, let's not take for granted all of the great things that are available to all of us. Let's not be takers, but givers ...

~Anonymous

\* \* \* \*

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!***

*Follow-up Note: The dispenser in the ladies room at the Center will not be removed as the Center is a public facility, and the ladies room is a public restroom and used by all age groups. Even though it appears that the dispensers are not a requirement, the town provides them as a courtesy to the general public.*

***Holiday Bazaar Update***

The 2011 Holiday Bazaar was very successful, due to a combination of donations, volunteers, and willing weather. The Ways & Means Committee of the Mansfield Senior Center Association, Inc., wish to thank each and everyone that helped, to include the volunteers who assisted with set up, breakdown, clean up, etc., and to the people that donated such wonderful items for this fundraiser. The total raised was \$2,560.35. *(Please accept our apologies for anyone inadvertently left out below.)*

*Will Bigl  
Cindy Bourgoine  
Paula Doucette  
Margaret Easton  
Lucille Eichner  
Estelle Elliott  
Bev Gotch  
Beryl Griffin  
Polly Guhl  
Cynthia Johnson  
Alice Kolega  
Zoe Leibowitz*

*Kathy Rule  
Betty Savage  
Jan Scottron  
Nora Stevens  
Paula Tate  
Mary Thatcher  
Cathy Van Blariconn  
Howard Yorke  
Judy Yorke*



The Jewelry Group would also like to express their thanks to all the people who donated such lovely jewelry pieces and helped make the sale such a success!



December 20, 2011

Dear Mansfield Senior Center Association:

Many thanks for the “mug” you gave to me; and the lovely dinner provided at our annual Christmas Party. It was an outstanding event.

My sincere appreciation.

Sincerely,

John B. Hutt

**FEBRUARY 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. Feb. 7 to 28. Four classes. \$24.00 resident; \$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.

~ **QUILTING w/PAT** Thursdays, 10:00 AM to 12:30 PM. Current session continues Feb. 2, 9, 16.

- **Evening Quilting** first and third Wednesdays, 6:30 to 9:00 PM. Current session continues Feb. 1, 15; & Mar. 7, 21.

~ **SENIOR AEROBICS** with Margie Stickles Mondays & Thursdays, 3:15-4:15 PM. Feb. 2 to 27. Seven classes. (No class Mon., Feb. 20th.) \$35.00 residents; \$42.00 non-residents.

~ **SPARKETTES** with Richard Risley each Thursday at 10:00 AM. Feb. 2 to 23. 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. Feb. 3 to 24. 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.

**New By-Law Proposal**

**ARTICLE IV. ASSOCIATION MEETINGS**

Section 1. Regular Meetings: There shall be one such meeting each quarter of the calendar year.

**Will Be Changed To:**

**ARTICLE IV. ASSOCIATION MEETINGS**

Section 1. Regular Meetings: There shall be at least one such meeting each quarter of the calendar year.

**SAVE THE DATE**

**Wednesday, March 21st  
Noon**

*Join us for our*



**St. Patrick's Day  
Celebration**

*with entertainment by*

**"Irish to the Last  
Drop!"**

**Traditional Corned Beef  
& Cabbage Meal**

**\$4.50 suggested donation  
for 60+**

**\$9.00 for all others**

***Sign up early!  
This one goes fast!***

**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 and Thursdays from 1:00 to 3:00 PM - Feb. 14, 16, 21, 23, and 28. 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.

**NEW: "Photo Club"** with Dan Gebben every first and third Friday of the month in the Computer Lab from 10:00 AM to noon. This will be ongoing, and all are welcome to attend.

***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 Feb. 7th, or drop in the box at the 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 March issue of *Sparks*. Please, only one entry per person. Good luck!

**January's winner: Lois McClintok. Congratulations!**



**"Hidden Item" Entry Form**

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

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

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

Hidden Item: 



**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.

**Sparks Subscribers**

**Sparks subscription renewals will be due July 1, 2012.**

**With your assistance, we have made excellent progress in getting most everyone changed to the same renewal date (July 1 to June 30 of each year).**



**Thank you,  
Kathy Rule**

***SENIOR SPARKS***

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



NON-PROFIT ORGANIZATION  
PRE-SORT STANDARD #57  
U.S. POSTAGE **PAID**  
STORRS/MANSFIELD CT

**Occupant or**

**PLACE TOP OF LABEL  
BY THE DARK LINE**