



SENIOR SPARKS

VOLUME 38 ISSUE 3 MANSFIELD SENIOR CENTER ASSOCIATION, INC. MARCH 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

St. Patrick's Day Celebration

at the Mansfield Senior Center
Wednesday, March 21st—Noon

with entertainment by

“Irish to the Last Drop!”

\$4.50 suggested donation for 60+;
\$9.00 for all others - Sign up early!



MENU:



Corned Beef & Cabbage
Boiled Potatoes & Baby Carrots
Apple Juice, Shamrock Cookies



Prizes for the Greenest Man & Woman

AARP Tax-Aide Assistance
ends Monday, April 16.

Schedule your
appointment now!



Please take the time and
check out all our
wonderful Travel Trips
scheduled for this year!

See page 3.



Volunteers Desperately Needed & Are Always Welcome!

*A Note from Cindy Dainton—Senior Center Coordinator***HAPPY ST. PATRICK'S DAY!!**

Welcome to March! You know that when March rolls in, spring cannot be far behind. I have a number of people to thank in this column. Thanks to the Rotary Club for a grant to purchase some fitness equipment. Free weights and resistance bands have been purchased and used by the classes. Also included in the grant were a couple of pedestal fans and a boom box that has not yet been purchased. Thanks also to MSCA for volunteering to pay for half of a sign to be put out in front of the Senior Center next to the road. This will assist those who are coming to the Center for the first time to find us!! A big thank you goes out to the facilities management department of the town for putting up the healing board at the back of the dinning room. Special thanks to Judy Bigl for all her hard work in Travel. THANKS to ALL!!

I have heard from five interested individuals that would like to attend a Pre-diabetes and Weight loss session here at the Senior Center offered by Windham Hospital. The cost of the class would be \$30 and is not covered by insurance. I have scheduled the class for Wednesday, April 25th at 1:00 PM at the Senior Center. If you are still interested in coming to this session, please call Kathy at ext. 5 to register.

As a reminder, please remember to swipe in when entering the Senior Center. If you have any questions or concerns regarding My Senior Center, please see me.

According to Google, the actual color of St. Patrick is blue. Green became associated with St. Patrick's Day during the 19th century. Green, in Irish legends, was worn by fairies and immortals, and also by people to encourage their crops to grow. The very first St. Patrick's Day parade was not in Ireland. It was in Boston in 1737.

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

Every month when I start to write this letter I can't believe how quickly the time has gone by. "Carpe Diem, Seize the Day" is always on my mind! Consequently, I try to accomplish something worthwhile each day. That's harder than it used to be, but makes each day count!

For awhile I struggled to access *Sparks* on line. Last month Wendy Jacob's helped me "get it," but too late to publish in my letter. It is on the Association Bulletin Board, and I'm including it here:

- ~ Go to www.mansfieldct.org
- ~ Scroll down to "**VIEW ALL FEATURED LINKS**" (lower left of page)-click
- ~ Scroll down to Mansfield Senior Center **icon**-click
- ~ On "Senior Services" page, scroll down to "**Important Links**"-click
- ~ Scroll down to "**Senior Sparks**"-click on **SPARKS**.

There are always more ways than one on the computer, but I find this works.

Thanks to Lida Bilokur for contacting our IT department. There is now the Senior Center icon, and the calendar is now vertical and much easier to read. Many thanks to the IT department as well: Jamie, Sam, and Krista!

On March 21st, "Irish to the Last Drop" will entertain us. This St. Patrick's Day program will fill up fast, so you won't be disappointed, please sign up early.

"Coffee & Ideas" is open to all! Come to share ideas or come to just listen. The next "Coffee & Ideas" will be Friday, March 9th at 10:30 AM. *Coffee is free, ideas priceless!*

Please come to the important MSCA meeting at 12:45 PM, on Wed., March 14, to vote on new By-law proposal.

ADVERTISEMENT SPACE

MISCELLANY

Thank You

Many thanks to June Curtis, Beryl Griffin, Sam Gordon, Richard Hobby, Alice Jansen, Karen Peters, and Ed Sicard for collating the February issue of *Sparks*. *Thanks so very much!*

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

**Michael Adams
Antonia Moran
Tom Markland
Joan Griffith
Trudy Nicholls
Roswell G. Hall, III
Rhoda Burr
Deb Morin**



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!

Sparks Submissions

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

Senior Hobby Display Case

Share your talent!

Please call Cindy if you have items you would like to display.

TRAVEL DESK



The Travel Desk welcomes you to join us on our 2012 bus trips.

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.

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 of stuffed sole or pork loin, 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.

Thursday, July 12th: **“Newport Playhouse with Lobsterfest Menu.”** Play: **“The Kitchen Witches.”** \$86.00 pp. Deadline: June 28th.

Tuesday, August 14th: **“Odyssey Luncheon Cruise on Boston Harbour.”** Elegant luncheon. Two and 1/2 hour Boston Harbor cruise with musical entertainment. \$79.00 pp. Deadline: July 31st.

Tuesday, September 18th: **“Grand Ole’ Opry”** at the Log Cabin with stop at Christmas Tree Shop. Luncheon menu of Southern fried chicken, 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! \$76.00 pp. 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 of Chicken Francaise and Pork Dijonnaise a with petite bottle of wine. \$94.00 pp. Departs 8:00 AM. Deadline: October 24th.

****Ride FREE on our trip to Mashantucket Pequot Museum on Wednesday, May 16th.** Sign up early as seats are limited on Dial-A-Ride leaving Mansfield Senior Center at 9:00 AM. \$15.00 entrance fee with guide. Lunch on your own. See sign up sheet at the Travel Desk. Must pay at the Museum. Approximate return time will be 4:00 PM.

Hope to see you on the bus ...

Judy, Rose Mary, and Carol

****Vacancy for Travel Coordinator Position—Contact Judy at 860-429-0180 for information ...**

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,

Most human beings do not plan well (myself included). Even after storm Irene and storm Alfred, most people still have not taken steps to better prepare themselves for future emergencies. Many of us know to buy batteries, get out our radios, stock up on nonperishable food items, and fill the tub with water for the toilet. While these are wise actions, let's take this further.

Many people experienced flooding in their basements, only to discover that their insurance does not cover this type of damage! Make a plan, call your insurance company now and find out if you are under-insured. Do you have insurance to repair your roof, or foods that spoiled in your fridge? What would happen if your house burned down? Do you know what you possess?

Start a list or make a video of your goods. You can start in the kitchen and record cookware, appliances, and dishes. Take the next day to record what you own in the bedroom. You get the idea.

Last, but not least, put this information into a fire/waterproof safe (yes, you can purchase such a safe inexpensively). Make sure you provide the name and telephone number of your insurance company. Each newsletter I will give you more information to help you prepare an emergency. Please know that taking such action will put you in control (as much as possible) of a bad situation, and will help to control stress and anxiety.

Peace,

Barbara



Windham Hospital Nutrition Department Programs

at the Mansfield Senior Center

Wednesday, March 28th, 12:45 PM

“Welcome to Nutrition Month”

~ a free presentation following lunch

Wednesday, April 25th,
1:00-3:00 PM

“Pre-Diabetes and Weight Loss Seminar”

\$30.00 payable to Windham Hospital

You **must** pre-register with Kathy Yaffee at 860-429-0262, ext. 4.

Conversation with Betty Heiss, MSW

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

Thursday, March 1st:

“Setting Our Priorities”

Everyone welcome for this friendly, lively discussion.

ADVERTISEMENTS

WELLNESS PROGRAMS & SUPPORT GROUPS

Please call Kathy Yaffee at 860-429-0262, ext. 4, 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. Friday, March 2nd, and Wednesday, March 28th.

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. March 7 and 21st.

CAREGIVER'S SUPPORT GROUP with Barbara Lavoie every third Thursday at 6:30 PM. The group will meet on March 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, March 26th, 1:00-3:00 PM. Please call Kathy Yaffee for an appointment.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, March 6th, 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. The next meeting is Monday, March 12th.

M.S. SUPPORT GROUP meets the second Tuesday of each month in the Craft Room from 6:30 to 8:00 PM. The next meeting is March 13th. 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. March 9 & 23. Please call Kathy Yaffee for an appointment.

MASSAGE THERAPY with Faith Manning



Faith Manning offers both acupressure (a type of massage therapy) and oil massage. She will ask you if you have had massage before, and discuss what goals you have for the session(s). The benefits of either type of massage are the same; however, the main difference between the two is that acupressure is done over the clothes. This is especially appropriate if you don't feel comfortable, or have difficulty dressing or undressing.

Some people end up preferring acupressure massage, some prefer oil, and sometimes people like to do either at different sessions. Faith offers both types of massage here at the Center.

Faith is usually here 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. Please make your appointment with Kathy Yaffee. Faith will be here March 5th & 19th.

TRAVEL COORDINATOR VACANCY

Hours 9:00 AM to 12:00 PM
Monday and/or Friday

A great way *to meet people!*

Free Trip for Coordinator!

Lots of *fun, entertainment, and good food!*

For more information,
contact Judy at 860-429-0180.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

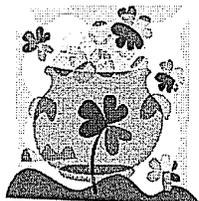
FRIDAY

SAT. & SUN.

March 2012

May you live as long as you want,
and never want as long as you live.

~ Irish blessing



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

2. 8:30-VNA East
9:00-Yoga
10:00-Scrabble
10:00-Knitting & Crocheting
10:00-Photo Club
10:15-Zumba Gold
11:00-Brain Aerobics
12:00-Lunch
1:00-Art Studio
1:00-T'ai Chi

3. Saturday

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**4. Sunday**

**5.** 9:00-11:00-Tax Assist.  
9:00 -T'ai Chi  
10:00-Sparkettes  
10:00-Art Studio  
10:00-Computer Help  
12:00-Conversación en Español  
12:00-Lunch  
1:00-Receptionist Meeting  
1:00-Mahjongg / Beg.'s Tap  
1:00-Massage Therapy  
1:00-Genealogy on the Web  
1:00-3:00-Tax Assist.  
1:15-Chorus  
3:15-Senior Aerobics  
5:45-9:00-Ballroom-R

**6.** 8:30-Strength/Stability  
9:00-Dr. Walter  
9:00-Internet Class  
10:00-Ways & Means  
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-Computer Comm.  
6:15-9:00-Dance-R

**7.** 9:00-11:00-Tax Assist.  
9:15 & 10:15-T'ai Chi  
9:30-Writing Group  
10:00-Digital Photo Intro.  
11:00-Blood Pressure  
12:00-Causeries en Français  
12:00-Birthday Lunch  
12:45-MMS Strings Group  
1:00-3:00-Tax Assist.  
5:45-7:45-Ballet-R  
6:30-9:00-Even. Quilting

**8.** 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-Genealogy on the Web  
1:30-Therapeutic Exer.  
3:15-Senior Aerobics  
5:45-7:45-Ballet-R

**9.** 9:00-Yoga  
10:00-Scrabble  
10:00-Knitting & Crocheting  
10:00-Reflexology  
10:15-Zumba Gold  
10:30-Coffee & Ideas  
11:00-Brain Aerobics  
12:00-Lunch  
1:00-Art Studio  
1:00-T'ai Chi  
1:00-3:00-Computer Seminar w/Dan G.

**10. Saturday**

Quilting Group  
9:30 AM-4:30 PM



Set your clocks  
ahead one hour  
before bed

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11. Sunday

Daylight Savings Time
Begins

12. 9:00-11:00-Tax Assist.
9:00-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.'s Tap
1:00-3:00-Tax Assist.
1:00-Genealogy on the Web
1:15-Chorus
3:15-Senior Aerobics
5:45-9:00-Ballroom-R

13. 8:30-Strength/Stability
9:00-Internet Class
10:00-Travel Trip Departs
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
1:30-Therapeutic Ex.
6:15-9:00-Dance-R
6:30-8:00-MS Support

14. 9:00-11:00-Tax Assist.
9:15 & 10:15-T'ai Chi
9:30-Writing Group
10:00-Executive Board
10:00-Digital Photo Intro.
12:00-Causeries en Français
12:00-Lunch
12:45-Association Meeting
1:00-Movie:
"Hoosiers"
1:00-3:00-Tax Assist.
5:45-7:45-Ballet-R
6:30-9:00-TNT Quilters

15. 8:30-Strength & Stability
10:00-Sparkettes
10:00-Wii Bowl
10:00-Bridge w/Chinky
10:00-Quilting w/Pat
12:00-Lunch
12:30-Lovely Old Bones
1:00-Bridge 1:00-Jewelry
1:00-Genealogy on the Web
1:30-Therapeutic Exer.
3:15-Senior Aerobics
5:45-7:45-Ballet-R
6:30-Caregiver's Support

Ides of March

16. 9:00-Yoga
10:00-Scrabble
10:00-Knitting & Crocheting
10:00-Photo Club
10:15-Zumba Gold
11:00-Blueberry Pick-Up
12:00-Lunch
1:00-Duplicate Bridge
1:00-Art Studio
1:00-T'ai Chi

17. Saturday

St.
Patrick's
Day



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**18. Sunday**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

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| <p><b>19.</b><br/>9:00-T'ai Chi<br/>9:00-11:00-Tax Assist.<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-Program Planning<br/>1:00-Massage Therapy<br/>1:00-Mahjongg / Beg.Tap<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>20.</b> 8:30-Strength/Stability<br/>9:00-Internet Class<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<br/><br/><i>First Day of Spring</i></p> | <p><b>21.</b> 9:00-11:00-Tax Assist.<br/>9:15 &amp; 10:15-T'ai Chi<br/>9:30-Writing Group<br/>10:00-Digital Photo Intro.<br/>11:00-Blood Pressure<br/>12:00-Causeries en Français<br/>12:00-<i>St. Patrick's Day Celebration</i><br/>12:45-<i>"Irish to the Last Drop"</i><br/>1:00-3:00-Tax Assist.<br/>2:00-Red Hatters<br/>5:45-7:45-Ballet-R<br/>6:00-8:00-Altrusa<br/>6:30-9:00-Even. Quilting</p> | <p><b>22.</b><br/>8:30-Strength/Stability<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<br/>1:00-Jewelry<br/>1:30-Therapeutic Exer.<br/>3:15-Senior Aerobics<br/>5:45-7:45-Ballet-R</p> | <p><b>23.</b><br/>9:00-Yoga<br/>10:00-Scrabble<br/>10:00-Knitting &amp; Crocheting<br/>10:00-Reflexology<br/>10:15-Zumba Gold<br/>11:00-Brain Aerobics<br/>12:00-Lunch<br/>1:00-Art Studio<br/>1:00-T'ai Chi</p>     | <p><b>24. Saturday</b><br/><br/>~~~~~<br/><br/><b>25. Sunday</b></p>                                                    |
| <p><b>26.</b> 9:00-11:00-Tax Assist.<br/>9:00-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/>1:00-3:00-Tax Assist.<br/>1:15-Chorus<br/>3:15-Senior Aerobics<br/>5:45-9:00-Ballroom-R</p>                                   | <p><b>27.</b><br/>8:30-Strength/Stability<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/>6:15-9:00-Dance-R</p>                                                                                                               | <p><b>28.</b> 8:30-VNA East<br/>9:00-11:00-Tax Assist.<br/>9:15 &amp; 10:15-T'ai Chi<br/>9:30-Writing Group<br/>10:00-Digital Photo Intro.<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>12:45-<i>"Welcome to Nutrition Month"</i><br/>1:00-3:00-Tax Assist.<br/>5:45-7:45-Ballet-R<br/>6:30-9:00-TNT Quilters</p>                                                                                | <p><b>29.</b><br/>8:30-Strength/Stability<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-Bridge<br/>1:00-Jewelry<br/>1:30-Therapeutic Exer.<br/>3:15-Senior Aerobics<br/>5:45-7:45-Ballet-R</p>                             | <p><b>30.</b><br/>9:00-Yoga<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-Duplicate Bridge<br/>1:00-Art Studio<br/>1:00-T'ai Chi</p> | <p><b>31. Saturday</b><br/><br/></p> |

**APRIL—National Volunteer Week—April 15 to 21**  
  
 Wednesday, April 4th: Birthday Lunch w/the Sparkettes  
 Wednesday, April 18th: Volunteer Celebration  
 Wednesday, April 25th: Pre-Diabetes & Weight Loss Seminar  
 Thursday, April 26th: Intergenerational Dinner at E.O. Smith High School

**MAY**  
  
 May 2nd: Birthday Lunch w/"Sign of the Times"  
 May 16th: Hula Dancers  
  
 June 6th: "Beethoven's Chorus"  
 June 13th: MSCA Annual Meeting



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.

**MARCH BIRTHDAYS**

*Birthstone: Bloodstone for Courage*  
*Flower: Jonquil for Affection*

- 1 Michael Bolton, Josephine Field, Dae H. Koh
- 2 Lila Tulin
- 4 Irene Burke, Richard Chak, Jerold Heiss  
Benjamin Sachs, Norman Stevens
- 5 Silvana Breseia, Fred Lussier, Tom Reilly  
Kathryn Rule
- 6 Raymond Begin, Robert Bockholdt  
Bernadette Brisson, Irene Klunz  
Franklin Langille, James Reynolds  
Norman Ricard
- 7 Mary Stephenson
- 8 Margaret Easton, Edmond Fogg, Mary Lirot
- 9 Joyce Arsenault, Irene Boudreau  
Bert Brine, Catherine Knuttel, Peggy Kobey  
Lutricia Lyons, Norma Mills
- 10 Josephine Raymond, Elizabeth Wong
- 11 Sara Tormey
- 12 Marjorie Bachand, Victoria Mayo  
Arthur Moore, Nancy Orth
- 13 Mary Beausoleil, Theodore Chomiak  
Kathy Fisher, Jean Smith
- 14 Patricia Perreault, Cecile Powers  
Rudolf Tokes
- 15 Jane Blanshard, Patricia Curry  
Beverly Morgan, Gertrude Ogushwitz
- 16 James Chase, Herbert Getter  
Mary Regina Higgins, Pauline Lamoureux  
Frances Lenox
- 18 Doris Bedard, George Cole, Ronald Hiser  
Karin Randolph
- 19 Lewis Katz
- 21 Charles Nagy
- 22 Theresa Beaulieu, Kevin Grunwald  
Madeline Manning, Alice Miner, Joanne Sousa
- 23 Theresa Roy
- 24 Louis Comeau, Betty Haddad, Jackie Ilangdo  
Helen Zeni
- 25 Clifford Blish, Uwe Koehn, Barbara Parola  
Jan Scottron
- 26 Gloria Brine, Curtis Hoffman
- 27 Oliver Ashlan, Clara Huling, Oliver Norton
- 28 Robert Gottlieb, Arthur Gustafson  
Dorothy Lauritzen
- 29 Elaine Abbott, Lawrence Dzwonkus
- 29 Charles Vinsonhaler, Feng Rong Zheng
- 30 Philip Barry, Paul Duteau, Barbara Mayer  
Betty Roberts, Delores Smith, Anne Soracchi
- 31 Stella Burton, Alice Kinnie, Evelyn McKenna



**Happy Birthday to our February Attendees:**  
 Ursula Beschler, Sharon Swanson, Meryl Kogen  
 Roberta Smith, Sam Gordon, Christine Bonacum

My apologies to Frank Trainor. His birthday was  
 Jan. 11, not the 23rd. Sorry, Frank.

Belated Birthday Wishes to Meryl Kogan -  
 February 27th

**Future Birthday Luncheons:**

**April 4th: "Sparkettes"**

**May 2nd: "Sign of the Times"**

**June 6th: "Beethoven's Chorus"**

**Cards**

**Duplicate Bridge: January 20, 2012**

|                                    |  |      |
|------------------------------------|--|------|
| <b>NS</b>                          |  |      |
| 1. Jerry Shaffer & Omar Sheppard   |  | 56.5 |
| 2. Paula Tate & Mary Shinoski      |  | 53.5 |
| 3. Marion Buteau & Cathy Watson    |  | 45.5 |
| <b>EW</b>                          |  |      |
| 1. Doris LeDoyt & Anna McLain      |  | 56   |
| 2. Michael Stephens & Barbara Hood |  | 47.5 |
| 3. Rita Pollack & Helen Collins    |  | 45   |

**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 PMSenior 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, &amp; 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  
**Thurs., Mar. 8th, 11:00 AM***NO EXCEPTIONS!*Blueberry pick-up is  
**Fri., Mar. 16th, 11:00-11:30 AM*****Blueberries are available to study participants only; however, you may become a new participant in the study by contacting Howard Raphaelson.*****March Madness Movie!**Wednesday, March 14, 1:00 PM  
*(following the Association meeting)***“Hoosiers”***starring Gene Hackman*

Based on a true basketball story.

*Join us. Light refreshments.***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., Mar. 1: Chicken Marsala

Fri., Mar. 2: Eggplant Rolette

Mon., Mar. 5: Tuscan Beef, Pasta, &amp; Bean Stew

Tues., Mar. 6: Crispy Baked Chicken

Wed., Mar. 7: Breaded Pork Loin

Thurs., Mar. 8: Beef Stroganoff

Fri., Mar. 9: Fish Sticks, Mac &amp; Cheese

Mon., Mar. 12: Chicken Oreganata

Tues., Mar. 13: Baked Clover Ziti

Wed., Mar. 14: Beef &amp; Cheese Burrito

Thurs., Mar. 15: Pork Loin w/Gravy

Fri., Mar. 16: Mexican Baked Fish

Mon., Mar. 19: Maple Mustard Pork

Tues., Mar. 20: Italian Style Meatloaf

Wed., Mar. 21: **St. Patrick's Day****Celebration**-see front

Thurs., Mar. 22: Chicken Florentine

Fri., Mar. 23: Stuffed Shells w/Sauce

Mon., Mar. 26: Salisbury Steak

Tues., Mar. 27: Orange Glazed Pork

Wed., Mar. 28: Honey Baked Chicken

Thurs., Mar. 29: Pub Burger w/Bun

Fri., Mar. 30: Herb Crusted Cod

***Menu is subject to change.*****Speak Up! Speak Out!**

\* \* \* \*

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!***CRAFT - COLLECTIBLES SHOW****Saturday, April 21, 2012****9:00 AM to 3:00 PM***at the Mansfield Senior Center*

If you would like to rent a table as a vendor to sell your own items, please call 860-429-1685 or 860-456-2570 for more information. A 5x10' space with a 6'x30" table will be available for \$20.00.

**~ Spring Bazaar ~****Saturday, May 19th****9:00 AM to 1:00 PM***at the Mansfield Senior Center*

Set aside the date, May 19th, to celebrate spring. We're going to have the mother of all fund raisers! Think about which of your wonderful white elephants, plants, crafts, etc., you are ready to part with.

Plan to join us for some fun shopping and yummy refreshments. All proceeds will go to help our Senior Center serve you better.

We can accept things Tuesdays from 9:00 AM to 1:00 PM, or call Estelle at 860-429-1685.

## MARCH 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. March 6 to 27. 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. March 1, 8, 15, 22, 29 & April 5, 19, 26. Eight classes. \$48.00 residents; \$56.00 non-residents. This new session will feature "**FINISH IT UP!**" - a great spring project for digging into your closet and finding old projects that need a finishing touch. Pat is here to assist, encourage, and motivate as your "Quilting Coach."

- **Evening Quilting** first and third Wednesdays, 6:30 to 9:00 PM. Current session continues to Mar. 7 & 21. New session April 4, 18; May 16, 30; and June 6, 20. Six classes. \$42.00 residents; \$48.00 non-residents. The new April session will also feature "**FINISH IT UP!**" - a great spring project for digging into your closet and finding old projects that need a finishing touch.
- **All-Day Quilting Mini-Retreat with Pat is scheduled for May 7h. Save the date!**

~ **SENIOR AEROBICS** with Margie Stickle Mondays & Thursdays, 3:15 -4:15 PM. March 1 to 29. Nine classes. \$45.00 residents; \$54.00 non-residents.

~ **SPARKETTES** with Richard Risley each Thursday at 10:00 AM. March 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; T'ai Chi Wednesdays, 9:15 & 10:15 AM; T'ai Chi Fridays, 1:00. See calendar for actual dates. *Registration dependent on available space in 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. March 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.

## OTHER CLASSES

**Art Studio** Mondays, 10:00 AM, and Fridays, 1:00 PM. All skill levels are welcome to work on their own projects, and offer each other advice.

**BINGO** Tuesdays at 1:00 to 4:00 PM. This is a lively group!

**BRAIN AEROBICS** w/Ginny Easow Fridays, 11:00 AM, at the Mansfield Senior Center. No charge for this class. *No class March 16th.*

**Causeries en Français** on Wednesdays. Bring a bag lunch at noon, and converse in the Spanish and French languages for an hour.

**CHORUS** rehearses Mondays at 1:15 PM. The group sings in four-part harmony, and sings at local housing and nursing-rehab centers.

**CREATIVE JEWELRY** Thursdays, 1:00 PM. Donated jewelry is inspected, mended, cleaned, and put back into selling shape. No charges apply except for materials. (Check out the Jewelry Case in the Center's lobby for some wonderful deals on some great pieces!)

**GENEALOGY** w/Helen Collins Tuesday, March 13th at 10:00 AM. All levels are welcome to attend this free, friendly group.

**KNITTING & CROCHETING** Fridays at 10:00 AM. This group helps those who want to learn how to knit or crochet, and will help those who want to learn new techniques. Materials are available if you are interested in volunteering to make some items for the Association.

**MAHJONGG** Mondays, 1:00 PM w/ Margaret Perry facilitating this challenging game that works with numbers.

**SCRABBLE** Tuesdays and Fridays from 10:00 AM to noon. All welcome.

**WII BOWLING** Tuesdays and Thursdays at 10:00 AM. All welcome.

**WRITING GROUP** Wednesdays at 9:30 AM. All welcome to this free group.

## MSCA Computer Learning Center — Spring Classes

\* **Free help for PC users** with Dan Gebben every Monday from 10:00-11:00 AM in the Computer Lab.

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

\* **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.)*

**Genealogy on the Web** with Helen Collins Mondays & Thursdays, March 5, 8, 12, 15. 1:00-3:00 PM. Learn about this access to a constantly growing amount of information. Records, books on line, pictures, genealogies, etc. Connect with others working on your line(s). Post questions and get answers and even help other people. Demonstrations and handouts to help you make progress in your ancestor search from the computer. Good information for any level of genealogist.

**Internet Class** with George Jones Tuesdays, 9:00-11:00 AM, March 6, 13, 20. Pre-requisite: Introduction to Computers or equivalent. Electronic communication through e-mail. Searching for information via the world-wide web.

**Introduction to Digital Photo** with Dan Gebben Wednesdays, 10:00 AM-noon, March 7, 14, 21, 28. 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.

**FREE COMPUTER SEMINAR** offered by Dan Gebben  
*Friday, March 9th, 1:00 to 3:00 PM at the Mansfield Senior Center*

Special three-hour seminar covering transferring photos from a camera to a computer. Also, how to organize the photos on the computer's hard drive and creating a back-up system.

### *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 March 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.

#### "Hidden Item" Entry Form

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

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

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

**Hidden Item: the word "Clover"**

The March winner will be announced in the April issue of **Sparks**. Please, only one entry per person. Good luck!

February's winner:  
**Alan W. Swanson**  
*Congratulations!*

## A.A.R.P. Information

### 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 A.A.R.P. 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!

### TAX-AIDE ASSISTANCE

A.A.R.P. 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**

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

If married, both husband and wife should be present. 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

Save the Date!

**INTERGENERATIONAL  
DINNER**

*at E.O. Smith High School*

**Thursday, April 26th, 5:30 PM**

Enjoy a wonderful evening of fine  
dining and intermingling with  
E.O. Smith students.

More information to follow.

~ CALL TO MEETING ~

**Mansfield Senior Center Association, Inc.**

**Wednesday, March 14th, 12:45 PM**

*Agenda: To vote on the new following by-law proposal:*

**ARTICLE IV. ASSOCIATION MEETINGS**

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

*To be changed to ...*

**ARTICLE IV. ASSOCIATION MEETINGS**

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

**All MSCA members are urged to attend.**

**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**