



# SENIOR SPARKS

VOLUME 38 ISSUE 9 MANSFIELD SENIOR CENTER ASSOCIATION, INC. SEPTEMBER 2012  
303 Maple Road, Storrs/Mansfield CT 06268 (860) 429-0262, ext. 5

\* President: Rita Braswell \* Vice President: Jean Ann Kenny \* Secretary: Beverly Gotch \* Finance Officer: Don Stitts \* Treasurer: Wilfred Bigl  
\* Asst. Treasurer & Sparks Manager: Kathy Rule \* Travel: Judy Bigl \* Ways & Means Co-Chairs: Alma Maldonado-Corder & Toni Drescher \* Program Planning: Estelle Elliott \* Member-at-Large: Sam Gordon \* Computer Co-Chairs: Mike Palmer & Don Stitts

## September is "National Senior Center Month"

Celebrate *here* at the *Mansfield Senior Center* the week of  
September 10th through 15th. **Freebies! Freebies!**

Free classes all week! Computer Lab open all week!  
*Other highlights include:*

### Monday, Sept. 10th: Theme: "Dress in Jelly Bean Colors Day"

Guess the number of jelly beans in the jar (or closest to) and win!  
Hair & Nail Spa (first day): 9:00 AM to Noon  
Masonicare presents "Safety in the Home & Fall Prevention"  
with a light breakfast of bagels, Danish, and coffee: 9:30 AM  
Ice Cream Social: 1:30 PM

### Tuesday, Sept. 11: Theme: "Hat Day" - wear your favorite or funniest hat!

Popcorn available from an old-fashioned popcorn machine!  
TRIAD will sponsor a **Yellow Dot Registration** & Update at 10:30 AM  
and a presentation on **Purse Safety** at 11:30 AM.

### Wednesday, Sept. 12th: Theme: "Crazy Summer Top Day"

I'm sure we all have one of these! Popcorn available from an old-fashioned popcorn machine!  
Movie at 1:30 PM: "The Curious Case of Benjamin Button"

### Thursday, Sept. 13th: Theme: "Sports Outfit Day"

Let's see how many sport fans we have out there!  
Popcorn available from an old-fashioned popcorn machine!

### Friday, Sept. 14th: Theme: "Hippie Day"

Groovy, man, and outta site! Pull out those peace signs and tie-dyed shirts!  
Smoothies served at 1:00 PM. Yum!

*If you attend at least three separate events (classes, games, etc.) and  
**SWIPE IN FOR EACH EVENT YOU ATTEND (three),** you will win a special prize.  
You will also win a prize for swiping in just once, but **THREE TIMES** in the magic number!*

***Come one, come all! We promise you a grand 'ole time!***

Saturday, September 15th: 9:00 AM-2:00 PM

## Crafts & Collectables Fair

Such beautiful items will be on display to purchase. Refreshments available.

*A Note from Cindy Dainton,  
Senior Center Coordinator*

I am often questioned as to how I can plan so far in advance. Usually I am writing this column about five to six weeks before you see it in print. This month is easy – going back to school was a big event growing up and continued with my own family. We had a special breakfast with everyone's favorites. Gifts were given for the celebration. The camera was out and pictures were taken. I even made a special banner to hang outside of the house on the first day of school.

I believe that it is very fitting to be celebrating National Senior Center Month during September. Here at the Mansfield Senior Center there is a great deal of teaching going on. There are many instructors teaching various classes – bridge, T'ai Chi, strength & stability, drawing, quilting, senior aerobics, writing, French, knitting & crocheting, lovely bones, therapeutic exercises, tap, and computer, to name a few. We also have a great many areas where someone is sharing a talent with seniors.

There is a lot going on at the Senior Center this month. I truly hope that you will make every effort to join us for at least one offering during the celebration week of September 10<sup>th</sup> to the 15th. There are too many to mention here, so please look elsewhere in the newsletter to find more information. We are hoping to make connections with everyone.

*The teacher who is indeed wise does not bid you to enter the house of his wisdom, but rather leads you to the threshold of your mind.*

~Kahlil Gibran

*A Note from Rita Braswell,  
MSCA President*

September is a month of blue skies, lower humidity, freshening breezes, new optimism, and ambitious projects. It can also be a time for changes, and the Association is facing the need to make an important one now.

As you may have heard, the Association has subsidized this year's printing of *Sparks*. Liturgical Publishing Inc., which prints *Sparks* for us, will be charging us an estimated \$3,700 to \$4,000 to publish it through August 2013. This is a cost the Association cannot afford to carry in the future.

Therefore, in an attempt to recoup some of this cost, as of September 1, *Sparks* will no longer be available free of charge, but will require a donation of \$0.50 per copy. While this is close to what LPi charges us to print *Sparks*, it by no means covers the total cost of production, to which the Senior Center contributes through its allocation of staff time.

If, after September 1, 2013, we want to continue to receive the information now carried in *Sparks*, we will have to find a new way to do it.

1. *Sparks* is now available on-line, and that can be kept as the only means of publication. While there would be no cost to the Association, there would be no printed copies for general distribution.

2. The Association might charge for *Sparks*, for an annual subscription charge of up to an estimated \$12 to \$20.

3. We can reduce the number of issues printed to bi-monthly or quarterly issues which would reduce the cost of printing. There would still be layout and production costs, but the cost of a subscription would be lower.

4. We might ask that the Senior Center assume the entire cost of producing and printing *Sparks*, which had been the practice until the Center's budget was cut back in 2009 or 2008.

**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 A. Winslow, 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.

5. We can go back to our (very) old system of producing *Sparks* completely with volunteers. This is a heavy burden to ask members to take on as a recurring monthly responsibility, and there would still be some layout and production costs. Because of calls on staff time, it is unsure whether the Center could contribute staff hours, although they might be able to handle the printing. There would still be a small subscription charge but the amount cannot be estimated at this time.

Board members and the *Sparks* Committee have been wrestling with this issue for several months. Now we need to know:

Do you want *Sparks* to continue? Would you prefer to receive *Sparks* online, or a hard copy? Are you willing to pay to receive it? How much? What kind of articles/information would you like to see in *Sparks*?

A formal survey will be appearing soon. We really need to hear from you on this!

## MISCELLANY

### Thank You

Many thanks to Jim Campetelle, June Curtis, Beryl Griffin, Alice Jansen, and Karen Peters for collating the August issue of *Sparks*. *Thanks so very much!*



Welcome to the newest members of the

**Mansfield Senior Center Association:**

*Eugene Rigler*

*Doris Jones*

*Sandra & David Dunnack*

*Susan Kuaste*

*Irene Ouellette*

*Bobbie Palmer*

*Virginia Gorin*

*Frank & Lucinda von Duntz*

### Have You Updated Your Information at the Mansfield Senior Center Recently?

Please stop by and see a staff member to get your information updated. This is very important in case of an emergency. Thank you.

### IN MEMORY OF

**RICHARD PELLEGRINE**

**NICKOLAS RINALDI**

**OWEN DEVEREXU**

**MARGARET PERRY**

### Sparks Submissions

Please submit your articles for the October newsletter by Sept. 10th.

## 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.**

### Cancelled Trips:

Tuesday, September 18th:

**"Grand Ole' Opry"**

Wednesday, November 7th:

**"Patsy Cline Tribute"**

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.

Tuesday, November 13, 2012:

**"Vegas Comes to Connecticut"** at the Aqua Turf Club with a family style menu of salad, pasta, sliced roast beef, chicken marsala, potato, vegetable, and dessert. See Vegas impersonators to include Elvis Presley (*that's right, baby!*), Cher, Marilyn Monroe, and so many more! This package for only \$67.00 p/p includes roundtrip motor coach, Vegas impersonators show, fabulous family style luncheon, meal tips & taxes, and driver gratuity. Departs S. Eagleville Fire Dept. at 10:00 AM; ETA: 4:00 PM. Deadline: Oct. 30th.

## GENERAL INFORMATION

### BLUEBERRY STUDY

Blueberries must be ordered by **Tuesday, Sept. 4th, 12:00 PM**

*NO EXCEPTIONS!*

Blueberry pick-up is **Friday, Sept. 14th, 11:00 AM**

*Blueberries are available to study participants only; however, you may become a new participant in the study by contacting Howard Raphaelson.*

### Attention Lunch Participants

During the past few months, we have been experiencing many lunch cancellations, especially at the last minute. Although many things happen that we have no control over, when signing up for your monthly meals, please double check to make sure there are no doctor appointments that day, or special shopping days, etc., so you will not have to cancel. We appreciate your assistance with this.

### Genealogy Group

The Genealogy Group with Helen Collins meets on Tuesday, September 11th, at 10:00 AM. Everyone is welcome to this informal group, no matter what your level of genealogy is. Join us!

### Senior Hobby Display Case

*Share your talent!*

*We would like to thank Barbara Ladd for her current display "Scenes from Willimantic."*

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

### Barbara A. Winslow, MSW, Senior Services Social Worker

Barbara is available at the Wellness Center Mon., Wed., Thurs., and Fri.'s 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,

Caregiving for a loved one who is ill is a tremendously difficult job/responsibility. Many people are under the false impression that nursing homes provide the largest portion of care for seniors in our communities and nation. Actually, nursing homes care for roughly 5% of our senior population. The largest caregiving force is our families. Caregivers tend to be females, and specifically daughters, (although I have met some wonderful male caregivers). Many family members want to, and are willing to, help family members. I have met many caregivers who have expressed joy and a new shared closeness when called to help their loved ones. Too frequently we hear the term "Caregiver's Burnout." Caregiver's Burnout is real - caregivers can feel overwhelmed and depressed. Many caregivers report being tired, angry, and frustrated. People should not be ashamed by these emotions; these are true emotions as well as physical reactions to a stressful event. Caregiver's Burnout doesn't have to happen; there are many ways to prevent it from happening. The single truth is this: "If you don't take care of yourself, no one will be taken care of." Accepting help from others is key to preventing burnout. One of the ways to prevent burnout is to attend a support group. We are very fortunate that Jane Dowling, owner of Home Instead (homecare services) in Tolland, Ct., is offering an Alzheimer's Support Group every second Wednesday of the month at the Wellness Center from 1:00 to 2:30 PM. This is a great opportunity for support, friendship, and education. Everyone is welcome. Please call Jane Dowling at 860-896-5295 for any questions you may have.

*Peace, Barbara Winslow*

### Let's Talk!



### Conversation with Betty

The first Thursday of the month  
from 11:00 AM to Noon,  
at the  
Mansfield Wellness Center

**Thursday, September 6th:**

#### "Our Role as Mentors"

*Everyone welcome for this  
friendly, lively discussion.*

*Please call Betty at  
860-429-6324  
if you have any questions.*

### WE ARE ON THE MOVE!!!

Our Senior Center Volunteer Transportation Program is moving right along!! If you are in need of transportation for a medical appointment or a wellness visit (such as a massage, physical therapy, or a hair appointment) our volunteers are ready to help you out. Please note, due to our high demand, we require one week's notice to fill most transportation requests. We do understand that there are last minute requests and we will do our best to find a driver to meet your needs. There is no charge for our services; however, any donation you would like to make to our volunteer transportation program is always put to good use!

Thank you,

Gianna Stebbins  
Volunteer Transportation Manager  
860-429-0262, ext. 2

### 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. The salad meals are a suggested donation of **\$3.50**. Please indicate on your sign up sheet if you want the salad or the main meal. **Reservations must be made 72 hours in advance by 11:00 AM of that third day (three work days, not counting 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.

### MENU

- Tues., Sept. 4: Chicken Marsala  
Wed., Sept. 5: Stuffed Shells w/Sauce  
**OR** Greek Salad  
Thurs., Sept. 6: Cod Florentine  
Fri., Sept. 7: Beef Stroganoff
- Mon., Sept. 10: Western Cheese Omelet  
Tues., Sept. 11: Honey Glazed Ham  
Wed., Sept. 12: Chicken Alfredo **OR**  
Egg Salad Plate  
Thurs., Sept. 13: Cabbage Casserole  
Fri., Sept. 14: Cod Italiano
- Mon., Sept. 17: Chicken Cacciatore  
Tues., Sept. 18: Beef Hot Dog w/Bun  
Wed., Sept. 19: **Special Lunch &  
Horseracing!**  
*(\$10.00 payable with reservation)*  
Thurs., Sept. 20: Braised Pork w/Gravy  
Fri., Sept. 21: Chicken Florentine
- Mon., Sept. 24: Cod Newburg  
Tues., Sept. 25: Sloppy Joe's w/Bun  
Wed., Sept. 26: Salisbury Steak **OR**  
Egg Salad Plate  
Thurs., Sept. 27: Chicken Veracruz  
Fri., Sept. 28: Eggplant Rolette



## 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. Sept. 19th & 26th.

**ALZHEIMER'S SUPPORT GROUP** with June Dowing from Home Instead Home Care at the Mansfield Wellness Center every second Wednesday of the month from 1:00 to 2:30 PM. This free informative group is open to families, caregivers, and patients alike. The group is scheduled to meet on Wednesday, Sept. 12th.

**FREE BLOOD PRESSURE SCREENINGS** on the first & third Wednesday of each month at 11:00 AM, offered by Interim Health Care. No appointments necessary.

**CAREGIVER'S SUPPORT GROUP** with Barbara Winslow Thursday, September 20th, 6:30 PM.

**ELDERCARE LAW** with Attorney Gates from CT Legal Services provided free to people 60 years or older, usually the fourth Monday of each month, 1:00-3:00 PM, Sept. 24th.

**FOOTCARE** with Dr. Walter, Podiatrist, Tuesday, Sept. 18th, beginning at 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 Winslow Monday, Sept. 10th at 11:00 AM.

**MASSAGE THERAPY** with Faith Manning 11:00 AM to 3:00 PM, the first and third Wednesday of each month, payable to Faith. Please make your appointment with Kathy Yaffee. Sept. 5 & 19th.

**"NEW!!" MINI-SPA** beginning on the second Monday of each month starting Sept. 10th, 9:00 AM to Noon. Call Kathy for your appointment. Haircuts by Michelle, and nails by Hope.

**M.S. SUPPORT GROUP** normally meets the second Tuesday of each month in the Craft Room from 6:30 to 8:00 PM. The group will meet Sept. 11th. Please contact Susan Gavitt at 860-423-7413 for further information.

**REFLEXOLOGY** every other Friday at 10:00 AM with Therese John September 7th and 21st.

## SEPTEMBER SPECIAL EVENTS



Thursday Evening, September 6th:

5:30 PM: Pot Luck Dinner

6:30 PM: **"One Accord"**

from Tolland Senior Center

Wednesday, September 19th:

Noon: **Special Lunch & Program**

Menu: **Meatloaf w/Gravy**

**Mashed Potatoes, Vegetable**

**Cupcakes, Beverage**

(\$10.00 payable w/reservation)

12:45: **Horseracing** - *"And they're off ..."*

*Place your bets!*

*We have some great horses*

*in the stable just waiting to run!*

Wednesday, September 26th:

2:45 PM: **Health Nutritional Program**

sponsored by Windham Hospital

## 2012 Seasonal Flu/Pneumonia Clinic

Thursday, Oct. 4th, at the Mansfield Senior Center,  
*sponsored by VNA East*

**1:00 to 4:30 PM**

Please call 860-429-0262, ext.0,  
for your 15-minute appointment.

Please bring your Medicare card  
and other insurance card(s).

## A.A.R.P. Fall Driver Safety Course

*taught by Lynne White, District Coordinator*  
at the Mansfield Senior Center

**Tuesday, November 13, 2012**

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

\$12.00 A.A.R.P. Members (*please bring your card*)

\$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. Class is limited to 25, so please sign up early.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

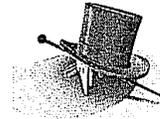
**FRIDAY**

**SAT. & SUN.**

# September

# 2012

## National Senior Center Month



1. Saturday

~~~~~

2. Sunday

3.

**Labor Day**



*Center Closed*

4.

8:30-Strength/Stability  
10:00-Ways & Means  
10:00-Scrabble  
10:00-Wii Bowl  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bingo  
1:30-Therapeutic Exer.  
2:30-Computer  
Committee  
Meeting

5.

9:15-T'ai Chi (canc.)  
10:00-Writing Workshop  
10:15-T'ai Chi (canc.)  
11:00-Massage  
11:00-Blood Pressure  
12:00-Causeries en  
Français  
12:00-Birthday Lunch  
6:30-Evening Quilting  
w/Pat

6. 8:30-Strength/Stability  
10:00-Sparkettes  
10:00-Wii Bowl  
10:00-Quilting w/Pat  
10:00-Bridge w/Chinky  
11:00-Converse w/Betty  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bridge / Jewelry  
3:15-Senior Aerobics  
5:30-*Pot Luck Dinner*  
6:30-*"One Accord"*

7. 9:00-Yoga

10:00-Scrabble  
10:00-Photo Club  
10:00-Knitting &  
Crocheting  
10:15-Zumba Gold  
10:30-Reflexology  
12:00-Lunch  
1:00-Art Studio  
1:00-T'ai Chi (canc.)  
2:00-Brain Aerobics

8. Saturday

~~~~~

9. Sunday

*Grandparent's  
Day*



10. **Jelly Bean Day**

*Guess how many beans & win!*

8:30-Senior Aerobics  
9:00 & 10:00-T'ai Chi  
9:00-Hair & Nail Spa  
9:30-Free Breakfast & Talk  
10:00-Sparkettes  
10:00-Art Studio  
10:00-Computer Help  
11:00-Low Vision Group  
12:00-Lunch  
1:00-Mahjongg / Beg.'s Tap  
1:30-Chorus  
1:30-Ice Cream Social

11. **Hat Day**

*Old-Fashioned Popcorn Served*

8:30-Strength/Stability  
10:00-Scrabble/Wii Bowl  
10:00-Genealogy  
10:30-Drawing w/Bill  
10:30-*Yellow Dot Registration*  
11:30-*Purse Safety*  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bingo  
1:30-Therapeutic Exer.  
2:00-Non-Fiction Book Club  
6:30-M.S. Support Grp.  
*Patriot Day*

12. **Crazy Summer  
Top Day**

*Old-Fashioned Popcorn Served*

9:15 & 10:15-T'ai Chi  
10:00-Writing Group  
10:00-Executive Mtg.  
10:00-Massage  
12:00-Causeries en Français  
12:00-Lunch  
1:00-Association Mtg.  
1:00-Alzheimer's Spt. Grp.  
1:30-Movie  
6:30-9:00-TNT Quilters

13. **Sports Outfit Day**

*Old-Fashioned Popcorn Served*

8:30-Strength/Stability  
10:00-Sparkettes  
10:00-Wii Bowl  
10:00-Quilting w/Pat  
10:00-Bridge w/Chinky  
12:00-Lunch  
12:30-Lovely Old Bones  
1:00-Bridge  
1:00-Jewelry  
3:15-Senior Aerobics

14. **Hippie Day**

9:00-Yoga  
10:00-Scrabble  
10:00-Photo Club  
10:00-Knitting &  
Crocheting  
10:15-Zumba Gold  
11:00-Blueberry Pickup  
12:00-Lunch  
1:00-Art Studio  
1:00 & 2:00-T'ai Chi  
1:00-*Smoothies Served*  
2:00-Brain Aerobics

15. Saturday

**Crafts &  
Collectables Fair**

9:00 AM-2:00 PM

~~~~~

16. Sunday

*Rosh Hashanah  
begins at Sundown*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

|                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>17.</b><br/>8:30-Senior Aerobics<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-Lunch<br/>1:00-Mahjongg<br/>1:00-Beg.'s Tap<br/>1:00-Program Planning<br/>1:30-Chorus</p>                                     | <p><b>18.</b><br/>8:30-Strength/Stability<br/>9:00-Dr. Walters<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>10:00-Computer Class<br/>10:30-Drawing w/Bill<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bingo<br/>1:00-Computer-Word<br/>1:30-Therapeutic Ex.</p>                                     | <p><b>19.</b> 8:30-VNA East<br/>9:15-T'ai Chi<br/>10:00-Writing Group<br/>10:15-T'ai Chi<br/>11:00-Massage<br/>11:00-Blood Pressure<br/>12:00-Causeries en Français<br/>12:00-<i>Special Lunch</i><br/>12:45-<i>Horseracing!</i><br/>2:00-Red Hatters<br/>5:45-Ballet-R<br/>6:30-9:00-Altrusa<br/>6:30-9:00-Eve. Quilting</p> | <p><b>20.</b><br/>8:30-Strength/Stability<br/>10:00-Sparkettes<br/>10:00-Wii Bowl<br/>10:00-Quilting w/Pat<br/>10:00-Bridge w/Chinky<br/>10:00-Computer Class<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bridge / Jewelry<br/>1:30-Therapeutic Exer.<br/>3:15-Senior Aerobics<br/>6:30-Caregiver's Grp.</p> | <p><b>21.</b> 9:00-Yoga<br/>10:00-Scrabble<br/>10:00-Knitting &amp; Crocheting<br/>10:15-Zumba Gold<br/>10:30-Reflexology<br/>12:00-Lunch<br/>1:00-Art Studio<br/>1:00 &amp; 2:00-T'ai Chi<br/>1:00-Duplicate Bridge<br/>1:00-Computer-Word<br/>2:00-Brain Aerobics</p> | <p><b>22. Saturday</b><br/><i>First Day of Fall</i><br/><br/>~~~~~<br/><b>23. Sunday</b></p> |
| <p><b>24.</b> 8:30-Sr. Aerobics<br/>9:00 &amp; 10:00-T'ai Chi<br/>10:00-<b>All-Day Quilting Retreat w/Pat</b><br/>10:00-Sparkettes<br/>10:00-Art Studio<br/>10:00-Computer Help<br/>12:00-Lunch<br/>1:00-Mahjongg<br/>1:00-Beg.'s Tap<br/>1:00-Atty. Gates<br/>1:30-Chorus</p> | <p><b>25.</b> 8:30-Strength/Stability<br/>10:00-Scrabble/Wii Bowl<br/>10:00-Computer Class<br/>10:30-Drawing w/Bill<br/>12:00-Lunch<br/>12:30-Lovely Old Bones<br/>1:00-Bingo<br/>1:00-Computer-Word<br/>1:30-Therapeutic Ex.<br/>2:00-Non-Fiction Book Club<br/><i>Yom Kippur begins at Sundown</i></p> | <p><b>26.</b> 8:30-VNA East<br/>9:15-T'ai Chi<br/>10:00-Writing Group<br/>10:15-T'ai Chi<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>12:45-Windham Hosp. Nutrition Program<br/>6:30-9:00-TNT Quilters</p>                                                                                                             | <p><b>27.</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</p>                                             | <p><b>28.</b> 9:00-Yoga<br/>10:00-Scrabble<br/>10:00-Free Seminar- Buying a Computer<br/>10:00-Knitting &amp; Crocheting<br/>10:15-Zumba Gold<br/>12:00-Lunch<br/>1:00-Art Studio<br/>1:00 &amp; 2:00-T'ai Chi<br/>1:00-Computer-Word<br/>2:00-Brain Aerobics</p>       | <p><b>29. Saturday</b><br/>~~~~~<br/><b>30. Sunday</b></p>                                                                                                                      |

**SEPTEMBER BIRTHDAYS**

**Flower:** *Sapphire for Wisdom*  
**Birthstone:** *Aster for Memories*

- 1 Eleanor Elton, Helen, Ross, John Walsh
- 2 Rhonda Burr, Ethel Comiskey
- 3 Delia Aguilar, Carmen Costas, Colleen Moulton
- 4 Helen Breen, Frances Nichols, Stephen Orrell  
Shirley Plez, Eileen Shover, Yen Tu
- 5 Carol Bricker, Patricia Gimmartino, Renee Liese
- 6 Donald Corriveau, Jean Gosselin, Nancy Hopkins  
Robert Jackson, Abraham Landerman  
Compton Rees
- 7 Grace Clawson, Jane Hughes, Millie Jones  
Margaret Pryor, Biagio Russo, Joan Wakler
- 8 Mary Dean Lindsay, Tobias Schwartz  
Germaine Staples
- 9 Earl Daggett, Jr., Sabina Gouldsbrough  
Susan Kim
- 10 Yadollah Ghiaei, Willard Watrous
- 11 Rhoda Dyjak, Dorothy Hagenow  
Donald Morrisette
- 12 Emaneul Hirakis, Aline Koch
- 13 Lena Barry, Anna Olsen
- 14 Gregory Frantz, Barbara Goodwillie  
Anne McCaughey, Zong-Zi Xia
- 15 Waltraud Bockholdt, Eleanor Manton  
Jeanine Swatick
- 16 Frances Cichowski, Carol Phillips  
Catharen White
- 17 Elizabeth Green
- 18 Julia Kuliis, Ann Marie Schlaefer  
Jeanette Williams
- 19 Emily Mattingly, Constance Misale, Joan Sidney
- 20 Fuzane Dowling, Carolyn Mull  
Virginia Roger Black
- 21 Joyce Collins, Barbara Cummings  
Jacqueline Germain, Derrith Owen  
Edmond Tomastik
- 22 Karl Beckett, George Binau-Hansen  
Marie Brown, Roderick Dole, Josephine Marrotte
- 23 Merrill Bishop, Peggy Minkler, Al Swanson
- 24 Eliahou Dabora, Betty Heal, Ruth Pfeifer
- 25 Vicky Coyne, Jean Haines, Jack Roach  
Marie Roulier
- 26 Jane Ann Bobbitt, Pauline Kramer  
Deian Wetherell
- 27 Richard Harris, Robert Powers
- 28 Roger Winkel
- 29 Angela Hence, Alma Maldonado-Cordner
- 29 Catherina Melehy, Madeline Nasansky
- 30 Christopher Clark, Frances Leffler  
Betty Wexler



**Happy Birthday to Our August Attendees:**

*(left to right) Beverly Nass, Estelle Elliott,  
Tom Rogers, Ed Sicard, Elliott Wolk,  
and \*Jean Williams*

*(My apologies for not having \*Jean Williams in  
this picture. And for not having individual  
pictures, either. I took a bunch of them,  
but they all came out blurry. I'll have to  
leave the picture taking to Kathy!)*

But they're still a real good-lookin' group anyway!

**Cards**

**Duplicate Bridge: Friday, June 29, 2012**

**NS**

- 1. Paul Stanton & Phanindra 41
- 2. Jenny Shaffer & Donald Nolan 38.5
- 3. Paula Tate & Mary Shinoski 37.5

**EW**

- 1. Jeanne Haas & Sally Hirakis 39.5
- 2. Helen Collins & Rita Polack 33
- 3. Betty Savage & Muriel Fenn 32

**She's Back!**

***Brain Aerobics with Jenny Easow***

***each Friday at 2:00 PM beginning  
Friday, September 7th***

---

---

## MSCA Computer Learning Center Fall Classes & Seminars

---

---

*The following classes 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.*

**Free Computer Resources:** The internet contains innumerable programs and sites that can make many of the things you do every day more pleasant, easier, and often cheaper. In fact, some of the things that are impossible without a computer become possible with one - e.g., keeping up with hometown news when abroad. We will cover many of the most useful resources. Some prior experience with the internet required. Instructor: Jerry Heiss. Dates: Sept. 18, 20, & 25. Time: 10:00 AM to 12:00 PM.

**Word:** Do you want to write and save a chapter in your diary, type address labels for holiday greetings, prepare a tag sale flier, cut/copy/paste a picture to an email message, **or** add page numbers, a grandson's photo or special characters to a prepared report? Practice in editing and saving your files and folders. You are encouraged to complete a project of your choice. Instructor: Frank Trainor. Date: Sept. 18, 21, 25, 28. Time: 1:00 to 4:00 PM.

**Introduction to Computers:** For beginners or those seeking more knowledgeable use of the computer. You will learn the basics of keyboard and mouse control. Then we cover the storage system, folder creation, touch on word processing, delve into the internet, tackle e-mail, and explore other forms of communication that the personal computer has to offer. Along the way, you will learn how to personalize the computer and protect it from the internet's bad stuff. The class ends with an exercise in turning the computer into a master music machine for your enjoyment. This class meets five sessions for two hours each. Instructor: Dan Gebben. Date: Oct. 2, 4, 9, 11, & 16. Time: 1:00 to 3:00 PM.

**Advanced Internet:** Advanced use of the Internet for browsing, buying, selling, research, communicating and general information retrieval. Instructor: George Jones. Dates: Oct 3, 10, & 17. Time: 9:00 to 11:00 AM.

**Internet Shopping:** Do you want low prices, full information, a full range of choices, and reliable merchants when you buy something? Then don't waste time and gas going from store to store; you will find all of these in one place only on the internet. This course will teach you how to obtain the maximum benefit and avoid the potential downsides of internet shopping. Some prior experience with the internet required. Instructor: Jerry Heiss. Dates: Oct. 9, 11, & 16. Time: 10:00 AM to 12:00 PM.

### **FREE FALL SEMINARS TAUGHT BY DAN GEBBEN**

**Buying a Computer:** This is so confusing RAM, Processor speeds, AMD, Intel, Hard drives, Laptop, desktop, notebook, netbook one could go nuts just figuring this out. This 2 hour seminar will simplify the process and leave you with some good insight into purchasing a computer for you personal needs. **Date: Sept 28 Friday Time: 10:00 AM to 12:00 PM.**

**Buying a Digital Camera:** Which one should I get; what make or model and what about Megapixels? Then one has to deal with the extras: memory cards, cases, tripods and batteries. This can get confusing so in this 1 hour seminar I will try to clear the air and make sense of all this. **Date: Oct. 5 Friday Time: 11:00 AM to 12:00 PM.**

***NOTE: A full detailed listing of ALL fall classes and seminars are available at the Mansfield Senior Center.***

### **YEAR-ROUND COMPUTER ASSISTANCE**

- Free help for PC users with Dan Gebben every Monday from 10:00-11:00AM in the Computer Lab
  - Free "Photo Club" with Dan Gebben every first and third Friday of the month in the Computer Lab from 10:00AM to noon. This is an ongoing club, and all are welcome to attend.
  - Free help for Mac users. Call Frank Trainor or Mike Palmer at 860-429-0262, ext. 7, to make an appointment. Please leave your name and phone number.
- 
-

## CLASSES at the MANSFIELD SENIOR CENTER

*The following exercise classes are \$5.00 for residents; \$6.00 non-residents, payable at the end of each month. Registration forms are available at the Center.*

*Strength & Stability, Tuesdays & Thursdays, 8:30-9:30 AM.  
Lovely Old Bones, Tuesdays & Thursdays, 12:30-1:30 PM.  
Therapeutic Exercise, Tuesdays & Thursdays, 1:30-2:30 PM.*

*The following classes require pre-registration with full payment no later than two days prior to class start date. Registration forms are available at the Center.*

*Bridge with Chinky, Thursdays, 10:00-11:00 AM.  
Drawing & Watercolors with Bill Dougal, Tuesdays, 10:00-11:00 AM.  
Quilting Classes with Pat Ferguson:  
Quilting w/Pat Thursdays, 10:00 AM-12:30 PM.  
Evening Quilting w/Pat each first & third Wednesday, 6:30-9:00 PM.  
All-Day Mini-Quilting Retreat w/Pat, Monday, Sept. 24th, 10:00 AM-4:30 PM.  
Senior Aerobics with Margie Stickles:  
Mondays, 8:30-9:30 AM & Thursdays, 3:15-4:15 PM.  
Sparkettes (Tap) with Richard Risley, Thursdays, 10:00-11:00 AM.  
T'ai Chi with Laddie Sacharko:  
Mondays, 9:00-10:00 AM & 10:00-11:00 AM.  
Wednesdays, 9:15-10:15 AM & 10:15-11:15 AM.  
Fridays, 1:00-2:00 PM & 2:00-3:00 PM.  
Yoga with Therese John, Friday, 9:00-10:00 AM.*

*The following classes are offered for free or for a small fee, while others you need only supply your own materials. Registration forms not required.*

*Art Studio, Mondays & Fridays, 10:00-11:00 AM.  
Beginner's Tap, Mondays, 1:00-2:00 PM, payable to Richard Risley.  
Bingo, Tuesdays, 1:00-4:00 PM.  
Brain Aerobics, Fridays, 2:00-3:00 PM.  
Bridge, Thursdays, 1:00-4:00 PM. You must sign up in advance to play.  
Causeries en Francais, each Wednesday at 12:00-1:00 PM. Bring your lunch.  
Duplicate Bridge, the 3rd & 5th Friday of each month, 1:00-4:00 PM.  
Genealogy, the 2nd Tuesday of each month, 10:00-11:00 AM.  
Jewelry Class, with Betty Savage, Thursdays, 1:00-3:00 PM.  
Knitting & Crocheting, Fridays, 10:00 AM to 12:00 PM.  
Mahjongg, Mondays, 1:00-4:00 PM.  
Non-Fiction Book Club, the 2nd & 4th Tuesday of each month, 2:00-3:30 PM.  
Scrabble, Tuesdays & Fridays, 10:00-11:00 AM.  
Wii Bowl, Tuesdays & Thursdays, 10:00-11:00 AM.  
Writing Group, each Wednesday at 10:00 AM.  
Zumba Gold, Fridays, 10:10-11:15 AM, payable to Patty Flubacher.*

**All the above classes are offered free the week of September 10 to 14, as part of our "National Senior Center Celebration Month!"**

**Come to one class, swipe in, and win a prize.**

**Come to three classes, swipe in each time, and win a bigger prize!**

***If you do not have a swipe card, please see a staff member.***

**We hope you will find many things offered here enjoyable, and consider becoming a member of MSCA. Plus, it's FREE!**

## Speak Up! Speak Out!

Do you have any comments, articles, a favorite poem, etc., you would like to see 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.

### Where's Waldo?!

#### "Hidden Item" Entry Form

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

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

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

**Hidden Item: the word "Fall"**

Find the hidden item 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 Oct. 8th, or drop in the box at the Front Desk, in order to qualify for the drawing. We will draw one name from all of the correct entries, and that person will win a free lunch on the Association here at the Center. The Oct. winner will be announced in the Nov. issue of *Sparks*. Please, only one entry per person. Good luck!

**August Winner: Leslie Moulton  
Congratulations!**

### We Need Your Help!

The Mansfield Senior Center will hold its annual **Holiday Bazaar on Dec. 8th**, and we need your beautiful treasures that you have been wanting to get rid of for awhile now. However, we do not accept clothes, purses, and shoes. We do accept items in excellent/good condition to include white elephant, toys, jewelry, books, holiday gifts, ornaments, crafts, knitted items, etc. These items will be accepted each Tuesday 9:00 AM to 1:00 PM. Start your Spring cleaning a little early, and help us to help make someone happy! Thank you.

FULL PAGE FOR ADVERTISEMENTS

**Welcome, Town-Wide Readers!**

We here at the Mansfield Senior Center hope you will enjoy this free town-wide issue of our monthly newsletter, "*Senior Sparks*." We hope you will visit and take advantage of the many things we have to offer, especially the week of Sept. 10 to 14, as we celebrate National Senior Center Month. Our subscription form is located right next door if you should wish to subscribe. *Try us, you'll like us!*

\_\_\_\_\_

Please note, effective September 1, 2012, there will be a fifty cent charge to pick up the monthly issue of the *Sparks* at the Front Desk. This was decided due to the rising cost of having the newsletter printed. We are sorry for the burden this may cause some people.

Thank you, Kathy Rule

**Yes! Please subscribe me to Senior Sparks!**  
(Covers period July 1, 2012, to June 30, 2013)

**(PLEASE PRINT)**

Date: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Mailing Address: \_\_\_\_\_

Town: \_\_\_\_\_ ZIP: \_\_\_\_\_

Renewal: \_\_\_\_\_ New Subscription: \_\_\_\_\_

**\$7.00 - Bulk issues or \$10.50 - First Class**

Amount Enclosed: \_\_\_\_\_  
(checks payable to: M.S.C.A.)

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

**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**