



SENIOR SPARKS

VOLUME 39 ISSUE 1 MANSFIELD SENIOR CENTER ASSOCIATION, INC. JANUARY 2013
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: Mike Beschler
* Sparks Manager & Asst. Treasurer: Kathy Rule * Travel: Vacant * Ways & Means Co-Chairs: Alma Maldonado-Cordner & Toni Drescher
* Program Planning: Estelle Elliott * Member-at-Large: Sam Gordon * Computer Co-Chairs: Mike Palmer & Don Stitts

Happy New Year!

The Ways & Means Committee of the Mansfield Senior Center Association would like to take this opportunity to thank each and every one who assisted with our Holiday Bazaar on Sat., Dec. 8, 2012. That also includes everyone who donated their wonderful items. Approximately \$1,862.00 was made! We would like to especially thank the volunteers listed below whose help we could not have done this (and anyone we may have inadvertently forgotten):

*Ursula & Mike Beschler
Will Bigl
Mary Brown
Alma Cordner
Pat Cote
Toni Drescher
Margaret Easton
Lucille Eichner
Estelle Elliott
Donna Fairfield
Marilyn Gerling
Beverly Gotch
Sharry Goldman
Beryl Griffin
Kevin Grunwald
Polly Guhl
Cynthia Johnson*

*Sue Kwastel
Zoe Leibowitz
Mate Magyar
Karen Peters
Carol Phillips
Christy Raffa
Howard Raphaelson
Shirley Reily
Kathy Rule
Betty Savage
Charlotte Shaeffer
Nora Stevens
Cynara Stites
Paula Tate
Mary Thatcher
Kathy Van Blaricom
Harriet Walker*

We would like to especially express our thanks to Christy Raffa and Mate Magyar who went above and beyond what was asked of them. We would also like to extend special, special thanks to Estelle Elliott for her wonderful leadership

Thank you again, and we hope you'll consider helping us at our Spring Bazaar!

HAPPY NEW YEAR TO ALL!

It has been awhile since I have written for *Sparks* due to space restrictions. There has been so much that has gone on at the Senior Center during 2012! Much more is planned for 2013. Please take the time to fully read this issue so that there is not something that you really wanted to attend, but missed!

I sincerely hope that everyone has a healthy, happy, and safe 2013 ahead. Ralph Waldo Emerson wrote, "Write it on your heart that every day is the best day of the year." May every day be a great day for you in 2013. I hope to see you at the Senior Center.

Cindy

Tax Bill Drop Off Coming Soon to the Mansfield Senior Center

The Tax Collector's Office, with the assistance of Kevin Grunwald, will be installing a drop off box for tax and trash collection bills, for your convenience. We at the Senior Center will not have any access to this box. A representative from the Tax Collector's Office will be here once a week to do the collections. Once again, we are hoping this makes it more convenient for you, our wonderful seniors!

A Note from the President

Mansfield is blessed with many organizations that offer programs that are of interest and value to those of us who live here. One of them, to which I have belonged for many years and which is particularly dear to me, is CLIR, the Center for Learning in Retirement.

CLIR exists, as it states, "to provide meaningful and serious intellectual activities for adults from all walks of life, conducted in an informal and relaxed atmosphere." Translated, this means that there are no academic requirements, and you don't have to worry about homework, term papers, pop quizzes, final exams, or even falling asleep in class. CLIR offers nothing but mental stimulation, the sheer joy of learning, and the pleasure of trading ideas with your neighbors in a civilized (but lively) manner.

Classes range from single sessions of an hour and a half each to longer ones that can run up to eight or nine weeks. They cover a wide variety of topics: chaos theory, a soldier's experience in occupied Japan, key issues in aging and retirement, American popular music, the experiences of a local resident who helped plot the location of German subs and battleships, and other topics too numerous to mention. There is also a memoir writing group, and a play reading group to help release your dramatic urges.

There should be brochures around the Senior Center. If not, you can get one by calling 860-486-3231. You and a friend or two are invited to see what it's all about by attending one or two classes at no cost.

I can heartily recommend CLIR to you. It's a great way to start the New Year. ~ Rita

Mansfield Senior Center

860-429-0262, ext. 0

Fax: (860) 429-3208

E-mail: SeniorCenter@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
daintonch@mansfieldct.org

Senior Services Social Worker:

Beth Hudson-Hankins, LCSW, ext. 1

Volunteer Transportation Manager:

Gianna Stebbins, ext. 2

Administrative Assistant:

Linda C. Wohllebe, ext. 3

Receptionist:

Kathy Yaffee, ext. 4

The Municipal Agent for the Elderly, & Director, Dept. of Human Services: Kevin Grunwald, MSW, (860) 429-3315.

Transportation: Dial-a-Ride Transportation & Medical Transport outside the Dial-a-Ride Region: (860) 456-1462, **48 hours** in advance.

Where's Waldo?!

Find the hidden item somewhere in this issue, and send in the answer on the entry form to: Mansfield Senior Center/MSCA, 303 Maple Road, Storrs CT 06268, by Jan. 10th, 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 Jan. winner will be announced in the Feb. issue of *Sparks*. Please, only one entry per person. Good luck!

Dec. Winner: Georgette Beaumont

Congratulations!

"Hidden Item" Entry Form

Name: _____

Phone #: _____

Correct Page & Answer #: _____

**Hidden Item: the words
"New Beginnings"**

MISCELLANY

Thank You

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

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

*Irene F. Gay
Eileen Curran
Gloria Gerald
Michael Gerald*



Senior Hobby Display Case

Share your talent!

*Salvation Army Christmas
Courtesy of Bev Gotch*

Please let Cindy know if you have items you would like to display.

Genealogy Group

The Genealogy Group with Helen Collins meets on Tuesday, Jan. 8th, at 10:00 AM. Everyone is welcome to this informal group, no matter what your level of genealogy is. Join us!

Sparks Submissions

Please submit your articles for the February newsletter by Jan. 8th.

SPECIAL THANKS

Will and Judy Bigl have resigned from their volunteer positions. We thank them for their time and service.

We would also like to especially thank Tom Rogers for acting as our monthly birthday "MC" for these past few years. Unfortunately, Tom feels that it is now time to pass the microphone to someone new. So, if you are interested in becoming our new monthly birthday MC, please contact Cindy or Rita. We provide on-the-job training.



In the meantime, we will be looking for a volunteer to fill the Travel Chair position. If you are interested, please contact MSCA President Rita Braswell at 860-429-0262, ext. 5, leave a message, and she will get back to you.

"Whose woods these are
I think I know.
His house is in the village though.
He will not see me stopping here
to watch his woods
fill up with snow."

~Robert Frost,
*Stopping by the Woods
on a Snowy Evening*



PROGRAM PLANNING

We have listened to many of you over this past year. The results are as follows:

- * Catered dinners for 2013 (for as long as can be) will be \$8.00. The cut in price cuts down the extras, such as special beverages or desserts.
- * Catered meals will only occur in March, June, October, November, and December.
- * At present, the non-catered meals for the third Wednesday will come from TVCCA. These TVCCA meals mean no matter what the festivity, the meal will be what is on the TVCCA menu for the day. **NO EXCEPTIONS!**

Also, from this point on, for anyone wishing to see the entertainment who did not partake of the meal, there will be a \$2.00 charge.

Thank you,

The Program Planning Committee

IN MEMORY OF

**Leonard "Mel" Blossick
Margaret "Peggy" Combe
Ruth Castelli
John Vose
Sara Tormey**

Wanted

Volunteer drivers for the town van. If you are interested, please contact Cindy Dainton or Gianna Stebbins.

T'ai Chi Fall Prevention Program

The Mansfield Senior and Wellness Center will once again offer T'ai Chi as a fall prevention training activity, beginning February 4th and ending in mid-June. Falls are the single event most likely to cause early nursing home residence among older Americans, and among the most preventable unintentional injuries. One in three adults over the age of 65 will have a serious fall this year, and one in two over the age of 80 will fall this year, too. T'ai Chi has been shown to be one of the top prevention activities seniors can engage in, with a fall rate reduction of 55%.

Our Fall Prevention T'ai Chi Program will follow the protocol endorsed by the Centers for Disease Control and Prevention. CDC is interested in this chronic health problem due to the high frequency of incidence, and because of the high cost of fall injuries. We have presented this program in the past with an enthusiastic following, and very positive, measurable improvements in pre-test and post-test fall risk scores.

Findings by UConn students engaged in this research during the last summer of 2012 found that there was improvement in the "Timed Up and Go" tests, even among persons who have continued their T'ai Chi practice from previous programs.

The program protocol calls for enrollment in at least 2x weekly participation, with 3x weekly the best choice for strong improvements. The classes will be offered 3x weekly on Monday, Wednesday, and Friday. Priority for registration will be given to those who sign up for the 3x weekly option, the 2x weekly option, and, if space available, may register for 1x per week. Registration is strictly limited, with sign up beginning December 17 and closing January 23rd. Registration forms will be available at the Mansfield Senior Center.



The Healing Power of Meditation at the Mansfield Public Library

Thursday, January 24th, 7:00 PM

This program is presented by Matthew Raider, MD, a Clinical physician and coordinating director of the Geriatric Teaching Program in Family Medicine at Middlesex Hospital

All are invited to attend this informative presentation.



Exercise 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.
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. (Will resume in April.)
All-Day Mini-Quilting Retreat w/Pat, Monday, January 14th, 10:00 AM-4:30 PM.
Senior Aerobics with Margie Stickles:
Mondays & 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 Sharon, Thursdays, 9:00-10:00 AM.*

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. Jan. 30 & 31.

ALZHEIMER'S SUPPORT GROUP with Jane Downing 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, Jan. 9th.

CAREGIVERS SUPPORT GROUP with Kevin Grunwald usually meets the third Thursday of each month at 6:30 PM. January 17th.

FREE BLOOD PRESSURE SCREENINGS on the first & third Wednesday of each month at 11:00 AM, offered by Interim Health Care. No appointments necessary. January 2nd and 16th.

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. January 28th.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, Jan. 8th, 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 GROUP with Kevin Grunwald on Monday, January 14th at 11:00 AM.

MASSAGE THERAPY with Faith Manning 11:00 AM to 3:00 PM, usually the first and third Wednesday of each month, payable to Faith. Please make your appointment with Kathy Yaffee. January 2nd and 16th. Because of class changes, Faith will not be returning until May.

MINI-SPA from 9:00 AM to noon. Call Kathy for your appointment. Haircuts by Michelle, and nails by Hope. January 14th.

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 January 8th. Please contact Susan Gavitt at 860-423-7413 for further information.

OTHER HAPPENINGS

Conversation with Betty

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

Thursday, January 3, 2013:
"Is Gender Equality Attainable?"

Thursday, February 7th:
"I Know You Think You Understand ..."

Thursday, March 7th:
"Wasting Time?"

Everyone welcome for this friendly, lively discussion. Please call Betty at 860-429-6324 if you have any questions.

What is Jin Shin Jyutsu?

Jin Shin Jyutsu (pronounced "Jit-su") is an exceptionally gentle, non-invasive therapy that works without the use of needles, pressure, or rubbing. During a Jin Shin Jyutsu session, clients receive light touches on 52 specific energetic points call Safety Energy Locks, as well as on their fingers, toes, and midpoints on the upper arm, upper calf, and lower leg in predetermined orders known as "flows." Clients remain clothed except for shoes, and all hand placements are done over clothing. The session lasts 50 minutes and includes take-home instructions to practice Jin Shin Jyutsu on themselves or someone else.

This ancient Japanese bodywork can produce deep relaxation ad relieve chronic and acute pain, nausea, fatigue, depression, asthma, high blood pressure, headaches, gastrointestinal disorders, insomnia, etc.

There will be a "free" information session at the Mansfield Senior Center on January 15th, 2013, at 12:45 PM. (Snow date January 22nd.) The session will include a video and short lecture. Private sessions with June Porter, COTA/L and Jin Shin, Jyutsu Practitioner, will begin on Tuesdays in February. Fee is \$20./00 per 50-minute session.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT. & SUN. |
|--|---|--|---|---|--|
| <p>1.</p> <p>Happy New Year!</p>  <p>Center Closed</p> | <p>2.</p> <p>9:15-T'ai Chi 10:00-Writing Group 10:15-T'ai Chi 11:00-Massage 11:00-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 12:30-Movie "The Best of Carol Burnett"</p> | <p>3. 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Wii Bowl 10:00-Quilting w/Pat 10:00-Bridge w/Chinky 10:00-Sparkettes 11:00-Conversation w/Betty 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:30-Ther. Exer. 2:30-Wii Bowl 3:15-Senior Aerobics</p> | <p>4.</p> <p>9:00-T'ai Chi 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</p> | <p>5. Saturday</p> <p>~~~~~</p> <p>6. Sunday</p> | |
| <p>7.</p> <p>9:00 & 10:00-T'ai Chi 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Mahjongg 1:00-Beg.'s Tap 3:15-Senior Aerobics</p> | <p>8. 8:30-Strength/Stability 9:00-Dr. Walter 10:00-Scrabble 10:00-Wii Bowl 10:00-Generology 10:00-Ways & Means 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:30-Therapeutic Exer. 2:30-Computer Comm. 6:30-MS Support Grp.</p> | <p>9.</p> <p>9:15 & 10:15-T'ai Chi 10:00-Writing Group 10:15-Executive Board 12:00-Causeries en Français 12:00-Lunch 1:00-Alzheimer's Spt. Grp. 2:00-Non-Fict. Book Club 6:30-9:00-TNT Quilters</p> | <p>10.</p> <p>8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Sparkettes / Wii Bowl 10:00-Quilting w/Pat 10:00-Bridge w/Chinky 11:30-Foodshare 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:30-Ther. Exercise 2:30-Wii Bowl 3:15-Senior Aerobics</p> | <p>11.</p> <p>9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting & Crocheting 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 1:00-Art Studio</p> | <p>12. Saturday</p> <p>~~~~~</p> <p>13. Sunday</p> |
| <p>14.</p> <p>9:00 & 10:00-T'ai Chi 9:00-Mimi Spa 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 10:00-Quilting Retreat 11:00-Low Vision Grp. 12:00-Lunch 1:00-Mahjongg 1:00-Beg.'s Tap 3:15-Senior Aerobics</p> | <p>15.</p> <p>8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Lovely Old Bones 12:45-Jin Shin Jyutsu Presentation (snow date: 1/22) 1:00-Bingo 1:00-Program Planning 1:30-Therapeutic Ex.</p> | <p>16. 9:15 & 10:15-T'ai Chi 10:00-Writing Group 11:00-Blood Pressure 11:00-Massage 12:00-Causeries en Français 12:00-Lunch (\$3.00) 12:45-Entertainer Phil Rosenthal (if not having lunch, cost is \$2.00 to see the entertainer) 2:00-Red Hatters 6:00-Altrusa Meeting</p> | <p>17. 8:30-Strength/Stability 9:00-Yoga w/Sharon 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 / Jewelry 1:30-Therapeutic Exer. 2:30-Wii Bowl 3:15-Senior Aerobics 6:30-Caregiver's Spt. Grp.</p> | <p>18.</p> <p>9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting/ Crocheting 10:00-Photo Club 10:15-Zumba Gold 11:00-Brain Aerobics 11:00-Blueberry Pick-Up 12:00-Lunch 1:00-Art Studio 1:00-Duplicate Bridge</p> | <p>19. Saturday</p> <p>~~~~~</p> <p>20. Sunday</p> |

MONDAY

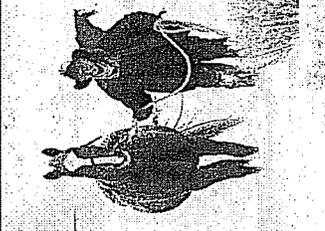
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

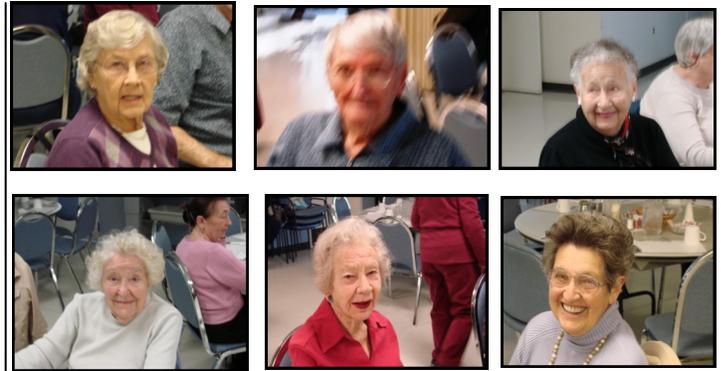
SAT. & SUN.

| | | | | | |
|---|--|--|---|---|---|
| <p>21. Martin Luther King, Jr., Day (observed)  Center Closed</p> | <p>22. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Intro. to Comp. 1:30-Therapeutic Ex.</p> | <p>23. 10:00-Writing Group 12:00-Causeries en Français 12:00-Lunch 2:00-Non-Fiction Book Club 6:30-9:00-TNT Quilters</p> | <p>24. 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Sparkettes 10:00-Wii Bowl 10:00-Bridge w/Chinky 11:30-Foodshare 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge / Jewelry 1:00-Intro. to Computers 2:30-Wii Bowl 3:15-Senior Aerobics</p> | <p>25. 10:00-Scrabble 10:00-Knitting/ Crocheting 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 1:00-Art Studio</p> | <p>26. Saturday ~~~~~ 27. Sunday</p> |
| <p>28. 9:00-T'ai Chi 10:00-T'ai Chi 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Mahjongg 1:00-Beg's Tap 1:00-Atty. Gates 3:15-Senior Aerobics</p> | <p>29. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bingo 1:00-Intro. to Computers 1:30-Therapeutic Ex.</p> | <p>30. 8:30-VNA East 10:00-Writing Group 12:00-Causeries en Français 12:00-Lunch</p>  | <p>31. 8:30-VNA East 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Sparkettes 10:00-Wii Bowl 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:00-Intro. to Computers 2:30-Wii Bowl</p> | <p>31. 8:30-VNA East 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Sparkettes 10:00-Wii Bowl 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Lovely Old Bones 1:00-Bridge 1:00-Jewelry 1:00-Intro. to Computers 2:30-Wii Bowl</p> |  <p><i>"January is here, with eyes that keenly glow, a frost-mailed warrior striding a shadowy steed of snow."</i> ~ Edgar Fawcett</p> |

JANUARY BIRTHDAYS

Flower: *Garnet for Constancy*
Birthstone: *Carnation for Friendship*

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



Happy Birthday to our December Attendees:
Adelaide Corcoran, Harry Darrow
Elizabeth Geissler, Dorothy Lindorff
Eileen Stock, May Trickett

Cards
Duplicate Bridge Scores: Friday, November 16th & November 30th not available at time of printing.



Wonderful students from the Oak Grove Montessori School helping to serve at our birthday lunch on Wed., Dec. 5th. Thank you very much!



The Mansfield Middle School Chamber Choir performing holiday carols at our December birthday lunch. What a wonderful group of singers!

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 **\$3.00**. **Individuals younger than 60 are welcome to eat, but are asked to pay the actual cost of the meal, which is now \$9.78.** Reservations must be made 24 hours in advance by 10:00 AM. 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:

Tuesday, January 1st: *Happy New Year!*

Wed., Jan. 2: Chicken Cacciatore
Thurs., Jan. 3: Cheeseburger Casserole
Fri., Jan. 4: Stuffed Shells

Mon., Jan. 7: Chicken Florentine
Tues., Jan. 8: Hearty Pork Stew
Wed., Jan. 9: Eggplant Rolette
Thurs., Jan. 10: Roasted Cod
Fri., Jan. 11: American Chop Suey

Mon., Jan. 14: Swedish Meatballs
Tues., Jan. 15: BBQ Chicken w/Bun
Wed., Jan. 16: Spanish Beef Stew
Thurs., Jan. 17: Cheese Manicotti
Fri., Jan. 18: Baked Ham

Mon., Jan. 21: MLK Day-Closed
Tues., Jan. 22: Lazy Man's Lasagna
Wed., Jan. 23: Cod Italiano
Thurs., Jan. 24: Chicken Parmesan
Fri., Jan. 25: Sloppy Joes w/Bun

Mon., Jan. 28: Chicken Stew
Tues., Jan. 29: Cod Nuggets
Wed., Jan. 30: Stuffed Chicken
Thurs., Jan. 31: Braised Pork Loin

1% milk and whole grain bread
are served with each meal.
Menu is subject to change.

MSCA Computer Learning Center Classes for January to March 2013

January

Introduction to the Computer: taught by Dan Gebben. Five sessions, 1:00 to 3:00 PM, January 22, 24, 29, 31 and Feb 5. 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. \$10.00 for the course.

February

E-mail: a free seminar taught by Dan Gebben. Friday, February 1st, 1:00 to 3:00 PM. This seminar will cover the following topics: reading an e-mail address, mailboxes, how to setup e-mail contacts, how e-mail is sent and received, and understanding the various e-mail folders. Other options like emoticons, replying and forwarding e-mails, e-mail attachments, e-mail etiquette, junk mail, and privacy in e-mail will be explained. This free class is for people who already have an e-mail account. If you need an e-mail account, please come to the Senior Center on any Monday and see Dan.

Genealogy: taught by Hellen Collins, Monday, February 11, 1:00 to 3:00 PM. Learn how to find valuable genealogy information on the web, and learn to use your computer at home on the Mansfield Library's Ancestry subscription. Students need to be able to use the web. \$10.00 for the course.

Excel 2010: taught by Mike Beschler, February 12, 14, 19 and 21 from 9:00 AM to noon. Learn how to create a spreadsheet that functions in the way that you desire and suits your personal needs, and more. \$10.00 for the course.

The Digital Camera: a free seminar taught by Dan Gebben on February 12 & 14 from 1:00 to 3:00 PM. This seminar will cover the basic functions of the camera (what all those buttons do) and how to take a good photo. Then we will explore methods of importing photos into the computer. The final section will cover photo organization, processing with Picasa, and sharing your masterpieces.

March

Internet College Courses: a free seminar taught by Jerry Heiss on March 28th from 1:30 to 3:00 PM. How to attend some of the world's great universities without leaving your home or paying a cent in tuition. Harvard, MIT, et al., are offering many courses over the Internet for free.

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.

Speak Up! Speak Out!

The other night I saw and heard something that put a smile on my face. A regular customer, who was going through some hard times, came in to pick up an order. She was told that the order had been paid for by someone else.

The clerk had paid for the items in order to give the customer a break. This is not only what the holiday season is about, but what should be in our hearts all year round.

When this happened, where it took place, or what the order was in not the point. What the clerk makes per hour makes no difference. It is doing things for others from the goodness of our heart that counts!

We need a lot more of this in today's world!

Happy New Year

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.

Gentle Yoga with Sara

Thursdays, 9:00 AM
at the
Mansfield Senior Center

Registration forms at the Center.

A.A.R.P. INFO

A.A.R.P. Spring & Fall Driver Safety Courses

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

**Tuesday, April 2nd,
9:00 AM to 1:00 PM**

**Tuesday, November 12th,
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 860-429-0262x0, to sign up. Class is limited to 25, so please sign up early.

Please Welcome

Beth Hudson-Hankins, LCSW

*to the Mansfield Senior &
Wellness Center*

Beth will be with us as a temporary Senior Services Social Worker at the Wellness Center on Tuesdays and Thursdays from 10:00 AM to 2:00 PM to assist you with your concerns.

You may contact her at 860-429-0262, ext. 1, with any questions or to schedule an appointment.

Welcome, Beth!

Jorgenson Tickets

Remember, you must be on a "list" that is sent to the Jorgenson by the Mansfield Senior Center the first Monday of each month. To get on the "list" you **MUST** be a member of the Mansfield Senior Center Association, Inc. If you are not a member, you may join—there is no fee. Just drop in and see us and we'll check your status. Once you are on the list, you remain there for the season.

After the list has been sent to the Jorgenson, then your best bet is to visit or call the following Tuesday to make arrangements to get your tickets. Remember, you deal directly with Jorgenson once we have put you on and transmitted the list.

Events left for the season:

Jan. 31: Live at Birdland

Feb. 4: Motionhouse

Mar. 14: Beethoven Orchestra of Bonn

Mar. 28: Russian National Ballet

May 2: Lila Downs

The Jorgenson Box Office may be reached by calling 860-486-4226.

BLUEBERRY STUDY

Blueberries must be ordered by
**Tuesday, January 8, 2013,
12:00 PM**

NO EXCEPTIONS!

Blueberry pick-up is
Friday, January 18, 11:00 AM

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

FULL PAGE FOR ADVERTISEMENTS

NOTICE:

**As of January 1, 2013,
printing from the alcove
computer will no longer
be available.**

**If you have something to
print, please see Dan
Gebben on Mondays,
10:00 to 11:00 AM.**

Thank you.

SNOW CLOSING

When Mansfield 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 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.

SENIOR SPARKS

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



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