



SENIOR SPARKS

VOLUME 39 ISSUE 3 MANSFIELD SENIOR CENTER ASSOCIATION, INC. MARCH 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

St. Patrick's Day Celebration

Wednesday, March 20th Noon

*Corned Beef & Cabbage, Mashed Potatoes, Baby Carrots,
Cranberry Juice, Sugar Cookie & Pistachio Pudding*



Entertainment provided by *"Full Gael"*
Traditional Irish music, including a variety of jigs, reels, and songs.

Prizes for best dressed greenest man and woman!

\$4.00 Suggested Donation for those 60+; \$9.78 for everyone else.

If you are coming for the entertainment only, cost is \$2.00 payable with the Receptionist.

Please register for lunch by 11:00 AM on Tuesday, March 12th.

CRAFTS & COLLECTABLES SHOW

at the Mansfield Senior Center

Saturday, March 23rd

9:00 AM to 2:00 PM

Refreshments available.
Bring your friends!

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

at the Mansfield Senior Center

Mondays & Wednesdays

9:00 to 11:00 AM

1:00 to 3:00 PM

Please call 860-429-0262, ext. 0
for an appointment.

A NOTE from the PRESIDENT

The sun is shining today, and thank God it's Friday, and February is half over as I write this. At our house we've come through two bouts of flu, the Great Blizzard of '13, and three days of gradually shoveling out one of our two cars. I'm sure many of you have been through the same thing, maybe even worse if you were one of those who lost power. So, I'm not really complaining, but neither can I say that I've been able to accomplish much as your president during this last month.

We have been working on the MSCA budget, and so far it's been interesting, but a little worrisome. We're going to have to raise more money or cut some expenses. Luckily, we're not nearly as badly off as the nation, or even the state, and we have every intention of coming up with a balanced budget. However, we are combing through our activities to discover which ones are making money, which ones are losing money, which ones deserve our support even if they're not making money, and even which new projects we might need to undertake.

This is also going to be a tough time for our Senior Center's budget. For those of you who don't know, it's already taken some tough budget cuts over the years, including the partial withdrawal of support from *Sparks*, and the loss of a Licensed Clinical Social Worker, and a cut in the Center's support staff. So, we're asking you to consider writing to the Town Manager, the Mayor, and Town Council members in support of the Center's budget. Remember, this is the *Center's* budget, not the Association's; and covers most of the programs, meals, and activities that Cindy and her staff provide. It would be even more supportive if some of us would be willing to speak to the Town Council during their work sessions on the budget. If so, we can make car-pooling arrangements for this. You wouldn't be up too late, as the Council hears remarks from the public before they begin their regular meeting.

There is one very small way in which you can help the budget right now. I'm sure you've all noticed how much the size of a bag or can of coffee has shrunk over the past few months, from 14 oz. to 12 oz., and now the 10 oz. size has begun to show up. We charge 25 cents for a cup of coffee, and we are going into the red on this. So, we're asking everyone, including our Board members, volunteers, and everyone taking a break from classes or meetings, to pay this really small price when they head for the coffee. It's nice to have that machine there, and we want to keep it perking away!

Now that the serious stuff is out of the way, it's time to cheer up and think only of spring and daffodils, and, oh yes, taxes. ~ Rita

MONTH OF MARCH AT CLIR

Reading Plays: Wednesdays, 10:15-11:45 AM, March 20 and 27 only. There will be a play with humor and drama, with a dozen significant roles to involve all who attend. Led by Zoe Leibowitz, experienced play reader leader.

Fair Divisions: Wednesdays, 1:15-2:45 PM, March 13 and 20 only. Is there a logical way to decide in a "fair" way? Led by Stan Kenton, ECSU Emeritus.

The Abbey: The National Theatre and the Nation: Wednesday, March 27th, 1:15-2:45 PM. Mary Burke, Assoc. Professor of English, UConn, and teacher of Irish literature, will explore how the theatre presented itself as a space within which "Irishness" could be remade.

Occupied Japan after World War II: Friday, March 15, 1:15-2:45 PM. A soldier's experiences during the first year of the occupation of Japan. Led by Patrick Olski, U.S. Army of Occupation, Japan; and 31 years as a physicist for General Electric designing semiconductor devices, some used on the Apollo Moon project.

Remember you and a friend are invited to attend one or two offerings, at no cost, so you can see for yourself how informative and enjoyable these session can be. For more information, call Betty Heiss (CLIR's Curriculum Co-Chair) at 860-429-6324.

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 PMSenior Center Coordinator:Cindy Dainton, 860-429-0262, ext. 9
daintonch@mansfieldct.orgSenior 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 Mar. 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 March winner will be announced in the April issue of *Sparks*. Please, only one entry per person. Good luck!

February Winner: Beryl Griffin
Congratulations!**"Hidden Item" Entry Form****Name:** _____**Phone #:** _____**Correct Page & Answer #:** _____**Hidden Item: the word "Pipes"**

MISCELLANY

Thank You

Many thanks to John Adamcik, June Curtis, Sam Gordon, Sue Kwastel, and Karen Peters for col-lating the February issue of *Sparks*. *Thanks so very much!*

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

*Mark & Sandra Tourtellotte
Cheryl S. McClain
Elaine Boudreau
Linda SM dos Santos*



Senior Hobby Display Case

Share your talent!

“Tea Time”

Courtesy of Zoe Leibowitz

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

Genealogy Group

The Genealogy Group with Helen Collins meets on Tuesday, Mar. 12th, 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, in writing, for the March newsletter by March 6th. Thank you.

Wanted

Volunteer drivers for the town van. If you are interested, please contact Gianna Stebbins at 860-429-0262, ext. 2.



Entertainers for Our Vaudeville Show!

If we can get enough acts together, we would love to begin this tradition again this coming spring!

Sing, dance, play an instrument, tell a story, or be a clown! How about impressions? We'll take it all!

Please contact Estelle Elliott at 860-429-1685.

We know you are out there!

In Memory Of

**Rita Lambert
Betty Elliott
Gary Keith Nass
Ulla Hussey
Frank Trainor**



BLUEBERRY STUDY

Blueberries must be ordered by **Tuesday, March 5, 2013, 12:00 PM**

NO EXCEPTIONS!

Blueberry pick-up is **Friday, March 15, 11:00 AM**

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

Veterans' Celebration Committee Members needed to help plan this November's Veterans' Day Celebration.

If you are interested, please contact Cindy Dainton at 860-429-0262, ext. 9. The first meeting is scheduled for March 12, 2013 at 9:00 AM. We need you!



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.



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 860-429-0262, ext. 0, to sign up. Class is limited to 25, so please sign up early.

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CLASS UPDATES

- * Gentle Yoga with Sharon will be discontinued at the end of March.
- * Bridge with Chinky will be discontinued at the end of May.
- * Drawing/Watercolors with Bill will be discontinued at the end of May.
- * Lovely Old Bones and Therapeutic Exercise will be combined into one class at 12:30 PM on Tuesdays and Thursdays with Kathy O'Connor. The name of this new class is "Strength & Toning."

The classes above are being discontinued/combined due to lack of enough participation in these programs. We do wish to extend our thanks to the instructors.

Foreclosure Hotline Bulletin, Dec. 2012

Toll-Free Mortgage Foreclosure Assistance Hotline:
1-877-472-8313

Department of Banking Website: www.ct.gov/dob

The free Foreclosure Hotline is open Monday-Friday, 8:00 AM to 5:00 PM. Calls will be returned within two business days. You may also reach the Department of Banking at the following telephone numbers: toll-free 1-877-472-8313 and 860-240-8299.

The Connecticut Housing Finance Authority administers two mortgage assistance programs created by the Connecticut General Assembly: (1) the Emergency Mortgage Assistance Program (EMAP), which can help with arrears and provide monthly mortgage assistance; and (2) refinancing via CT FAMILIES. For more information, call CHFA at 1-877-571-2432 or visit www.chfa.org.

More information and assistance is available through the Mansfield Human Services Department at 860-429-3315. Kathy Ann Easley will also be at the Mansfield Senior Center on Wednesdays if you would like an appointment there.

APPLICATIONS NOW BEING ACCEPTED

The Town of Mansfield is now accepting applications from all low-moderate income families in Mansfield to be on the Housing Rehabilitation Program waiting list. This program provides 0% interest, deferred payment loans to help homeowners with needed home improvements.

Please contact Jessie Shea, Planning and Community Development Assistant at 860-429-3330, or at sheajl@mansfieldct.org with any questions and to verify if you meet the income guidelines set by the Department of Housing and Urban Development. Information on the program and applications are available in the Planning Office at the Mansfield Town Hall, Audrey P. Beck Municipal Building, 4 South Eagleville Rd., Mansfield/Storrs CT 06268.

The Town promotes fair housing and makes all programs available to low and moderate income families regardless of age, race, color, religion, sex, national origin, sexual preference, marital status, or handicap status.

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SOLAR DISCOUNTS FOR MANSFIELD RESIDENTS

Working in partnership with the Town of Windham, Mansfield residents will soon have the opportunity to purchase solar installations for their homes at a discount. The Clean Energy Finance and Investment Authority (CEFIA), The John Merck Fund, and SmartPower have partnered to offer Solarize Connecticut, a program designed to simplify the process of installing solar and use the power of group purchasing to deliver discounts on the cost of a typical solar installation. Four Connecticut communities have been selected, including Mansfield/Windham and Coventry.

Mansfield/Windham is working with CEFIA to select the solar installer who will partner with the towns on the project. Installers are being evaluated on their tiered pricing, leasing options, emergency back-up systems, quality of workmanship, materials, project management experience, and marketing plans. An installer is expected to be selected by mid-February. Once the installer has been selected, additional details about pricing, leasing options, and program participation will be announced. In the meantime, residents may visit www.solarizect.com to sign up to receive more information as it becomes available. Residents may also contact Virginia Walton, Mansfield Recycling Coordinator, at 860-429-3333, with any questions.



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. March 20 & 21.

CAREGIVERS SUPPORT GROUP with Kevin Grunwald usually meets the third Thursday of each month at 6:30 PM. This month's meeting is March 21st.

FREE BLOOD PRESSURE SCREENINGS on the first and third Wednesday of each month at 11:30 AM to 12:30 PM, offered by Interim Health Care. No appointments necessary. March 6 & 20.

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. March 25th.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, March 12th 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.

NEW: JIN SHIN JYSUTSU every Tuesday from 9:00 AM to 3:00 PM. Call Kathy for your 50-minute session appointment. Cost is \$20.00 payable to the practitioner, June.

LOW VISION GROUP with Kevin Grunwald on Monday, March 11th, at 11:00 AM.

MASSAGE THERAPY with Faith Manning will resume in May.

MINI-SPA from 9:00 AM to noon the second Monday of every other month. Call Kathy for your appointment. Haircuts by Michelle, and nails by Hope. March 11th.

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 March 12th. Please contact Susan Gavitt at 860-423-7413 for further info.

NOTE: Beginning in March, the Tuesday and Thursday Lovely Old Bones and Therapeutic Exercise classes will be combined into one new class named "**Strength & Toning.**" This class will still be taught by Kathy O'Connor and she invites everyone to come try this new class on Tuesdays and Thursdays at 12:30 PM.

Conversation with Betty

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

Thursday, March 7th:
"Wasting Time?"

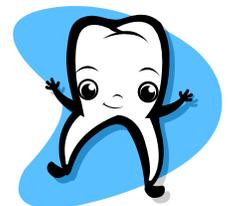
Thursday, April 4th:
"My Pet Peeves"
(ex.: last night's dirty dishes ...)

Thursday, May 2nd:
"Aging: How I'm Dealing with It"

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

UST Smiling Seniors Program

Sponsored by the
UConn School of Medicine



at the Mansfield Senior Center

Friday, March 1st—1:00 PM

The Smiling Seniors program provides a senior-specific oral health information program followed by a fun interactive game and free oral health products for those attending. Please call Kathy Yaffee at ext. 4 if you are interested in attending.

Save the Dates! Coming in April!

Aural Rehabilitation Program

Thursdays, 10:00 AM to 12:00 PM
at the Mansfield Senior Center

Three Sessions: April 11, 18, and 25

Week 1: Understanding speech with a hearing loss, and how to communicate more effectively.

Week 2: Improving your listening skills with auditory training.

Week 3: How hearing loss affects personal relationships, and what you can do to improve those relationships.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.



March 2013

Memorial Remembrance for Ulla Hussey Beloved Friend & Volunteer of the MSCA

Friday, March 8th, 10:30 AM at the Mansfield Senior Center

We hope you will come and share your remembrances of this wonderful lady.

- 1. 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 1:00-Smiling Seniors by UConn Health Center

2. Saturday

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3. Sunday

- 4. 9:00 & 10:00-T'ai Chi 9:00-11:00-Tax Assis. 9:00-Internet Workshop 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 12:30-UST Fall Prevention 1:00-Mahjongg 1:00-Beg.'s Tap 1:00-3:00-Tax Assis. 1:30-Chorus 3:15-Senior Aerobics

- 5. 8:30-Strength/Stability 9:00-Dr. Walters 9:00-3:00-Jin Shin Jyutsu 10:00-Scrabble 10:00-Wii Bowl 10:30-Watercolors w/Bill 11:00-Ways & Means Mtg. 12:00-Lunch 12:30-Strenght & Toning 1:00-Bingo

- 6. 9:00-11:00-Tax Assistance 9:15 & 10:15-T'ai Chi 10:00-Writing Group 11:30-12:30-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 12:45-MMS Strings Group 1:00-3:00-Tax Assistance



- 7. 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Sparkettes / Wii Bowl 10:00-Quilting w/Pat 10:00-Bridge w/Chinky 11:00-Conversation w/Betty 11:30-Foodshare 12:00-Lunch 12:30-Strength & Toning 1:00-Bridge / Jewelry 2:30-Wii Bowl 3:15-Senior Aerobics

- 8. 9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting & Crocheting 10:15-Zumba Gold 10:30-Remembrance for Ulla Hussey 11:00-Brain Aerobics 12:00-Lunch 1:00-Art Studio

9. Saturday

Spring Ahead One Hour at Bedtime



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10. Sunday

Daylight Savings Begins

- 11. 9:00-Mini-Spa 9:00-Internet Workshop (make up class) 9:00 & 10:00-T'ai Chi 9:00-11:00-Tax Assis. 9:00-Mini Spa 10:00-Sparkettes/Art Studio 10:00-Computer Help 11:00-Low Vision Grp. 12:00-Lunch 1:00-Mahjongg/Beg.'s Tap 1:00-3:00-Tax Assis. 1:30-Chorus 3:15-Senior Aerobics

- 12. 8:30-Strength/Stability 9:00-Veterans' Committee Meeting 9:00-Dr. Walter 9:00-3:00-Jin Shin Jyutsu 10:00-Scrabble/Wii Bowl 10:00-Genealogy 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Strength & Toning 1:00-Bingo 6:30-M.S. Support Grp.

- 13. 9:00-11:00-Tax Assistance 9:15 & 10:15-T'ai Chi 10:00-Writing Group 10:15-Executive Board Mtg. 12:00-Causeries en Français 12:00-Lunch 12:45-MSA Association Mtg. 1:00-3:00-Tax Assistance 2:00-Non-Fiction Book Club 6:30-9:00-TNT Quilters

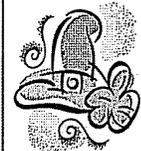
- 14. 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-Sparkettes 10:00-Wii Bowl 10:00-Quilting w/Pat 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Strenght & Toning 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15-Senior Aerobics

- 15. 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

16. Saturday

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17. Sunday



St. Patrick's Day

**MONDAY**

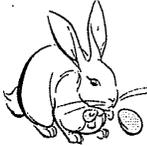
**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

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| <p><b>18.</b><br/>9:00 &amp; 10:00-T'ai Chi<br/>9:00-11:00-Tax Assis.<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/>1:00-3:00-Tax Assis.<br/>1:30-Chorus<br/>3:15-Senior Aerobics</p>                                                                                                                           | <p><b>19.</b><br/>8:30-Strength/Stability<br/>9:00-3:00-Jin Shin<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>10:30-Watercolors w/Bill<br/>12:00-Lunch<br/>12:30-Strength &amp; Toning<br/>1:00-Bingo<br/>1:00-Program Planning</p>                                                                                 | <p><b>20.</b> 8:30-VNA East<br/>9:00-11:00-Tax Assis.<br/>9:15 &amp; 1-15-T'ai Chi<br/>10:00-Writing Group<br/>11:30-12:30-Blood Press.<br/>12:00-Causeries en Français<br/>12:00-<i>St. Patrick's Lunch</i><br/>12:45-<i>Full Gael - Irish Musical Group</i><br/>1:00-3:00-Tax Assis.<br/>2:00-Red Hatters<br/>6:30-9:00-TNT Quilters<br/>6:30-9:00-Altrusa Mtg.<br/><b>First Day of Spring</b></p> | <p><b>21.</b> 8:30-VNA East<br/>8:30-Strength/Stability<br/>9:00-Yoga w/Sharon<br/>10:00-Sparkettes<br/>10:00-Wii Bowl<br/>10:00-Bridge w/Chinky<br/>10:00-Quilting w/Pat<br/>11:30-Foodshare<br/>12:00-Lunch<br/>12:30-Strength &amp; Toning<br/>1:00-Bridge / Jewelry<br/>2:30-Wii Bowl<br/>3:15-Senior Aerobics<br/>6:30-Caregivers Support</p>                                 | <p><b>22.</b> 8:45-Van Trip:<br/>Garden Conference<br/>@ UConn<br/>9:00-T'ai Chi<br/>10:00-Scrabble<br/>10:00-Knitting/<br/>Crocheting<br/>10:15-Zumba Gold<br/>11:00-Brain Aerobics<br/>12:00-Lunch<br/>1:00-Art Studio</p> | <p><b>23. Saturday</b><br/><br/>Crafts &amp; Collectables Show<br/>9:00 AM to 2:00 PM<br/><br/>~~~~~<br/><b>24. Sunday</b><br/><br/>Palm Sunday </p> |
| <p><b>25.</b> 9:00/10:00-T'ai Chi<br/>9:00-11:00-Tax Assis.<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/>1:00-3:00-Tax Assis.<br/>1:30-Chorus<br/>3:15-Sr. Aerobics<br/>Passover begins at Sundown </p> | <p><b>26.</b> 8:30-Strength/Stability<br/>9:00-Dr. Walters<br/>9:30-Van Trip to Outlets<br/>9:00-3:00-Jin Shin<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>10:30-Watercolors w/Bill<br/>12:00-Lunch<br/>12:30-Strength &amp; Toning<br/>1:00-Bingo<br/>1:00-Receptionist Mtg.<br/><b>First Day of Passover</b></p> | <p><b>27.</b><br/><i>Registration Deadline for April 1st Classes</i><br/>9:00-11:00-Tax Assis.<br/>9:15 &amp; 10:15-T'ai Chi<br/>10:00-Writing Group<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>1:00-3:00-Tax Assis.<br/>2:00-Non-Fiction Book Club<br/><b>Full Moon</b></p>                                                                                                                | <p><b>28.</b> 8:30-Strength/Stability<br/>9:00-Yoga w/Sharon<br/><i>(last class)</i><br/>10:00-Sparkettes / Wii Bowl<br/>10:00-Bridge w/Chinky<br/>10:00-Quilting w/Pat<br/>12:00-Lunch<br/>12:30-Strength &amp; Toning<br/>1:00-Bridge 1:00-Jewelry<br/>1:30-3:00-Free Computer Seminar on Internet College Courses by Jerry Heiss<br/>2:30-Wii Bowl<br/>3:15-Senior Aerobics</p> | <p><b>29.</b><br/><br/><b>Good Friday</b><br/><br/><br/><br/><b>Center Closed</b></p>                                                     | <p><b>30. Saturday</b><br/><br/>~~~~~<br/><b>31. Sunday</b><br/><br/> <b>Easter Sunday</b></p>                                                      |

**MARCH BIRTHDAYS**

**Flower:** Bloodstone for Courage

**Birthstone:** Jonquil for Affection

- 1 Michael Bolton, Josephine Field, Dae H. Koh
- 2 Lila Tulin
- 3 Joyce Brigham
- 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 Michael Adams
- 8 Margaret Easton, Edmund Fogg, Mary Lirot
- 9 Joyce Arsenaault, Irene Boudreau, Bert Brine  
Catherine Knuttel, Peggy Kobey  
Lutricia Lyons, Norma Mills
- 10 Josephine Raymond, Elizabeth Wong
- 12 Marjorie Bachand, Victoria Mayo  
Arthur Moore, Nancy Orth, Eugene Rigler
- 13 Mary Beausoleil, Theodore Chomiak  
Kathy Fisher, Susan Rohde, Jean Smith
- 14 Patricia Perreault, Cecile Powers, Rudolf Tokes
- 15 Jane Blanshard, Patricia Curry, Beverly Morgan  
Gertrude Ogushwitz
- 16 James Chase, Herbert Getter, Sue Harkness  
Mary Regina Higgins, Pauline Lamoureux  
Frances Lenox, Linda Savage
- 18 Doris Bedard, George Cole, Karin Randolph
- 19 Lewis Katz, Lucinda Von Duntz
- 21 Alice Kinne, Charles Nagy, Sonia Drexler
- 22 Therese Beaulieu, Kevin Grunwald  
Madeline Manning, Alice Miner, Leslie Moulton  
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
- 28 Robert Gottlieb, Arthur Gustafson  
Dorothy Lauritzen
- 29 Elaine Abbott, Charles Vinsonhaler  
Feng Rong Zheng
- 30 Philip Barry, Paul Duteau, Barbara Mayer  
Betty Roberts, Dolores Smith, Anne Soracchi
- 31 Stella Burton, Evelyn McKenna



Happy Birthday to our  
February Birthday Lunch Attendees:

*John Adamcik, Samuel Gordon  
Emma Kuchta (with her daughter)  
& Sharron Swanson*

Belated February Birthday Wishes to  
Wilhelmina Gore

**CARDS**



*Duplicate Bridge: Friday, January 18, 2013*

**NS**

- 1. Paula Tate & Jerry Shaffer 73
- 2. Judy Senkbeil & Sue Cowen 70.5
- 3. Helen Collins & Rita Pollack 68.5

**EW**

- 1. Phanindra Chakraborty & Paul Stanton 80
- 2. Doris LeDoyt & Anna McLain 74
- 3. Mary Brown & Pat Lanza 66

**Save the Date!**  
**Tuesday, April 16th**

**Annual Intergenerational Dinner  
at E.O. Smith High School with the meal  
prepared by dietetic students from UConn's  
Dept. of Allied Health Sciences.**

**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.

**March Menu:**

- Fri., Mar. 1: Eggplant Rolette
- Mon., Mar. 4: Roasted Cod
- Tues., Mar. 5: Chicken Florentine
- Wed., Mar. 6: Penne Pasta  
*(Birthday Lunch)*
- Thurs., Mar. 7: Sloppy Joes w/Bun
- Fri., Mar. 8: Crispy Fish Cakes
- Mon., Mar. 11: Western Omelet
- Tues., Mar. 12: Baked Ham
- Wed., Mar. 13: Chicken Veracruz
- Thurs., Mar. 14: Tuscan Beef Stew
- Fri., Mar. 15: Stuffed Shells w/Sauce
- Mon., Mar. 18: Swedish Meatballs
- Tues., Mar. 19: Cheese Manicotti
- Wed., Mar. 20: *St. Patrick's Day Celebration w/Corned Beef & Cabbage*
- Thurs., Mar. 21: Chicken Parmesan
- Fri., Mar. 22: Cod Florentine
- Mon., Mar. 25: Stuffed Chicken
- Tues., Mar. 26: American Chop Suey
- Wed., Mar. 27: Chicken Alfredo
- Thurs., Mar. 28: Braised Pork Loin
- Fri., Mar. 29: **Good Friday**  
(Center Closed)



*Menu is subject to change.*

**MSCA Computer Learning Center Classes for March**

**March**

**Internet College Courses:** a free seminar taught by Jerry Heiss on March 28<sup>th</sup> 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 Pipes 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.

It's a class... It's a listening club... Sign up!

# MUSIC APPRECIATION; 1900-1960

A great variety of musical styles. We'll listen to old favorites, but also discover gems from unfamiliar artists and styles. We may jump from 1925 to 1945, or from calypso to country, or from the US to France. Styles may include tin pan alley, blues, jazz, big band, and Broadway. Bill comes with selections and comments, but your comments and memories are encouraged as well. For variety we may have a sing-along or some video clips. Instructor; Bill Dougal

**Wednesdays,  
10:30 AM**

**Beginning May 1st**

Eight students will need to register to make the class a go. Cost is \$5.00 per class residents and \$6.00 for non-residents. Please sign up at the front desk if you are interested in taking this class.

## TWO UPCOMING VAN TRIPS FOR MARCH

We currently have the following two trips scheduled for the month of March with our new van!

**Friday, March 22nd:** *Garden Conference, Lewis Rome Commons, UConn.* Depart the Senior Center promptly at 8:45 AM, and return at 3:30 PM. Registration is required for this event at [www.2013garden.uconn.edu](http://www.2013garden.uconn.edu). An informational flyer is available at the Senior Center. Event registration and lunch costs will be at the individual's expense. Van registration deadline is Tuesday, March 19th.

**Tuesday, March 26th:** *Clinton Crossing & Tanger Outlets.* Depart the Senior Center promptly at 9:30 AM and return at 2:30 PM. Informational flyer with specific details is available at the Center. Lunch cost will be at individual's expense. Van registration deadline is Thursday, March 21st.

**NOTE:** 10-person maximum per trip. Registration available at the Receptionist Desk. *Watch for upcoming information regarding van runs to the Mansfield Public Library and Big Y!*

**TRANSPORTATION REMINDER:** All individuals using our volunteer transportation services must be able to: (1) Walk 200 feet without assistance; (2) Climb three 12-inch steps or use a wheelchair lift (for van transport); and (3) wait outside without support for 10 minutes. Please be aware that the Senior Center does have the right to decline transportation services. For further information or questions regarding transportation, please contact Gianna Stebbins, Volunteer Transportation Manager, at 860-429-0262, ext. 2.

## QUILTING WITH PAT FERGUSON—SPRING 2013

**Quilting w/ Pat:** Thursdays from 10:00 AM to 12:30 PM. Next session: March 7, 14, 21, 28 and April 4, 18, 25 (no class April 11). This session will feature "Projects of Your Choice." Use this time to begin new projects or complete projects that need a finishing touch. Whether it is a project that has you stumped, a quilt that just needs a border, or a new project that needs a jump start, bring it in and get some encouragement and class motivation with Pat Ferguson as your "Quilting Coach." Seven classes. \$42.00 residents; \$49.00 non-residents.

**Evening Quilting w/Pat:** 1st & 3rd Wed. of the month from 6:30 to 9:00 PM. Next session: April 3, 17; May 1, 5; and June 5, 19. This session will also feature "Projects of Your Choice." Six classes. \$36.00 residents; \$42.00 non-residents.

**All Day Quilting with Pat Mini Quilting Retreat:** Monday, April 29th, 10:00 AM to 4:30 PM. Quilt all day on projects of your choice with Pat as your "Quilting Coach." \$30.00 residents; \$35.00 non-residents.

## 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.

### **Events left for the season:**

Mar. 14: Beethoven Orchestra  
Mar. 28: Russian National Ballet  
May 2: Lila Downs

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

***P.S. We'll be continuing the program again this fall!***

**It's Almost Here!**

### **SUMMER SERIES**

*at the Mansfield Senior Center*

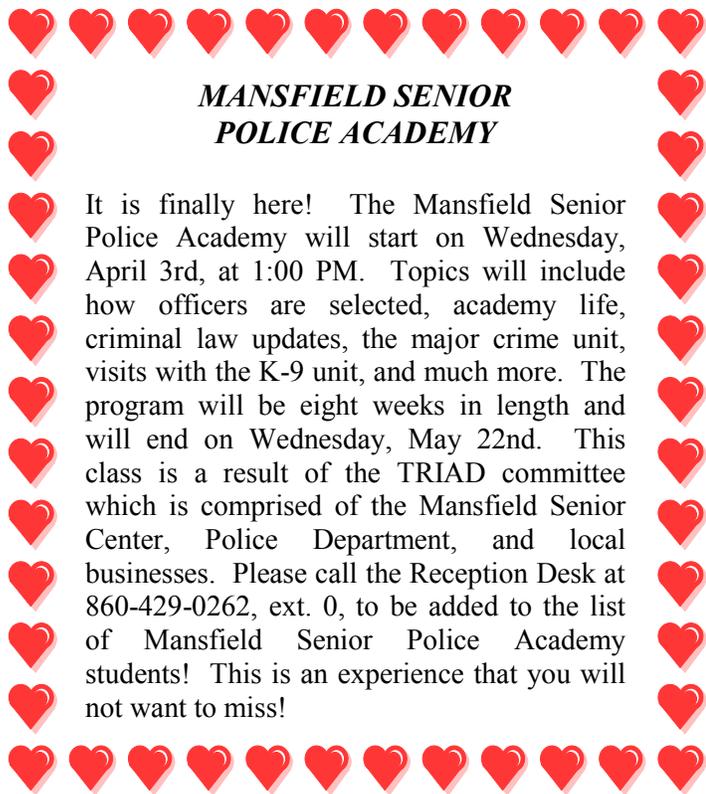
*Thursday, May 2nd:* Dick Santi Orchestra (15 pieces) and a picnic dinner. "Enjoy the rich, mellow sounds of the big band era, blended with contemporary styling's." Bring your own picnic dinner.

*Thursday, June 6th:* Seldom Heard—"a string band with tight vocal harmonies" from the local area. Pizza and salad will be provided. Sign up at the front desk by Monday, June 3rd at 4:00 PM.

*Thursday, July 11th:* Movie and a Picnic. Movie is yet to be determined. Bring your own picnic dinner to eat during the movie.

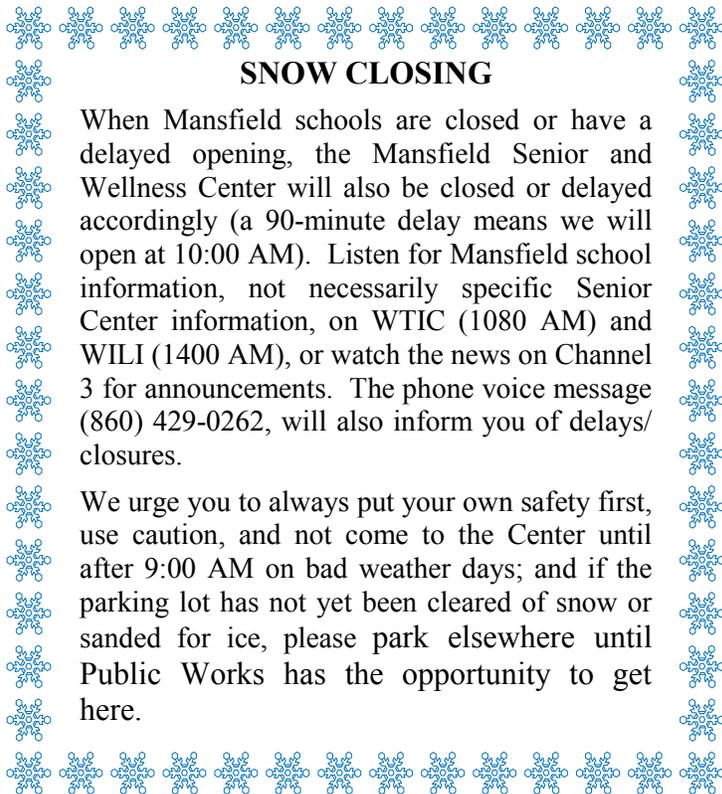
*Thursday, August 1st:* Shiny Lapels (tentative). This event will feature a pot luck dinner. Please bring your favorite dish to share.

FULL PAGE FOR ADVERTISEMENTS



**MANSFIELD SENIOR  
POLICE ACADEMY**

It is finally here! The Mansfield Senior Police Academy will start on Wednesday, April 3rd, at 1:00 PM. Topics will include how officers are selected, academy life, criminal law updates, the major crime unit, visits with the K-9 unit, and much more. The program will be eight weeks in length and will end on Wednesday, May 22nd. This class is a result of the TRIAD committee which is comprised of the Mansfield Senior Center, Police Department, and local businesses. Please call the Reception Desk at 860-429-0262, ext. 0, to be added to the list of Mansfield Senior Police Academy students! This is an experience that you will not want to miss!



**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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PRE-SORT STANDARD #57  
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