



# SENIOR SPARKS

VOLUME 39 ISSUE 4 MANSFIELD SENIOR CENTER ASSOCIATION, INC. APRIL 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: Kay Warren \* 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

## ~ Volunteer Celebration Day ~ at the Mansfield Senior Center

Wednesday, April 17, 2013, Noon

### Menu:

Chicken Stew, Seasoned Rice  
Mixed Vegetables  
Orange Juice  
Cupcake



Mansfield Senior Center volunteers will be our guests for lunch (*you must sign up*). All others 60+, the suggested donation is \$3.00. For those under 60, the cost is \$9.78. **EVERYONE must sign up by Monday, April 8th, 9:00 AM.** Priority seating to volunteers. Please sign up with the receptionist at the front desk in the Special Events book. Thank you.

*National Volunteer Week April 21-27, 2013*



## Save the Date! “Spring Bazaar”

at the Mansfield Senior Center

Saturday, May 4th, 9:00 AM to 1:00 PM

Well, folks, once again it’s time to please bring us your “gently-used” treasures so that we may offer them at our annual fund-raising sale. White elephant, jewelry, toys, crafts, knitted items, books, gift items, & baked goods (individually wrapped, please). We do not accept clothes, purses, or shoes—but just about everything else!

### *President's Note ... April 2013*

There were two meetings on Wednesday, March 13th. The MSCA Executive Board met in the morning and the Association membership in the afternoon. Both meetings covered much the same ground, so I will combine them from here.

First, we had the pleasure of meeting the new Travel Chair, Kay Warren, who has worked previously for the McSweeney Senior Center. She mentioned several trips she is now working on, and is open to ideas from all of us, both for day trips and for longer ones.

The Treasurer and our Finance Officer met with several committee chairs and had a long meeting revamping our budget format and working to bring the FY 2013/2014 budget into balance. We're not there yet, but we are making encouraging progress.

Discussion over the future of *Sparks* continues. While we came very close to agreement, it was felt that there were still some areas that needed double-checking. Because of time constraints, this could not be done until after the Board meeting adjourned. We still hope to have a decision for April.

The last matter we covered was the need for your support of the Senior Center's budget. The Board authorized letters to the Mayor and the Town Manager expressing the MSCA's concern over budget cuts the Center has received over the last several years, and the hope that it will not be cut this year. At the suggestion of MSCA members, we are going to put out one petition asking for your signatures in support of the Center's budget, and another asking you to sign up to send letters to the Council, or even to speak in support at Council meetings when the budget is being worked on. We will be happy to help with transportation on the night(s) when those meetings are scheduled.

The staff here is working to capacity, and the coordinator has already found it necessary to cancel courses that do not bring in enough money to support themselves (you will find another petition asking for your help in keeping at least one of these courses going). So, you can see that the Center needs to show evidence of your support.

~ Rita



### **Mansfield Senior Center**

**860-429-0262, ext. 0**

Fax: (860) 429-3208

E-mail: [SeniorCenter@mansfieldct.org](mailto:SeniorCenter@mansfieldct.org)  
[www.mansfieldct.org](http://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](mailto: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 April. 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 April winner will be announced in the May issue of *Sparks*. Please, only one entry per person. Good luck!

**March Winner: Bonnie Miller**  
***Congratulations!***

#### **"Hidden Item" Entry Form**

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

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

**Correct Page & Where:** \_\_\_\_\_

**Hidden Item:**



## MISCELLANY

### Thank You

Many thanks to John Adamcik, Jim Campetelle, June Curtis, Beryl Griffin, Sam Gordon, Alice Jansen, Sue Kwastel, and Karen Peters for collating the March issue of *Sparks*. *Thanks so very much!*

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

*Linda SM dos Santos*  
*Michael Saucier*  
*Kay Warren*  
*Svein Winther*



### Senior Hobby Display Case

*Share your talent!*

**"Jewelry Display"**

*Courtesy of the Jewelry Group*

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

### Genealogy Group

The Genealogy Group with Helen Collins meets on Tuesday, April 9th, 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 May newsletter by April 8th. Thank you.

## WELCOME KAY WARREN - NEW TRAVEL CHAIR

**Greetings Everyone!** No, this is not an April Fool's joke! My name is Kay Warren and I am excited to be chosen as your new travel coordinator here at the Mansfield Senior Center. I have been the travel coordinator at the McSweeney Senior Center for the past four years and doing trips over 10 years. Many of you have been on my trips, so the transition should be easy for you. Me, I have to get the brain in motion again and start to remember names with faces. We need your help. The travel committee needs to schedule some day trips for May, June, July, Sept., Oct., Nov., and Dec. of 2013. We would like you to brainstorm and let me, or a member of the travel committee, know where you would like to go. Driver tips are always included in the price of the trips.

**Tues., Wed., & Thurs., June 11-13: Penn Dutch w/NOAH.** Five meals included, dinner at the Dutch Apple Dinner Theatre, and NOAH at the Sight & Sound Theatre. Please see the flyer for all the other info and places, or call Kay for more info. \$398 pp (includes driver trip).

**Thursday, August 8: Triple Lobsters:** Three lobsters or prime rib is on the menu with the famous Polynesian show. \$80 pp.

**Sun. to Sat., September 22-28:** Smokey Mountains and Pigeon Forge. Ten meals, six shows. You MUST see the flyer for all the sightseeing we will be doing. \$545 pp. At the time of this writing, I have two seats left on the first bus. If we have enough for a second bus, they will accommodate us, so please contact me if you want to go. People are still talking about the Nashville trip we took two years ago!

**Sat., September 7: The 9/11 Memorial:** There is walking involved, but there are benches throughout the memorial to sit, as well. From there we will go to the Teardrop Statue in New Jersey with lunch at Houlihan's in Bayonne, NJ. The statue was a gift from the Russian people in honor of those that lost their lives on 9/11. You have a choice of five entrees (see flyer). All for \$72 pp.

**TRAVEL DESK: 860-429-0262, Ext. 6.**

### In Memory Of

**Lillian Freudmann**



### BLUEBERRY STUDY

Blueberries must be ordered by  
**Tuesday, May 7th, 12:00 PM**

***NO EXCEPTIONS!***

Blueberry pick-up is  
**Friday, May 17th, 11:00 AM**

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

**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.

\* \* \* \* \*

**CLASS UPDATES**

- \* 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."

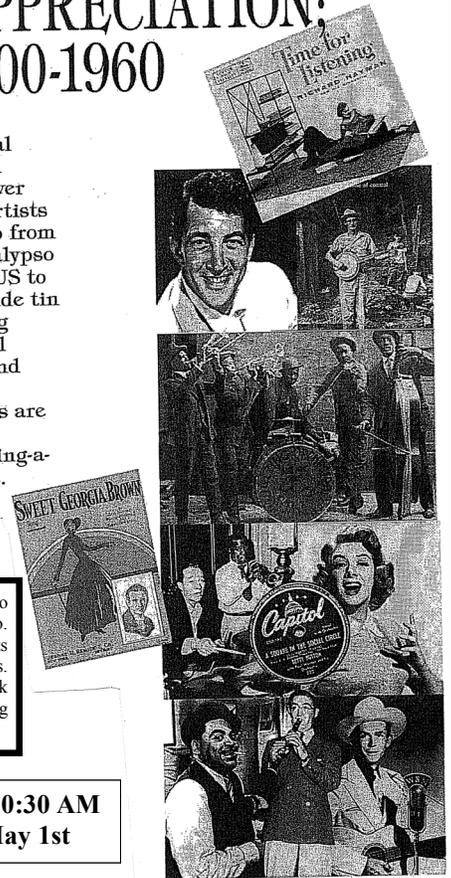
The classes above are being discontinued/combined due to lack of enough participation in these programs. We do wish to extend our thanks to the instructors.

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

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.

**Wednesdays, 10:30 AM**  
**Beginning May 1st**



**A Taste of Italy**

*An Intergenerational Meal*

*Presented by the University of Connecticut Dietetics Students*



Appetizer  
*Italian Garden Salad*



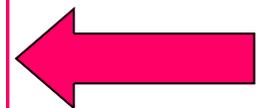
Entrée  
*Chicken Parmesan with Penne Pomodoro and Garlic Bread*

Dessert  
*Cheesecake with Fruit Topping*



When: April 16, 2013  
Where: E.O. Smith High School  
Cost: \$8 per person  
Time: 5 pm

*Please make your reservations at the Reception Desk no later than Monday, April 8th, 4:00 PM. Checks will be payable to: MSCA.*



## 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. April 17 & 18.

**CAREGIVERS SUPPORT GROUP** with Kevin Grunwald usually meets the third Thursday of each month at 6:30 PM. This month's meeting is April 18th.

**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. April 3 & 17.

**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. April 22nd.

**FOOTCARE** with Dr. Walter, Podiatrist, Tuesday, April 9th, beginning at 9:00 AM. Medicare will be billed if you are eligible. Dr. Walter carries Dr. Comfort shoes, including M/C Diabetic shoes.

**JIN SHIN JYSUTSU** one Tuesday per month 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, April 8th, 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. May 13th.

**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 April 9th. Please contact Susan Gavitt at 860-423-7413 for further info.

### EXTRA! EXTRA!

The Mansfield Senior Center has received a generous donation to support the **Gentle Yoga Class with Sharon** for the months of April & May. No class fees will be charged for these two months, but we still request that you register for the class.

### Conversation with Betty

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

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.

### 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.

### Islam Discussion

at the Mansfield Senior Center

**Friday, April 19th, 11:00 AM**

Students from the University of Connecticut Muslim Student's Association will give a brief overview about the basic beliefs of Islam and discuss what it means to be Muslim. The purpose of the discussion is to provide an educational opportunity to learn more about a religion that some people may not know much about. The discussion will be followed by a question and answer session.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

<p><b>1.</b> 9:00 &amp; 10:00-T'ai Chi 9:00-11:00-Tax Assis. 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Mahjongg 1:00-3:00-Tax Assis. 1:30-Chorus 3:15-Senior Aerobics</p> <p><i>April Fool's Day</i></p>	<p><b>2.</b> 8:30-Strength/Stability 9:00-1:00-AARP Safe Driving Course 10:00-Scrabble 10:00-Wii Bowl 10:30-Watercolors w/Bill 11:00-Ways &amp; Means Mtg. 12:00-Lunch 12:30-Strength &amp; Toning 1:00-Bingo 2:30-Computer Committee</p>	<p><b>3.</b> 9:00-11:00-Tax Assistance 9:15 &amp; 10:15-T'ai Chi 10:00-Writing Group 11:30-12:30-Blood Pressure 12:00-Causeries en Français 12:00-Birthday Lunch 12:30-Van Run to Big Y 1:00-Sr. Police Academy 1:00-3:00-Tax Assistance 6:30-9:00-Evening Quilting w/Pat</p>	<p><b>4.</b> 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 11:00-Conversation w/Betty 11:30-Foodshare 12:00-Lunch 12:30-Strength &amp; Toning 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15-Senior Aerobics</p>	<p><b>5.</b> 9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting &amp; Crocheting 10:00-Photo Club 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 1:00-Art Studio</p>	<p><b>6. Saturday</b> ~~~~~</p> <p><b>7. Sunday</b></p>
<p><b>8.</b> 9:00 &amp; 10:00-T'ai Chi 9:00-11:00-Tax Assis. 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 11:00-Low Vision Group 12:00-Lunch 1:00-Mahjongg 1:00-3:00-Tax Assis. 1:30-Chorus 3:15-Senior Aerobics</p>	<p><b>9.</b> 8:30-Strength/Stability 9:00-Dr. Walter 10:00-Scrabble 10:00-Wii Bowl 10:00-Genealogy 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Strength &amp; Toning 1:00-Bingo 6:30-M.S. Support Group</p>	<p><b>10.</b> 9:00-11:00-Tax Assistance 9:15 &amp; 10:15-T'ai Chi 10:00-Writing Group 10:15-Executive Board 12:00-Causeries en Français 12:00-Lunch 12:30-Van Run to Library 1:00-Sr. Police Academy 1:00-3:00-Tax Assistance 2:00-Non-Fict. Book Clb. 6:30-9:00-TNT Quilters</p>	<p><b>11.</b> 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-12:00-Aural Rehab. 10:00-Sparkettes 10:00-Wii Bowl 10:00-Bridge w/Chinky 12:00-Lunch 12:30-Strength &amp; Toning 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15-Senior Aerobics</p>	<p><b>12.</b> 9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting &amp; Crocheting 10:15-Zumba Gold 11:00-Brain Aerobics 12:00-Lunch 1:00-Art Studio</p>	<p><b>13. Saturday</b> ~~~~~</p> <p><b>14. Sunday</b></p>
<p><b>15.</b> 9:00 &amp; 10:00-T'ai Chi 9:00-11:00-Tax Assis. 10:00-Sparkettes 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Mahjongg 1:00-3:00-Tax Assis. 1:30-Chorus 3:15-Senior Aerobics</p>	<p><b>16.</b> 8:30-Strength/Stability 9:00-3:00-Jin Shin Jyutsu 10:00-Scrabble 10:00-Wii Bowl 10:30-Watercolors w/Bill 12:00-Lunch 12:30-Strength &amp; Toning 1:00-Bingo 5:00-Intergenerational Dinner: "A Taste of Italy" at E.O. Smith</p> 	<p><b>17.</b> 8:30-VNA East 9:15 &amp; 10:15-T'ai Chi 10:00-Writing Group 11:30-1230-Blood Pressure 12:00-Causeries en Français 12:00-<i>Volunteer Celebration Day</i> 12:30-Van Run to Library 1:30-Sr. Police Academy 2:00-Red Hatters 6:30-9:00-Evening Quilting w/Pat</p>	<p><b>18.</b> 8:30-VNA East 8:30-Strength/Stability 9:00-Yoga w/Sharon 10:00-12:00-Aural Rehab. 10:00-Sparkettes / Wii Bowl 10:00-Quilting w/Pat 10:00-Bridge w/Chinky 11:30-Foodshare 12:00-Lunch 12:30-Strength &amp; Toning 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15-Senior Aerobics 6:30-Caregiver's Spt. Grp.</p>	<p><b>19.</b> 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-Islam Discussion 12:00-Lunch 1:00-Art Studio 1:00-Duplicate Bridge</p>	<p><b>20. Saturday</b> ~~~~~</p> <p><b>21. Sunday</b></p>

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

**22.**  
 9:00 & 10:00-T'ai Chi  
 10:00-Sparkettes  
 10:00-Art Studio  
 10:00-Computer Help  
 12:00-Lunch  
 12:45-Karaoke Jam Session  
 1:00-Mahjongg  
 1:00-Atty. Gates  
 1:30-Chorus  
 3:15-Senior Aerobics

*Earth Day* 

**23.**  
 8:30-Strength/Stability  
 10:00-Scrabble  
 10:00-Wii Bowl  
 10:30-Watercolors  
 w/Bill  
 12:00-Lunch  
 12:30-Strength  
 & Toning  
 1:00-Bingo

**24.**  
 9:15 & 1-15-T'ai Chi  
 10:00-Writing Group  
 12:00-Causeries en  
 Français  
 12:00-Lunch  
 12:30-Van Run to Library  
 1:00-Sr. Police Academy  
 2:00-Non-Fiction  
 Book Club  
 6:30-9:00-TNT Quilters

**25.**  
 8:30-Strength/Stability  
 9:00-Yoga w/Sharon  
 10:00-12:00-Aural Rehab.  
 10:00-Sparkettes  
 10:00-Wii Bowl  
 10:00-Bridge w/Chinky  
 10:00-Quilting w/Pat  
 12:00-Lunch  
 12:30-Strength & Toning  
 1:00-Bridge  
 1:00-Jewelry  
 2:30-Wii Bowl  
 3:15-Senior Aerobics

**26.**  
 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

**27. Saturday**  
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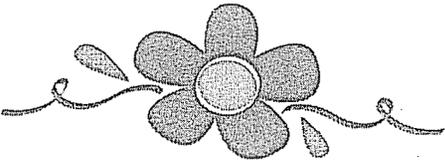
**28. Sunday**

**29.**  
 9:00 & 10:00-T'ai Chi  
 10:00-Sparkettes  
 10:00-Art Studio  
 10:00-Computer Help  
 10:00-4:30-All Day  
**Quilting Retreat**  
 12:00-Lunch  
 1:00-Mahjongg  
 1:30-Chorus  
 3:15-Sr. Aerobics  
 \*Last day to register  
 for May classes

**30.**  
 8:30-Strength/Stability  
 10:00-Scrabble  
 10:00-Wii Bowl  
 10:30-Watercolors  
 w/Bill  
 12:00-Lunch  
 12:30-Strength  
 & Toning  
 1:00-Bingo

*"And Spring arose in the garden fair;  
 like the Spirit of love felt everywhere;  
 and each flower and herb on Earth's dark breast  
 rose from the dreams of its wintry rest."*

~Percy Bysshe Shelly (The Sensitive Plant)




**APRIL BIRTHDAYS**

**Flower:** *Diamond for Innocence*

**Birthstone:** *Sweet Pea for Love*

- 1 Anna Cosenza, Betty Heiss
- 2 Ruth Gunn
- 3 Zhu Nanqing
- 4 Jim Campetelle, Marilyn Gerling, Anna McLain  
Ronald Nichols
- 5 Judy Sutherland
- 6 Ruth Reichel, Francis Storrs
- 7 Ione Dupre, Sylvia Poirier, Roxane Steinman
- 8 James Everett, Josef Gugler, Marge Rascona  
Jacqueline Sachs, Marion Varga, Louis Young
- 9 Mary Alassi, Anna Lyman
- 10 Sandra Hoyt, Frank McNabb  
Kenneth Randolph, Florence Tracy
- 11 Mary Black, Evelyn Griffin, Olga Toth
- 12 Charles Bowers, Edith Cary, Helen Koehn  
Ruth McVeigh
- 13 Robert Farrell, Blanca Ryan, Laura Woodling
- 14 Betty Gottlieb, Bea Peckham
- 15 Beverly Gotch
- 16 Doris LeDoyt, Barbara McCollum  
Virginia Shepardson, Pamela Vetre
- 17 Larry McDougal, William Petix
- 18 Rejeanne Chanski, Hamilton Holt  
Christian von Rosenvinge
- 19 Hazel Kehoe, Jill LeGault, David Michaels  
Yang Tu
- 20 Dorothy Begin, Eleanor Benedix  
Linda Boucher, John Brodeur  
Barbara Hathaway
- 21 Earl Clark, Lorraine West
- 22 April Ford, John Freudenstein
- 23 Charles Harakaly, Carl Johnson  
Jane Popeleski
- 23 Kathleen Wright
- 24 Jean Cagianello, Anita Stygar
- 25 Eleanor Wilcox
- 26 Ann Kouatly, Maureen Santora,  
Theodore Weber
- 27 Nancy Broberg, Janine Gugler, Vernon Lamb  
Edward Meyers, Stefanie Tepley
- 28 Constance Anderson, Brenda Eddy  
Marilyn Greenleaf, Ilpyong Kim, John Misale  
Doris Randmetz, William Sloan
- 29 Marie Adesso, Paul Morton
- 30 Rose Ferreri



*Apologies to Alice Kinne.  
Her birthday was March 31st, not 21st.*



Happy Birthday to our  
March Birthday Lunch Attendees:  
**Jan Scottron** (with daughter Linda on left)  
and **Bernadette Brisson**

**CARDS**



*Duplicate Bridge: Friday, February 15, 2013*

**NS**

- 1. Jerry Shaffer & Sam Wheeler 82
- 2. Paula Tate & Mary Shinoski 71
- 3. Omar Shepard & Bill Wickless 66

**EW**

- 1. Helen & Nappy Gauthier 80
- 2. Helen Collins & Rita Pollack 69
- 3. Doris LeDoyt & Anna McLain 68

**SO, YOU THINK YOU CAN SING??**

Come join us for a “karaoke jam session” and sing along to your favorite songs. This event will held on **Monday, April 22, 2013, 12:45 PM**, at the Mansfield Senior Center. Fruit salad and cupcakes will be served. Come dressed to impress and have a good time with me, your hostess Petrese Fearon, and all your wonderful-voiced friends!

If you are interested, please sign up with the receptionist.

And guess what?

The cost to attend is **FREE!**



**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.

**April Menu:**

Mon., Apr. 1: Stuffed Shells w/Sauce  
 Tues., Apr. 2: Chicken Marsala  
 Wed., Apr. 3: Maple Glazed Ham  
 Thurs., Apr. 4: Cod Florentine  
 Fri., Apr. 5: Western Omelet

Mon., Apr. 8: Crispy Fish Cakes  
 Tues., Apr. 9: Tuscan Beef Stew  
 Wed., Apr. 10: Eggplant Rolette  
 Thurs., Apr. 11: Pulled Pork w/Bun  
 Fri., Apr. 12: Chicken Cacciatore

Mon., Apr. 15: Swedish Meatballs  
 Tues., Apr. 16: Cod Newburg  
 Wed., Apr. 17: Chicken Stew  
 Thurs., Apr. 18: Cheese Manicotti  
 Fri., Apr. 19: Braised Pork Loin

Mon., Apr. 22: Stuffed Chicken  
 Tues., Apr. 23: Baked Ziti w/Sausage  
 Wed., Apr. 24: Compote Baked Cod  
 Thurs., Apr. 25: Chicken Alfredo  
 Fri., Apr. 26: Meatloaf w/Gravy

Mon., Apr. 29: Salisbury Steak w/Gravy  
 Tues., Apr. 30: Cheeseburger Casserole

*Menu is subject to change.*



**\*\*\* New Weekly Mansfield Senior Center Van Runs! \*\*\***

On Wednesdays of each week (except the first Wednesday of the month), we will be making van runs to the Mansfield Public Library on the following schedule:

12:30 PM: depart Senior Center  
 12:45 PM: pick up at Jensen's Club House  
 1:00 PM: pick up at Glen Ridge bus stop  
 1:05 PM: pick up at Wrights Way bus stop  
 1:10 PM: pick up at Juniper Hill (Silo Bldg.)  
 1:20 PM: arrive at Mansfield Public Library

2:30 PM: depart Mansfield Public Library  
 2:55 PM: arrive at Jensen's Club House  
 3:15 PM: arrive at Glen Ridge bus stop  
 3:20 PM: arrive at Wrights Way bus stop  
 3:25 PM: arrive at Juniper Hill (Silo Bldg.)

The first Wednesday of each month, we will be making a van run to Big Y in Mansfield on the following schedule:

12:30 PM: depart Senior Center  
 12:45 PM: pick up at Jensen's Club House  
 1:00 PM: pick up at Glen Ridge bus stop  
 1:05 PM: pick up at Wrights Way bus stop  
 1:10 PM: pick up at Juniper Hill (Silo Bldg.)  
 1:30 PM: arrive at Mansfield Big Y

2:30 PM: depart Mansfield Big Y  
 3:00 PM: arrive at Jensen's Club House  
 3:15 PM: arrive at Glen Ridge bus stop  
 3:20 PM: arrive at Wrights Way bus stop  
 3:25 PM: arrive at Juniper Hill (Silo Bldg.)  
 3:30 PM: arrive at Senior Center

**RESERVATIONS NEED TO BE MADE IN ADVANCE!**  
 Please contact the receptionist at the Senior Center at 860-429-0262x0.

**Save the Date! Friday, May 10th, 10:30 AM**  
 Tour of Mansfield Big Y on Hearth Healthy Foods  
 The tour will take one hour and will end with a snack.  
 Van trip limited to 10.  
 Sign up at the Receptionist Desk.

**Early Spring at CLIR** (*Center for Learning in Retirement*)

If the cinema, music, and literature are what you relish, April and May programs at CLIR may be just what you want. For more information about time and place, contact Betty Heiss at 860-429-6324, or go directly to the CLIR website: [www.CLIR.ucon.edu](http://www.CLIR.ucon.edu).

On Monday mornings on April 8 ad 15, film historian Dr. Paul H. Stacy will present **"The Eye of Alfred Hitchcock"** - revealing not only the discerning eye of the director, but also his interest in the eyes of his actors and what they reveal to us. Also on Monday mornings from April 22 to May 6, facilitators Helen Armstrong and David Markowitz will lead the discussion of three **"European-Language Films with English Subtitles"** (in French, Italian, and Spanish).

On Tuesday afternoons from April 9 to April 23, Robert Lemons of the Music Faculty at ECSU will cover "The Concerto" and its evolution, development, and stylistic changes from Corelli through some widely different 20th century composers

And, last but not least, on Friday mornings from April 5 through 19, Jerry Lewis of the English Dept. at ECSU will discuss **Ralph Waldo Emerson**, his relevance today, and his influence on other authors and activists of his time.

## Senior Citizen Lament

Everything is farther away now than it used to be. It is twice as far to the corner, and they have added a hill I've noticed. I've given up running for the bus; it leaves faster than it used to leave.

It seems to me they are making the stairs steeper than in the old days, and have you noticed the smaller print in the newspaper? There is no sense in asking one to read aloud. Everyone speaks in such low tones I can hardly hear them!

The material in dresses is so skimpy now, too. Especially around the waist and the hips, and it is all but impossible to reach down to put on my shoes.

Even people are changing! They are so much younger than they used to be when I was their age. On the other hand, people my own age are so much older looking than I am. I ran into an old classmate the other day and she had aged so much, she didn't recognize me. I got to thinking about the poor thing while I was combing my hair this morning, and in doing so, I glanced at my own reflection. Confound it! They don't make good mirrors like they used to anymore, either!

*Written by Ruth Gordon—Sam Gordon's deceased wife.*

### 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.

### YEAR-ROUND COMPUTER ASSISTANCE

- Free help for PC users with Dan Gebben every Monday from 10:00-11:00 AM in the Computer Lab.
- Free "Photo Club" with Dan Gebben every first and third Friday of the month in the Computer Lab from 10:00 AM to noon. This is an ongoing club, and all are welcome to attend.

### Poetry Appreciation

Hi, my name is Pat Frantz and I would like to propose a class in poetry appreciation once a week at the Mansfield Senior Center (TBA). I would like to share my enjoyment of poems taken from the book Americans' Favorite Poems edited by Robert Pinsky and Maggie Dietz. Used copies of the book are available from Amazon for \$4.00 to \$10.00. You don't need to buy the book. Duplicates of some poems will be brought to class for reading and discussion. We'll also try imitating some of the simpler poems or writing about them. If you are interested in taking this class, please call the receptionist at 860-429-0262, ext. 0, and leave your name and phone number.

## 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:*

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 Lappels (tentative). This event will feature a pot luck dinner. Please bring your favorite dish to share.

FULL PAGE FOR ADVERTISEMENTS

**SENIOR SPARKS**

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Storrs/Mansfield  
Connecticut 06268**

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**Mansfield Senior Center Survey**

It's that time! Please assist us by participating in our survey. We at the Mansfield Senior Center value your opinion of the facility and programs that you take part in every day. Your honest evaluation, support, and suggestions go a long way to help us improve our services to the community.

Your active participation in completing this survey will not only help us to know how we can better serve you, but it is a critical component for success in the level of financial support received through the Town budget.

The survey will be available at the Mansfield Senior Center only from April 1st to April 30th. Please come in and append a few moments letting us know what your thoughts are.

Thank you for your assistance.

If you have not done so already, now is the time to complete your *Sparks* subscription form and send it in.

***Yes! Please renew my Sparks subscription!***  
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