



SENIOR SPARKS

VOLUME 39 ISSUE 8 MANSFIELD SENIOR CENTER ASSOCIATION, INC. AUGUST 2013
303 Maple Road, Storrs/Mansfield CT 06268 (860) 429-0262, ext. 5

* President: Estelle Elliott * 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 Co-Chairs: Joan Terry & Marie Hakmiller * Member-at-Large: Sam Gordon * Computer Co-Chairs: Mike Palmer & Don Stitts

Thursday, August 1st:

5:30 PM

~ Pot Luck Dinner ~

Please bring your favorite dish to share.

6:30 PM

“Shiny Lapel Trio”

Let's eat, dance, & make merry!



And They're Off ... !

“AT THE RACES” with Ellie Lamb
at the Mansfield Senior Center

Wednesday, August 21st, 12:45 PM



Bring your quarters.

We have a stable full of “horses” that have not been out since last year, and they are ready to run!

A Note from the President:

Hello to all members:

August is upon us and summer is here, and, in my opinion, it is too short! I enjoy every bit of it!

We will begin our new fiscal year quietly, but with enthusiasm and confidence! With every new day there is the possibility for change. This is "Life."

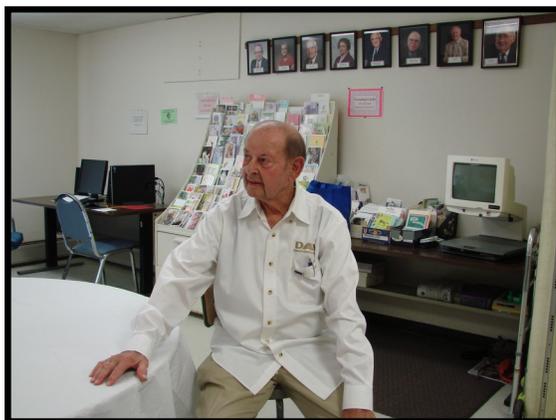
The first small change will be in the Dining Room. Coffee has become an issue, because for some reason many people think it is there for the taking. Not so! The price of \$.25 for a cup of coffee is very reasonable, yet not complied with. So, for the summer months, coffee will be discontinued for the morning and afternoon. I must hear from you individually before September if we are to start back up with the morning and afternoon coffee.

Making the coffee available in the morning and the afternoon is not the issue. The lack of money being put in the coffee payment box supplied on the counter is!

There was not an Executive Board meeting in July, and we will resume our meeting in August. The first meeting will be held on Wednesday, August 14th at 10:30 AM. Please remember there is a public comment space for anyone who wishes to present things to the Executive Board.

Your new President,

Estelle Elliott



Sergeant Dave Mann, special Guest Speaker at our "Celebrate the 4th on the 5th" on Friday, July 5, 2013. A great time had by all!

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

Adult Services Social Worker:

Kathy Ann Easley, ext. 1

Volunteer Transportation Manager:

Gianna Stebbins, ext. 2

(also for Medical Transport outside the Dial-a-Ride Region, if possible)

Administrative Assistant:

Linda C. Wohllebe, ext. 3

Receptionist:

Kathy Yaffee, ext. 4

The Municipal Agent for the Elderly:
Kathy Ann Easley, MSW, (860) 429-0262, ext. 1.

Transportation: Dial-a-Ride Transportation (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 Aug. 6th, 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 August winner will be announced in the September issue of *Sparks*. Please, only one entry per person. Good luck!

**July's Winner: Francine Leffler
Congratulations!**

"Hidden Item" Entry Form

Name: _____

Phone #: _____

Correct Page & Where: _____

Hidden Item:



MISCELLANY

Thank You

Many thanks to John Adamcik, Jim Campetelle, June Curtis, Sam Gordon, Alice Jansen, Gerry Jones, and Karen Peters for collating the July issue of *Sparks*. (*Ladies & Gentlemen: I appreciate all your past assistance you have given me with the collating of Senior Sparks. I will miss working with you. Love, Linda*)

... and dearest Richard, don't ever forget that I will forget you!



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

*Judy Baxter
Lanceo 'Rozario
Connie & Franklin Mauri
Jean Hazen*

Senior Hobby Display Case

Share your talent!

"Plate Collection"

Courtesy of Linda S.M. dos Santos

Please let Linda know if you have items you would like to display. We need you to keep this case going!

****Please Note:** The Strength & Toning Exercise Class has returned to its original name: **Therapeutic Exercise**, but still at the same time and with the same instructor, Kathy.

KAY WARREN - TRAVEL CHAIR - "LET'S GO!"

By the time you read this, we will have gone on the Block Island trip. We have two buses for the Smokey Mountain Trip on Sept. 22 thru 28. There is still room for anyone wishing to go. We are taking reservations for the Vermont Foliage trip on Oct. 8. That will be a fun-filled trip. We still have room on the Triple Lobster trip on August 7th.

We are starting to plan next year's trips. I have booked a three-day trip to Atlantic City. We usually share a bus on this one, but if any of you are tired of the winter, this is a good trip for you. Not just gambling, but shopping, too. Any other ideas, please see Kay or leave her a note in her mailbox and she will bring this up to the Committee.

Kay—Travel Coordinator

Other Trips:

Saturday, September 7th: 9/11 Memorial in New York. (\$72.00)

Tuesday, October 8th: Vermont Foliage & Honora Winery. (\$81.00)

Thursday, November 14th: Clams & Casino at Capt. Jack's. (\$74.00)

Tuesday, December 10th: 1716 Colonial Inn Christmas in Concord, Mass. (\$81.00)

*I am looking for people to join the Travel Committee.
See Kay if you wish to join the Travel Committee.
Photos are up on the Bulletin Board
from the Amish trip this past June*

In Memory Of

Janet Atkins

Helen Kinsman



BLUEBERRY STUDY

Blueberries must be ordered by **Tuesday, Sept. 10th, 12:00 PM**

NO EXCEPTIONS!

Blueberry pick-up is **Friday, Fri., Sept. 20th, 11:00 AM** in the Center's parking lot

Blueberries are available to study participants only; however, you may become a new participant in the study by contacting Howard Raphaelson. You may leave your name and number here, and we will have him get in touch with you.

**DIAL-A-RIDE
TRANSPORTATION
CHANGES**

Until further notice, changes to transportation requests within the Town of Mansfield for seniors and disabled individuals will continue. Residents are not to contact Dial-a-Ride directly to request for out of region transportation. All requests should be directed to Gianna Stebbins at 860-429-0262, ext. 2. Gianna will make the necessary arrangements to meet your transportation requests.

It is hoped that we will hear soon about the transportation grant that was submitted. Thank you for your understanding in this matter.



SAVE THE DATES

Thursday, October 3rd: VNA East Flu Clinic at the Mansfield Senior Center, 1:00 to 3:30 PM.

Saturday, October 5th: Fall Craft & Collectables Show at the Mansfield Senior Center.

Friday, November 8th: Veterans' Day Celebration.

Saturday, December 7th: Holiday Bazaar at the Mansfield Senior Center.

Transportation Update!!

Just an update on our Volunteer Transportation Program! We currently have 18 drivers and have provided 90 rides for 29 area residents during the months of April, May, and June. If you are in need of a ride for a medical or wellness appointment, please contact Gianna (x2) at the Sr. Center. She will secure transportation for you. Please give her at least one week's notice, if possible.

The Sr. Center Van has been providing transportation to the Big Y the first Wednesday of the month – our next Big Y run is scheduled for Wednesday, August 7th. Please contact the Sr. Center receptionist to schedule yourself for pickup at one of the following locations: Wrights Way, Juniper Hill village, Glen Ridge, or Jensen's. Also, our bi-weekly Foodshare runs will continue from Juniper Hill Village – our August runs are scheduled for 8/8 and 8/22.

Daytrips are in the process of being scheduled for the month of August – we are looking at a possible West Farms trip early in the month and a trip to the Magic Wings Butterfly Conservatory in Deerfield, MA. Please watch for informational flyers at the Center or contact the receptionist for specific dates and times!

Note from Senior Center Coordinator:

I would like to thank Linda for all of the hard work that she has done over a number of years to produce the *Sparks* for the Membership. Her care and love for her work is overwhelming! Best wishes to the new crew that will be taking over the reins – Cynara Stites will be doing the computer work and Rita Braswell as the Chair for the *Sparks* Committee, and there will be plenty more individuals that you will get to know as time moves forward!

Welcome to Kathy Ann Easley who will be working full time here as the Adult Services Social Worker. Welcome also to Estelle Elliott as the new Mansfield Senior Center Association President. I anticipate two student interns for September.

I know that some are not pleased when I talk about the weather, but the storm that rolled through our town yesterday, along with a possible tornado, bring emergency preparedness back to mind. Please take a few moments over the next couple of weeks to be sure that you are prepared to be able to remain in your home for two or three days. There are plenty of materials out there to let you know what you should have on hand. Think about a back-up plan in case you are not able to remain at home.

September will bring National Senior Center month back into focus. The Mansfield Senior & Wellness Center will be celebrating the first week of September. Please come and join the fun. Try a new class or program just to see what it is like. This is an opportunity for everyone to try something new.



Stay Hydrated!

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. Blood pressure, cholesterol, HDL cholesterol, blood glucose, earwax, and foot care. Checks payable to VNA East. Aug. 14th beginning at 1:00 PM.

BLOOD PRESSURE the first Wednesday of each month at 11:30 AM to noon, sponsored by the Herrmann Blood Pressure Clinic. No fee.

CAREGIVERS SUPPORT GROUP with **Beth Hankins, LCSW**, usually meets the third Thursday of each month at 6:30 PM. The group will meet in August on the 15th.

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. Next meeting will be Mon., Sept. 23rd.

FOOTCARE with Dr. Walter, Podiatrist, Tuesday, Aug. 13th, beginning at 9:00 AM. Medicare will be billed if you are eligible. Dr. Walter carries Dr. Comfort shoes, including M/C Diabetic shoes.

LOW VISION GROUP usually on the second Monday of each month at 11:00 AM. August 12th.

MINI-SPA from 9:00 AM to noon. Call Kathy for your appointment. Haircuts by Michelle, and nails by Hope. Resuming in Sept./Oct.

M.S. SUPPORT GROUP normally meets the second Tuesday of each month in the Craft Room at 7:00 PM. The group will meet August 13th. For more information, please contact Joan at 860-429-7271 or Jennifer at 860-450-0530.

REFLEXOLOGY: Hope Charette will not be practicing Reflexology during July and August. Watch for September!

Conversations with Betty

2:00-3:30 PM at the Mansfield Wellness Center

Thursday, August 8th & 22nd

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

A.A.R.P. Spring & Fall Driver Safety Courses
taught by Lynne White, District Coordinator,
at the Mansfield Senior Center

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.

* * * * *

Retired Senior Volunteer Program (RSVP)

Join the Retired and Senior Volunteer Program (RSVP) and help us make a difference in the community. The RSVP program is a federally funded program through TVCCA that recruits volunteers 55 and over to help meet the needs of the community. As a volunteer you will receive supplemental accident insurance coverage, a quarterly newsletter, and an invitation to our annual volunteer recognition gala. To join please contact Helen Granskog at 860-425-6617 to complete a volunteer enrollment form or to ask for further information.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

August 2013

"Smells bring to mind ... a family dinner of pot roast and sweet potatoes during a myrtle-mad August in a Midwestern town. Smells detonate softly in our memories like poignant land mines hidden under the weedy mass of years."
 ~ Diane Ackerman (American Writer, b. 1948)

1.
 8:30-Strength/Stability
 10:00-Wii Bowl
 10:00-Yoga w/Sharon
 12:00-Lunch
 12:30-Therapeutic Exercise
 1:00-Bridge
 1:00-Jewelry
 2:30-Wii Bowl
 5:30-Pot Luck Dinner
 6:30-"Shiny Lapel Trio"

2.
 9:00-T'ai Chi
 10:00-Scrabble
 10:00-Knitting & Crocheting
 10:00-Photo Club
 10:15-Zumba Gold
 12:00-Lunch
 1:00-Art Studio

3. Saturday
 ~ ~ ~ ~ ~
4. Sunday

5.
 9:00 & 10:00-T'ai Chi
 9:00-Senior Aerobics
 10:00-Art Studio
 10:00-Computer Help
 12:00-Lunch
 1:00-Mahjongg

6.
 8:30-Strength & Stability
 10:00-Scrabble
 10:00-Wii Bowl
 11:00-Ways & Means Mtg.
 12:00-Lunch
 12:30-Food for Thought
 12:30-Therapeutic Exercise
 1:00-Bingo
 2:30-Computer Meeting

7.
 9:15 & 10:15-T'ai Chi
 10:00-Writing Group
 11:30-Herrmann Blood Pressure Clinic
 12:00-Causeries en Français
 12:00-Birthday Lunch
 12:45-Learn About Your Taste & Smell - A UConn Study
 12:30-Van Run to Big Y

8. Lobster Trip
 8:30-Strength & Stability
 10:00-Wii Bowl
 10:00-Yoga w/Sharon
 11:30-Foodshare
 12:00-Lunch
 12:30-Therapeutic Exercise
 1:00-Bridge
 1:00-Jewelry
 2:30-Wii Bowl
 2:30-Conversation w/Betty
 3:15-Senior Aerobics

9.
 9:00-T'ai Chi
 10:00-Scrabble
 10:00-Knitting & Crocheting
 10:15-Zumba Gold
 12:00-Lunch
 1:00-Art Studio

10. Saturday
 ~ ~ ~ ~ ~
11. Sunday

12.
 9:00 & 10:00-T'ai Chi
 9:00-Senior Aerobics
 10:00-Art Studio
 10:00-Computer Help
 11:00-Low Vision
 12:00-Lunch
 1:00-Mahjongg

13. 8:30-Strength & Stability
 9:00-Dr. Walter
 9:00-Vet.'s Comm. Mtg.
 10:00-Scrabble
 10:00-Wii Bowl
 10:00-Genealogy
 10:00-Ways & Means
 12:00-Lunch
 12:30-Food for Thought
 12:30-Therapeutic Exercise
 1:00-Bingo
 7:00-MS Spt. Grp.

14.
 9:15 & 10:15-T'ai Chi
 10:00-Writing Group
 10:30-Executive Meeting
 12:00-Causeries en Français
 12:00-Lunch
 1:00-VNA East
 2:00-Non-Fiction Bk Clb
 6:30-9:00-TNT Quilters

15.
 8:30-Strength/Stability
 10:00-Wii Bowl
 10:00-Yoga w/Sharon
 12:00-Lunch
 12:30-Therapeutic Exercise
 1:00-Bridge
 1:00-Jewelry
 2:30-Wii Bowl
 3:15-Senior Aerobics
 6:30-Caregiver's Spt. Grp.

16.
 9:00-T'ai Chi
 10:00-Scrabble
 10:00-Knitting & Crocheting
 10:15-Zumba Gold
 12:00-Lunch
 1:00-Art Studio
 1:00-Duplicate Bridge

17. Saturday
 ~ ~ ~ ~ ~
18. Sunday

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

<p>19. 9:00 & 10:00- T'ai Chi 9:00-Senior Aerobics 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Mahjongg</p>	<p>20. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-<i>Food for Thought</i> 12:30-Therapeutic Exercise 1:00-Bingo 1:00-Program Planning</p>  <p>Full Moon</p>	<p>21. 9:15 & 10:15- T'ai Chi 10:00-Writing Group 12:00-Causeries en Français 12:00-Lunch 12:45-<i>Horseracing w/ Ellie Lamb</i> 2:00-Red Hatters</p>	<p>22. 8:30-Strength/Stability 10:00-Wii Bowl 10:00-Yoga w/Sharon 11:30-Foodshare 12:00-Lunch 12:30-Therapeutic Exercise 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 2:30-Conversation w/Betty 3:15-Senior Aerobics</p>	<p>23. 9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting/ Crocheting 10:00-Photo Club 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio</p>	<p>24. Saturday</p> <p>~~~~~</p> <p>25. Sunday</p>
<p>26. 9:00 & 10:00- T'ai Chi 9:00-Senior Aerobics 10:00-Art Studio 10:00-Computer Help 12:00-Lunch 1:00-Mahjongg</p>	<p>27. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 12:00-Lunch 12:30-<i>Food for Thought</i> 12:30-Therapeutic Exercise 1:00-Bingo</p>	<p>28. 9:15 & 10:15-T'ai Chi 10:00-Writing Group 12:00-Causeries en Français 12:00-Lunch 2:00-Non-Fiction Bk Clb 6:30-9:00-TNT Quilters</p> <p><i>*Last day to register for September classes</i></p>	<p>29. 8:30-Strength/Stability 10:00-Wii Bowl 10:00-Yoga w/Sharon 12:00-Lunch 12:30-Therapeutic Exercise 1:00-Bridge 1:00-Jewelry 2:30-Wii Bowl 3:15-Senior Aerobics</p>	<p>30. 9:00-T'ai Chi 10:00-Scrabble 10:00-Knitting/ Crocheting 10:00-Photo Club 10:15-Zumba Gold 12:00-Lunch 1:00-Art Studio 1:00-Duplicate Bridge</p>	<p>31. Saturday</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>The Mansfield Senior Center will be closed Monday, Sept. 2nd, in observance of Labor Day.</p> </div>

AUGUST BIRTHDAYS

Flower: *Sardonyx for Felicity*

Birthstone: *Gladiolus for Preparedness*

- 1 Polly Guhl (*Hi, Polly!*), Fritzie Mann, Winthrop Smith
Wu Kui Yang
- 2 Doris Bachand, Linda Miller, Roy Pettingill
Mary Shinoski, Billie Skelly, Julie Soja
- 3 Marguirete Guilbault, Jeffrey Keel
- 4 Theresa Eifler, Mary Fay, Ruth Klemens
Wayne Marcotte, Rachel Sherman, Marion Whitmore
- 5 Kenneth Doeg, James Moran, Elliott Wolk
- 6 Paul Generous, John Lucey, Samuel Shepardson
- 7 Dorothy Blocker, Maurice Elliott, Gertrude Huard,
Ferne MacDonald, Doris Palmer, Patricia Stukel
- 8 Frances Anthony, Joan Caler, Fran Little
Joan Nauss
- 9 Thomas Burke, John Elwood, Irene Ouellette
Ruth Penevolpe, Doris Sairemammano
Harriet Schneiderman, Camille Turcotte
Jane Waters
- 10 Lorraine Cloutier, Leo Schneiderman
Leonard Todd
- 11 Floyd Bass, Clara Hutt, Anthony Salvatore
- 12 Clemma Gebbie, Andrew Seidl, Jean Williams
- 13 Christine Ashe
- 14 Eugene Ducharme
- 15 Estelle Elliott, Hyunyong Kim, Irene Mesiti
Dortha Wright
- 16 Don Arsenaault, Ralph Bartram, Suzanne Durdan
Virginia Stallman
- 17 Elizabeth Slater
- 18 Judith Foehrenbach, Nancy Landerman
Carol Menditto
- 19 Pat Allan, Ellie Lamb, Ruth Langin
Louise Pikarski, Mary Sederquet, Lena Sokolovski
- 20 Eva Griffith, Katharine Kenderine
Howard Raphaelson, Sandra Tourtellotte
- 21 Alison Bevin, Joan Brodeur, Bill Drexler
Elizabeth Robinson, Edward Soltesz
Norman Thurston, Joyce Watrous
- 22 Lucien Bergeron, Natalie Dodge, John Kim
Peter Marchese, Lucille Nye, Thomas Rogers
- 22 Victoria Santi, Milton Stern
- 23 Elvin Dickson, Myrtle Moran, Ed Sicard
Feather Spearman
- 24 Jim Findley, Richard Miller
- 25 Philip Maiorana, Bonnie Peabody, Ainba Sadeski
- 26 Anita Evans, Ann Marie Fortier, Denise Labonte
Philip Secker, Ed Wandersee
- 27 Catherine Butler, Stan Dugan, Carol McMillan
Paul Moews
- 28 Anthony Bussolotta, Jean Lonergan, Marie Long
Patricia Maines, Patricia Patenaude, Tove Rosado
- 29 Lionel Boudreau, Barbara Doyle, Henry Gantick
Kathryn Kruey, Beverly Nass
- 30 Elaine Coelho, W. Gates
- 31 Lorraine Jacobsen, Deb Morin



Happy Birthday to our July participants:

John Hutt & Bonita (Bonnie) Miller

DUPLICATE BRIDGE

Friday, June 21st:

NS

- 1. Jerry Shaffer & Sam Wheeler 44.5
- 2. Omar Shepard & Ray Craven 43
- 3. Paula Tate & Mary Shinoski 42

EW

- 1. Barbara Ladd & Vera Chistensen 47
- 2. Barbara Hood & Mike Stephens 46.5
- 3. Ellie Tambornini & Sue Losee 40



Genealogy with Helen Collins

The Genealogy Group with Helen Collins meets on Tuesday, August 13, at 10:00 AM. George Waller will be at the group to talk to and show us how to use "Ancestry." "Ancestry" is free on line at the Mansfield Public Library. Please feel free to join this informal group, no matter what your level of genealogy is. You are most welcome here!

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.

****TVCCA** is once again offering the salad plate option for the noon meal on **Tuesdays** and **Fridays** at a suggested donation of **\$4.00 for those 60+**. Please indicate on your sign up sheet if you want the salad or the main meal.

August Menu:

Thurs., Aug. 1: Crispy Fish Cakes

Fri., Aug. 2: Eggplant Rolette
OR Tuna Salad Plate

Mon., Aug. 5: Cod Florentine

Tues., Aug. 6: Chicken Cacciatore
OR Egg Salad Plate

Wed., Aug. 7: American Chop Suey

Thurs., Aug. 8: Western Omelet

Fri., Aug. 9: Sloppy Joes w/Bun
OR Greek Salad Plate

Mon., Aug. 12: Salisbury Steak

Tues., Aug. 13: Maple Pork Loin
OR Tuna Salad Plate

Wed., Aug. 14: Chicken Veracruz

Thurs., Aug. 15: Tuscan Beef Stew

Fri., Aug. 16: Orange Glazed Ham
OR Chicken Caesar Salad

Mon., Aug. 19: Chicken Marsala

Tues., Aug. 20: Cheese Ravioli
OR Greek Salad Plate

Wed., Aug. 21: Meatloaf w/Gravy

Thurs., Aug. 22: Stuffed Chicken

Fri., Aug. 23: Baked Cod
OR Egg Salad Plate

Mon., Aug. 26: Baked Ziti

Tues., Aug. 27: Cod Newberg
OR Chicken Caesar Salad

Wed., Aug. 28: Chicken Florentine

Thurs., Aug. 29: Braised Pork Loin

Fri., Aug. 30: Swedish Meatballs
OR Tuna Salad Plate

"A Little Humor"

Senior Citizen Exercise Program

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to taken an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour.

But, by the time I got my leotards on, the class was over!

Let Me Think for a Second

A little old lady was running up and down the halls in a nursing home. As she walked, she would flip up the hem of her nightgown and say "Supersex."

She walked up to an elderly man in a wheelchair. Flipping her gown at hem, she said, "Supersex."

He sat silently for a moment or two and finally answered, "I'll take the soup."

What Did You Say, Huh?

Three retirees, each with a hearing loss, were playing golf one fine March day.

One remarked to the other, "Windy, isn't it?"

"No," the second man replied, "it's Thursday."

And the third man chimed in, "So am I. Let's have a beer."



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.

MSCA Computer Learning Center Classes

- Free help for PC users with Dan Gebben every Monday from 10:00-11:00 AM in the Computer Lab.
- Free “Photo Club” with Dan Gebben every first and third Friday of the month in the Computer Lab from 10:00 AM to noon. This is an ongoing club, and all are welcome to attend.
- Free help to Mac users. Call Mike Palmer at 860-429-0262x7, to make an appointment. Leave your name and phone number and Mike will call you back.

September is “National Senior Center Month”

The Mansfield Senior Center will be holding a celebration
Tuesday, Sept. 3rd to Friday, Sept. 6th.

Tuesday the 3rd:

Hawaiian Day—Wear those flowered shirts and luau’s

Wednesday the 4th:

Funny Hat Day

Thursday the 5th:

Dress & Talk Like a Pirate Day

Friday the 6th:

Hippie Day

I know we have some flower children out there!

Start planning those outfits!

It’s going to be a grand old week!

Surprises, too!

*Arrr, Arrr
Matey!*



A Fond Farewell

On December 16, 1993, I was hired by Marilyn Gerling, Mansfield Senior Center Services Coordinator, as a Clerk Typist at 15 hours per week to publish the monthly newsletter *Senior Sparks*. At this time, the newsletter was a joint function between the Dept. of Human Services and the Mansfield Senior Center Association.

My, my, how things have changed over the years as to how things are done! For one, over the course of the first four years, my duties and hours increased until finally I became a full-time secretary! But still doing the *Sparks*!

With deep regrets, this will be my last publication of this newsletter. The MSCA will be taking over the complete process, and I will move on to other things until my last day of work, which will be November 14, 2013. After 20 years with the United States Air Force and 20 years with the Town of Mansfield, I have decided to retire.

I cannot begin to tell you how much you all mean to me. Over the years I have met so many wonderful people, and have seen so many wonderful people leave us for the Lord. I will never forget you (or hope not too, ha ha!).

I loved the Air Force, but this has been the **BEST** job I have ever had! And if it were not for the faith Marilyn Gerling had in me, and the chance she was willing to take, I would not be writing all this now.

But, take care, because you never know when someone may come up behind you and give you a big bear hug! And that bear will be me!

I love you all and thank you for some of the best years of my life. **Linda**

FULL PAGE FOR ADVERTISEMENTS

SENIOR SPARKS

Mansfield Senior Center
303 Maple Road
Storrs/Mansfield
Connecticut 06268



NON-PROFIT ORGANIZATION
PRE-SORT STANDARD #57
U.S. POSTAGE PAID
STORRS/MANSFIELD CT

Occupant or

PLACE TOP OF LABEL
BY THE DARK LINE



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