



~ Senior Happenings ~

Mansfield Senior & Wellness Center, 303 Maple Road, Storrs/Mansfield CT 06268

September 2013

Volume 1, Issue 1

860-429-0262 FAX: 860-429-3208

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

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.

UPCOMING TRANSPORTATION GETAWAYS!!!

Be sure to sign up with the receptionist for a couple of these fun getaways with our new Senior Center van!

Tuesday, Sept. 10th: Westfarms Mall and Trader Joe's

Wednesday, Sept. 18th: Connecticut Day at the Big E in Springfield, Ma

Tuesday, Sept. 24th: Lunch at the Uncommon Kitchen, Windham Tech Culinary Dept.

Don't forget about our monthly **BIG Y** run the first Wednesday of the month. Pickups are at Jensen's, Glen Ridge, Wrights Way, and Juniper Hill Village. Registration required. Please register with the receptionist.

Hello to Everyone!

Welcome to the Mansfield Senior & Wellness Center Senior Happenings! This edition is being mailed to households in Mansfield who might have an interest in knowing what is going on at the Mansfield Senior & Wellness Center. Each month, you will be able to pick up the monthly calendar and these notes at the Senior Center. You may also pick up a copy of the MSCA's *Senior Sparks* at the Center for a cost of 50 cents, or you may subscribe.

September is National Senior Center Month. This will be our second annual celebration during September 3rd through the 6th. During this time, most classes will be offered at no charge so that you have the opportunity to try a new class and see what it is like.

There is a lot going on at the Senior Center this month. I truly hope that you will make every effort to join us for at least one offering during the celebration week of September 3rd through 6th. We are hoping to make connections with everyone. There are too many to mention here, so please look elsewhere in this letter to find more information. Better yet, come on in and talk with the volunteers or staff. We would love to see you at the Mansfield Senior & Wellness Center! I hope to see you soon!

Cindy Dainton,

Mansfield Senior Center Coordinator



September is
“National Senior Center Month”

The Mansfield Senior Center will be holding a celebration during the week of Sept. 3rd to 6th. Most classes are also free this week. Take a look at our calendar and at the classes listed in the next column and see what may interest you. And, just for fun, each day is a different theme. So, start getting those outfits together!

Tues., Sept 3rd: **Hawaiian Day**

Wed., Sept. 4th: **Funny Hat Day** (at 10:00 AM, the Computer Lab will have a “Show & Tell” and at 2:30 PM, we will offer a *MSC Heath & Services Expo*. To date, we have many vendors that plan to attend.

Thurs., Sept. 5th: **Dress & Talk Like a Pirate Day**—Arrr, Arrr Matey!

Fri., Sept. 6th: **Hippie Day** (at 10:00 AM, the Computer Lab will offer a free discussion on the *iPhone*, and at 1:00 PM, we will have wonderful entertainment by the one and only *Bruce John*, followed at 2:00 with an “ice cream social.” Yum!!



How can you say “No” to all this! You can’t! We’ll see you each and every day for fun in the sun at the Mansfield Senior Center Celebration Week!

BEING A CAREGIVER (Caregiver’s 101 Course)

Please join us for our information session “**BEING A CAREGIVER.**” We will discuss caregiver basics: identify caregivers, warning signs of caregiver stress, and clarify the supports offered in the community.

This is a joint offering from the Mansfield Senior & Wellness Center and Senior Resources.

The class dates are as follows:

Tues., Sept. 17th: 10:00-11:00 AM

Tues., Oct. 29th: 10:00-11:00 AM

Tues., Nov. 12th: 10:00-11:00 AM

This is a three-part course. Please sign up in advance with the receptionist.

EXERCISE CLASSES—CLASSES SUBJECT TO CHANGE

Pay the Instructor Directly:

(New!) **REIKI w/Bette Giordano** the first Thursday of each month beginning Thursday, Sept. 5th at 9:00 AM. These are one-hour sessions and you must call Kathy Yaffee to schedule your appointment. The cost is \$30.00 per hour payable to Bette.

Zumba Gold Toning - The Zumba® Gold Toning program combines the Zumba Gold® program with the strength-training techniques of the Zumba® Toning program, creating an easy-to-follow, health-boosting dance-fitness program for the active older adult as well as beginners. Active older adults and beginners who wish to integrate the added benefits of strength training with the exhilarating experience of the Zumba® Fitness-Party will enjoy the Zumba® Gold-Toning program. Through modified dynamic light-weight resistance training, participants can help prevent age-related bone loss, increase muscle strength and definition, decrease body fat and improve mobility, posture, coordination, balance and cognition. Participants can be standing or in a chair for this class.

Pay as You Go Classes:

Power of Aging –This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance, and endurance. Class begins with a warm-up, variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and a ball are offered for resistance. A chair is used for the first half of the class for seating and/or standing support. We stand to work on legs, balance, and core strength. Sometimes (not mandatory) mat work is performed.

Strength & Stability – This is a cardio and toning class that uses weights (free weights and ankle weights), bands, and stability discs. The class is designed to work your body at whatever level you’d prefer. The instructor will offer modifications during class as well as monitor positions.

Pre-registration Required (Registration forms with fee information are available at the Senior Center):

(New!) **Gentle Yoga** – This class will focus on a gentle and modified approach to Yoga moves and principles. The class emphasizes chair and standing movements as the basis for the program. Students can feel free to work at their own level.

(New!) **Movement with Meaning** – As we get older, the importance of being able to go through our daily activities is realized. This class is designed to make you functionally stronger, achieve better balance, and improve endurance, all while meeting new people and supporting each other.

(New!) **Pilates** - This core strengthening class designed to improve flexibility, coordination, and posture, as well as body alignment and breathing. Center your energy, remove stress, and revitalize your mind as you experience the class. Your strength, balance, flexibility, and concentration are developed through simple exercises built around the core of your body. Stability balls and exercise bands are sometimes used.

Quilting Classes w/Pat Ferguson:

- ◆ **Thursdays:** 10:00 AM to 12:30 PM—Fall Session Sept. 5, 12, 26 & Oct. 3, 10, 17, 24 (seven classes). This fall session will feature “Projects of Your Choice” with Pat there for encouragement and class motivation as your “Quilting Coach.”
- ◆ **Wednesdays:** Evening Quilting w/Pat the 1st and 3rd Wed. of the month, 6:30-9:00 PM. Fall session Sept. 4, Oct. 2, 16, and Nov. 6 & 20 (five classes). Same description as above.
- ◆ **Mini Quilting Retreat:** All day quilting with Pat on Monday, Sept. 23rd, from 10:00 AM to 4:30 PM. Quilt all day on projects of your choice with Pat as your Quilting Coach.

Tap Classes w/Mia John:

- ◆ **Mondays:** (New date & time) **Sparkettes Class** 10:15 to 11:45 AM (1.5 hrs). This class will be charged at the 1.5 hr. rate (September-four Mondays-\$30.00 residents; \$36.00 non-residents). This class is for those tap dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills. Students will work more intricate steps and patterns while learning to remember and perform choreography.
- ◆ **Wednesdays:** (New!) **Fundamentals of Tap Class** 1:00-2:00 PM. (September-four Wednesdays-\$20.00 residents; \$24.00 non-residents. This is a tap dancing class that is for Beginners or those who need a Refresher on Tap Dancing from previous lessons. This class will work on steps, footwork, and performance skills.
- ◆ **Thursdays:** (New date and time) **Sparkettes Rehearsals** (without Mia) 10:15-11:15 AM.

Senior Aerobics - This is a high energy class focusing on a complete cardio workout. Warm up and cool down segments bookend the workout. Class is done standing with some mat work incorporated in the program.

Yoga with Sharon - This class is for the true beginner and those requiring a very basic class. The class will emphasize breath work, proper body alignment and being the process of improving health through the practice of yoga.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

2.

Labor Day



Center Closed

3. Hawaiian Day

8:30-Strength & Stability
9:00-Dr. Walter, Podiatrist
10:00-Scrabble
10:00-Wii Bowl
11:00-Pilates
12:00-Lunch
12:30-Power of Aging
1:00-Bingo
2:30-Computer Meeting
3:15-Gentle Yoga

(Most classes free this week!)

4. Funny Hat Day

10:00-Writing Group
10:00-Show & Tell (Computer)
11:00-Movement w/Meaning
11:30-Herrmann Blood Pressure Clinic
12:00-Causeries en Français
12:00-**BirthDay Lunch**
12:30-Van Run to Big Y
1:00-Fundamentals of Tap
2:30-MS Health & Services Expo
6:30-9:00-Quilting w/Pat

Rosh Hashanah begins @ Sundown

5. Pirate Day

8:30-Strength & Stability
9:00-Yoga w/Sharon
9:00-Reiki w/Bette
10:00-Wii Bowl
10:00-Quilting w/Pat
10:15-Sparkettes Practice
11:00-Conversation w/Betty
11:30-Foodshare
12:00-Lunch
12:30-Power of Aging
1:00-Bridge / Jewelry
2:30-Wii Bowl
3:15-Senior Aerobics

Rosh Hashanah

6. Hippie Day

10:00-Scrabble
10:00-Knitting & Crocheting
10:00-Smart Phones - Hosted by Verizon
10:30-Zumba Gold Toning
12:00-Lunch
1:00-Art Studio
1:00-Bruce John, Entertainment
2:00-Ice Cream Social

7. Saturday

9/11 Memorial Travel Trip

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**8. Sunday**

**9.**

9:00-Mini Spa  
9:30-Comm. on Aging  
10:00-Art Studio  
10:00-Computer Help  
10:15-11:45-Sparkettes  
12:00-Lunch  
1:00-Mahjongg  
1:30-Chorus  
3:15-Senior Aerobics

**10.**

8:30-Strength & Stability  
9:30-3:15-Van Trip to Trader Joe's & Mall  
10:00-Scrabble / Wii Bowl  
10:00-Genealogy  
11:00-Ways & Means  
12:00-Lunch  
12:30-Power of Aging  
1:00-Bingo  
3:15-Gentle Yoga  
7:00-MS Support Group

**11.**

10:00-Writing Group  
10:30-Executive Board Mtg.  
11:00-Movement w/Meaning  
12:00-Causeries en Français  
12:00-Lunch  
12:45-Association Meeting  
1:00-Fundamentals of Tap  
2:00-Non-Fiction Bk Clb  
6:30-9:00-TNT Quilters

**12.**

8:30-Strength & Stability  
9:00-Yoga w/Sharon  
10:00-Wii Bowl  
10:00-Quilting w/Pat  
10:15-Sparkettes Practice  
12:00-Lunch  
12:30-Power of Aging  
1:00-Bridge  
1:00-Jewelry  
2:30-Wii Bowl  
3:15-Senior Aerobics

**13.**

10:00-Scrabble  
10:00-Knitting & Crocheting  
10:30-Zumba Gold Toning  
12:00-Lunch  
1:00-Art Studio  
  
**Yom Kippur begins @ Sundown**

**14. Saturday**



**Yom Kippur**

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15. Sunday

16.

10:00-Art Studio
10:00-Computer Help
10:15-Sparkettes
11:00-Low Vision
12:00-Lunch
1:00-Mahjongg
1:30-Chorus
3:15-Senior Aerobics

17.

8:30-Strength & Stability
10:00-Scrabble
10:00-Wii Bowl
10:00-Intro. to Computers
10:00-Caregivers 101, #1
11:00-Pilates
12:00-Lunch
12:30-Power of Aging
1:00-Bingo
3:15-Gentle Yoga

18.

9:00-3:30-Van Trip to Big E
10:00-Writing Group
11:00-Movement w/Meaning
12:00-Causeries en Français
12:00-Lunch
12:45-Vaudeville Show
1:00-Fundamentals of Tap
2:00-Red Hatters
6:00-Altrusa

19.

8:30-Strength/Stability
9:00-Yoga w/Sharon
10:00-Wii Bowl
10:00-Intro. to Computers
10:15-Sparkettes Practice
11:30-Foodshare
12:00-Lunch
12:30-Power of Aging
1:00-Bridge 1:00-Jewelry
2:30-Wii Bowl
3:15-Senior Aerobics
6:30-Caregiver's Spt. Grp.

20.

10:00-Scrabble
10:00-Knitting & Crocheting
10:00-Photo Club
10:30-Zumba Gold Toning
11:00-Blueberry Pickup
12:00-Lunch
1:00-Art Studio
1:00-Duplicate Bridge

21. Saturday

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**22. Sunday**

**First Day of Autumn**



**One week Smokey Mountains Travel Trip**

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SAT. & SUN.**

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| <p><b>23.</b><br/>10:00-Art Studio<br/>10:00-Computer Help<br/>10:00-4:30-Quilting Retreat w/Pat<br/>10:15-Sparkettes<br/>12:00-Lunch<br/>1:00-Mahjongg<br/>1:00-Atty. Gates<br/>1:30-Chorus<br/>3:15-Senior Aerobics</p> | <p><b>24.</b><br/>8:30-Strength/Stability<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>10:00-Intro. to Computers<br/>11:00-Pilates<br/>12:00-Lunch<br/>12:30-Power of Aging<br/>1:00-Bingo<br/>3:15-Gentle Yoga</p>                                                                                                                                                                                                                                                                                                                                                                  | <p><b>25.</b><br/>8:30-11:00-VNA East<br/>10:00-Writing Group<br/>11:00-Movement w/ Meaning<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>1:00-Fundamentals of Tap<br/>2:00-Non-Fiction Bk. Club<br/>6:30-9:00-TNT Quilters</p> | <p><b>26.</b><br/>8:30-Strength/Stability<br/>9:00-Yoga w/Sharon<br/>10:00-Wii Bowl<br/>10:00-Quilting w/Pat<br/>10:00-Intro. to Computers<br/>10:15-Sparkettes Practice<br/>12:00-Lunch<br/>12:30-Power of Aging<br/>1:00-Bridge<br/>1:00-Jewelry<br/>2:30-Wii Bowl<br/>3:15-Senior Aerobics</p> | <p><b>27.</b><br/>10:00-Scrabble<br/>10:00-Knitting/<br/>Crocheting<br/>10:30-Zumba Gold Toning<br/>12:00-Lunch<br/>1:00-Art Studio</p> <p><i>*Last day to register for October classes</i></p> | <p><b>28. Saturday</b><br/><br/>~~~~~<br/><br/><b>29. Sunday</b></p> |
| <p><b>30.</b><br/>10:00-Art Studio<br/>10:00-Computer Help<br/>10:15-Sparkettes<br/>12:00-Lunch<br/>1:00-Mahjongg<br/>1:30-Chorus<br/>3:15-Senior Aerobics</p>                                                            | <p>“Try to remember the kind of September<br/>When life was slow and oh so mellow<br/>Try to remember the kind of September<br/>When grass was green and grain so yellow<br/>Try to remember the kind of September<br/>When you were a young and a callow fellow<br/>Try to remember and if you remember<br/>Then follow--follow, oh-oh.”</p> <p>~ Try to Remember,<br/>Lyrics by Tom Jones and Harvey Schmidt</p> <div style="text-align: center;">  <p><b>September<br/>2013</b></p> </div> |                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                 |                                                                      |

**Save the Dates!!!!****Coming Events at the Mansfield Senior Center:**

**Thursday, October 3, 1:00 to 3:30 PM:** *VNA East Flu Clinic*

**Saturday, October 5, 9:00 AM to 2:00 PM:** *MSCA Crafts & Collectables Fair*

**Wednesday, October 23, 1:00-4:00 PM:** *UConn's National Primary Care Week (NPCW) 2013 Health Fair*

**Friday, November 8:** *Veterans' Day Celebration (Community Center)*

**Tuesday, November 12, 9:00 AM to 1:00 PM:** *A.A.R.P. Driver Safety Course*

**Saturday, December 7:** *MCSA Holiday Bazaar*

**Holiday Closings:** *Monday, October 14; Monday, November 11th; Thursday & Friday, November 28th & 29th*