



~ Senior Happenings ~

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

November 2013

Volume 1, Issue 3

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Mansfield Senior Center 860-429-0262, ext. 0

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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

Receptionist:

Kathy Yaffee, ext. 4

Site Server

Sharon, Caron, ext. 8

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!!!

Thursday, November 7—

Mashantucket Pequot Museum with lunch following at Mystic Pizza (museum admission \$15 – lunch at indiv. Expense)

Wednesday, November 13th—

“The Most Happy Fella” at Goodspeed Opera House & Lunch. Lunch on your own. Orchestra seating \$58.

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!

As we all prepare for various upcoming holidays, I would like to take this opportunity to remind you of all that is happening in the next two months at the Mansfield Senior & Wellness Center. Do not forget that there is open enrollment for Medicare going on now until December 7th. UConn Health Services will be here for several different events including a hearing clinic on November 12th (pre-registration required) and Smiling Seniors on November 8th. The ABC's of Medicare will be presented on November 4th. In addition, there are a number of special lunches during the month of November. Please read the calendar carefully so that you don't miss something that you would have liked to participate. Please remember to register for classes.

The Mansfield Senior Center Association continues to look for Volunteers to sit on various committees. Please see Estelle Elliott, MSCA President if you are interested in volunteering. This is a great way to learn more about all that goes on at the Center.

We would love to see you at the Mansfield Senior & Wellness Center! I hope to see you soon!

Cindy Dainton,

Mansfield Senior Center Coordinator



Nutrition Choices for Older Adults

Wednesday, November 13th at 1:00pm

This is a fun and interactive workshop for older adults. It is designed to teach nutrition basics and the importance of eating healthfully at an older age. Together we learn the different food groups and how one's diet changes as they get older. A cooking demonstration will take place and a healthful snack will be served.

Please sign up at the Front Desk at the Mansfield Senior & Wellness Center.

By November 8th

There is no cost for the program

Come & Enjoy!

Jorgenson Tickets

Once again the senior center is working collaboratively with Jorgenson Auditorium to provide 2 for 1 tickets to eligible seniors in the community. You must be on record as a member of the Mansfield Senior Center Association and you must come in to the center to let us know that you would like your name added to the list of potential buyers. The list is updated to Jorgenson on the first Monday of each Month. Once your name has been sent to Jorgenson, it is then possible for you to go to the box office or call Jorgenson on the telephone to reserve tickets. Remember, you must wait until your name is sent over to Jorgenson. Jorgenson has limited the number of tickets to 12 for each performance on the list for this offer. When you come into the Senior Center, please pick up the list of eligible performances. Should you have any further questions, please feel free to talk with one of the wonderful volunteer receptionists or a staff member at the Senior Center.
Enjoy the Show!



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 final class is:

Tues., Nov. 12th: 10:00-11:00 AM
Please sign up in advance with the receptionist.

Correction: Medicare Open Enrollment October 15-December 7, 2013

In most cases, this may be the one change you have to make a change to your health and prescription drug coverage for 2014. If you need assistance with choosing a plan, Kathy Ann and others at the Senior Center can assist. **Please call for an appointment at 860-429-0262 ext 1.**

MEDICARE ABC's (and D)

Monday, November 4th at 12:45pm

If you are confused by all of the ads on TV, or the mail you're receiving about Medicare, or just want to learn more, then this workshop is for YOU!

Energy Assistance—Winter Heating Assistance

The Connecticut Energy Assistance Program is designed to help offset the winter heating costs of Connecticut's lower income households. There are income qualifications for the program. If you are having difficulty with meeting your heating needs, please give Kathy Ann a call at 860-429-0262 ext. 1 for assistance and further explanation of the program.

Come join us for Holiday Festivities on December 2nd. We will be making ornaments and watching the 1954 classic **White Christmas**. Hot cocoa and marshmallows will also be provided. Get your Holiday spirit started early! We hope to see you there!



Note from Beth Hankins, LCSW

Since becoming a social worker many years ago, support groups have become one of the most rewarding aspects of my career. They can be invaluable for people facing all kinds of challenges. Being with other people in similar situations gives members an opportunity get practical advice from other members, offer encouragement, share hard won knowledge and feel less alone. The Mansfield Senior Center offers several support groups each month. The Low Vision Group meets on the second Monday of each month before lunch and includes people who are living with vision loss. Speakers from the community provide information about a range of resources to cope with these changes and the members of the group share their experiences. The Caregiver Support Group is a gathering of sons, daughters and spouses of people needing care. The warmth and encouragement within this group helps reduce the social isolation caregivers often feel. The members understand that the stress of caregiving can include providing hands-on care, but can also be difficult for the families who are making the decisions about care. If either of these groups would help you or someone you know, please don't hesitate to contact me at (860) 429-0262.

Reminder: Veteran's Celebration, Nov 8th at 11:00am

The Veteran's Celebration will once again be held at the Mansfield Community Center on Friday, November 8th at 11:00am. Please remember to sign up at the Front Desk at the Senior Center by November 1st for the event. We hope to see everyone there.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

November 2013



1.
 10:00-Scrabble
 10:00- Photo Club
 10:00-Knitting & Crocheting
 12:00-Lunch
 12:45 Video of Smokey Mountains
 1:00-Art Studio

2. Saturday
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3. Sunday

4.
 9:00-Senior Aerobics
 10:00-Art Studio
 10:00-Computer Help
 10:15-11:45-Sparkettes
 12:00-Lunch
 12:45 Talk on Medicare A,B,C,and D
 1:00-Mahjongg
 1:30-Chorus

5. Election Day
 8:30-Strength & Stability
 10:00-Scrabble
 10:00- Wii Bowl
 10:00 Ways & Means Mtg
 11:30 Discussion w/ Beth
 12:00-Lunch
 12:30-Power of Aging
 1:00-Bingo
 2:00 -3:30- Art Class
 2:30-Computer Committee

6.
 9:00 Internet Workshop
 9:00-Senior Aerobics
 10:00-Writing Group
 11:00-Movement w/Meaning
 11:30-Herrmann Blood Pressure Clinic
 12:00-Causeries en Français
 12:00-Birthday Lunch
 12:30-Big Y Trip
 1:00-Fundamentals of Tap
 2:00-Non-Fiction Bk Clb
 3:00 Gentle Yoga

7.
 Trip to Pequot Museum
 8:30-Strength & Stability
 9:00-Reiki w/Bette
 9:00- Tai Chi
 10:00-Wii Bowl
 10:00-Quilting w/Pat
 10:15-Sparkettes Practice
 11:00-Conversation with Bette
 12:00-Lunch
 12:30-Power of Aging
 1:00-Bridge
 1:00-Jewelry
 2:00-Yoga w/ Sharon
 2:30-Wii Bowl

8.
 10:00-Scrabble
 10:00-Knitting & Crocheting
 11:00-Veterans Celebration at MCC
 1:00-Art Studio
 1:30- Smiling Seniors
Final Payment due for Colonial Christmas Trip

9. Saturday
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10. Sunday

11.
 Center Closed
 Veteran's Day



12.
 8:30-Strength & Stability
 9:00 AARP Safe Driving
 9:00- Dr. Walter
 9:30-Commission on Aging
 10:00-Scrabble
 10:00-Wii Bowl
 10:00- Caregivers 101, #3
 10:00- Genealogy
 11:30 Discussion w/ Beth
 12:00-Lunch
 12:30-Power of Aging
 1:00 Basic word
 1:00-Bingo
 1:00-UConn Hearing Appts
 2:00-3:30 Art Class
 7:00-MS Support Group

13.
 9:00 Internet Workshop
 9:00-Senior Aerobics
 10:00 Email Seminar
 10:00-Writing Group
 10:30 Executive Board Mtg
 11:00-Movement w/Meaning
 12:00-Causeries en Français
 12:00- Lunch
 1:00-Fundamentals of Tap
 1:00 Nutrition For Older Adults Presentation
 3:00 Gentle Yoga
 6:30-9:00-TNT Quilters

14.
 Trip to Capn' Jacks & Mohegan Sun
 8:30-Strength/Stability
 9:00-TaiChi
 10:00-Wii Bowl/ Quilting
 10:15-Sparkettes Practice
 11:30-Foodshare
 12:00-Lunch
 12:30-Power of Aging
 1:00-Bridge
 1:00 Basic Word
 1:00-Jewelry
 2:00- Yoga w/ Sharon
 2:30-Wii Bowl

15.
 10:00-Scrabble
 10:00-Knitting & Crocheting
 10:00-Photo Club
 12:00-Lunch
 1:00-Art Studio
 1:00-Duplicate Bridge

16. Saturday
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17. Sunday

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

<p>18. 9:00-Senior Aerobics 9:00—Mini Spa 10:00-Art Studio 10:00-Computer Help 10:15-Sparkettes 11:00 Low Vision Grp 12:00-Lunch 1:00-Mahjongg 1:30-Chorus</p>	<p>19. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 10:00-Intro. to Computers 11:30 Discussion w/ Beth 12:00-Lunch 12:30-Power of Aging 1:00 Advanced Word 1:00-Bingo 2pm-3:30-Art Class</p>	<p>20. 9:00-Senior Aerobics 10:00-Writing Group 11:00-Movement w/ Meaning 12:00-Causeries en Français 12:00-Lunch 1:00-Entertainment 1:00-Fundamentals of Tap 2:15 VNA East 2:00-Non-Fiction Bk. Club 3:00 Gentle Yoga 6:00—Altrusa</p>	<p>21. 8:30-Strength/Stability 9:00-TaiChi 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 Advanced Word 1:00-Jewelry 2:00- Yoga w/ Sharon 2:30-Wii Bowl 6:30-Caregiver's Spt. Grp.</p>	<p>22. 10:00-Scrabble 10:00-Knitting/ Crocheting 12:00-Lunch 1:00-Art Studio</p>	<p>23. Saturday ~~~~~ 24. Sunday</p>
<p>25. 9:00-Senior Aerobics 10:00-Art Studio 10:00-Computer Help 10:15-Sparkettes 12:00-Lunch 1:00-Mahjongg 1:00-Atty. Gates 1:30-Chorus</p>	<p>26. 8:30-Strength/Stability 10:00-Scrabble 10:00-Wii Bowl 11:30 Discussion w/ Beth 12:00-Lunch 12:30-Power of Aging 1:00-Bingo 2:00-3:30- Art Class</p>	<p>27. 9:00-Senior Aerobics 10:00-Writing Group 11:00-Movement w/ Meaning 12:00-Causeries en Français 12:00-Lunch 1:00-Fundamentals of Tap 1:00-Sparks Comm. 3:00 Gentle Yoga 6:30-9:00-TNT Quilters</p>	<p>28. Center Closed  Happy Thanksgiving</p>	<p>29. Center Closed  Give Thanks</p>	<p>30. Saturday ~~~~~ December 1st Sunday</p>

Current & Coming Events at the Mansfield Senior Center:**Medicare Open Enrollment October 15– December 7th****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***Wednesday, December 11th at 2:00pm:** *Compassion & Choices***Holiday Closings:** *Monday, November 11th; Thursday & Friday, November 28th & 29th***Note:** *Calendar is subject to change without notice*