



~ Senior Happenings ~

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

December 2013

Volume 1, Issue 4

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

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

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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

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 DAY GETAWAYS!!!

Friday, **December 6th**: Tour of the Governor's Mansion w/ holiday décor with lunch at Vernon Diner (meal at your expense)

Tuesday, **December 10th** – West-Farms Mall and Trader Joes

Thursday, **December 12th**– Trip to Gingerbread House Festival in South Windsor and lunch at Rein's. (meal at your expense)

Friday, **December 17th** – Uncommon Kitchen Holiday Feast (\$15)

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. 429-0262 ext 0

Hello to Everyone!

Once again, the December calendar is full. Please take a couple of moments to review this publication and to come into the Senior Center to see the offerings after publication dates. As a reminder, we are in the time of year when power goes out, now is the time to check that you have everything that you need. We would love to see you at the Mansfield Senior & Wellness Center! I hope to see you soon!

The staff at the Mansfield Senior & Wellness Center would like to take this opportunity to wish everyone a safe & Happy Holiday Season.

Cindy Dainton,

Mansfield Senior Center Coordinator



Community Survey Announcement

Wednesday, Dec. 18 from 11:00 to 12:00 Dwight Norwood, a graduate student researcher at the University of Connecticut School of Social Work, will be present at the Mansfield Senior and Wellness Center to solicit attendees to complete a brief anonymous survey. The survey may help improve services to older adults. Participants will not be paid but will be given a cell-phone screen cleaner as a token of appreciation for completing the survey. No personal identifying information will be collected. Participation is entirely voluntary. For further information contact Dwight Norwood at 860-882-9207.



Brain Aerobics is Back, Join Tommy on Thursdays @ 12:45

Count Down to Noon!

December 31st at 10:30am – Countdown to Noon! Come and celebrate the New Year with the Mansfield Senior Center and Entertainment. There will be light refreshments served. Remember, it is midnight somewhere in the world! Celebrate in style with us! * **Senior Center will close at 1pm**



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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.

Food for Thought w/ Beth

Tuesdays @ 11:30am

12/3– Best & Worst of The Season

12/10– Holiday Expectations

12/17– Coping with Difficult People

12/24– You Wouldn't Believe....

12/31– Pet Peeves

Winter Storm Closing Policy

When Mansfield public schools are closed or have a delayed opening, the Senior Center/Wellness Center will also close or have a delayed opening.

We can not open until Public Works has time to plow and shovel the parking lot.



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.**

December 2nd 11:30am to 2:30pm – UConn Brown Bag Event – Come and have your medications reviewed by the Pharmacy Students at UConn. Bring all of your medications in for the review to be complete. Make your appointment with Kathy Yaffee by calling 860-429-0262 ext 4.



The Mobile Food Share truck will be here on 12/12/13 and 12/26/13 at 11:30am. There are no questions on income. Just a need for food in the household. Don't miss it!

Come join us for Holiday Festivities on December 2nd at 10:00am. 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!



Are You In the Giving Mood this Holiday Season?

We do appreciate Financial Donations to the Senior Center, which will help provide additional Special Events

HEALTH INSURANCE MARKET PLACE

Access Health CT, the name of Connecticut's Official Health Insurance Marketplace is open for enrollment online at www.AccessHealthCT.com or contact the Access agency in Willimantic at (860) 450-7400 for residents who are uninsured or looking for more affordable health insurance. Open enrollment is from Oct 1, 2013 through March 31, 2014. Don't wait until it's too late, act now. Call your local agency or 1-855-805-4325.

MSCA EVENTS

December 7th 9:00 to 1:00pm – Holiday Bazaar – Come and pick up gently used items for your holidays! In addition, there will be a Silent Auction of Baskets with new items and Pot Luck Refreshments. It promises to be a good time for all!

December 11th at 10:30am – MSCA Executive Board with a presentation from the Town Clerk on Robert's Rules of Order and information regarding Freedom of Information rules. All are welcome.

December 11th at 12:45pm – MSCA Membership Meeting – A presentation will be done by the Town Clerk on new permanent absentee ballot designation as well as poll workers. All are welcome.

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

2.
 9:00-Senior Aerobics
 10:00-Art Studio
 10:00-Computer Help
 10:00 Holiday Festivities
 10:15-11:45-Sparkettes
 11:30-UConn Brown
 Bag Medications
 12:00-Lunch
 1:00-Mahjongg
 1:00—Facebook
 1:30-Chorus

3.
 8:30-Strength & Stability
 10:00-Scrabble
 10:00- Wii Bowl
 10:00 Ways & Means Mtg
 11:30 Food for Thought
 12:00-Lunch
 12:30-Power of Aging
 1:00-Bingo
 2:00 – Art Class
 2:30—Computer
 Committee Mtg.

4.
 10:00-Writing Group
 11:00-Movement exercise
 11:30—Herrmann Blood
 Pressure Clinic
 12:00-Causeries
 12:00-Birthday Lunch
 12:30—Big Y Trip
 1:00-Fundamentals of Tap
 3:00 Gentle Yoga with Sue

5. 8:30-Strength & Stability
 9:00-Reiki w/Bette
 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
 12:45 * NEW-Brain Aerobics
 1:00-Bridge
 1:00-Jewelry
 2:30-Wii Bowl
 2:00 make-up Yoga class
 3:15 Senior Aerobics

6.
 10:00-Scrabble
 10:00– Photo Club
 10:00-Knitting &
 Crocheting
 10:30 Van Trip to
 Governor’s Mansion
 12:00-Lunch
 1:00-Art Studio
 1:30pm Set Up for
 Saturday Bazaar

**7. Saturday
 Holiday Bazaar
 9-1**
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8. Sunday

9.
 9:00-Senior Aerobics
 9:30 Comm on Aging
 10:00-Art Studio
 10:00-Computer Help
 10:15-11:45-Sparkettes
 11:00 Low Vision
 12:00-Lunch
 1:00-Mahjongg
 1:00 AT&T Technology
 Workshop

10.
 8:30-Strength & Stability
 10:00-Scrabble
 10:00- Wii Bowl
 10:00-Genealogy
 10:30 Van Trip to West-
 farms/Trader Joes
 11:30 Food for Thought
 12:00-Lunch
 12:30-Power of Aging
 1:00-Bingo
 2:00 – Art Class
 7:00—MS Support Group

11.
 10:00-Writing Group
 10:30 MSCA Executive
 11:00-Movement exercise
 12:00-Causeries
 12:00- Lunch
 12:45—MSCA Membership
 1:00-Fundamentals of Tap
 1:00 VNA East
 1:30-Compassion &
 Choices
 2:00-Non-Fiction Bk Clb
 3:00 Gentle Yoga with Sue

12.
 10:00-Wii Bowl
 10:00-Quilting w/Pat
 10:15-Sparkettes Practice
 10:30-Trip
 11:30 FoodShare Van
 12:00-Lunch
 12:30-Power of Aging
 12:45 Brain Aerobics
 1:00-Bridge / Jewelry
 2:30-Wii Bowl
 3:15 Senior Aerobics

13.
 10:00-Scrabble
 10:00-Knitting &
 Crocheting
 12:00—Lunch
 1:00-Art Studio



14. Saturday

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15. Sunday

16.
 9:00-Senior Aerobics
 10:00-Art Studio
 10:00-Computer Help
 10:15-11:45-Sparkettes
 12:00-Lunch
 1:00-Mahjongg
 1:00—Me & My Ipad

17.
 8:30-Strength & Stability
 9:00—Dr. Walter
 10:00-Scrabble
 10:00-Wii Bowl
 10:30 Trip to Uncommon
 Kitchen
 11:30 Food for Thought
 12:00-Lunch
 12:30-Power of Aging
 1:00 Basic word
 1:00-Bingo
 2:00- Art Class

18.
 10:00 Email Seminar
 10:00-Writing Group
 11:00 UCONN survey
 11:00-Movement exercise
 12:00-Causeries
 12:00- Lunch— Holiday
 12:45—Entertainment
 1:00-Fundamentals of Tap
 2:00—Red Hatters
 3:00 Gentle Yoga with Sue

19.8:30-Strength/Stability
 10:00-Wii Bowl/ Quilting
 10:15-Sparkettes Practice
 12:00-Lunch
 12:30-Power of Aging
 12:45 Brain Aerobics
 1:00-Bridge
 1:00 Basic Word
 1:00-Jewelry
 2:30-Wii Bowl
 3:15 Senior Aerobics
 6:30—Caregiver Support Grp

20.
 10:00-Scrabble
 10:00-Knitting &
 Crocheting
 10:00-Photo Club
 12:00-Lunch
 1:00-Art Studio
 1:00-Duplicate Bridge

21. Saturday

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22. Sunday



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

23.
 9:00-Senior Aerobics
 10:00-Art Studio
 10:00-Computer Help
 10:15-Sparkettes
 12:00-Lunch
 1:00-Mahjongg
 1:30-Chorus

24.
 8:30 exercise class
 cancelled
 10:00-Scrabble
 10:00-Wii Bowl
 10:00-Intro. to
 Computers
 11:30 Food for Thought
 12:00-Lunch
Center will close
At 1pm



26. 8:30 exercise class
 cancelled
 10:00-Wii Bowl
 10:15-Sparkettes
 Practice
 11:30 FoodShare Van
 12:00-Lunch
 12:30-Power of Aging
 12:45 Brain Aerobics
 1:00-Bridge
 1:00-Jewelry
 2:30-Wii Bowl
 3:15 Senior Aerobics

27.
 10:00-Scrabble
 10:00-Knitting/
 Crocheting
 12:00-Lunch
 1:00-Art Studio



28. Saturday

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**29. Sunday**

**30.**  
 9:00-Senior Aerobics  
 10:00-Art Studio  
 10:00-Computer Help  
 12:00-Lunch  
 1:00-Mahjongg  
 1:00-Atty. Gates  
 1:30-Chorus

**31. New Years Eve**  
 10:30 New Year's  
 Eve Special  
 Celebration with  
 Entertainment  
**Center will close**  
**at 1pm**  
 Count down to Noon!  
 It's midnight some-  
 where in the world.



**Current & Coming Events at the Mansfield Senior Center:**

**Medicare Open Enrollment October 15– December 7th**

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

**Wednesday, December 11th at 1:30pm: Compassion & Choices**

***Holiday Closings: Wednesday, December 25th; Wednesday, January 1st.***

***Note: Calendar is subject to change without notice***