

~ Senior Happenings ~ January

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

January 2014 Volume 2, Issue 5

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

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 Trans-
portation (860) 456-1462, **48 hours**
in advance.

UPCOMING TRANSPORTATION DAY GETAWAYS!!!

Tuesday, Jan. 14-
Bay Path College
Culinary Lunch. Van
leaves at 10am, returns
2pm. Cost \$10—\$12
*Deadline 1/10/13

Thurs., Jan. 30-
Ct. Trash Museum, in
Hartford, admission \$4
Lunch at "Mystery Spot"
(at your expense)
Van leaves at 11am,
returns 2:30.
* Deadline 1/27/13

Welcome to 2014!

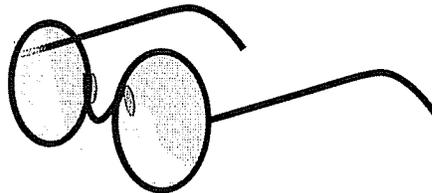
It is hard to believe that another year has begun! I sincerely hope that everyone had a wonderful holiday. I wish all of the best for you and your family in the year ahead.

As a reminder, it is important that you sign up in advance for your exercise classes. Unfortunately, some classes have been cancelled due to lack of participation. Please make sure that this does not happen to your class.

There is once again a lot being offered at the Mansfield Senior & Wellness Center. We all hope to see you here in January.

Cindy Dainton

Mansfield Senior Center Coordinator



January is National Glaucoma Awareness Month! With the start of a new year it's the perfect time to schedule a regular eye exam to check for glaucoma. Talk to your doctor for more information.



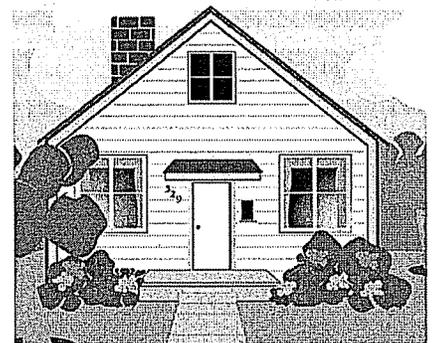
Play Setback/ Pitch

If interested in forming a Card Group call 860-429-0262 Ext 4



2014 Homeowners Tax Relief Program for the Elderly and Totally Disabled

Filing Period will begin on February 1st and end on May 15th. The program is based on your income and the maximum income allowed is \$41,600 for a married couple and \$34,100 for a single person. Should you be interested in more information or applying for the program, please contact Kathy Ann Easley at 860-429-0262 ext. 1.



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.



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. Be safe!

Daily Hot Lunch Served

Sign up for the Month

Coffee and dessert included



Due to the Holiday (New Years)
The Herrmman Blood Pressure Clinic
will be held on
January 8th at 11:30am.



Travel Kick Off

Wed. Jan 8th at 12:45 in Dining room

Free— Light Refreshments served & Door Prizes

Come & Get all the 2014 Trip Flyers

Please Call Kay at 860-429-0262 ext 6 to register

Start 2014 with a New Activity

We welcome Mansfield residents and residents from surrounding towns

Stop in and see what you can do at the center

The Mobile Food Share truck will be here on January 9th and 23rd, in Wrights Way parking lot at 11:30-12:00.

There are no questions on income. Just a need for food in the household. Bring your shopping bags. Don't miss it!



Sit and Be Fit exercise class with Patty

Fridays at 10:30am starting Jan. 3rd

Seated exercises combining stretching, resistance, chair aerobics and strength building to increase your flexibility

Please sign up early for January classes

Classes need to be full to continue them



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

MSCA Executive Board Mtg.— Jan 8 at 10am

MSCA Special Lunch and entertainment— Jan 15 at noon

MSCA Program Committee Meeting—Jan 22 at 10am. Snow date 1/24

MSCA Computer Council—No meeting in January

MSCA Ways & Means—Suspended until further notice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

HAPPY

NEW YEAR

Jan. 1st, 2014
Center is
Closed for
the Holiday

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

3. 10:00-Scrabble
10:00-Photo Club
10:00-Knitting & Crocheting
10:30- *New class
*Sit & Get Fit
11:15-Brain aerobics
12:00-Lunch
1:00-Art Studio

4. ~ ~ ~ ~ ~
5. Sunday

6. 9:00-Senior Aerobics
10:00-Art Studio
10:00-Computer Help
10:15-Sparkettes
12:00-Lunch
1:00-Mahjongg

7. 8:30-Strength & Stability
10:00-Scrabble
10:00- Wii Bowl
12:00-Lunch
12:30-Power of Aging
cancel
1:00-Bingo
1:00- Basic WORD
2:00 -Art Class

8. 10:00-Writing Group
11:30- Herrman Blood Pressure clinic
12:00-Causeries
12:00 Birthday Lunch
12:45- Travel Kick Off
1:00-Fundamentals of Tap
2:00- Book Club
3:00 Gentle Yoga w/ Sue
7:00- TNT Quilters

9. 8:30-Strength & Stability
10:00- Wii Bowl
10:00-Quilting w/Pat
10:15-Sparkettes Practice
11:30- FoodShare van
12:00-Lunch
12:30 Power of Aging
1:00-Bridge
1:00- Basic WORD
1:00-Jewelry
2:30-Wii Bowl
3:15 Senior Aerobics

10. 10:00-Scrabble
10:00-Knitting & Crocheting
10:30 * New Class
*Sit & Get Fit
11:15-Brain aerobics
12:00-Lunch
1:00-Art Studio

11. Saturday
~ ~ ~ ~ ~
12. Sunday

13. 9:00-Senior Aerobics
9:00 Mini-Spa
9:30 COA mtg
10:00-Art Studio
10:00-Computer Help
10:15-Sparkettes
12:00-Lunch
1:00-Mahjongg

14. 8:30-Strength & Stability
9:00- Dr. Walter
10:00- Intro to computers
10:00-Scrabble
10:00- Genealogy
10:00-Wii Bowl
10:00- Van Trip- Luncheon
12:00-Lunch
1:00- Advanced WORD
1:00-Bingo
1:30 Power of Aging new time
2:00- Art Class
7:00 MS Support Group

15. 10:00-Writing Group
10:00- Me and My IPAD
12:00-Causeries
12:00 MSCA Lunch Entertainment
1:00-Fundamentals of Tap
1:00- VNA East
2:00- Red Hatters
3:00 Gentle Yoga w/ Sue
6:00 Altursa

16. 8:30-Strength/Stability
10:00-Wii Bowl/ Quilting
10:00- Intro to computers
10:15-Sparkettes Practice
12:00-Lunch
1:00-Bridge
1:00- Advanced WORD
1:00-Jewelry
1:30 Power of Aging new time
2:30 Wii Bowl
3:15 Senior Aerobics

17. 10:00-Scrabble
10:00-Knitting & Crocheting
10:00-Photo Club
10:30 * New class
* Sit & Get Fit
11:15-Brain aerobics
12:00-Lunch
1:00-Art Studio
1:00-Duplicate Bridge

18. Saturday
~ ~ ~ ~ ~
19. Sunday

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

<p>20. Martin Luther King Jr. Day Center is Closed</p>	<p>21. 8:30- Strength & Stability class 10:00-Scrabble 10:00-Intro to computers 10:00-Wii Bowl 12:00-Lunch 1:00-Bingo 1:30 Power of Aging 2:00- Art Class <u>Time to sign up for Feb. classes</u></p>	<p>22. 10:00- Writing Group 10:00- Digital camera 12:00- Causeseries 12:00- Lunch 1:00- Fundamentals of Tap 2:00- Book club 3:00- Gentle Yoga w/ Sue</p>	<p>23. 8:30- Strength & Stability class 10:00-Wii Bowl 10:00 Quilting 10:15-Intro to computers 10:15-Sparkettes Practice 11:30- FoodShare van 12:00-Lunch 1:00-Bridge 1:00-Jewelry 1:30 Power of Aging 2:30-Wii Bowl 3:15 Senior Aerobics</p>	<p>24. 10:00-Scrabble 10:00- Digital camera 10:00-Knitting/ Crocheting 10:30 * New class * Sit & Get Fit 11:15-Brain aerobics 12:00-Lunch 1:00-Art Studio</p>	<p>25. Saturday ~~~~~ 26. Sunday </p>
<p>27. 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</p>	<p>28. 8:30- Strength & Stability Class 10:00- Scrabble 10:00- Intro to computers 10:00- Wii Bowling 12:00- Lunch 1:00- Bingo 1:30 Power of Aging 2:00- Art Class</p>	<p>29. 10:00- Writing Group 12:00- Causeseries 12:00- Lunch 1:00- Fundamentals of Tap 12:45 Talk on Italy Trip 3:00- Gentle Yoga w/Sue</p>	<p>30. 8:30- Strength & Stability Class 10:00- Wii Bowling 10:15- Sparkettes Practice 11:00 Van trip-Museum 12:00- Lunch 1:00- Bridge 1:00- Jewelry 1:30 Power of Aging 2:30- Wii Bowling 3:15- Senior Aerobics</p>	<p>31. 10:00- Scrabble 10:00- Using your Smartphone 10:00- Knitting/ Crocheting 10:30- *New class * Sit & Get Fit 11:15-Brain aerobics 12:00- Lunch 1:00- Art Studio</p>	<p>January 2014</p>

Current & Coming Events at the Mansfield Senior Center:

*Martin Luther King Jr. Day- celebrating his legacy of service, celebrated since 1983 (day of service)
February 22, 1879 was the first Federal Holiday for George Washington's Birthday,
Holiday Closing: Wednesday, January 1st, New Years Day
Holiday Closing: Monday, January 20th and February 17th*

Note: Calendar is subject to change without notice