

# SENIOR SPARKS



VOLUME 40 ISSUE 1 MANSFIELD SENIOR CENTER ASSOCIATION JANUARY 2014  
303 Maple Road, Storrs Mansfield CT 06268 (860) 429-0262 ext. 5

**WATCH THE  
UCONN WOMEN HUSKIES  
PLAY  
THE RUTGERS SCARLETT KNIGHTS  
AT RUTGERS (in New Jersey)**

**SUNDAY, JANUARY 19**

BUS LEAVES ASHFORD SENIOR CENTER AT 10:00,  
WALMART AT 10:15 AND  
EAGLEVILLE FIRE HOUSE AT 10:30.

GAME STARTS AT 3:00.  
RESERVED SEATS WITH BACKS ARE  
IN LOWER SECTION.  
STOP FOR A QUICK MEAL  
ON THE WAY HOME.

TICKETS & BUS: \$85 payable to MSCA  
at front travel desk



**JOIN IN A SING-A-LONG  
OF MEMORABLE MUSIC  
WITH  
BANJO PLAYER  
NICK APOLLO FORTE**

**AFTER LUNCH ON  
WEDNESDAY, JANUARY 15**



LUNCH AT NOON: MEATLOAF, MASHED  
POTATOES & GREEN BEANS ALMANDINE  
COST: \$4

PROGRAM AT 12:45: FREE

**THE MANSFIELD SENIOR CENTER  
ASSOCIATION NEEDS VOLUNTEERS FOR:**

**BINGO CALLER** ON TUESDAYS, 1:00 TO 3:30  
PLEASE LEAVE YOUR NAME & PHONE  
NUMBER AT THE FRONT DESK.

**FRONT DESK RECEPTIONISTS**

FOR A MINIMUM OF ONE 3-HOUR  
SHIFT A WEEK

DUTIES INCLUDE: GREETING NEW PEOPLE, GIVING OUT  
INFORMATION, ANSWERING PHONES & RE-DIRECTING CALLS,  
DIRECTING PEOPLE TO ROOMS, SENIOR CENTER STAFF &  
MSCA OFFICE, REGISTERING NEW MSCA MEMBERS, COLLECT-  
ING & RECORDING MONEY FOR ITEMS SOLD, AND SIGNING UP  
SENIORS & COLLECTING FEES FOR SOME CLASSES, PROGRAMS  
AND VAN TRIPS.



THE MANSFIELD SENIOR & WELLNESS CENTER  
WILL BE CLOSED ON  
MONDAY, JANUARY 20 FOR THE  
MARTIN LUTHER KING, JR. BIRTHDAY HOLIDAY

**CAN YOUR SPARE SOME BUTTONS  
FOR THE KNITTING GROUP?**



*Please drop off buttons  
at the front desk.*

**SENIOR SPARKS IS A PUBLICATION OF  
THE MANSFIELD SENIOR CENTER ASSOCIATION**

PUT SUBMISSIONS TO THE SPARKS IN THE SPARKS MAILBOX  
AMONG THE MSCA MAILBOXES BEHIND THE FRONT DESK  
OR SEND TO: CYNARASTITES@GMAIL.COM  
BY THE **10TH DAY OF THE MONTH** FOR THE NEXT MONTH'S ISSUE.

SPARKS EDITOR: CYNARA STITES

SPARKS COMMITTEE CHAIR: RITA BRASWELL

SPARKS SUBSCRIPTIONS: KATHY RULE

SPARKS FINANCES: HOWARD RAPHAELSON

SPARKS PROOFREADERS:

RITA BRASWELL, DICK SALLEE, KATHY RULE & MARILYN GERLING

SPARKS COPYING: RITA BRASWELL, DICK SALLEE & LIDA BILOKUR

ASSEMBLING THE SPARKS MAILING:

JUNE CURTIS, LIDA BILOKUR, RITA BRASWELL & VOLUNTEERS

MAILING THE SPARKS:

HOWARD RAPHAELSON, RITA BRASWELL & DICK SALLEE



**MANSFIELD SENIOR &  
WELLNESS CENTER**

303 MAPLE ROAD  
STORRS MANSFIELD, CT 06268  
HOURS: MON - FRI 8:30 A.M. - 4:30 P.M.  
SENIORCENTER@MANSFIELDCT.ORG  
WWW.MANSFIELDCT.ORG  
**(860) 429-0262**

RECEPTIONIST/FRONT DESK EXT 0

MANSFIELD SENIOR CENTER  
ASSOCIATION EXT 5

SENIOR CENTER COORDINATOR  
CINDY DANTON EXT 9  
DANTONCH@MANSFIELDCT.ORG

TRANSPORTATION MANAGER  
GIANNA STEBBINS EXT 2  
STEBBINS@MANSFIELDCT

ADMINISTRATIVE ASSISTANT  
VACANT EXT 3

WELLNESS CENTER APPOINTMENTS  
KATHY YAFFEE EXT 4

SOCIAL WORKERS  
KATHY ANN EASLEY, MSW EXT 1

LUNCH PROGRAM/KITCHEN  
SHARON CARON EXT 8

TRAVEL EXT 6

**MANSFIELD SENIOR CENTER ASSOCIATION  
EXECUTIVE BOARD**

PRESIDENT: ESTELLE ELLIOTT

VICE-PRESIDENT: JEAN ANN KENNY

IMMEDIATE PAST PRESIDENT: RITA BRASWELL

SECRETARY: BEV GOTCH

FINANCE OFFICER: DON STITTS

TREASURER: MIKE BESCHLER

ASSISTANT TREASURER: KATHY RULE

SPARKS COMMITTEE CHAIR: RITA BRASWELL

MEMBER AT-LARGE: SAM GORDON

COMPUTER COMMITTEE CHAIR: VACANCY

PROGRAM COMMITTEE CO-CHAIRS: JOAN TERRY & MARIE HAKMILLER

TRAVEL COMMITTEE CHAIR: KAY WARREN

WAYS & MEANS COMMITTEE: VACANCY



MEETINGS

EXECUTIVE BOARD  
WEDNESDAY, JANUARY 8 AT 10:00

COMPUTER COMMITTEE  
NO MEETING IN JANUARY

MEETINGS

PROGRAM COMMITTEE  
JANUARY 22 AT 10:00

WAYS & MEANS COMMITTEE  
NO MEETING IN JANUARY

*THANKS TO JUNE CURTIS AND THE  
VOLUNTEERS WHO ASSEMBLED  
THE DECEMBER SPARKS MAILING:  
KAREN PETERS, BERYL GRIFFIN, ALICE  
JANSEN & GERALDINE JONES*

*THANKS TO BEV GOTCH FOR CODING  
THE MAILING LABELS.*

**MSCA PRESIDENT’S COLUMN**



THE SEASON MAY NOT BE THE BEST TIME TO TALK ABOUT THE FRANCES WANG CHIN MEMORIAL GARDEN BEHIND THE SENIOR CENTER THAT WAS CREATED BY MRS. CHIN’S HUSBAND IN 1990. IT IS A WONDERFUL, QUIET, PEACEFUL PLACE TO SIT AND THINK.

AS FOR THE YEARS THAT A COOK WAS IN THE KITCHEN, I HAVE BEEN LOOKING OVER PAST MINUTES, AND I WONDER IF PEOPLE REMEMBER THE COOK THAT THE MSCA (NOT THE TOWN) USED TO EMPLOY IN THE KITCHEN. I ONLY SAW ONE MONTH THAT THE ASSOCIATION DID NOT HAVE TO SUPPLEMENT THE INCOME OF THE KITCHEN WITH SUBSTANTIAL MONEY (\$500 TO \$2000 A MONTH). THIS WOULD BE A SIGNIFICANT FINANCIAL DRAIN TO OUR RESOURCES TODAY.

MANY PEOPLE HAVE ASKED ME TO PLEASE BRING BACK THE SUGGESTION BOX. WELL, IT IS BACK. IT IS LOCATED BEHIND THE RECEPTION DESK. PLEASE KEEP IN MIND SUGGESTIONS SHOULD BE SOMETHING THAT SHOULD HELP MORE THEN 1 OR 2 PEOPLE. WE MUST CONSIDER ALL WHEN ASKING FOR A THING TO CHANGE. CONSIDER THE POSSIBILITY OF VOLUNTEERING TO ASSIST WITH ANY CHANGES AND PLEASE MAKE CERTAIN YOU LET US KNOW WHO YOU ARE!

NOW FOR A VERY DIFFERENT SUBJECT, MONTHS AGO I ASKED FOR SOMEONE TO COME FORWARD TO CHAIR THE WAYS AND MEANS COMMITTEE. SO FAR THERE HAS NOT BEEN ANY INTEREST. NOW I AM PROPOSING SOMEONE VOLUNTEER WHO WOULD BE WILLING TO RUN A SPECIFIC EVENT RATHER THAN ALL EVENTS FOR A 2 YEAR TERM. AS FOR NOW, ALL WAYS AND MEANS ACTIVITIES HAVE BEEN SUSPENDED.

I CANNOT SAY THANK YOU ENOUGH TO ALL THE VOLUNTEERS WHO HELPED AT THE DECEMBER HOLIDAY BAZAAR AND TO ALL THOSE WHO SHOPPED FOR THE BARGAINS GALORE. I AM NOT NAMING ALL THE HELPERS FOR FEAR OF LEAVING OUT ANY NAMES. WE MADE APPROXIMATELY \$1300 DOLLARS.

WE HAVE BEEN FORTUNATE IN THAT MANY NEW MEMBERS HAVE REGISTERED. IN TIME, I HOPE THEY WILL BE WILLING TO JOIN IN SOME OF OUR ACTIVITIES.

HAPPY NEW YEAR,

ESTELLE ELLIOTT



**TO  
KATHY RULE**

*FOR HER EXTRAORDINARY EFFORTS  
SORTING, PRICING, STORING,  
DISPLAYING & SELLING DONATIONS  
AS WELL AS SETTING UP  
& TAKING DOWN THE*

**HOLIDAY BAZAAR**



**TO THE  
MANSFIELD SENIOR CENTER  
ASSOCIATION’S  
NEWEST MEMBER**

**ELAINE GUYETTE**

**IN MEMORY OF**

**MAISIE “MAY” (KAHKONEN) GUTTAY**



**MANSFIELD COMMISSION  
ON AGING  
MEETS AT 9:30 ON  
MONDAY, JANUARY 13**

**WELLNESS CENTER EXERCISE CLASSES**

**PAY AS YOU GO CLASSES:**

- \* NO PRE-REGISTRATION REQUIRED
- \* PAY BILL FOR THE PREVIOUS MONTH'S CLASSES YOU ATTENDED
- \* COST PER CLASS: MANSFIELD RESIDENTS - \$5  
OTHERS - \$6

**STRENGTH & STABILITY:** HELPS OLDER ADULTS BUILD MUSCLE STRENGTH, IMPROVE BALANCE, & MAINTAIN FLEXIBILITY. CLASS USES HAND WEIGHTS ANKLE WEIGHTS, BANDS & STABILITY DISCS. WE EXERCISE STANDING, SITTING & ON FLOOR MATS. WORK AT YOUR OWN LEVEL.  
*TUESDAYS & THURSDAYS, 8:30 - 9:30*



**POWER OF AGING:** HELPS IMPROVE MUSCULAR STRENGTH, BALANCE, ENDURANCE, RANGE OF MOVEMENT & ACTIVITIES OF DAILY LIVING. WE USED HAND-HELD WEIGHTS, ELASTIC TUBING & A BALL FOR RESISTANCE. A CHAIR IS USED FOR THE FIRST HALF OF THE CLASS FOR SITTING OR STANDING SUPPORT. WE STAND TO WORK ON LEGS, BALANCE & CORE STRENGTH. SOMETIMES (NOT MANDATORY) FLOOR MAT WORK IS PERFORMED.  
*TUESDAY & THURSDAY AT 12:30 ON JAN 2 & 9*  
*NO CLASS ON JAN 7*  
*TUESDAYS & THURSDAYS AT 1:30 (NEW TIME)*  
*ON JAN 14, 16, 21, 23, 28 & 30*

**BENEFITS OF EXERCISE FOR SENIORS**

- HELPS MAINTAIN OR LOSE WEIGHT
- REDUCES THE IMPACT OF ILLNESS & CHRONIC DISEASE
- ENHANCES MOBILITY, FLEXIBILITY & BALANCE
- IMPROVES SLEEP
- BOOSTS MOOD & SELF-CONFIDENCE
- KEEPS THE BRAIN ACTIVE, WHICH CAN PREVENT MEMORY LOSS & COGNITIVE DECLINE



**PRE-REGISTER & PRE-PAY CLASSES:**

- \* PRE-REGISTER & PAY FOR THE NEXT MONTH'S CLASSES
- \* COST PER CLASS:  
MANSFIELD RESIDENTS - \$5  
OTHERS - \$6



**SENIOR AEROBICS:** A HIGH ENERGY CARDIO WORK-OUT WITH SOME CORE STRENGTH TRAINING. STAND FOR MOST OF THE CLASS PLUS SOME FLOOR MAT EXERCISES (WHEN SITTING OR HOLDING ONTO A CHAIR IS OPTIONAL).  
*MONDAYS AT 9:00 & THURSDAYS AT 3:15*  
(PRE-PAY FOR MONDAYS OR THURSDAYS OR BOTH.)

**SIT AND GET FIT:** COMBINES STRETCHING, RESISTANCE, CHAIR AEROBICS & STRENGTH BUILDING MOVEMENTS TO INCREASE FLEXIBILITY, RANGE OF MOTION & BODY AWARENESS. INCORPORATES VARIOUS PIECES OF EQUIPMENT. DESIGNED TO BE FUN!  
*FRIDAYS AT 10:30*

**GENTLE YOGA WITH SUE:** FOCUSES ON A GENTLE & MODIFIED APPROACH TO YOGA MOVES & PRINCIPLES & EMPHASIZES CHAIR AND STANDING MOVEMENTS AS THE BASIS FOR THE PROGRAM. WORK AT YOUR OWN LEVEL.  
*WEDNESDAYS AT 3:00*

**FUNDAMENTALS OF TAP:** TAP DANCING CLASS FOR BEGINNERS OR THOSE WHO NEED A REFRESHER ON TAP DANCING FROM PREVIOUS LESSONS. WORK ON STEPS, FOOTWORK & PERFORMANCE SKILLS.  
*WEDNESDAYS AT 1:00*



**SPARKETTES:** CLASS FOR TAP DANCERS WHO HAVE PREVIOUS EXPERIENCE & ARE INTERESTED IN PERFORMING IN A VARIETY OF SETTINGS. FOCUS ON FOOTWORK, PRECISION, SPEED & PERFORMANCE SKILLS. WORK ON MORE INTRICATE STEPS & PATTERNS WHILE LEARNING TO REMEMBER & PERFORM CHOREOGRAPHY.

*THURSDAYS AT 10:15*  
COST PER CLASS:  
MANSFIELD RESIDENTS - \$7.50 OTHERS - \$9

**WELLNESS PROGRAMS**

PLEASE CALL KATHY YAFFEE AT 860 429-0262 EXT 4  
 MONDAY THROUGH FRIDAY, 8:30 TO 4:30  
 TO SCHEDULE APPOINTMENTS  
 WITH THE PROVIDERS LISTED BELOW



**ADULT HEALTH SCREENINGS** by  
**VNA East Nurse Mary Hess**  
 Blood pressure, cholesterol, blood  
 glucose, earwax & foot care  
 Wednesday, January 15, 1:00 - 3:00

**FOOTCARE** with **Dr. Walter**, Podiatrist, on  
 Tuesday, January 14, 9:00 to noon. Medicare will be  
 billed if you are eligible. Dr. Walter carries  
 Dr. Comfort shoes, including M/C Diabetic shoes.

**REIKI** WITH BETTE GIORDANO ONE-HOUR SESSIONS ON  
 THURSDAY, JANUARY 2, 9:00 - 11:00 COST: \$30 PER  
 HOUR PAYABLE TO BETTE GIORDANO



**MINI-SPA:** MONDAY, JANUARY 13  
 9:00 - 12:15  
 HAIRCUT, MANICURE OR PEDICURE - \$10

**FREE BLOOD PRESSURE CHECKS**  
 11:30 - noon on Wednesday,  
 January 8, sponsored by  
 Hermann Blood Pressure Clinic  
 NO APPOINTMENTS NECESSARY



**ELDERCARE LAW:** ATTORNEY GATES FROM  
 CONNECTICUT Legal Services provides free legal  
 consultations to people 60 years or older on  
 January 27, 1:00 - 3:00  
 Call 860 429-0262 ext 0 (front desk) for appointment

**CONVERSATIONS WITH BETTY**

on THURSDAY, JANUARY 2, 11:00 - NOON

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

**SUPPORT GROUPS**

**CAREGIVERS SUPPORT GROUP**

no meeting in January

**LOW VISION GROUP**

no meeting in January

**MS SUPPORT GROUP**

meets the second Tuesday of each month  
 - January 14 - in the Craft Room at 7:00 p.m..

For more information, please contact  
 Joan at 860-429-7271 or Jennifer at 860-450-0530.

**SOCIAL WORKER**

**MANSFIELD HUMAN SERVICES  
 HAS A SOCIAL WORKER AT THE  
 SENIOR & WELLNESS CENTER  
 TO ASSIST MANSFIELD RESIDENTS  
 THROUGH A VARIETY OF SERVICES.**

**KATHY ANN EASLEY, MSW,  
 IS AVAILABLE  
 MONDAY THROUGH FRIDAY  
 8:30 - 4:30**

**FLU SEASON IS HERE !**



**SPREADING GERMS !**

**COVER YOUR MOUTH AND NOSE WITH A  
TISSUE WHEN YOU COUGH OR SNEEZE.**

**DON'T HAVE A TISSUE?  
 COUGH OR SNEEZE INTO YOUR SLEEVE  
 INSTEAD OF YOUR HANDS.**

**MANSFIELD SENIOR CENTER  
ASSOCIATION  
COMPUTER LEARNING CENTER**



**FREE HELP FOR PC USERS WITH DAN GEBBEN**  
EVERY MONDAY 10:00 TO 11:00

**FREE "PHOTO CLUB" WITH DAN GEBBEN**  
AN ONGOING CLUB OPEN TO ALL ON 1ST & 3RD  
FRIDAY OF THE MONTH, 10:00 TO NOON

**FREE HELP FOR MAC USERS BY APPOINTMENT**  
LEAVE MESSAGE FOR MIKE PALMER  
AT 860 429-0262 EXT 7

**ME AND MY IPAD WITH DAN GEBBEN**

LEARN HOW TO USE THE VERSATILE APPLE IPAD:

- INSTALLING GAMES & PROGRAMS
- WIFI CONNECTIONS
- REMOVING PROGRAMS
- NAVIGATING THE TOUCH SCREEN
- PHOTOGRAPHY
- MAKING FOLDERS
- MOVING ICONS
- WHAT TO DO WHEN THINGS GO WRONG  
YOU DON'T NEED AN IPAD TO ATTEND.

WEDNESDAY, JANUARY 15, 10:00 - NOON FREE

**USING YOUR SMARTPHONE  
WITH REBEKAH BATTEY FROM VERIZON**  
FRIDAY, JANUARY 31, 10:00 - NOON FREE

**THE DIGITAL CAMERA WITH DAN GEBBEN**

- BASIC FUNCTIONS OF THE CAMERA
- HOW TO TAKE A GOOD PHOTO
- WAYS TO IMPORT PHOTOS INTO A COMPUTER
- PHOTO ORGANIZATION, PROCESSING WITH  
PICASA & SHARING YOUR MASTERPIECES  
THIS IS A HANDS-ON CLASS, SO BRING YOUR  
CAMERA. ANY LEVEL OF EXPERTISE IS WELCOME.

WEDNESDAY & FRIDAY, JANUARY 22 & 24  
10:00 - NOON COST: \$10 PAY AT FRONT DESK.

**INTRO TO THE COMPUTER WITH DAN GEBBEN**

FOR BEGINNERS OR THOSE SEEKING MORE KNOWLEDGEABLE  
USE OF A COMPUTER WITH WINDOWS 7 PLATFORM:

- BASICS OF KEYBOARD, MOUSE CONTROL & WORD  
PROCESSING
- STORAGE SYSTEM & FOLDER CREATION
- INTERNET, E-MAIL & OTHER FORMS OF COMPUTER  
COMMUNICATIONS
- HOW TO PERSONALIZE THE COMPUTER & PROTECT IT  
FROM INTERNET BAD STUFF
- TURNING THE COMPUTER INTO A MASTER MUSIC  
MACHINE FOR YOUR ENJOYMENT

TUESDAYS & THURSDAYS, JANUARY 14, 16, 21, 23 & 28  
10:00 - NOON COST: \$10 PAY AT FRONT DESK.  
CLASS IS LIMITED TO 7 STUDENTS.

**BASIC WORD WITH MIKE BESCHLER**



MICROSOFT WORD IS THE ESSENTIAL  
TOOL FOR TYPING (WORD PROCESSING) ON THE COMPUTER.  
THIS CLASS IS DESIGNED FOR SENIORS WHO HAVE NO  
KNOWLEDGE OF WORD.

USING WORD 2010, THE CLASS WILL COVER HOW TO BEGIN  
USING WORD, TO TYPE WORDS & NUMBERS, TO CORRECT  
MISTAKES, TO CHANGE THE FONT, SIZE & COLOR OF WORDS,  
TO GIVE A DOCUMENT A NAME, TO SAVE, FIND & RE-OPEN A  
SAVED DOCUMENT AND TO PRINT A DOCUMENT.

TUESDAY & THURSDAY, JANUARY 7 & 9, 1:00 - 4:00  
COST: \$10 PAY AT FRONT DESK.  
CLASS IS LIMITED TO 6 STUDENTS.

**ADVANCED WORD WITH MIKE BESCHLER**

THIS CLASS IS FOR SENIORS WHO ARE FAMILIAR WITH  
WORD AND WANT TO LEARN MORE ABOUT THE  
TECHNIQUES IN WORD 2010. INSTRUCTOR HAS SPECIFIC  
TOPICS PLANNED BUT WILL TRY TO ADDRESS STUDENTS'  
INTERESTS, NEEDS AND QUESTIONS.

TUESDAY & THURSDAY, JANUARY 14 & 16, 1:00 - 4:00  
COST: \$10 PAY AT FRONT DESK.

**COMPUTER CLASSES IN FEBRUARY**

**INTERNET WITH GEORGE JONES**

LEARN HOW TO BROWSE THE INTERNET, SEARCH FOR INFORMATION, PURCHASE OR SELL ITEMS, AND THE INS AND OUTS OF E-MAILING.

MONDAYS, FEBRUARY 10 & 17, 9:00 - 11:00

**DO YOU NEED TRANSPORTATION?**

**FREE TRANSPORTATION**

— FOR MANSFIELD RESIDENTS ONLY —  
IS AVAILABLE FOR MEDICAL, DENTAL  
& WELLNESS APPOINTMENTS.

MAKE REQUESTS AT LEAST 7 – 10 DAYS AHEAD.

14 DAYS ADVANCE NOTICE IS REQUIRED FOR RIDES TO APPOINTMENTS AS FAR AWAY AS GLASTONBURY, FARMINGTON, MANCHESTER & NEWINGTON.

CALL GIANNA STEBBINS, VOLUNTEER TRANSPORTATION MANAGER AT 860 429-0262 EXT 2.

**DIAL-A-RIDE**

PROVIDES RIDES TO BIG Y & THE MANSFIELD SENIOR CENTER.

COST IS \$1.50 EACH WAY FOR PEOPLE UNDER AGE 60 AND IS FREE FOR PEOPLE OVER AGE 60 AND PEOPLE WITH MEDICARE CARDS.  
CALL DIAL-A-RIDE AT 860 456-1462.

**NOVEMBER DUPLICATE BRIDGE RESULTS**



**NORTH/SOUTH**

- |                                    |       |
|------------------------------------|-------|
| 1. JERRY SHAFFER & SAM WHEELER     |       |
| 75.50                              |       |
| 2. ALINE BOOTH & JEANNE HAAS       | 74.50 |
| 3. ANDREA MARSHALL & NOREEN STEELE | 68.50 |

**EAST/WEST**

- |                                  |       |
|----------------------------------|-------|
| 1. JANE STEPHENS & SHEP SHEPARD  | 79.00 |
| 2. HELEN COLLINS & RITA POLLACK  | 75.00 |
| 3. SALLIE HIRAKIS & JOANNE NOLAN | 69.00 |

**BASIC MICROSOFT EXCEL WITH MIKE BESCHLER**

MICROSOFT EXCEL CALCULATES NUMBERS & RECALCULATES WHEN YOU CHANGE OR ADD NUMBERS. THIS CLASS WILL COVER THE LOOK & LAYOUT OF SPREADSHEETS, ENTERING & FORMATTING NUMBERS, CREATING FORMULAS TO PERFORM CALCULATIONS, MAKING A SMALL DATABASE, NAMING & SAVING YOUR EXCEL SHEETS, & RECALLING YOUR WORK FOR FUTURE USE.  
TUESDAY & THURSDAY, FEBRUARY 4 & 6, 1:00 - 4:00

**ADVANCED MICROSOFT EXCEL - MIKE BESCHLER**

THIS CLASS WILL GO INTO MORE COMPLICATED EXCEL FORMULAS, RETRIEVING RELATED DATA FROM A PREVIOUSLY ENTERED TABLE & LINKING ITEMS FROM ONE SPREADSHEET TO ANOTHER.  
TUESDAY & THURSDAY, FEBRUARY 11 & 13, 1:00 - 4:00



**SENIOR VAN OUTINGS**

**BAY PATH COLLEGE SPECIALTY CULINARY LUNCHEON**

TUESDAY, JANUARY 14

LEAVE AT 10:00 SHARP

RETURN ABOUT 2:00

COST: ABOUT \$10 - \$12 A PERSON

**CONNECTICUT TRASH MUSEUM IN HARTFORD**

**LUNCH AT "MYSTERY SPOT"**

THURSDAY, JANUARY 30

LEAVE AT 11:00

RETURN ABOUT 2:30 - 3:00

COST: \$4 FOR MUSEUM ADMISSION  
LUNCH AT YOUR OWN EXPENSE

## MANSFIELD SENIOR CENTER ASSOCIATION TRAVEL

**TRAVEL FAIR ON WEDNESDAY, JANUARY 8 AT 12:45**

**COME LEARN ABOUT THE GREAT TRIPS PLANNED FOR 2014 !!**

**PICK UP FLYERS !! YOU MUST BE PRESENT TO WIN DOOR PRIZES !!**



### **"DREAM LOVERS" AT THE TAJ MAHAL ON THE ATLANTIC CITY, NJ BOARDWALK**

**FEBRUARY 18 - 20 (3 DAYS)** PACKAGE INCLUDES TWO NIGHTS AT THE TAJ MAHAL HOTEL, \$60 SLOT BONUS AT THE TAJ MAHAL HOTEL CASINO, "BOBBY DARIN & CONNIE FRANCIS TRIBUTE" SHOW AT XANADU THEATRE IN THE HOTEL, BREAKFAST & DINNER BUFFETS AT THE HOTEL

*\$292 SINGLE, \$186 DOUBLE OR \$181 TRIPLE OCCUPANCY*



### **PENNSYLVANIA DUTCH COUNTRY, "MOSES" & PHILADELPHIA LIBERTY BELL**

**JUNE 24 - 26 (3 DAYS)** PACKAGE INCLUDES TWO NIGHTS AT HERITAGE HOTEL IN LANCASTER, PA, RESERVED SEATS AT SIGHT & SOUND FOR "MOSES," FIVE MEALS AT 4 VENUES, STRASBURG RAILROAD MUSEUM, BIRD IN HAND FARMERS MARKET, KITCHEN KETTLE VILLAGE & PHILADELPHIA GUIDED TOUR OF LIBERTY BELL, BETSY ROSS & INDEPENDENCE HALL

*\$493 SINGLE, \$393 DOUBLE OR \$383 TRIPLE OCCUPANCY*



### **ITALIA CLASSICA — TO ROME, VENICE, MILAN & FLORENCE**

**NOVEMBER 8 - 16 (9 DAYS)** *UNDER \$3,000 PP. DOUBLE OCCUPANCY. PASSPORT NEEDED*

FLYERS AVAILABLE AT THE SENIOR CENTER OR SEE KAY WARREN



***YOU CAN LEARN ABOUT THIS GREAT TRIP TO ITALY AT A PRESENTATION AT 12:45 ON WEDNESDAY, JANUARY 29***

### **UCONN WOMEN HUSKIES VS RUTGERS SCARLETT KNIGHTS AT RUTGERS (in New Jersey)**

**SUNDAY, JANUARY 19** Reserved seats with backs are in lower section.

Bus leaves Ashford Senior Center at 10:00, Walmart at 10:15 and Eagleville

Fire House at 10:30. Game starts at 3:00. Stop for a quick meal on the way home.

*Ticket & bus: \$85 payable to MSCA at front travel desk.*



**DO YOU WANT TO GET MORE INFORMATION ABOUT TRIPS  
OR MAKE A RESERVATION FOR A TRIP ?**

**SEE KAY WARREN AT THE TRAVEL DESK**

**OR CALL 860-429-0262 EXT 6 8:45 TO 2:00 ON MONDAYS,  
WEDNESDAYS & FRIDAYS AND 10:00 TO NOON ON THURSDAYS**

**MEAL PROGRAM**

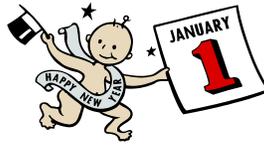
The TVCC A meal program is subsidized through the Older Americans Act and is available to seniors 60 years or older for a suggested donation of **\$3.00**. Seniors who are younger than 60 are welcome to eat, but are asked to pay the actual cost of the meal, which is now **\$10**. Reservations must be made by 10:00 a.m. one day in advance. Guests and new members must complete a registration form at the time they make a reservation. Homebound seniors may call 1-800-953-1365 to receive Meals-on-Wheels.

**JANUARY MENUS**

- Jan 2: stuffed shells w/marinara sauce
- Jan 3: beef & bean chili
- Jan 6: stuffed chicken w/broccoli & cheese
- Jan 7: eggplant rolette
- Jan 8: BIRTHDAY LUNCH  
Tuscan beef & white bean stew
- Jan 9: chicken marsala
- Jan 10: crispy cod patty
- Jan 13: Salisbury steak w/gravy
- Jan 14: all beef hot dog w/bun
- Jan 15: SING-A-LONG PROGRAM  
meatloaf & mashed potatoes - \$4
- Jan 16: braised pork loin w/gravy
- Jan 17: baked ziti w/sweet chicken sausage
- Jan 20: CLOSED FOR HOLIDAY
- Jan 21: baked cod w/tomato garlic compote
- Jan 22: cheese manicotti  
w/marinara sauce
- Jan 23: Swedish meatballs w/noodles
- Jan 24: Hungarian chicken paprika
- Jan 27: western omelet
- Jan 28: lazy man's lasagna
- Jan 29: cod Newburg
- Jan 30: chicken cacciatore
- Jan 31: meatloaf w/gravy



**JANUARY BIRTHDAYS**



- |   |   |
|---|---|
| <p>1- CAROL CAISSE, JOSEPH CARY,<br/>CHARLES SUNDERLAND, VERA WARD</p> <p>2- DEXTER EDDY, DONNA LINKKILA,</p> <p>3- DONALD CHANSKI, BONNIE FAULKNER</p> <p>4-</p> <p>5- MARIAN BRAZZIEL, KEITH JOHNSON,<br/>GLORIA SLOAN, BETTY WASSMUNDT,<br/>GINGER YORKS</p> <p>6- WILLIAM BURNS, FRANK ECKERT,<br/>JOANNE FOY, DORIS GARRISON,<br/>MICHELE PALMER</p> <p>7- ARNAIZE HUMMER, JON SUNG KIM,<br/>ELIZABETH TONEY</p> <p>8- JUDITH BELL, JEANNE HAAS</p> <p>9- JUDY GEBBEN, DAVID MILLS</p> <p>10- ADELLE MILAVSKY</p> <p>11- GENE BARBARET, RUTH JONES,<br/>MICHAEL SAUCIER</p> <p>12- CYNARA STITES</p> <p>13- RUTH NIK, RON PELRINE, JOAN<br/>WEBSTER</p> <p>14- IRENE DUBE</p> <p>15- DOROTHY BISHOP, TONI DRESCHER,<br/>THOMAS MORRISON, SHARON KOZIN,<br/>FRANKLIN WELLS</p> <p>16- CLARE CURRIER, ELIZABETH LAUB</p> <p>17- DAVID MELSON,<br/>BARBARA WILLIAMS</p> | <p>18- JAMES BOBBITT, WALTER HARPER,<br/>FLORENCE PALMER</p> <p>19- DOROTHY ASHWELL, VINCENT<br/>AUDETTE, ANNA KLASE, WILLIAM<br/>PAULSON, JOE KONECNY</p> <p>20- KATHY CARR, DONALD HODGINS,<br/>JANE KENKNIGHT, VIRGINIA KING,<br/>MARY PEARSON, DONALD ROWE,<br/>ILENE WHITACRE</p> <p>21- DIANA BURNS</p> <p>22- JOHN FEDEROWICZ, JUNG JA LEE<br/>KIM, FRANK VON DUNTZ,<br/>SHIRLEY ZANDE</p> <p>23- STEVE ANDERSON, JAMES<br/>MANTON, JOAN QUARTO</p> <p>24- HENRY DUBE, FRANCES HORILA,<br/>JEAN MILLER, PAUL WALENCEWICZ</p> <p>25- PAMELA PATTERSON, DOLORES<br/>SAUNDERS</p> <p>26- ARTHUR ABRAMSON, EDWARD<br/>LEADBETTER</p> <p>27- ETTA BISHOP, DAVE WATERS</p> <p>28- CHRISTOPHER CHVIRKO, ELAINE<br/>KOLLET, CAROL WELT</p> <p>29- WILLIAM AHO, HENRY DUBE,<br/>MURIEL FENN, SUSAN MEISLER</p> <p>30- SYLVIA AHO, CLAIRE GATES, JACKIE<br/>HEINTZ, NAOMI HEISS, ELSIE KLITZ,<br/>LOIS MCCLINTOCK, LILLIAN ROUX</p> <p>31- WILLIAM SMITH</p> |
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**GENEALOGY GROUP**

**MEETS**

**ON TUESDAY, JANUARY 14 AT 10:00**

**ALL ARE WELCOME, INCLUDING BEGINNERS.  
THE LEADER BRINGS NEW INFORMATION AND WE ALL SHARE IDEAS.  
GET HELP WITH YOUR GENEALOGICAL RESEARCH PROBLEMS.  
WE PLAN ON TAKING TRIPS TO GOOD PLACES TO WORK  
ON GENEALOGY IN THE COMING YEAR.**

# JANUARY CALENDAR

## MONDAYS

## TUESDAYS

**CLOSED ON MONDAY, JANUARY 20 FOR  
MARTIN LUTHER KING, JR. HOLIDAY**

- 9:00 SENIOR AEROBICS EXERCISE
- 9:00 MINI-SPA - JAN 13
- 9:30 COMMISSION ON AGING - JAN 13
- 10:00 ART STUDIO
- 10:00 FREE HELP FOR PC USERS
- 10:15 SPARKETTES
- 11:00 (LOW VISION SUPPORT GROUP -  
NO MEETING IN JANUARY)
- 12:00 LUNCH
- 1:00 MAHJONGG
- 1:00 ATTORNEY GATES - JAN 27

- 8:30 STRENGTH & STABILITY EXERCISE CLASS
- 9:00 DR. WALTER FOOTCARE - JAN 14
- 10:00 VAN TRIP TO CULINARY LUNCHEON - JAN 14
- 10:00 SCRABBLE
- 10:00 WII BOWLING
- 10:00 INTRO TO COMPUTER - JAN 14, 21 & 28
- 10:00 GENEALOGY - JAN 14
- 12:00 LUNCH
- 12:30 POWER OF AGING EXERCISE  
NO CLASS ON JAN 7  
**1:30 (NEW TIME) - JAN 14, 21 & 28**
- 1:00 BINGO
- 1:00 BASIC WORD - JAN 7
- 1:00 ADVANCED WORD - JAN 14
- 2:00 ART CLASS
- 7:00 MS SUPPORT GROUP - JAN 14

### SNOW CLOSINGS

WHEN MANSFIELD PUBLIC SCHOOLS CLOSE OR HAVE A DELAYED OPENING DUE TO BAD WEATHER, THE MANSFIELD SENIOR & WELLNESS CENTER WILL ALSO CLOSE OR HAVE A DELAYED OPENING ACCORDINGLY. (A 90-MINUTE DELAY MEANS THE SENIOR CENTER WILL OPEN AT 10:00 A.M.)



- **LISTEN TO THE RADIO - WTIC 1080 AM OR WILI 1400 AM** FOR MANSFIELD PUBLIC SCHOOLS INFORMATION (NOT NECESSARILY SENIOR CENTER INFORMATION) *OR*
- **WATCH TV CHANNEL 3** FOR MANSFIELD SCHOOLS CLOSINGS & DELAYS *OR*
- **CALL 860 429-0262** TO HEAR THE SENIOR CENTER'S PHONE VOICE MESSAGE ABOUT A CLOSING OR DELAY.

DO NOT PARK IN THE SENIOR CENTER PARKING LOT IF MANSFIELD PUBLIC WORKS HAS NOT YET SANDED AND CLEARED SNOW FROM THE PARKING LOT BY 9:00.

### BLUEBERRY STUDY



**BLUEBERRIES MUST BE ORDERED BY  
NOON ON THURSDAY, JANUARY 9  
NO EXCEPTIONS !**

**BLUEBERRY PICK-UP WILL BE AT 11:00 ON FRIDAY,  
JANUARY 17 IN THE SENIOR CENTER PARKING LOT**

*BLUEBERRIES ARE AVAILABLE TO STUDY PARTICIPANTS ONLY.  
IF YOU WANT TO BECOME A NEW PARTICIPANT IN THIS STUDY,  
LEAVE A MESSAGE FOR HOWARD RAPHAELSON AT  
860-429-0262 EXT 0.*



### UNWANTED SALES PHONE CALLS

**PUT YOUR NAME ON THE NATIONAL  
"DO NOT CALL" LIST BY CALLING  
1-888-382-1222 OR BY GOING TO  
[HTTPS://WWW.DONOTCALL.GOV/REGISTER](https://www.donotcall.gov/register)**

# JANUARY CALENDAR

## WEDNESDAYS

**CLOSED ON JANUARY 1 - NEW YEAR'S DAY**

- 10:00 WRITING GROUP
- 10:00 ME & MY IPAD - JAN 15
- 10:00 DIGITAL CAMERA - JAN 22
- 10:00 PROGRAM COMMITTEE - JAN 22
- 10:30 MSCA EXECUTIVE BOARD - JAN 8
- 11:30 BLOOD PRESSURE CLINIC - JAN 8
- 12:00 LUNCH
- BIRTHDAY LUNCH - JAN 8
- 12:00 MSCA PROGRAM LUNCH - JAN 15
- 12:45 SING-A-LONG PROGRAM - JAN 15
- 12:00 CAUSERIES
- 12:45 TRAVEL FAIR - JAN 8
- 12:45 PRESENTATION ON ITALY TRIP - JAN 29
- 1:00 FUNDAMENTALS OF TAP DANCING
- 1:00 - 3:00 VNA EAST CLINIC - JAN 15
- 2:00 NON-FICTION BOOK CLUB - JAN 15 & 29
- 3:00 GENTLE YOGA
- 6:30 TNT QUILTERS - JAN 8

## THURSDAYS

- 8:30 STRENGTH & STABILITY EXERCISE
- 9:00 - 11:00 REIKI WITH BETTE - JAN 2
- 10:00 WII BOWLING
- 10:00 INTRO TO COMPUTER - JAN 16 & 23
- 10:00 QUILTING CLASS - JAN 9, 16 & 23
- 10:15 SPARKETTES PRACTICE - NO CLASS ON JAN 2
- 11:00 CONVERSATIONS WITH BETTY - JAN 2
- 11:00 VAN TRIP TO TRASH MUSEUM - JAN 30
- 11:30 FOOD SHARE VAN - JAN 9 & 23
- 12:00 LUNCH
- 12:30 POWER OF AGING EXERCISE - JAN 2 & 9
- 1:30 (NEW TIME) JAN 16, 23 & 30**
- 1:00 BRIDGE
- 1:00 JEWELRY
- 1:00 BASIC WORD - JAN 9
- 1:00 ADVANCED WORD - JAN 16
- 2:30 WII BOWLING
- 3:15 SENIOR AEROBICS EXERCISE
- 6:30 CAREGIVERS' SUPPORT GROUP -  
(NO MEETING IN JANUARY)

## SENIOR DISCOUNTS



### MANSFIELD COMMUNITY CENTER

10% DISCOUNT OFF ACTIVITY FEE, EXCLUDING TRIPS,  
RENTALS & MATERIALS FEE  
MANSFIELD RESIDENTS 62+

### GRAMMA'S COMFORT FOODS

452 STAFFORD ROAD (ROUTE 32)  
20% DISCOUNT ON MEALS (EXCEPT SPECIALS)  
ON WEDNESDAYS AGE 60+

## FRIDAYS

- 10:00 SCRABBLE
- 10:00 KNITTING & CROCHETING
- 10:00 USING YOUR SMARTPHONE - JAN 31
- 10:00 PHOTO CLUB - JAN 3 & 17
- 10:00 DIGITAL CAMERA - JAN 24
- 10:30 SIT & GET FIT EXERCISE CLASS **NEW !**
- 11:15 BRAIN AEROBICS WITH TOMMY
- 12:00 LUNCH
- 1:00 ART STUDIO
- 1:00 DUPLICATE BRIDGE - JAN 17



**GETTING PRE-APPROVED  
CREDIT OFFERS !**

**CALL: 1-888-567-8688**



**SENIOR SPARKS**

Mansfield Senior & Wellness Center  
 303 Maple Road  
 Storrs Mansfield, Connecticut 06268  
 860-429-0262



NON-PROFIT ORGANIZATION  
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 STORRS MANSFIELD, CT 06268

**Occupant or**

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 BY THE DARK LINE

**COMPUTER CLASSES - PAGES 6 - 7**

**"DO NOT CALL" LIST - PAGE 10**

**EXERCISE CLASSES - PAGE 4**

**LUNCH MEALS—PAGE 9**

**SENIOR DISCOUNTS - PAGE 11**

**SENIOR VAN TRIPS - PAGE 7**

**SNOW CLOSINGS - PAGE 10**

**TRIPS/TRAVEL - PAGE 8**

**UCONN WOMEN'S BASKETBALL - PAGE 8**

**WELLNESS PROGRAMS - PAGE 5**

**I WANT TO BUY A SPARKS SUBSCRIPTION**  
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 (PLEASE PRINT)

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New Subscription: \_\_\_\_\_

**\$7.00 - Bulk issues or \$10.50 - First Class**

Amount Enclosed: \_\_\_\_\_  
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**Kathy Rule**  
**Mansfield Senior & Wellness Center**  
**303 Maple Road**  
**Storrs Mansfield, CT 06268**