



~ Senior Happenings ~ APRIL

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

April 2014 Volume 5, Issue 8

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, 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, April 4th – Wright's Chicken Farm, Harrisville, RI – Van will depart Sr. Center at 10AM and return approx. 3PM. Cost for lunch is \$12.50/person. Reservation deadline is Wednesday, April 2nd

Wednesday, April 23rd – New England Air Museum – We will stop for lunch on the way home at a surprise location! Van will depart Sr. Center at 9:30AM and return approx. 4pm. Reservation deadline is Mon, April 21st.

Tuesday, April 29th -- Old Sturbridge Village Lunch and Show "Songs from the Heart". Van will depart Sr. Center at 10AM and return approx. 4PM. Cost is \$45.50/person (includes luncheon and show) Reservation and payment deadline is Thursday, April 17th.

Positive Aging Series:

These will be 1 hour sessions that will review information obtained from the Positive Aging Conference in Sarasota, Florida. The session will start at 10am each Friday in April and two Fridays in May. There will be a short presentation followed by group discussion of the topic. Each week will have a different theme as noted below. Please feel free to come to one or all of the presentations.

Friday, April 4th – Overview of the Conference and looking at Keynote Presentations

Friday, April 11th – Visionaries Have Wrinkles – Serving the Generation Who Will Change the World ...Again! Are you looking for a new role that is as much about doing good as it is doing well? Do you want to grow older boldly, wisely, and visibly to reshape the future of aging for all of us and generations to come?

Friday, April 25th – A Senior Leadership Program: A successful program of civic engagement. Participants learn skills to become catalysts for positive change in their community. This is an introductory session to the program.

Friday, May 2nd – Project Renewment: A Retirement Model for Career Women. Project renewal is the first retirement model specifically for the millions of career women facing retirement. The program focuses on making the next chapter of life for these women equal to or more satisfying than their previous one.

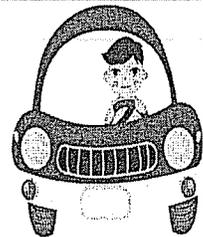
Friday, May 9th – Strengthening Your Social Portfolio. Similar to having a balanced financial portfolio where diversification protects investments, having a diversified social portfolio ensures that individuals remain engaged no matter what changes they may experience.

AARP Safe Driving Course

Wednesday, April 23rd, 9am-1pm

Sign up at front desk

Class seating is limited



Save the Dates—Tuesday nights in May—6 to 8pm

Alzheimer's Caregiver's Series

Educational Series sponsored by Mansfield Senior & Wellness Center in collaboration with the Alzheimer's Association.

Register by calling Kathy at 860-429-0262 ext. 4.



Hot Lunch Served, Mon- Fri

Sign up for the Month

Suggested Donation:

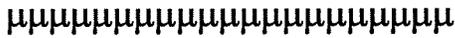
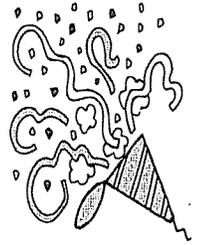
\$3.00



At noon on Wednesday, April 16th

Volunteer Appreciation Luncheon

Sign up at the front desk by April 10



Power Of Aging

A Gentle Exercise class

Tuesdays at 11am

Thursdays at 12:30



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.

If you have an interesting collection you would like to display, we have a glass display case in our lobby. Please call Kathy , Ext 4



Thank you Sue Kwastel for your beautiful Easter egg collection

GENTLE YOGA



Please join us

Wednesdays at 11:00am

Senior Aerobics

Monday at 9am

Thursdays at 3:15pm

Sign up now for April



The Mobile Food Share Truck will be here on

April 3 and 17 at 11:30am. There are no questions

on income. Just a need for food in the household.

Bring your shopping bags. Don't miss it!

Intergenerational Dinner , Tuesday, April 8th at 5:00 pm

At E.O. Smith High School Cafeteria, Cost: \$8.00 pp

Night in Greece, Menu by UConn Dietetic Students

Sign up required at front desk by April 1



Mini Quilting Retreat

Monday, May 5th

Sign up now

We are collecting old or new, small garden tools and pots for the middle school greenhouse project.

The students are growing food for the school lunch program.



SAVE THE DATES

The Mansfield Senior & Wellness Center will once again be hosting a Summer Evening Program each month. The dates are as follows:

Thursday, May 8th

Thursday, July 3rd

Thursday, August 7th



WATCH FOR MORE DETAILS IN THE COMING MONTHS!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

**APRIL
2014**

Notice
*Last day for Tax
Assistance appointments
is Wed. April 9th*



1. April Fool's Day
8:30-Strength class
10:00-Scrabble
10:00- Wii Bowl
11:00- Power of Aging
12:00-Lunch
1:00-Bingo
2:00 -Art Class
2:30-Computer Com.

2.
9:00- Walking DVD
9:00- Tax Assistance
10:00-Writing Group
10:00-My Ipad
11:00-Gentle Yoga
11:30- Herrmman Blood Pressure clinic
12:00-Causeries
12:00- Birthday Lunch
1:00- Fund. of Tap
1:00 -Tax Assistance

3. 8:30-Strength class
10:00-Wii Bowl
10:00- Quilting
10:15-Sparkettes Practice
11:00 Conversation w/ Betty
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

4.
10:00- Positive Aging
10:00-Scrabble
10:00- Photo Club
10:00-Knitting & Crocheting
10:30 -Sit & Get Fit
11:15-Brain Aerobics
12:00-Lunch
1:00-Art Studio
First US Flag (1818)

5.
Saturday
6. Sunday
North Pole Discovered (1898)

7. 9:00- Tax Assistance
9:00-Senior Aerobics
10:00-Art Studio
10:00-PC Help
10:15-Sparkettes
12:00-Lunch
1:00-Mahjongg
1:00- Tax Assistance
1:30-Chorus
3:15- Wii bowling

8. 8:30-Strength class
10:00-Scrabble / Wii
10:00-Intro to computers
10:00- Genealogy Gr
11:00 -Homecare info
11:00- Power of Aging
12:00- Lunch
1:00-Bingo
1:00-Basic WORD 2010
2:00 -Art Class
5:00 Intergenerational Dinner at EOS

9. 9:00- Walking DVD
9:00- *Tax Assist.-last day
10:00- Writing Gr.
10:30 MSCA Executive Bd
11:00-Gentle Yoga
12:00-Causeries / Lunch
1:00-Fund. of Tap
1:00-VNA East
1:00 -*Tax Assist- last day
2:00- Book Club
7:00- TNT Quilters

10. 8:30-Strength class
9:00-Reiki *date change
10:00-Wii Bowl
10:00-Intro to computers
10:00- Quilting
10:15-Sparkettes Practice
12:00-Lunch
12:30 Power of aging
1:00-Bridge
1:00-Basic WORD 2010
1:00-Jewelry
2:30-Wii Bowl
3:15- Senior Aerobics

11.
10:00- Positive Aging
10:00-Scrabble
10:00-Intro to Facebook
10:00-Knitting & Crocheting
10:30 -Sit & Get Fit
11:15-Brain Aerobics
12:00-Lunch
1:00-Art Studio

12. Saturday
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**13. Sunday**  
*Palm Sunday*

**14.** 9:00-Senior Aerobics  
9:30-COA Mtg  
10:00-Art Studio  
10:00-PC Help  
10:15-Sparkettes  
11:00-Low Vision Gr.  
12:00-Lunch  
1:00-Mahjongg  
1:30-Chorus  
3:15- Wii bowling  
**Passover begins at Sundown**

**15. Tax Deadline !**  
8:30-Strength class  
10:00-Scrabble  
10 -Intro to computers  
10:00-Wii Bowl  
11:00-Power of Aging  
12:00-Lunch  
1:00-Bingo  
1:00-Advanced WORD 2010  
2:00- Art Class

**16.**  
9:00- Walking DVD  
10:00-Writing Group  
11:00-Gentle Yoga  
12:00-Causeries  
12:00- MSCA Lunch  
Volunteer Appreciation  
12:45- Entertainment  
1:00-Fund. of Tap  
2:00- Red Hatters Gr.

**17.** 8:30-Strength Class  
10:00-Wii Bowl/ Quilting  
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  
1:00-Advanced WORD 2010  
2:30- Wii Bowl  
3:15- Senior Aerobics  
6:30-Caregiver's Gr.

**18. Holiday Center Closed**  
  
*Due to this Holiday  
Date Changes are:  
Photo Club on April 25  
Duplicate Bridge on April 25*

**19. Saturday**  
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20. Sunday
Easter

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

21.
 9:00-Senior Aerobics
 10:00-Art Studio
 10:00-PC Help
 10:15-Sparkettes
 12:00-Lunch
 1:00-Mahjongg
 1:30-Chorus
 3:15-Wii bowling

22. 8:30- Strength class
 9:00-Dr. Walter
 10:00-Scrabble
 10:00-Intro to computers
 10:00-Wii Bowl
 11:00-Power of Aging
 12:00-Lunch
 1:00- Bingo
 2:00- Art Class

Earth Day 

23.
 9:00- Walking DVD
 9:00- AARP Driving class
 10:00-Email class
 10:00-Writing Group
 11:00- Gentle Yoga
 12:00- Causeries
 12:00- Lunch
 1:00 -Fund. of Tap
 2:00- Book Club
 7:00- TNT Quilters

24.
 8:30- Strength class
 10:00-Wii Bowl
 10:00 Quilting
 10:15-Sparkettes Prac.
 12:00-Lunch
 12:30 Power of aging
 1:00-Bridge
 1:00-Jewelry
 2:30-Wii Bowl
 3:15- Senior Aerobics

25.
 10:00- Positive Aging
 10:00-Scrabble
 10:00-Photo club
 10:00-Knitting/
 Crocheting
 10:30 - Sit & Get Fit
 11:15-Brain Aerobics
 12:00-Lunch
 1:00-Art Studio
 1:00-Duplicate Bridge
Ct. Arbor Day

26. Saturday
 National Pretzel Day
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27. Sunday
 1937 the first Social Security Checks distributed

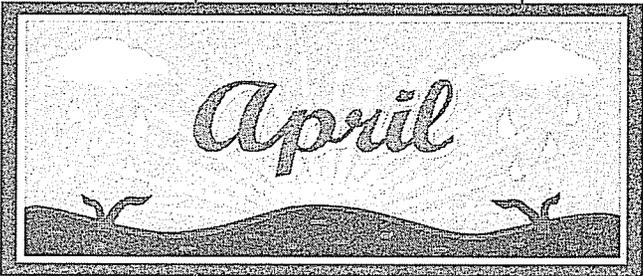
28.
 9:00-Senior Aerobics
 10:00-Art Studio
 10:00-PC Help
 10:15-Sparkettes
 12:00-Lunch
 1:00-Mahjongg
 1:00-Attorney Gates
 1:30-Chorus
 3:15-Wii bowling

29. 8:30- Strength class
 10:00-Scrabble
 10:00-Wii Bowl
 11:00-Power of Aging
 12:00-Lunch
 1:00- Bingo
 2:00- Art Class

Zipper Day

30.
 9:00 -Walking DVD
 10:00-Writing Group
 11:00- Gentle Yoga
 12:00- Causeries
 12:00- Lunch
 1:00 Fund. of Tap

National Honesty Day



Current & Coming Events at the Mansfield Senior Center:

- Tuesday, April 8th- Intergenerational Dinner at EOS- Pre-registration required*
- Wednesday, April 16th -Volunteer Appreciation Luncheon - Pre-registration required*
- Wednesday, April 23rd - AARP Driving Course at 9am-1pm - Pre-registration required*
- Friday, April 25th and Saturday, April 26th - CT Mission of Mercy Free Dental Clinic in Hartford*
- Tuesday Evenings in May-Alzheimer's Caregivers Education Series*
- Thursday, May 8th-First Summer Evening Event - watch for more details-Pre-registration required*

Note: Calendar is subject to change without notice

Please look at the Day Trips, we offer, on page one in our April Senior Happenings