

SENIOR SPARKS



VOLUME 40 ISSUE 4 MANSFIELD SENIOR CENTER ASSOCIATION APRIL 2014
303 Maple Road, Storrs Mansfield CT 06268 (860) 429-0262 ext. 5



SENIOR CENTER VOLUNTEERS APPRECIATION LUNCH WEDNESDAY, APRIL 16 AT NOON

MENU: POT ROAST, MASHED POTATOES, SNAP PEAS & PEACH COBBLER
COST: \$5 FREE FOR VOLUNTEERS SIGN UP BY: APRIL 10



PRESENTATION & DEMONSTRATION BY DENNIS WARING AN ETHNOMUSICOLOGIST & MUSICAL INSTRUMENT MAKER WHO USES RECYCLED MATERIALS TO MAKE INSTRUMENTS FOR A DIVERSE WORLD WEDNESDAY, APRIL 16 AT 12:45



THE MANSFIELD SENIOR CENTER WILL BE
CLOSED ON FRIDAY, APRIL 18
FOR THE GOOD FRIDAY HOLIDAY.

M.S.C.A. FIRST ANNUAL SPRING FLOWER SALE

TULIPS

ASIATIC LILIES

HYACINTHS



FILL OUT ORDER FORM
(AVAILABLE AT FRONT DESK)
& PAY BY APRIL 12

\$10 PER PLANT OR 3 PLANTS FOR \$25

PICK UP YOUR PLANTS ON
TUESDAY, APRIL 15,
NOON - 4:00



A NIGHT IN GREECE ANNUAL INTERGENERATIONAL DINNER FOR MANSFIELD SENIORS & E. O. SMITH HIGH SCHOOL STUDENTS

TUESDAY, APRIL 8 AT 5:00 P.M.

AT E. O. SMITH HIGH SCHOOL

DINNER PREPARED BY

UCONN'S SCHOOL OF ALLIED HEALTH STUDENTS

COST: \$8 SIGN UP BY APRIL 1

AARP SAFE DRIVING COURSE: **WEDNESDAY, APRIL 23 9:00 - 1:00**



YOU MAY BE ELIGIBLE FOR A DISCOUNT ON YOUR CAR
INSURANCE FOR TAKING THIS 4-HOUR COURSE.

SEATING IS LIMITED, SO SIGN UP EARLY AT FRONT DESK
OR BY CALLING 860 429-0262 EXT 0

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

CYNARA STITES, SPARKS EDITOR
PLEASE E-MAIL SUBMISSIONS TO THE SPARKS TO:
CYNARASTITES@GMAIL.COM OR PUT THEM IN
CYNARA STITES' SPARKS MAILBOX AMONG THE MSCA
MAILBOXES BEHIND THE FRONT DESK BY THE
10TH DAY OF THE MONTH FOR NEXT MONTH'S ISSUE.

**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 &
SPARKS SUBSCRIPTIONS MANAGER: KATHY RULE
MEMBER AT-LARGE: SAM GORDON
COMPUTER COMMITTEE CHAIR: VACANCY
PROGRAM COMMITTEE CO-CHAIRS:
JOAN TERRY & MARIE HAKMILLER
SPARKS COMMITTEE CHAIR: RITA BRASWELL
TRAVEL COMMITTEE CHAIR: KAY WARREN
WAYS & MEANS COMMITTEE: VACANCY



M.S.C.A. COMMITTEE MEETINGS

EXECUTIVE BOARD: WEDNESDAY, APRIL 12 AT 10:00
WAYS & MEANS COMMITTEE: ON HIATUS
COMPUTER COMMITTEE: TUESDAY, APRIL 1 AT 2:30
PROGRAM COMMITTEE:

DEAR SPARKS READERS:

WE WELCOME YOUR FEEDBACK, REQUESTS, IDEAS
AND EVEN YOUR COMPLAINTS !!
PLEASE LEAVE A MESSAGE FOR EDITOR
CYNARA STITES IN HER SPARKS MAILBOX BEHIND
THE FRONT DESK OR SEND E-MAIL TO:
CYNARASTITES@GMAIL.COM.

MSCA PRESIDENT'S COLUMN

DEAR CURRENT MSCA MEMBERS:



IN THE PAST SEVERAL MONTHS, THE MSCA
EXECUTIVE BOARD HAS REALIZED THAT THE
MEMBERSHIP DATABASE IS OUTDATED.
THIS DATABASE IS OUR LINK TO YOU SO THAT YOU ARE SURE
TO GET INFORMATION IN A CORRECT AND TIMELY FASHION.

IF YOU HAVE NOT ALREADY FILLED OUT A
MSCA MEMBERSHIP UPDATE FORM,
WE ARE REQUESTING THAT YOU FILL ONE OUT.
YOU CAN PICK UP THE FORM AT THE FRONT DESK.
PLEASE RETURN IT **BY APRIL 15** TO THE FRONT DESK
OR MAIL IT TO:
MSCA MEMBERSHIP SURVEY
MANSFIELD SENIOR & WELLNESS CENTER
303 MAPLE ROAD
STORRS MANSFIELD, CT 06268

ESTELLE ELLIOTT

**WE SURVIVED THE WINTER OF 2014 !
IT IS FINALLY OVER, ISN'T IT ?**



**MANSFIELD COMMISSION ON AGING
MEETS AT 9:30
ON MONDAY, APRIL 14**

NEEDED: WRAPPED CANDY

(OR MONEY TO BUY WRAPPED CANDY)
TO GIVE AWAY AT THE FRONT DESK.
NO CHOCOLATE, PLEASE !



TALE OF A BUTTON BOX BY GLADENE FAIT

I AM A BUTTON BOX THAT HAS COME TO THE SENIOR CENTER IN ANSWER TO THE KNITTERS' CALL FOR BUTTONS. THIS IS A WHOLE NEW CAREER FOR ME. I BEGAN LIFE 66 YEARS AGO AS A MINIATURE STETSON HAT BOX, INSIDE OF WHICH WAS A MINIATURE MAN'S HAT AND A GIFT CERTIFICATE FOR A REAL STETSON HAT TO BE PICKED UP AT THE LOCAL MEN'S CLOTHING SHOP. THE HAT WAS A SPECIAL GIFT FROM A YOUNG WIFE TO HER HUSBAND. SHE CHOSE THE HAT WITH THE THOUGHT THAT IT WOULD BE THE FIRST NON-G.I. HEADGEAR THAT HE WOULD DON AFTER FOUR LONG YEARS OF ARMY SERVICE IN WORLD WAR II. PERHAPS, SHE ALSO GAVE A PASSING THOUGHT TO THE PLEASURE OF A WARM HEAD COVERING FOR HER HUSBAND'S RECEDING HAIRLINE.



THE HAT HAS LONG SINCE GONE TO WHERE OLD HATS GO, BUT I TOOK ON A NEW ROLE AS A BUTTON BOX. OVER THE YEARS, I RECEIVED BUTTONS OF ALL SHAPES AND SIZES, OLD BUTTONS AND NEW, AND EVEN STRAY BUTTONS OF OBSCURE ORIGIN. JUST AS THE BUTTON COLLECTION GREW IN MY SMALL SPACE, THE FAMILY EXPANDED TO TWO SONS AND TWO DAUGHTERS. FOR THE YOUNGSTERS, THE BUTTONS WERE A SOURCE OF DELIGHT AND UTILITY IN IMPROVISED GAMES AND AS SUBSTITUTES FOR MISSING PIECES IN BOARD GAMES. AT OTHER TIMES, THEY SORTED THROUGH THE BUTTON COLLECTION FOR THE FUN OF RECALLING WHEN AND WHERE CERTAIN BUTTONS ADORNED HAPPILY WORN APPAREL.

NOBODY HAS LOOKED AT THE BUTTONS FOR A LONG, LONG TIME. THEIR ORIGINALS ARE LARGELY FORGOTTEN, AND CERTAINLY NO USE FOR THEM HAS BEEN FOUND IN YEARS.

SO THERE IS A LOVELY COMFORT IN ANTICIPATING THEM PERHAPS GIVING PLEASURE ANEW BY THE TALENTED HANDS OF OUR SENIOR KNITTERS.



TO THE MANSFIELD SENIOR CENTER ASSOCIATION'S NEWEST MEMBERS:

- | | | |
|--------------------------|------------------------|------------------------|
| FERN HAMMER | WILLIAM CROSSON | JOYCE DOUBLEDAY |
| THEODORA NAUMEC | JEAN MCCARTHY | KEVIN MCCARTHY |
| CHRISTINE PSATHAS | CHARLES NAUMEC | JOSEPH PIATTI |
| | DOREEN SIMONSEN | DANA WILLIAMS |

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 DAINTON EXT 9
 DAINTONCH@MANSFIELDCT.ORG

TRANSPORTATION MANAGER
 GIANNA STEBBINS EXT 2
 STEBBINSG@MANSFIELDCT

WELLNESS CENTER APPOINTMENTS
 KATHY YAFFEE EXT 4

SOCIAL WORKER
 KATHY ANN EASLEY, MSW EXT 1

LUNCH PROGRAM/KITCHEN
 SHARON CARON EXT 8

TRAVEL DESK EXT 6

IN MEMORY OF:

FLOYD BASS

JOSLYN FIELD

MARY JONES

OLGA TOTH

MARY TURCOTTE



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** Wednesday, April 9, 1:00 - 3:00
Blood pressure, cholesterol, blood glucose, earwax
& foot care

FOOTCARE with Dr. Walter, Podiatrist, on Tuesday,
April 22, 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, APRIL 10, 9:00 - 11:00 COST: \$30 PER HOUR

FREE BLOOD PRESSURE CHECKS

11:30 - noon on Wednesday,
April 2, 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
Monday, April 28, 1:00 - 3:00
Call 860 429-0262 ext 0 (front desk) for appointment

INS AND OUTS OF HOMECARE



**UPDATED INFORMATION ON GETTING
ASSISTANCE IN YOUR HOME**

TUESDAY, APRIL 8 AT 11:00

WOULD YOU LIKE TO TRY Wii BOWLING?

IT'S FUN & EASY !

JUST COME TO THE COMMUNITY
ROOM ON **MONDAYS AT 3:15 OR
THURSDAYS AT 2:30**



SUPPORT GROUPS

CAREGIVERS SUPPORT GROUP

THURSDAY, APRIL 17 at 6:30 p.m.
Guest speaker Christine Johnson, from Alzheimer's
Society. Pre-registration encouraged but not
required. Info: 860 429-0262 ext 4

LOW VISION GROUP

MONDAY, APRIL 14 AT 11:00

MS SUPPORT GROUP

NO MEETING IN APRIL.
JOIN US AT THE INTERGENERATIONAL DINNER ON
APRIL 8 (See Front Page)

SOCIAL WORKER

MANSFIELD HUMAN SERVICES HAS A
SOCIAL WORKER, **KATHY ANN EASLEY, MSW**
AT THE MANSFIELD SENIOR & WELLNESS CENTER
8:30 - 4:30 MONDAY THROUGH FRIDAY
TO ASSIST MANSFIELD RESIDENTS
THROUGH A VARIETY OF SERVICES.
CALL 860 429-0262 EXT 1

INDOOR WALKING PROGRAM

WEDNESDAYS AT 9:00

DO YOU HAVE 30 MINUTES TO
IMPROVE YOUR HEALTH? THAT'S ALL
IT TAKES TO WALK 2 MILES INDOORS.
LACE UP YOUR WALKING SHOES AND
COME WALK WITH OTHERS AT THE SENIOR CENTER.
A DVD PROVIDES INSTRUCTIONS AND MUSIC.



SAVE THE DATES !
CARING FOR THE CAREGIVER
TUESDAYS IN MAY, 6:00 - 8:00 P.M.
ALZHEIMER'S CAREGIVER SERIES
IN COLLABORATION WITH
THE ALZHEIMER'S ASSOCIATION

PAT SCHNEIDER, MANSFIELD'S NEW HUMAN SERVICES DIRECTOR BY RITA BRASWELL

BEFORE I REALIZED WHO PAT SCHNEIDER WAS, I OVERHEARD HER TELLING ANOTHER SENIOR, "WHEN I'M ASKED ABOUT SENIOR CENTERS, I ALWAYS SAY 'WHEN YOU'VE SEEN ONE SENIOR CENTER, YOU'VE SEEN **ONE** SENIOR CENTER.'" I INTRODUCED MYSELF AND SHE READILY AGREED TO LET ME INTERVIEW HER FOR THE SPARKS.

PAT HAS IMPRESSIVE QUALIFICATIONS. SHE GOT A BACHELOR'S IN SOCIAL WORK (BSW) AND A GERONTOLOGY CERTIFICATE IN 1983 FOLLOWED BY A MASTER'S IN SOCIAL WORK (MSW). THEN SHE QUALIFIED FOR HER CLINICAL SOCIAL WORKER LICENSE (LCSW). SHE WORKED FOR YEARS AS A SOCIAL WORKER IN HOSPITALS AND NURSING HOMES AND AS AN OUTREACH SOCIAL WORKER IN WINDSOR. SHE SERVED AS THE DIRECTOR OF SENIOR & ADULT SERVICES IN SOUTH WINDSOR AND THE DIRECTOR OF SENIOR SERVICES IN GLASTONBURY. MOST RECENTLY, SHE WAS THE DIRECTOR OF HUMAN SERVICES IN GLASTONBURY WHERE SHE OVERSAW THE OPERATIONS OF A COMBINED SENIOR AND COMMUNITY CENTER FACILITY. ALSO, SHE IS A PEER REVIEWER FOR THE NATIONAL INSTITUTE OF SENIOR CENTERS.

PAT'S FIRST PRIORITY FOR SENIOR SERVICES IS CONDUCTING A SELF-ASSESSMENT PROCESS, BEGINNING WITH IDENTIFYING THE CORE NEEDS OF THE SENIOR COMMUNITY. A NEEDS ASSESSMENT IS CHALLENGING BECAUSE THIS GROUP CONSISTS OF INDIVIDUALS RANGING IN AGE FROM 55 TO 100 WHO HAVE VERY DIVERSE BACKGROUNDS, CAPABILITIES, RESOURCES, NEEDS AND INTERESTS. THEN SHE WILL ASSESS THE AVAILABLE RESOURCES, WHICH ARE CONSIDERABLE IN MANSFIELD. FINALLY, SHE WILL SET SOME LONG RANGE PLANNING GOALS FOR THE NEXT 5 TO 10 YEARS THAT ARE CONSISTENT WITH THE PERCEIVED NEEDS AND THE AVAILABLE RESOURCES. SHE POINTED OUT THAT A SUCCESSFUL SELF-ASSESSMENT PROCESS WILL INCLUDE INPUT FROM SENIORS AND OTHER CITIZENS, DEVELOPMENT OF RELATIONSHIPS WITH TOWN DEPARTMENTS AND COMMUNITY GROUPS, AND THE IDENTIFICATION OF FUNDING SOURCES.

PAT IDENTIFIED ANOTHER PRIORITY: INCREASING SENIOR CENTER STAFF HOURS WHICH WERE CUT BACK IN RECENT YEARS. THE RECEPTIONIST POSITION HAS ALREADY BEEN INCREASED FROM PART-TIME TO FULL-TIME. THE VACANT ADMINISTRATIVE ASSISTANT POSITION WILL BE REPLACED WITH A PROGRAM COORDINATOR. THE TOWN WILL ALSO RECRUIT A PART-TIME OUTREACH SOCIAL WORKER WHO WILL VISIT SENIORS IN THEIR HOMES WHEN NECESSARY TO ASSURE THAT THOSE WHO NEED SERVICES BECOME AWARE OF WHAT



SERVICES ARE AVAILABLE TO THEM. THIS OUTREACH SOCIAL WORKER WOULD ALSO INTERACT WITH SENIORS AT THE SENIOR CENTER.

PAT'S PLANS INCLUDE MAXIMIZING THE USE OF WHAT WE ALREADY HAVE THROUGH SMART SPACE LAY-OUT, FINDING ADDITIONAL USES FOR THE SENIOR VAN (STAFF ARE ALREADY WORKING ON A GRANT PROPOSAL), AND INVESTIGATING ALL POSSIBLE FUNDING SOURCES (PRIVATE FUNDING AS WELL AS GRANTS).

PAT SAID THAT THE MANSFIELD SENIOR CENTER ASSOCIATION COULD HELP THE SENIOR CENTER BY ACTING AS AN ADVISORY GROUP FOR FUTURE PROGRAMS, RAISING FUNDS AND RECRUITING VOLUNTEERS. SHE BELIEVES THAT VOLUNTEERS ARE VITAL IN SUPPORTING PROGRAMS ON MANY LEVELS.

SHE ALSO TOUCHED ON TRANSPORTATION NEEDS, ESPECIALLY FOR THE DISABLED AND FOR SENIORS LIVING IN A RURAL AREA. "AGING IN COMMUNITY" IS AN IDEAL WHERE SENIORS STAY IN THEIR HOMES OR MOVE INTO IN SOME FORM OF LOCAL GROUP HOUSING. PAT BELIEVES IN THE IMPORTANCE OF SOCIALIZATION AND PROVIDING A PLACE FOR SENIORS TO "HANG OUT" IN MANSFIELD. THIS WOULD BE A PLACE WHERE SENIORS COULD DROP IN FOR COFFEE OR TEA AND — *WILD DREAMING HERE!* — EVEN LIGHT REFRESHMENTS AVAILABLE ALL DAY.

PAT REMARKED THAT MANY SENIOR CENTERS HAVE REALIZED SOME OF THESE POSSIBILITIES, EVEN WITH VERY LIMITED RESOURCES. SHE STATED THAT "WE MIGHT SURPRISE OURSELVES AT THE THINGS WE CAN ACCOMPLISH WITH THE RESOURCES THAT WE HAVE AND A WILLINGNESS TO THINK AND WORK OUTSIDE THE BOX." SHE ALSO ADDED THAT THE KEY TO SUCCESS WOULD BE TO GET PEOPLE TO AGREE ON THE THINGS THEY WANT AND TO SPEAK WITH ONE VOICE.

A BIT ABOUT PAT'S PERSONAL BACKGROUND:

WHILE PAT'S FATHER SERVED IN THE AIR FORCE, PAT'S FAMILY MOVED AROUND THE COUNTRY AND THE WORLD UNTIL THEY SETTLED IN HARTFORD WHERE PAT'S FATHER WAS A POLICE OFFICER. PAT MARRIED HER HIGH SCHOOL SWEETHEART WHO WAS A HARTFORD POLICE OFFICER. SHE AND HER HUSBAND LIVE IN COVENTRY, AND HER HUSBAND NOW SERVES ON THE EASTERN CONNECTICUT STATE UNIVERSITY POLICE FORCE. THEIR DAUGHTER IS A SOCIAL WORKER AND A SPECIAL EDUCATION TEACHER, AND THEIR SON SPECIALIZES IN TECHNICAL EDUCATION.

**M. S. C. A.
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 APRIL 4 &
APRIL 25 (DATE CHANGE DUE TO HOLIDAY),
10:00 TO NOON

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

**INTRO TO THE COMPUTER
WITH DAN GEBBEN**

**10:00 - NOON ON TUESDAYS & THURSDAYS,
APRIL 8, 10, 15, 17 & 22**

FOR BEGINNERS OR THOSE WANTING MORE KNOWLEDGEABLE USE OF A COMPUTER. BASICS OF KEYBOARD & MOUSE CONTROL. LEARN STORAGE SYSTEM, FOLDER CREATION, WORD PROCESSING, INTERNET, E-MAIL & OTHER FORMS OF ON-LINE PERSONAL COMMUNICATION. PERSONALIZE THE COMPUTER & PROTECT IT FROM INTERNET BAD STUFF. CLASS UTILIZES WINDOWS 7. CLASS ENDS WITH AN EXERCISE IN TURNING THE COMPUTER INTO A MASTER MUSICAL MACHINE FOR YOUR ENJOYMENT. CLASS IS LIMITED TO 7 STUDENTS. EACH STUDENT WILL HAVE USE OF A COMPUTER.
COST: \$10 FOR FIVE CLASSES
SIGN UP & PAY AT FRONT DESK.

**MICROSOFT WORD 2010 FOR BEGINNERS
WITH MIKE BESCHLER**

**TUESDAY, APRIL 8 & THURSDAY, APRIL 10
1:00 - 4:00**

THIS CLASS IS FOR THOSE WHO HAVE NO KNOWLEDGE OF WORD. WORD IS AN ESSENTIAL TOOL FOR USING THE COMPUTER. YOU WILL LEARN HOW TO: BEGIN USING THE PROGRAM, TYPE WORDS & NUMBERS, CORRECT MISTAKES, CHANGE THE FONT, CHANGE THE SIZE AND COLOR OF THE TYPE, NAME THE DOCUMENT YOU CREATE, SAVE THE DOCUMENT, & RETRIEVE THE DOCUMENT TO READ, CHANGE OR PRINT IT. **COST: \$10 FOR TWO CLASSES.**
SIGN UP & PAY AT FRONT DESK.

FREE COMPUTER CLASSES

E-MAIL WITH DAN GEBBEN
WEDNESDAY, APRIL 23, 10:00 - NOON

READING AN E-MAIL ADDRESS, SENDING & RECEIVING E-MAILS, REPLYING TO & FORWARDING E-MAILS, CREATING & OPENING E-MAIL ATTACHMENTS, CREATING MAILBOXES, JUNK MAIL, SETTING UP E-MAIL CONTACTS, USING VARIOUS E-MAIL FOLDERS, EMOTICONS & E-MAIL ETIQUETTE & E-MAIL PRIVACY *YOU SHOULD HAVE AN E-MAIL ACCOUNT FOR THIS CLASS.*
IF YOU NEED AN E-MAIL ACCOUNT, SEE DAN GEBBEN IN THE COMPUTER LAB ON MONDAYS.

INTRO TO FACEBOOK WITH DAN GEBBEN
FRIDAY, APRIL 11, 10:00 - NOON

FACEBOOK IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS & FAMILY, MEET NEW PEOPLE & EXPRESS YOURSELF. SETTING UP & MAINTAINING A FACEBOOK PAGE IS EASY & FREE. YOU NEED A NAME, GENDER, BIRTHDAY & E-MAIL ADDRESS. THIS CLASS COVERS THE BASICS: PAGE LAYOUT, POSTING MESSAGES, COMMENTING, UP-LOADING PHOTOS, FINDING FRIENDS, SECURITY & PRIVACY.



ME AND MY IPAD WITH DAN GEBBEN
THE USE & VERSATILITY OF THE APPLE IPAD
WEDNESDAY, APRIL 2, 10:00 - NOON

A HANDS-ON CLASS ON INSTALLING GAMES & PROGRAMS, WIFI CONNECTION, MOVING, DELETING, & GROUPING ICONS, REMOVING PROGRAMS, TOUCH SCREEN NAVIGATION, PHOTOGRAPHY, INTERNET, E-MAIL, & WHAT TO DO WITH THINGS GO WRONG. BRING YOUR IPAD.

**ADVANCED MICROSOFT WORD 2010
WITH MIKE BESCHLER**

**TUESDAY, APRIL 15 & THURSDAY, APRIL 17
1:00 - 4:00**

THIS CLASS IS FOR PEOPLE WHO ARE FAMILIAR WITH WORD AND WOULD LIKE TO LEARN MORE ABOUT THE TECHNIQUES IN THE 2010 VERSION. SPECIFIC TOPICS ARE PLANNED, BUT WE WILL DISCUSS AND TRY TO RESOLVE THE QUESTIONS OF THE ATTENDEES.
COST: \$10 FOR TWO CLASSES.
SIGN UP & PAY AT FRONT DESK.



DO YOU NEED TRANSPORTATION?

FREE TRANSPORTATION

— FOR MANSFIELD RESIDENTS ONLY —

IS AVAILABLE FOR MEDICAL & DENTAL APPOINTMENTS.

MAKE REQUESTS AT LEAST 7 – 10 DAYS AHEAD.

14 DAYS ADVANCE NOTICE IS REQUIRED FOR

RIDES TO APPOINTMENTS AS FAR AWAY AS

GLASTONBURY, MANCHESTER & NEWINGTON.

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

DIAL-A-RIDE

PROVIDES RIDES TO PEOPLE AGE 60 AND OLDER

TO BIG Y & MANSFIELD SENIOR CENTER

A \$1.50 DONATION FOR EACH ONE-WAY TRIP

IS REQUESTED AT THE END OF EACH MONTH.

CALL DIAL-A-RIDE AT 860 456-1462.

GENEALOGY GROUP

TUESDAY, APRIL 8 AT 10:00

ALL ARE WELCOME, INCLUDING BEGINNERS. THE LEADER BRINGS NEW INFORMATION & WE ALL SHARE IDEAS. GET HELP WITH YOUR GENEALOGICAL RESEARCH PROBLEMS.

WE WILL BE TAKING TRIPS TO LIBRARIES AND ARCHIVES IN THE COMING YEAR TO WORK ON GENEALOGY.

CALL FOR DETAILS: 860 429-4557

**SAVE THE DATES
FOR SUMMER EVENING PROGRAMS**

THURSDAY, MAY 8

THURSDAY, JULY 3

THURSDAY, AUGUST 7



FEBRUARY 21 DUPLICATE BRIDGE RESULTS

NORTH/SOUTH

- 1. JANE STEPHENS & MARY SHINOSKI 43.50
- 2. LAVIDA MEAD & GEORGE WALLER 34.50
- 3. SUE COWEN & MARY BROWN 26.00



EAST/WEST

- 1. ANNA McCLAIN & DORIS LeDOYT 38.00
- 2. SUE LIPSKY & LESTER LIPSKY 33.50
- 3. CAROL HEWITT & JUDY SENKBEIL 30.00

SENIOR VAN OUTINGS



**LUNCH & GIFT SHOP
WRIGHT'S CHICKEN FARM
IN HARRISVILLE, RHODE ISLAND
FRIDAY, APRIL 4**

LEAVE AT 10:00 & RETURN BY 3:00

COST: \$12.50 SIGN UP BY WEDNESDAY, APRIL 2

**NEW ENGLAND AIR MUSEUM
WEDNESDAY, APRIL 23**

TOUR A SPECTACULAR COLLECTION OF HISTORIC AIRCRAFT & EXHIBITS THAT TELL THE STORY OF AVIATION FROM EARLY PIONEERS TO THE JET AGE. LUNCH ON THE WAY HOME AT SURPRISE LOCATION

LEAVE AT 9:30 & RETURN BY 4:00

COST: \$11 SIGN UP BY MONDAY, APRIL 21

**OLD STURBRIDGE VILLAGE LUNCH
& "SONGS FROM THE HEART" SHOW
TUESDAY, APRIL 29**

LEAVE AT 10:00 & RETURN BY 4:00

COST FOR LUNCH & SHOW: \$45.50

ENTRÉE CHOICES: OSV POT ROAST OR GRILLED SALMON

SIGN UP BY THURSDAY, APRIL 17

**CONVERSATIONS WITH BETTY
THURSDAY, APRIL 3, 11:00 - NOON**

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

**DUE TO THE GOOD FRIDAY HOLIDAY,
DUPLICATE BRIDGE
IS RE-SCHEDULED TO
FRIDAY, APRIL 25TH**



MSCA TRIPS

**FLYERS & INFORMATION AT FRONT TRAVEL DESK - 860-429-0262 EXT 6
OR CALL KAY WARREN AT 860-487-3744**

**APRIL 30: PARKERS MAPLE BARN - SUGAR HOUSE TOUR/CORN COB GIFT SHOP.
ANHEUSER BUSCH TOUR & TASTING. VALENTINO'S BAKERY. ALL IN NEW HAMPSHIRE - \$71**

MAY 1: DEADLINE TO SIGN UP FOR THE ITALY TRIP & GET THE DISCOUNTED PRICE

**MAY 21: JIMMY STURR - "THE KING OF POLKA" & HIS 10-PIECE ORCHESTRA
& SPECIAL APPEARANCE BY "THE FOUR ACES" AT THE GRAND OAK VILLA IN OAKVILLE, CT - \$84**

**JUNE 18: ROSES & REMINISCING AT ELIZABETH PARK ROSE GARDEN IN WEST HARTFORD
LUNCH IS INCLUDED AT THE POND HOUSE CAFÉ WITH ENTERTAINMENT
CHOICE OF LUNCH - \$80**

**NOVEMBER: ITALY: FLORENCE, MILAN & VENICE 9-DAY TRIP OR 13-DAY TRIP
TO GET DISCOUNTED PRICE, SIGN UP BY MAY 1. SEE FLYER FOR MORE INFORMATION.**



**WILL THE PERSON WHO WON WINE GLASSES BUT FORGOT TO TAKE THEM HOME,
PLEASE CALL KAY WARREN OR PICK THEM UP AT THE FRONT DESK?**

POSITIVE AGING SERIES

At each session in this series, Cindy Dainton will present a topic from a Positive Aging conference she attended followed by a group discussion. Each session starts at 10:00.

Friday, April 4: Overview of the conference & keynote presentations

Friday, April 11: 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 about doing well? Do you want to grow older boldly, wisely and visibly to re-shape the future of aging for all of us and generations to come?

Friday, April 25: 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.

continued . . .

Friday, May 2: Project Renewment: A retirement model for career women. Project Renewment 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 chapter.

FRIDAY, MAY 9: 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.

***FRIENDS OF THE MANSFIELD LIBRARY
BOOK SALE***

SATURDAY, APRIL 5, 9:00 - 4:00

SUNDAY, APRIL 6, 9:00 - 3:00

THOUSANDS OF HARDCOVER & PAPERBACK BOOKS, AUDIOBOOKS, CHILDREN'S BOOKS, DVDS, CDS, VIDEOS, CASSETTES & PUZZLES. MOST BOOKS COST \$1. 95% OF BOOKS ARE DONATED. 5% ARE LIBRARY DISCARDS.



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.

APRIL MENUS

- Tues, 1 - chicken cacciatore & rice
- Wed, 2 - glazed ham & sweet potatoes
- Thur, 3 - cheeseburger noodle casserole
- Fri, 4 - cheese omelet, roasted potatoes
- Mon, 7 - eggplant rolette & penne pasta w/marinara sauce
- Tues, 8 - meatloaf w/gravy, scalloped Potatoes
- Wed, 9 - chicken marsala & rice pilaf
- Thur, 10 - baked ziti w/sweet chicken sausage
- Fri, 11 - cheese ravioli, peas, carrots
- Mon, 14 - cod patty & mashed potatoes
- Tues, 15 - stuffed shells & broccoli
- Wed, 16 - Senior Center Volunteers Appreciation Lunch - pot roast, MASHED POTATOES, SNAP PEAS & PEACH COBBLER. COST: \$5
SIGN UP BY APRIL 10
- THUR, 17 - BRAISED PORK LOIN W/GRAVY, MASHED SWEET POTATOES
- FRI, 18 - HOLIDAY - NO LUNCH
- MON, 21 - SALISBURY STEAK W/GRAVY
- TUES, 22 - STUFFED CHICKEN W/BROCCOLI & CHEESE, MASHED POTATOES
- WED, 23 - CHEESE MANICOTTI W/ MARINARA SAUCE
- THUR, 24 - CHICKEN SUPREME & RICE
- FRI, 25 - SLOPPY JOES ON BUN
- MON, 28 - WESTERN OMELET, POTATOES
- TUES, 29 - LAZY MAN'S LASAGNA
- WED, 30 - Cuban pork stew, yellow rice



APRIL BIRTHDAYS



- 1 - ANNA COSENZA, BETTY HEISS
- 2 - RUTH GUNN
- 3 - ZHU NANGING, BUTCH SIMPSON
- 4 - JIM CAMPETELLE, MARILYN GERLING, ANNA MCLAIN, RONALD NICHOLS
- 5 - JUDY SUTHERLAND
- 6 - RUTH REICHEL, FRANCIS STORRS
- 7 - KATHLEEN DOCHTER, IONE DUPRE, SYLVIA POIRIER, ROXANE STEINMAN
- 8 - JAMES EVERETT, JOSEF GUGLER, CORNELIOS KAFKA, MARGE RASCONA, JACQUELINE SACHS, MARION VARGA, LOUIS YOUNG
- 9 - MARY ALASSI, DON EVANS, ANNA LYMAN
- 10 - SANDRA HOYT, FRANK MCNABB, KENNETH RANDOLPH, FLORENCE TRACY
- 11 - MARY BLACK, EVELYN GRIFFIN
- 12 - CHARLES BOWERS, EDITH CARY, HELEN KOEHN, RUTH MCVEIGH
- 13 - ROBERT FARRELL, BLANCA RYAN, LAURA WOODLING
- 14 - BETTY GOTTLIEB, BEATRICE PECKHAM
- 15 - BEVERLY GOTCH,
- 16 - DORIS LEDOYT, BARBARA MCCOLLUM, VIRGINIA SHEPARDSON, PAMELA VETRE,
- 17 - LARRY MCDOUGAL, WILLIAM PETIX
- 18 - REJEANNE CHANSKI, HAMILTON HOLT, CHRISTIAN VON ROSENINGE
- 19 - WILLIAM FARNHAM, HAZEL KEHOE, JILL LEGAULT, DAVID MICHAELS, YANG TU
- 20 - DOROTHY BEGIN, ELEANOR BENEDIX, LINDA BOUCHER, JOAN BOWLEY, JOHN BRODEUR, BARBARA HATHWAY, JERRY SIMONS
- 21 - EARL CLARK, LORRAINE WEST
- 22 - APRIL FORD, JOHN FREUDENSTEIN
- 23 - CARL JOHNSON, JANE POPELESKI, KATHLEEN WRIGHT
- 24 - JEAN CAGIANELLO
- 25 -
- 26 - ANN KOUATLY, MAUREEN SANTORA, THEODORE WEBER
- 27 - NANCY BROBERG, JANINE GUGLER, VERNON LAMB, EDWARD MYERS, STEFANIE TEPLY
- 28 - CONSTANCE ANDERSON, BRENDA EDDY, MARILYN GREENLEAF, ILPYONG KIM, JOHN MISALE, DORI RANDMETZ, WILLIAM SLOAN
- 29 - MARIE ADDESSO, PAUL MORTON, ANITA STYGAR

MANSFIELD SENIOR CENTER CHORUS

MONDAYS, 1:30 - 3:00



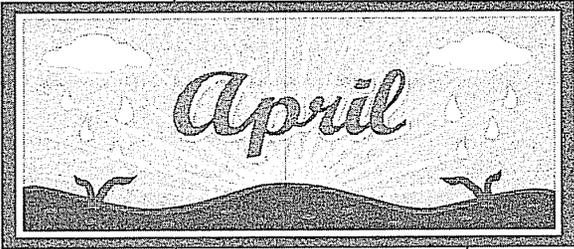
IF YOU LIKE TO SING & HAVE FUN, COME AND JOIN US!
 YOU DON'T HAVE TO BE A "SENIOR"! LEARN TO SING 4 PART CHORAL PIECES.
 WE PERFORM AT LOCAL NURSING HOMES, SENIOR HOUSING, AND REHABILITATION FACILITIES.
 FOR MORE INFORMATION, CONTACT STU SIDNEY AT: 860 429-7271
 OR STUSIDNEY@GMAIL.COM.

NEEDED: A VOLUNTEER BINGO CALLER

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
<p align="center">APRIL 2014</p> <p align="center">*Notice* <i>Last day for Tax Assistance appointments is Wed. April 9th</i></p>	<p>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.</p> 	<p>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</p>	<p>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</p>	<p>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)</p>	<p>5. Saturday</p> <p>6. Sunday <i>North Pole Discovered (1898)</i></p>
<p>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</p> <p>World Health Day</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>12. Saturday</p> <p align="center">~~~~~</p> <p>13. Sunday <i>Palm Sunday</i></p>
<p>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</p> <p>Passover begins at Sundown</p>	<p>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</p>	<p>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.</p>	<p>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.</p>	<p>18. Holiday Center Closed</p>  <p><i>Due to this Holiday Date Changes are:</i> Photo Club on April 25 Duplicate Bridge on April 25</p>	<p>19. Saturday</p> <p align="center">~~~~~</p> <p>20. Sunday <i>Easter</i></p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. & SUN.
<p>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</p>	<p>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</p> <p>Earth Day </p>	<p>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</p>	<p>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</p>	<p>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</p> <p>Ct. Arbor Day</p>	<p>26. Saturday National Pretzel Day ~~~~~</p> <p>27. Sunday 1937 the first Social Security Checks distributed</p>
<p>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</p>	<p>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</p> <p>Zipper Day</p>	<p>30. 9:00 -Walking DVD 10:00-Writing Group 11:00- Gentle Yoga 12:00- Causeries 12:00- Lunch 1:00 Fund. of Tap</p> <p>National Honesty Day</p>			

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*

SENIOR SPARKS

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



NON-PROFIT ORGANIZATION
PRE-SORT STANDARD #57
U.S. POSTAGE PAID

Occupant or

PLACE TOP OF LABEL
BY THE DARK LINE

COMPUTER CLASSES - PAGE 6

DUPLICATE BRIDGE - PAGE 7

HUMAN SERVICES DIRECTOR
PAT SCHNEIDER - PAGE 5

INDOOR WALKING PROGRAM - PAGE 4

MANSFIELD LIBRARY BOOK SALE - PAGE 8

POSITIVE AGING SERIES - PAGE 8

SENIOR CHORUS - PAGE 9

SENIOR VAN TRIPS - PAGE 7

TALE OF A BUTTON BOX - PAGE 3

WII BOWLING - PAGE 4

DO YOU WANT TO BUY OR RENEW A YEAR'S
SUBSCRIPTION TO THE SPARKS?



THE SUBSCRIPTION YEAR WILL START WITH
THE JULY ISSUE OF SPARKS.

THE SIGN-UP FORM FOR A NEW OR RENEWED SUBSCRIPTION WILL
BE IN THE MAY & JUNE SPARKS AND AT THE FRONT DESK.

PLEASE SIGN UP & PAY FOR A SUBSCRIPTION BY JUNE 15.

IF YOU DON'T CURRENTLY HAVE A SPARKS SUBSCRIPTION,
YOU CAN PURCHASE INDIVIDUAL ISSUES OF THE SPARKS FOR 50
CENTS AT THE FRONT DESK.

QUESTIONS? LEAVE A MESSAGE (WITH YOUR PHONE NUMBER)
FOR KATHY RULE IN HER SPARKS SUBSCRIPTION MAILBOX BEHIND
THE FRONT DESK.