



# ~ Senior Happenings ~ July

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

July 2014 Volume 6, Issue 10

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 Supervisor:

Cindy Dainton, ext. 9

daintonch@mansfieldct.org

Program Coordinator:

Adult Services Social Worker:

Kathy Ann Easley

860-487-9873

Outreach Worker:

Carolyn McAuliffe

860-487-9875

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.

## We Have a Volunteer Transportation Program

For Mansfield Residents only

WE have volunteers available to drive you to Medical and Dental appointments.

Please, we need 7-10 days advance request.

Call Gianna

860-429-0262 ext. 2



## UPCOMING TRANSPORTATION DAY GETAWAYS!!!

**Wed. July 23**– Old Sturbridge Village Show & Lunch. Cost : \$45.50  
Choice of Entrée: Chicken or Scrod. The Show is “Who put the Rainbow in the Wizard of Oz”. Van departs at 10am and returns 4pm.  
Please sign up by July 18

**Friday, July 25th**– Sunflower Festival at Buttonwood Farm in Griswold and lunch at a surprise location, at your expense.  
Take a Wagon ride through the sunflower field ,cost: \$5.00.  
Van will depart at 10:30 and returns 4pm.  
Please sign up by July 22

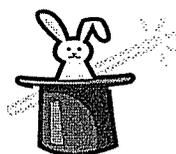
**Wed. July 9**-Trolley Museum and lunch at Cracker Barrel in East Windsor.  
Admission to Museum \$8. Lunch at your expense.  
Van departs at 9:30am and returns 3:30pm  
Please sign up by July 4

Thursday, August 7th at 5pm

## BBQ dinner and Entertainment– Judy Hall

Hosted by Mansfield Senior Center and Masonicare,  
cost: \$5.00

Please Sign up and Pay by July 31st ,with Kathy or Cindy  
Family and Friends are welcome



## July Summer Evening Program

Thursday, July 3 at 5:00pm, Cost: \$6.00

**Entertainment by: Mr. Magic**

Family and Friends are welcome

**\*\*\*NOTICE\*\*\***

**Low Vision Group**

\*Changed to 2nd Wednesday of  
each month , 11am-noon

July 9th and August 13th

Facilitated by Carolyn McAuliffe

**Caregiver's Support Group**

\*Changed to 3rd Wednesday of  
each month , 3pm-4pm

July 16th and August 20th

Facilitated by Carolyn McAuliffe

***Attorney Gates-Eldercare***

***Will not be here in July***

***Sign up for August 25th.***

**Fun Van Trips in July**

Details On the Front Page



Thanks to the family of **Warren Higgins**  
For the donation of the flowers outside the front of the Mansfield Senior Center. His knowledge and compassion for others can be seen in the rainbow of colors for all of us to enjoy. It is greatly appreciated!



**Interim Healthcare- Helping Hands Program**



Tuesday, July 8th at 11:30am

Learn about their services

*Conversation with Betty has changed for summer*

Tuesdays, July 8th and 22nd at 1:30-3pm

Tuesdays, Aug. 12th and 26th at 1:30pm



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



**July Health Services**

VNA East- July 16, 1pm-3pm

- Foot care
- Ear Health

Screenings: blood sugar  
There is a fee



Dr. Walter (foot care)  
July 1st and July 22nd, 9am-12  
Bring your Insurance Card

Call 860-429-0262 Ext 4 for an appt.

**The Mobile Food Share Truck will be here on**

**July 10 & 24 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!**



**Try a Salad for  
Lunch**

Served on Wed.  
and Fridays

**Meal Program**

Adults 60 years and older, suggested  
donation is \$3.00 for meal and  
\$4.00 for Salad meal.

Please reserve lunch 3 days in advance.

**JULY MENU**

**Tues. July 1:** Chicken Cacciatore

**Wed. July 2:** Pork Loin or Salad

**Thur. July 3:** Ziti w/ Sausage

**Fri. July 4:** Holiday-closed

**Mon. July 7:** Chicken Marsala

**Tues. July 8:** Baked Cod

**Wed. July 9:** BBQ Chicken or Salad

**Thur. July 10:** Meatloaf

**Fri. July 11:** Stuffed Shells or Salad

**Mon. July 14:** Salisbury Steak

**Tues. July 15:** Glazed Ham

**Wed. July 16:** Manicotti or Salad

**Thur. July 17:** Pesto Cream Chicken

**Fri. July 18:** Western Omelet

**Mon. July 21:** Ravioli

**Tues. July 22:** Stuffed Chicken

**Wed. July 23:** Beef Stew or Salad

**Thur. July 24:** Cod Patty

**Fri. July 25:** Sloppy Joe or Salad

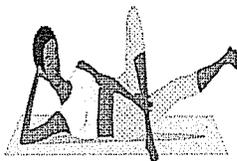
**Mon. July 28:** Cheese Omelet

**Tue. July 29:** Cheeseburger Casserole

**Wed. July 30:** Cod Florentine or Salad

**Thur. July 31:** Chicken Supreme

Yoga class is back with Kayse



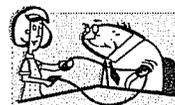
**Wednesdays at 11am**

Sign up for July now!!

**Free Blood Pressure Screening- July 2nd**

11:30am-noon

Courtesy of the Herrmman Donation



Wednesday, July 23rd at 2pm

***"Make your own ice cream sundae"***

Please sign up and pay \$2.00

with Kathy or Cindy by July 21



**Reiki**

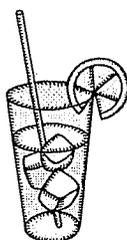
**Thursday, July 3rd**

***Try a Energy Therapy Technique***

\$30 for one hour appointment

**Cooling Center**

The Senior Center is a Cooling Center



Monday—Friday

8:30am—4:30pm

During the HOT days

stop over and cool off



## Save the Dates

*National Senior Center Month in September*

Our Celebration will be

**September 8-12**

⇒ Free Classes to Try

⇒ Guess who's Coming to Breakfast (Watch for clues in September)

⇒ Many Fun Events



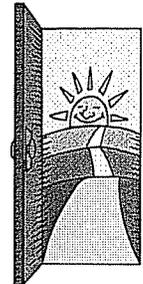
## September Program at the Mansfield Library

*“We Need to Talk “*

Thursday, September 11th at 6:30pm

AARP will offer this course to address a tough subject for families

*When is it time for your loved one to stop driving ?*



- How to assess their driving skills
- Provide tools to have this conversation

### **Did you know...**

**We have a library!!**

**Check out the many  
fiction and non-fiction Books.**

Enjoy a great summer

Enjoy a great book

Relax



### **We have a Computer available for the Public**

(during our business hours)

- Browse the web
- Check your e-mail

Printer not available



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

**JULY**



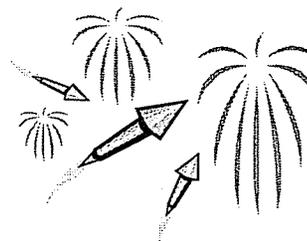
**1.**  
8:30-Strength class  
10:00-Scrabble  
10:00-Wii Bowling  
11:00-Power of Aging  
12:00-Lunch  
1:00- Bingo

**2.**  
9:00- Walking DVD  
10:00-Writing Group  
11:30- Herrmman  
Blood Pressure Clinic  
12:00- Causeries  
12:00- Birthday lunch  
1:00- Fund. Of Tap  
3:00- Walking DVD

**3. Summer Dog Days**  
8:30-Strength class  
10:00-Wii Bowl  
12:00-Lunch  
12:30 Power of Aging  
1:00-Bridge  
1:00-Jewelry  
2:30-Wii Bowl  
3:15- Senior Aerobics  
5:00- Evening program-  
Meal And Entertainment

**4. Independence Day**

**Closed**



**5. Saturday**

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**6. Sunday**

**7.** 9:00-Senior Aerobics  
9:00-Walking DVD  
10:00-Art Studio  
10:00-PC Help  
12:00-Lunch  
1:00-Mahjongg  
3:15- Wii Bowling  
*National Chocolate Day*



**8.** 8:30-Strength class  
10:00-Scrabble  
10:00-Wii bowling  
10:00-Genealogy Gr.  
11:30-Helping Hands  
12:00- Lunch  
1:00-Bingo  
1:30-Talk w/ Betty  
7:00-MS support Gr.

**9.** 9:00- Dr. Walter  
9:00- Walking DVD  
10:00- Writing Gr.  
11:00-Low Vision Gr.  
12:00-Causeries  
12:00- Lunch  
1:00-Fund. of Tap  
2:00-Book Club  
3:00-Walking DVD  
7:00-TNT Quiltors

**10.**  
8:30-Strength class.  
10:00-Wii Bowl  
11:30-Foodshare  
12:00-Lunch  
1:00-Bridge  
1:00-Jewelry  
2:30-Wii Bowl  
3:15- Senior Aerobics

**11.**  
10:00-Scrabble  
10:00- Photo Club  
10:00-Knitting &  
Crocheting  
11:15-Brain Aerobics  
12:00-Lunch  
1:00-Art Studio



**12. Saturday**  
Paper bag Day

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**13. Sunday**  
Barn Day

**14**  
9:00-Senior Aerobics  
9:00-Walking DVD  
9:30-COA Mtg.  
10:00-Art Studio  
10:00-PC Help  
12:00-Lunch  
1:00-Mahjongg  
3:15- Wii Bowling

**15.**  
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

**16.**  
9:00- Walking DVD  
10:00-Writing Group  
12:00-Causeries  
12:00- Lunch  
1:00-Fund. of Tap  
1:00-VNA East  
3:00-Walking DVD  
3:00-4:00-Caregiver's  
Support  
Group



**17.**  
8:30-Strength Class  
10:00-Wii Bowl  
12:00-Lunch  
12:30 -Power of Aging  
1:00-Bridge  
1:00-Jewelry  
2:30- Wii Bowl  
3:15- Senior Aerobics

**18.**  
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

**19. Saturday**

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**20. Sunday**  
*Lollipop Day*  
*Moon Day*



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT. & SUN.**

<p><b>21.</b> 9:00-Senior Aerobics 9:00-Walking DVD 10:00-Art Studio 10:00-PC Help 12:00-Lunch 1:00-Mahjongg 3:15-Wii bowling</p>	<p><b>22.</b> 8:30-Strength class 10:00-Scrabble 10:00-Wii Bowl 11:00-Power of Aging 12:00-Lunch 1:00-Bingo 1:30-Talk w/ Betty 2:00- Art Class</p>	<p><b>23.</b> 9:00- Walk DVD 10:00-Writing Group 12:00-Causeries 12:00- Lunch 1:00-Fund. of Tap 2:00-Make Your own Ice Cream Sundae 3:00-Walking DVD 7:00-TNT Quilters</p>	<p><b>24.</b> 8:30-Strength Class 10:00-Wii Bowl 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><b>25.</b> 10:00-Scrabble 10:00-Knitting &amp; Crocheting 10:30 -Sit &amp; Get Fit 11:15-Brain Aerobics 12:00- Lunch 1:00-Art Studio</p> 	<p><b>26. Saturday</b> ~~~~~ <b>27. Sunday</b></p>
<p><b>28.</b> 9:00-Senior Aerobics 9:00-Walking DVD 10:00-Art Studio 10:00-PC Help 12:00-Lunch 1:00-Mahjongg 3:15-Wii Bowling</p> 	<p><b>29.</b> 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><b>30.</b> 9:00-- Walking DVD 10:00-Writing Group 12:00-Causeries 12:00- Lunch 1:00-Fund. of Tap 3:00-Walking DVD</p>	<p><b>31.</b> 8:30-Strength Class 10:00-Wii Bowl 12:00-Lunch 12:30 -Power of Aging 1:00-Bridge 1:00-Jewelry 2:30- Wii Bowl 3:15- Senior Aerobics</p>	<p><i>National Baked Bean Month</i> <i>National Hot Dog Month</i></p> <h1>July</h1>	

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

*Thursday, July 3rd- Second Summer Evening Event at 5:00pm*

*Thursday, August 7th- Final Summer Evening Program at 5:00pm*

**History to remember:**

**July 1, 1963-US postal system started 5 digit zip codes**

**July 2, 1964-Civil Rights Act signed by President LB J**

**July 20, 1969- Neil Armstrong landed on the moon**

**July 8, 1835- Liberty bell cracks**

**July 28- Beatrice Potter's birthday**

*Note: Calendar is subject to change without notice*

Please look at the Day Trips we offer, front page in our June *Senior Happenings*

