

SENIOR SPARKS

Mansfield Senior Center Newsletter

~ JANUARY 2015 ~



ACCREDITATION

SENIOR CENTER ACCREDITATION HAS BEEN DISCUSSED AT THE MANSFIELD SENIOR & WELLNESS CENTER FOR A NUMBER OF YEARS. ON **JANUARY 20TH AT 11:00AM** DIANE STONE FROM THE NEWINGTON SENIOR & DISABLED CENTER WILL BE HERE FOR AN OPEN FORUM ON THE SELF-ASSESSMENT PROCESS. DIANE IS A PEER REVIEWER FOR THE NATIONAL INSTITUTE OF SENIOR CENTERS WHICH GOVERNS THE SENIOR CENTER ACCREDITATION PROCESS. THE SENIOR CENTER SELF-ASSESSMENT IS THE FIRST STEP IN THE TWO-TIERED ACCREDITATION PROCESS. THE PURPOSE OF THE SELF-ASSESSMENT IS TO EVALUATE HOW WELL THE SENIOR CENTER MEETS THE STANDARD CRITERIA AS INDICATED WITHIN EACH OF THE NINE STANDARDS. THE SENIOR CENTER MEASURES ITSELF AGAINST THE INFORMATION CONTAINED IN THE STANDARDS SECTION OF THE MANUAL. **YOU ARE CORDIALLY INVITED TO COME AND HEAR MORE ABOUT THE SELF-ASSESSMENT PROCESS.** EVERYONE IS ENCOURAGED TO ATTEND.

THIRD WEDNESDAY JANUARY 21ST AT 12PM



Hopefully we are over the business of the holiday season and ready to settle down for a peaceful time. Even though it is a bit cold outside come to the Senior Center on Wednesday January 21st for a warm and delicious meal of Baked Stuffed Chicken, Mashed Sweet Potatoes, Sugar Snap Peas and a Chocolate Chip Cookie. Do you like to hear "Oldies but Goodies"? Bruce John, a local star, will sing, play his guitar and will take any requests. Bruce is not only known for his wide repertoire but also for his long standing support of the Covenant Soup Kitchen. He is one of the founders of the Bread Box which features artists from all over New England at St. Paul's Church in Willimantic. \$5.00 per person. Please register at the Front Desk by January 12th.

UConn TAILGATE PARTY!

JOIN US AT THE "SENIOR CENTER ARENA" FOR AN AFTERNOON OF TAILGATING FUN! WE'LL HOOT & HOLLER FOR THE WOMEN HUSKIES AS THEY TAKE ON THE CINCINNATI BEARCATS AND FEAST ON CLASSIC ARENA TREATS—NACHOS, BIG PRETZELS WITH MUSTARD, HOT DOGS & DAIRY BAR SUNDAES! ALL THE FOOD YOU CAN EAT & COMFY SEATS IN FRONT OF THE BIG SCREEN TV ARE INCLUDED WITH YOUR TICKET! \$3.00/PER PERSON. SEE KATHY YAFFEE TO BUY YOUR TICKET BY JANUARY 20TH.

SUNDAY, JANUARY 25TH

DOORS OPEN AT 2:30PM; GAME STARTS AT 3:00PM



Mansfield Senior & Wellness Center
303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 Fax: 860-429-3208
www.SeniorCntr@mansfieldct.org



MANSFIELD SENIOR & WELLNESS CENTER

**HOURS: MONDAY TO FRIDAY
8:30 AM TO 4:30 PM**

TEL: 860-429-0262

FAX: 860-429-3208

E-MAIL: SENIORCNTR@MANSFIELDCT.ORG

TOWN WEBSITE: WWW.MANSFIELDCT.ORG

SENIOR CENTER SUPERVISOR:

CINDY DAINTON

860-487-9872

PROGRAM COORDINATOR:

SARAH TAYLOR

860-487-9874

VOLUNTEER TRANSPORTATION MANAGER:

GIANNA STEBBINS

860-487-9877

RECEPTIONIST:

KATHY YAFFEE

860-487-9870

SITE SERVER:

SHARON CARON

860-487-9876

ADULT SERVICES SOCIAL WORKER:

KATHY ANN EASLEY

860-487-9873

OUTREACH WORKER:

CAROLYN MCAULIFFE

860-487-9875

A NOTE FROM CINDY DAINTON, SENIOR CENTER SUPERVISOR

Happy New Year to All!

“Any fact facing us is not as important as our attitude toward it, for that determines our success or failure.”

Norman Vincent Peale

The 2014 year has just flown by with much more planned for 2015. January kicks off with a bang. Please take the time to fully read this issue so that there is not something that you really wanted to attend but missed it! As a reminder, please swipe in when you are coming to the Mansfield Senior & Wellness Center. The statistics are used by the staff and Town Council to review the needs for programming, allocation of space, and general planning. If you do not have a card, lost your card, or your card has seen too much use, please see a staff member to receive a new card. The Volunteer Receptionists or a Staff Member can assist you if you are having trouble with the touch screen. Thank you for your assistance with this matter.

Three new staff members have been hired and will be on board before the end of January. Jose Vazquez has been hired as the substitute site server. He has a vast experience in food service and has already been in for training in December. Tony Lagrotteria and David Ignatowicz have been hired as part-time van drivers. They are both very qualified and will be in training by mid-January. They should be on the road by the first of February! Please stop by and welcome the new staff!

The theme for January 2015 is “Looking forward.” There are a lot of opportunities to spread your wings. Some of the topics include: Estate Planning, Reverse Mortgages, Silver Sneakers, and Volunteering Opportunities. We will also be having a special event to Welcome New members to the Mansfield Senior & Wellness Center. There will be an information session on Senior Center Accreditation on Tuesday, January 20th at 11am. All are encouraged to attend. Please stop in and take advantage of one or more of these special programs.

I sincerely hope that everyone has a Healthy, Happy and Safe 2015 ahead! May every day be a great day for you in 2015. I hope to see you at the Senior Center in 2015!

~Cindy~

NEWCOMER’S BREAKFAST

We’d like to invite all of our new Senior Center Members to join us for a delicious continental breakfast on **Friday, January 16th at 9:00am.**

This will be a wonderful opportunity for you to meet other new faces and learn everything you want to know about the Senior Center!

Please register with Kathy Yaffee by January 12th.

SPARKS CAN ALWAYS BE FOUND ONLINE AT:

WWW.MANSFIELDCT.GOV/FILESTORAGE/1904/2767/201409_SPARKS.PDF

MANSFIELD SENIOR CENTER ASSOCIATION, INC.
Greetings from Estelle Elliott, MSCA President

Welcome 2015,

MSCA has a chance to make a fresh start, new resolutions, new wishes and renew our energy. Think positive, and try new things. Be open to new ideas. The year ahead is full of hope and promise. In the last few months the Association has embarked on many ventures. The cook books and the T-shirts are just the beginning as some might say the tip of the iceberg. MSCA does these projects as fund raisers. You may ask what happens to the money that is raised. Many things are accomplished which you may not see, or should I say you would not think about. For example, each month MSCA sponsors a special lunch of which the cost to you is \$5.00. Well, in truth, that meal costs us more. Themed decorations each month for the luncheon need to be paid for. It all adds up. We also try to fund different projects that are beneficial to seniors. To keep this up the MSCA Ex. Board asks that you consider taking part in the fund raisers.

Recently we held our Holiday Bazaar and I wish to thank those who helped set up, baked, helped the day of the bazaar, and helped pack up, and provided the baskets for the silent auction. Also to thank the bakers who brought in cookies on Friday afternoon including Ursula Beschler, Carolyn Crossgrove, Stephen Squires, Guy Lefor, Sharon Kozin, Kay Warren, Sue Kwastel, John Adamcik, Kathy Rule, Margaret Easton, Sherry Goldman, Irene Petix, Joanne Sousa, and Sam Gordon, Kathy Vanblaricom, Bev Gotch, Nora Stevens, Aline Bergeron, Cathy Strauch, and Zoe Leibowitz.

I may have missed some names and I am truly sorry. All the help was truly appreciated and these events can not go on with out your help. Thank you all very much.

MSCA Executive Board & Association Meeting Schedule

Executive Board	January 14th at 1:00pm
Executive Board	February 11th at 1:00pm
Association Mtg	March 11th at 12:45pm



THANK YOU, THANK YOU, THANK YOU



TO ALL THE SENIORS WHO HELPED PRODUCE, EDIT, COLLATE AND MAIL THE DECEMBER SPARKS!

**June Curtis
 Alice Jansen
 Kay Warren
 Sue Kwastel**

**Sam Gordon
 Cathy Strauch
 Rita Braswell
 Bev Gotch**

MANSFIELD SENIOR CENTER EXECUTIVE BOARD MEMBERS

President: Estelle Elliott
Vice President: Jean Ann Kenny
Immediate Past President: Rita Braswell
Secretary: Bev Gotch
Finance Officer: vacancy
Treasurer: Mike Beschler
Assistant Treasurer & Subscription Manager: Kathy Rule
Member at Large: Sam Gordon
Computer Committee Chair: Rotating
Program Committee Chair: Joan Terry
Sparks Committee Chair: Rita Braswell
Travel Committee Chair: Kay Warren
Ways & Means Committee: vacancy

To reach the Association President, please call 860-429-0262, ext. 5.

DID YOU KNOW?!

THE MANSFIELD LIBRARY OFFERS A PERSONALIZED DELIVERY SERVICE TO HOMEBOUND MANSFIELD RESIDENTS? YOUR CHOICE OF BOOKS, AUDIOBOOKS & MOVIES ARE AVAILABLE FOR LONGER LENDING PERIODS WITH NO FINES OR FEES. CALL (860) 423-2501 FOR MORE INFORMATION.

NEW IN THE NEW YEAR

THE ART OF ELDERHOOD (PART 2)

As we move into Elderhood, how do we share ourselves and our wisdom with younger generations? Join us for Part 2 of this inspiring discussion group! The framework of this group is flexible and will be modified to include topics that participants are interested in and skills people want to learn. Topics to be discussed include managing difficult conversations/conflicts, understanding the difference between sharing wisdom and telling people what to do, the art of asking open ended questions, communicating, understanding, and deep listening across generations. The facilitator, Jane Fried, is a Licensed Professional Counselor and has been conducting groups such as this one for over 40 years. Feel free to contact Jane at [hj205@earthlink.net](mailto:hjf205@earthlink.net) for more information.

**MONDAYS FROM 3:00-4:30PM
JANUARY 5TH, 12TH, 26TH & FEBRUARY 2ND**

~ THE STORIES WE ARE ~

“THE WORLD IS SHAPED BY TWO THINGS —
STORIES TOLD AND THE MEMORIES
THEY LEAVE BEHIND.”

— VERA NAZARIAN,
DREAMS OF THE COMPASS ROSE

SHARE YOUR MEMORIES, PHOTOGRAPHS,
AND MORE IN THIS NEW GROUP STARTING
THURSDAY, JANUARY 22 AT 11:00 AM.

THE FIRST WEEK’S TOPIC WILL BE
“WINTER MEMORIES”

THIS GROUP WILL MEET THE 2ND AND 4TH
THURSDAY OF EACH MONTH WITH A
DIFFERENT TOPIC EACH TIME.

**NEW BEGINNER’S SCRABBLE GROUP!
MONDAYS AT 10:00AM**

SEMINARS

REVERSE MORTGAGE: IS IT RIGHT FOR YOU?

MONDAY, JANUARY 5TH AT 10:00AM

Reverse Mortgage Consultant Ron Pueschel, will present the benefits & features of the newly revised government insured Home Equity Conversion (HECM) Reverse Mortgage Programs. Mr. Pueschel will discuss new program benefits, the process and costs involved in obtaining a reverse mortgage, qualifications & owner obligations, information on the new option to use a reverse mortgage to purchase a home and more with plenty of time for questions and answers.

**ESTATE PLANNING
WITH FINANCIAL PLANNER ERIC JUDGE
& ATTORNEY LAUREL MANGAN**

**DEFINING YOUR LEGACY:
AN ESTATE CONSIDERATIONS WORKSHOP
WEDNESDAY, JANUARY 7TH AT 1:00PM**

This 35-minute seminar explores the meaning of legacy and why it’s important to think about what you want to pass on to future generations—your values as well as your valuables. You’ll hear three different scenarios that illustrate the significance of having a health care directive, will, power of attorney, trust and/or a charitable remainder trust.

**PREPARING YOUR ESTATE PLAN
WEDNESDAY, JANUARY 14TH AT 1:00PM**

Once you know *why* it’s so important to consider your estate plan, join us for Part 2 of this informative series where you’ll learn the basics of preparing your Estate Plan. This seminar will cover account registration, beneficiary designation, wills, trusts, tax information, life insurance, and will help attendees better understand the options that make the most sense for their specific situations.

**There is no charge for these seminars, but
please register at the Front Desk.**

Focus on Fitness

Walking DVD



Do you have 40 minutes to devote to your health? That's all it takes to walk two miles with our morning walking group!

Mondays 9:00-9:40am
Wednesdays 9:00-9:40am
Fridays 9:00-9:40am

There is no need to pre-register and no fee for this class.

Strength & Stability



This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.

Tuesdays & Thursdays 8:30-9:30am
\$5.00R/\$6.00NR per class
This class will be billed monthly based on attendance.

Fundamentals of Tap



This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps and footwork. Pre-registration is required.

Wednesdays 1:00-2:00pm
3 Classes—\$15.00R/\$18.00NR

Senior Aerobics



This high energy class provides a complete cardio workout with a combination of standing exercises and mat work. Pre-registration is required.

Mondays at 9:00-10:00am
3 Classes—\$15.00R/\$18.00NR

Thursdays 3:15-4:15pm
4 Classes—\$20.00R/\$24.00NR

*** NEW ***

Tai Chi Cooperative Group



Join us for an opportunity to practice Tai Chi in this cooperative, self-led group! We plan to practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

Wednesdays 10:00-11:00am
There is no need to pre-register and no fee for this class.

Power of Aging



This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Class begins with a warm-up and continues with a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

Tuesdays 11:00am-12:00pm
Thursdays 12:30-1:30pm
\$5.00R/\$6.00NR per class
This class will be billed monthly based on attendance.

*** NEW ***

Gentle Yoga



Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. This class is open to students of all levels, and no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class. Pre-registration is required.

Wednesdays 11:00am-12:00pm
4 Classes—\$20.00R/\$24.00NR

Sit & Get Fit



Sit & Get Fit is a seated exercise class that combines stretching, resistance, chair aerobics and strength building movements to increase flexibility, range of motion and body awareness. Pre-registration is required.

Fridays 10:30-11:30am
5 Classes—\$25.00R/\$30.00NR

S P A R K E T T E S Class

This class is for those tap dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills. Pre-registration is required.

Mondays 10:15-11:45am
2 Classes—15.00R/\$18.00NR

*** PRICES LISTED ARE FOR THE MONTH OF JANUARY ***

PLEASE REGISTER AT THE SENIOR CENTER OR CALL KATHY YAFFEE FOR MORE INFORMATION

CREATIVE ARTS

Creative Stamping

Make your own cards, stationary, bookmarks & more! Stamps, ink, card stock & paper will be supplied. Pre-registration is required.

Tuesdays Jan. 13th & 27th at 1:00pm
\$3.00 per class

Wood Carving

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class, and beginners do not need to bring any supplies—come try it out first; the group leaders will then recommend beginner tools and local suppliers. For more information visit www.mysticcarvers.com.

Wednesdays at 9:30am



Quilting with Pat

This session will feature "Projects of Your Choice." Use this time to begin new projects or complete projects that need a finishing touch. Whether it's a project that has you stumped, a quilt that just needs a border or a new project that needs a jump start, bring it in and get some encouragement and class motivations with Pat Ferguson as your "Quilting Coach." Pre-registration is required.



Thursdays from 10:00am-12:30pm
New Session: Jan. 8th, 15th, 29th & Feb. 5th, 12th, 19th, 26th
\$30.00R/\$35.00NR

Jewelry

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

Thursdays at 1:00pm



Knitting & Crocheting

Come enjoy an opportunity to knit or crochet with friends!

Fridays at 10:00am



Art Studio

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists!

Fridays at 1:00pm



WELLNESS PROGRAMS

Herrman Blood Pressure Clinic

Open to those 55 and above. There is no cost and no pre-registration required.

January 7th from 11:30am-12:00pm

Reiki

Provided by Reiki Master Bette Giordano. The cost for a 1 hour session is \$30.00.

January 8th from 9:00-11:00am

Mini Spa Day

Haircuts, Manicures and Pedicures available at a reduced cost for Seniors.

January 12th from 9:00am-12:00pm

Massage Therapy & Reflexology

Treat yourself to a 25-minute massage or reflexology session this winter! The cost for a session is \$15.00, payable to Deb the day of the service.

January 12th from 9:00am-1:00pm

Podiatrist

Complete footcare & podiatric evaluations. Medicare will be billed if eligible.

January 13th from 9:00am-12:00pm

Please call Kathy Yaffee at 860-487-9870 for more information or to make your appointment.



SILVERSNEAKERS

AT THE COMMUNITY CENTER!

The SilverSneakers Fitness program is an innovative program offered through participating health plans that gives you the freedom to get fit your way! Check out the many benefits of this fantastic program and join Fitness Instructor Lizzie Hochdorfer for a FREE SilverSneakers Classic Class. This class will get you moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Following the class, stay for a short presentation on all the benefits included in a SilverSneakers membership and a tour of the Community Center. To find out if you're eligible for a SilverSneakers membership, please call the Community Center at 860-429-3015.

FRIDAY, JANUARY 2ND AT 12PM
AT THE MANSFIELD COMMUNITY CENTER

GROUPS & CLUBS

Genealogy Group

All levels of expertise are welcome!
This group meets on the
2nd Tuesday of each month at 10:00am.



Book Club

Bring along your love of reading to this literary group!
This group meets on the
2nd & 4th Wednesday of each month at 2:00pm.

Conversations with Betty

Everyone is welcome to join us for this
friendly, lively discussion group! This group
meets on the
1st Thursday of each month at 11:00am.

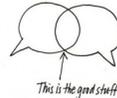


Photo Club

This group meets on the **1st & 3rd Friday of each month at 10:00am.** Please call Dan Gebben at (860) 576-1122 for more information.



Senior Center Chorus

Anyone who wants to may drop in to sing!
We will meet for informal singing of rounds, and
other music, possibly with some musical
accompaniment. We will have an organizational
meeting at 2:45 after singing the first week, to be sure we
have a clear plan to maximize our singing time going
forward. Potluck light refreshments at 2:45 each week.



Mondays 1:30 - 3:00 p.m. in January.

Writing Group

Come tell your secrets with pad and pen, discuss
your life from way back when. A good friend found,
now in the "loop," come and join our writing group.
We hope to see you there! **Wednesdays at 10:00am.**



Causeries en Français

Parlez-vous Français? Bring along a bag lunch
and join us for an hour of great conversation
en français! **Wednesdays at 12:00pm**



**Please extend a warm welcome to our newest
Senior Center Members!**

**Stephen Squires
Kathleen Lucia
Beverly Pepin
Ann Delorme
Diane Taylor Hirsch
Jane Fried**

**Marleen Dutra
Joseph Lucia
Donna Fairfield
Thomas Delorme
Yong Park
Jill O'Hagan**



~ CARDS & GAMES ~

WII BOWLING

**TUESDAYS AT 10:00AM
THURSDAYS AT 10:00AM
THURSDAYS AT 2:30PM**

BRIDGE

THURSDAYS AT 1:00PM

**DUPLICATE BRIDGE
3RD & 5TH FRIDAYS
AT 1:00PM**

SCRABBLE

**MONDAYS AT 10:00AM
TUESDAYS AT 10:00AM
FRIDAYS AT 10:00AM**

**MAHJONGG
MONDAYS AT 1:00PM**

**BINGO
TUESDAYS AT 1:00PM**

DUPLICATE BRIDGE SCORES

31 OCTOBER 2014

NORTH/SOUTH

1. 87.5 JERRY SHAFFER - SAM WHEELER
2. 67.0 NOREEN STEELE - ANDREA MARSHALL
3. 62.5 PAULA TATE - MARY SHINOSKI



EAST/WEST

1. 80.0 NOLA HOSS - BILL HOSS
2. 68.5 JANE STEPHENS - MIKE STEPHENS
3. 64.5 ANNA MCCLAIN - DORIS LEDOYT

21 NOVEMBER 2014

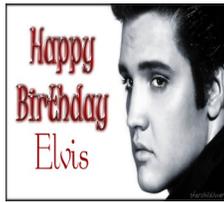
NORTH/SOUTH

1. 50.0 KATHY WATSON - GEORGE WALLER
2. 48.5 JERRY SHAFFER - SAM WHEELER
3. 46.0 PAULA TATE - JANE STEPHENS

EAST/WEST

1. 54.5 JOAN SAVAGE - DICK LINDSTROM
2. 52.0 NOLA HOSS - BILL HOSS
3. 43.0 SALLY HIRAKIS - JOANNE NOLAND

TRIPS & TRAVEL



HAPPY 80TH BIRTHDAY ELVIS!

January 11th (Snow date is January 12th)

Package includes: entertainment by Elvis Impersonator Jeff Krick, choice of prime rib or baked scrod plated luncheon, reserved seating. Only 7 seats left! **\$76pp.**

Voices of the Legends in Atlantic City

February 18th-20th (2 nights/3 days)

Package includes: 2 nights at the RESORTS Casino hotel, \$90.00 pp in slot play, \$80.00pp in meal vouchers (1 breakfast & 2 buffet dinners), 2 shows in the Resorts Theatre, driver gratuity, baggage handling & taxes. **\$190.00pp**



ST. Patrick's Celebration at the Aqua Turf

March 18th

Package includes: coffee and donuts on arrival, corned beef & cabbage or baked scrod lunch with a glass of beer or wine, entertainment by The Maclean Band and Emerald Fire Dancers, and driver's gratuity. **\$78pp.**



Branson Show Extravaganza

September 12-20 Sat thru Sun. \$75.00 deposit (insurance must accompany deposit w/ separate check) If you want the insurance. Six shows at the Sight/Sound Theatre to see Jonah) 14 meals, 8 breakfasts and 6 dinners. **A trip you don't want to miss! Please sign up & make a deposit early, as this trip will fill quickly! \$782.00pp**

TRAVEL HOURS AT THE CENTER:

KAY WARREN, M.W.F 8:30AM—2:00PM

CAROL OLSEN, TUES 1:00PM—3:30PM

CAROL MENDITTO, THURS 10:00AM—NOON

**For more information on trips & travel,
please stop by the Senior Center during the hours listed above
or contact Kay Warren at 860-429-0262, ext. 6.**

BirthDay greetings

- 1 Carol Caisse, Joseph Cary, Vera Ward
2 Dexter Eddy
3 Donald Chanski, Ian Mills, Bonnie Faulkner
5 Keith Johnson, Marian Brazziel, Gloria Sloan, Elizabeth Wassmundt
6 William Burns, Joanne Foy, Frank Eckert, Michele Palmer, Doris Garrison
7 Jong Sung Kim, Arnaize Hummer
8 Jeanne Haas, Judith Bell
9 David Mills, Judy Gebben
10 Adelle Milavsky
11 Ruth Jones, Michael Saucier, Gene Barberet
12 Cynara Stites, Doffie Rotter, Joseph Novak
13 Ruth Nik, Joan Webster, Ron Pelrine
14 Irene Dube
15 Sharon Kozin, Thomas Morrison, Toni Drescher, Annette Knowlton, Dorothy Bishop, Franklin Wells
16 Armand Biron, Elizabeth Laub, Clare Currier
17 David Melson, Barbara Williams
18 Florence Palmer, James Bobbitt, Walter Harper
19 Vincent Audette, Dorothy Ashwell, Joseph Konecny, William Paulson
20 Mary Pearson, Ilene Whitacre, Donald Rowe, Kathy Carr, Mary Pearson, Donald Hodgins
21 Diana Burns, Bob Jordan
22 Jung Ja Lee Kim, John Federowicz, Frank VonDuntz, Shirley Zande
23 Joan Quarto, Steven Anderson, Rachel Cosby
24 Henry Dube, Frances Horila, Jean Miller
25 Pamela Patterson, Dolores Saunders
26 Edward Leadbetter, Arthur Abramson, Theodora Naumec
27 Dave Waters, Etta Bishop
28 Christopher Chivirko
29 Muriel Fenn, William Aho, Susan Meisler
30 Naomi Heiss, Lillian Rioux, Lois McClintock, Claire Gates, Jackie Heintz, Sylvia Aho

Reminder:

Eldercare Attorney Joelen Gates provides free legal services for those in need. Attorney Gates is available by phone at 860-786-6372 or by appointment in her Willimantic office.

Volunteer and Make a Difference!

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country. When we share our time and talents we solve problems, strengthen communities, affect and improve lives, connect to others and transform our own lives.

Over the past two decades there is also a growing body of research that indicates volunteering provides individual health benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

There are countless volunteer opportunities within Mansfield and the surrounding towns. In fact, we have volunteer opportunities right here at the Senior Center – working as a receptionist or a volunteer driver, helping in our kitchen, leading groups and organizing various annual events. If you'd like more information about volunteering at the Senior Center, please stop in and see us! The Mansfield Library, Windham Hospital, Senior Resources and AARP are some other local organizations that rely on volunteer help; all of these have easy to navigate websites with links to volunteer information.

In addition, we will highlight two local programs with volunteer opportunities in a presentation on **Friday, January 9th at 1:00pm**. CCAR is a support program for people in recovery; they hold various support groups, computer classes, social opportunities and more at their location in Willimantic. TVCCA sponsors a Foster Grandparent Program where Seniors 55 and older can actually earn a tax-free stipend to help children learn at a school or childcare center near them. If you're considering volunteering, please join us for this informational presentation! Whatever your passion, however you get involved, volunteering offers a way to have a real and lasting impact — on your own life and the world.

TVCCA SENIOR CAFE

January 2015

Lunch is served at 12:00pm Monday through Friday for individuals aged 60 and over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal; the price for those under 60 is \$9.97. Please remember to make your reservation at least 24 hours in advance by 10:00am!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <i>NEW YEARS DAY</i> CLOSED	2 CHICKEN SAUSAGE PEPPERS, ONIONS W/ HOT DOG BUN RICE PILAF CARROTS PINEAPPLE CUP
5 SWEDISH MEATBALLS BUTTERED NOODLES BROCCOLI CRANBERRY JUICE SUGAR COOKIE	6 CHICKEN VERACRUZ RICE PILAF GREEN BEANS DICED TOMATOES PINEAPPLE CUP	7 SLOPPY JOE'S W/BUN BAKED BEANS MIXED VEGETABLES FRESH ORANGE	8 EGGPLANT ROLETTE PENNE W/MARINARA ITALIAN VEGETABLE MEDLEY APPLESAUCE CUP	9 GARLIC CREAM CHICKEN CUMIN & GARLIC ROASTED POTATOES LONG BEAN MEDLEY FRUIT COCKTAIL
12 CRISPY COD PATTY MASHED POTATOES STEWED TOMATOES FRESH FRUIT	13 LAZY MAN'S LASAGNA PEAS & CARROTS ORANGE JUICE CHOCOLATE CHIP COOKIE	14 BROCCOLI & CHEESE STUFFED CHICKEN ROASTED POTATOES CAPRI VEGETABLE MEDLEY PEACH CUP	15 CUBAN BRAISED PORK LOIN YELLOW RICE & BLACK BEANS GREEN BEANS & DICED TOMATOES PINEAPPLE CUP	16 MONTI CRISTO EGG PATTY, TURKEY SAUSAGE, AMERICAN CHEESE & FRENCH TOAST CHUCK WAGON VEGETABLE MEDLEY APPLESAUCE CUP
19 MARTIN LUTHER KING DAY  CLOSED	20 BAKED COD FLORENTINE MASHED POTATOES ITALIAN VEGETABLE MEDLEY	21 MSCA THIRD WEDNESDAY SPECIAL LUNCHEON \$5.00 PER PERSON PLEASE REGISTER AT FRONT DESK	22 CHICKEN STEW SEASONED RICE BROCCOLI FRUIT COCKTAIL	23 PUB BURGER W/BUN MASHED POTATOES CAPRI VEGETABLE MEDLEY ORANGE JUICE DANISH
26 MEATLOAF W/GRAVY MASHED POTATOES BEAN & CARROT MEDLEY PINEAPPLE CUP	27 WESTERN OMELET ROASTED POTATOES CHUCK WAGON VEGETABLE MEDLEY PEACH CUP	28 SALISBURY STEAK BUTTERED NOODLES PEAS & CARROTS GRAPE JUICE CUPCAKE	29 STUFFED SHELLS STEWED TOMATOES ITALIAN VEGETABLE MEDLEY PEARS W/MANDARIN ORANGES	30 CHICKEN MARSALA SEASONED RICE BROCCOLI & WAX BEANS FRESH FRUIT

COMPUTER CORNER

Computer Classes are taught by members of the MSCA Computer Council. Participants must pre-register for classes at the Reception desk at the Senior Center before classes begin. For more information on the Computer Council or any of their classes, please contact them at (860) 429-0262, ext. 7

COMING IN FEBRUARY: Microsoft Word 2010 for Beginners on February 4th & 6th and Advanced Microsoft Word 2010 on February 18th & 20th.

F R E E	<p style="text-align: center;">EMAIL </p> <p style="text-align: center;">TUESDAY JAN 6, 2015 10AM—12NOON FREE</p> <p>TOPICS: READING AN EMAIL ADDRESS, CREATING MAILBOXES, HOW TO SETUP EMAIL CONTACTS AND MORE.</p>	<p style="text-align: center;">ME & MY IPAD </p> <p style="text-align: center;">THURSDAY JAN 8, 2015 10AM—12NOON FREE</p> <p>2 HOUR SEMINAR EXPLAINING THE USE AND VERSATILITY OF THE APPLE IPAD.</p>	<p style="text-align: center;">INTRO TO FACBOOK </p> <p style="text-align: center;">TUESDAY JAN 27, 2015 10AM—12NOON FREE</p> <p>LEARN SOME BASICS, EXPLORE PAGE LAYOUT, POSTING MESSAGES, UPLOADING PHOTOS, ADD CONTACTS AND MORE!</p>	<p style="text-align: center;">THE INTERNET & skype</p> <p style="text-align: center;">THURSDAY JAN 29, 2015 10AM—12NOON FREE</p> <p>SURF THE INTERNET. LEARN DIFFERENT BROWSERS, TAB BROWSING & SAFETY. DEMO ON COMMUNICATING WITH SKYPE.</p>	<p style="text-align: center;">TRAVEL PLANNING ON THE INTERNET</p> <p style="text-align: center;">TUESDAY FEB 3, 2015 10AM—12NOON FREE</p> <p style="text-align: center;"></p> <p>EXPLORE THE MULTIPLE RESOURCES AVAILABLE ON THE INTERNET FOR PLANNING YOUR NEXT VACATION ADVENTURE!</p>	W I F I
------------------	---	--	--	--	--	------------------

ADULT & SENIOR SERVICES AND RESOURCES

The Social Workers are available to assist Mansfield residents connect to individuals with services and programs that are available within the community.



OPEN ENROLLMENT FOR ACCESS HEALTH CT IS NOW UNDERWAY

Dealing with Low Vision? Join our **Low Vision Group** for support, friendship and helpful tips. **January 14th from 11:am—12:00 pm** * Vison Dynamics will be here for our Feb 11th Group.

LOW VISION—Mark your calendars: Tracy Andrews, WW Vision Specialist from Vision Dynamics will be here for our Feb 11th group. She will be providing an interactive presentation to empower and inspire you to lead a more independent life.

Caregiver’s Support Group The next meeting will be **January 21st at 3:00pm.**

The ACCESS Community Action Agency is now making appointments for **Energy Assistance** Contact ACCESS at 860-450-7400 1315 Main Street, Suite 2, Willimantic, CT 06226

LOOK FOR MORE INFORMATION REGARDING HOMEOWNERS/DISABLED VETERANS TAX RELIEF PROGRAM COMING IN FEBRUARY

Mobile Food Share will be at Wright’s Village on **January 8th & 22nd 11:30am-12:15pm**

Kathy Ann Easley, Adult Services Social Worker 860-487-9873
Carolyn McAuliffe, Outreach Worker 860-487-9875

~ JANUARY ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**JOIN US SUNDAY, JANUARY 25TH AT 2:30PM
FOR OUR UCONN TAILGATE PARTY!**

GO HUSKIES!



1.



**SENIOR CENTER
IS CLOSED**

2.

- 9:00 WALKING DVD
- 10:00 SCRABBLE
- 10:00 KNITTING & CROCHETING
- 10:00 PHOTO CLUB
- 10:30 SIT & GET FIT
- 11:15 BRAIN AEROBICS
- 12:00 LUNCH
- 12:00 SILVER SNEAKERS CLASS & PRESENTATION AT COMMUNITY CENTER
- 1:00 ART STUDIO

5.

- 9:00 SR. AEROBICS
- 9:00 WALKING DVD
- 10:00 PC HELP
- 10:00 BEG. SCRABBLE
- 10:00 PRESENTATION: REVERSE MORTGAGES
- 10:15 SPARKETTES
- 12:00 LUNCH
- 1:00 MAHJONGG
- 1:30 CHORUS
- 3:00 ELDERHOOD

6.

- 8:30 STRENGTH & STABILITY
- 10:00 SCRABBLE
- 10:00 WII BOWLING
- 10:00 EMAIL CLASS
- 12:00 LUNCH
- 1:00 BINGO
- 2:30 COMPUTER COMMITTEE MTG

7.

- 9:00 WALKING DVD
- 9:30 WOOD CARVING
- 10:00 TAI CHI
- 10:00 WRITING GRP
- 11:00 YOGA
- 11:30 HERRMAN B/P
- 12:00 B-DAY LUNCH
- 12:00 CAUSERIES
- 1:00 FUND. OF TAP
- 1:00 PRESENTATION: WHY YOU NEED AN ESTATE PLAN

8.

- 8:30 STRENGTH & STABILITY
- 9:00 REIKI
- 10:00 WII BOWLING
- 10:00 QUILTING
- 10:00 ME & MY IPAD
- 10:15 SPARKETTES
- 11:00 CONVERSATIONS WITH BETTY
- 11:30 FOODSHARE
- 12:00 LUNCH
- 12:30 PWR. OF AGING
- 1:00 BRIDGE
- 1:00 JEWELRY
- 2:30 WII BOWLING
- 3:15 SR. AEROBICS

9.

- 9:00 WALKING DVD
- 10:00 SCRABBLE
- 10:00 KNITTING & CROCHETING
- 10:30 SIT & GET FIT
- 11:15 BRAIN AEROBICS
- 12:00 LUNCH
- 1:00 ART STUDIO
- 1:00 PRESENTATION: LOCAL VOLUNTEER OPPORTUNITIES WITH CCAR & TVCCA

12. 9:00 SR. AEROBICS

- 9:00 WALKING DVD
- 9:00 MINI SPA
- 9:00 MASSAGE & REFLEXOLOGY
- 9:30 COA MTG
- 10:00 PC HELP
- 10:00 BEG. SCRABBLE
- 10:15 SPARKETTES
- 12:00 LUNCH
- 1:00 MAHJONG
- 1:30 CHORUS
- 3:00 ELDERHOOD

13.

- 8:30 STRENGTH & STABILITY
- 9:00 DR. WALTER
- 10:00 SCRABBLE
- 10:00 WII BOWLING
- 10:00 GENEALOGY
- 11:00 PWR. OF AGING
- 12:00 LUNCH
- 1:00 BINGO
- 1:00 CREATIVE STAMPING
- 7:00 MS SUPPORT

14. 9 WALKING DVD

- 9:30 WOOD CARVING
- 10:00 TRASH MUSEUM & LUNCH TRIP
- 10:00 TAI CHI
- 10:00 WRITING GRP
- 11:00 YOGA
- 11:00 LOW VISION
- 12:00 LUNCH
- 12:00 CAUSERIES
- 1:00 MSCA EX. BD.
- 1:00 FUND. OF TAP
- 1:00 PREPARING YOUR ESTATE PLAN

15.

- 8:30 STRENGTH & STABILITY
- 10:00 WII BOWLING (MATCH IN COLCHESTER)
- 10:00 QUILTING
- 10:15 SPARKETTES
- 12:00 LUNCH
- 12:30 PWR. OF AGING
- 1:00 BRIDGE
- 1:00 JEWELRY
- 2:30 WII BOWLING
- 3:15 SR. AEROBICS

16.

- 9:00 WALKING DVD
- 9:00 NEW MEMBER BREAKFAST
- 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 DUP. BRIDGE

2:00 BOOK CLUB

~ JANUARY ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

19. DR. MARTIN LUTHER KING, JR. DAY



SENIOR CENTER IS CLOSED

20. 8:30 STRENGTH & STABILITY
10:00 SCRABBLE
10:00 WII BOWLING
11:00 PRESENTATION: SENIOR CENTER ACCREDITATION
11:00 PWR. OF AGING
12:00 LUNCH
1:00 BINGO

21. 9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
11:00 YOGA
10:00 WRITING GRP
12:00 MSCA THIRD WEDNESDAY
12:00 CAUSERIES
3:00 CAREGIVER'S SUPPORT GROUP

22. 8:30 STRENGTH & STABILITY
10:00 WII BOWLING
10:15 SPARKETTES
11:00 STORIES WE ARE
11:30 FOODSHARE
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
2:30 WII BOWLING
3:15 SR. AEROBICS

23. 9:00 WALKING DVD
10:00 PUPPET MUSEUM & LUNCH TRIP
10:00 SCRABBLE
10:00 KNITTING & CROCHETING
10:30 SIT & GET FIT
11:15 BRAIN AEROBICS
12:00 LUNCH
1:00 ART STUDIO

26. 9:00 SR. AEROBICS
9:00 WALKING DVD
10:00 PC HELP
10:00 BEG. SCRABBLE
12:00 LUNCH
1:00 MAHJONGG
1:30 CHORUS
3:00 ELDERHOOD

27. 8:30 STRENGTH & STABILITY
10:00 SCRABBLE
10:00 WII BOWLING
10:00 INTO TO FACEBOOK CLASS
11:00 PWR OF AGING
12:00 LUNCH
1:00 BINGO
1:00 CREATIVE STAMPING

28. 9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GRP
10:30 UNCOMMON KITCHEN LUNCH TRIP
11:00 YOGA
12:00 LUNCH
12:00 CAUSERIES
1:00 FUND. OF TAP

29. 8:30 STRENGTH & STABILITY
10:00 WII BOWLING
10:00 QUILTING
10:00 SKYPE CLASS
10:15 SPARKETTES
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
2:30 WII BOWLING
3:15 SR. AEROBICS

30. 9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING & CROCHETING
10:30 SIT & GET FIT
12:00 LUNCH
1:00 ART STUDIO
1:00 DUPLICATE BRIDGE



Helping Mature Drivers Find Their Safest Fit



Place: Mansfield Senior Center
303 Maple Road
Storrs Mansfield, CT 06268

Date: Saturday, April 25, 2015
Time: 9:30 am – 1:30 pm

Call 860-487-9870 for an appointment.

Trained volunteers will lead drivers through a 12-point checklist with their vehicle, recommend personal vehicle adjustments and adaptations, and offer community-specific resources and activities that could make their personal vehicles "fit" better or enhance their safety. An Occupational Therapist will also be on hand to provide information to older drivers on how to maintain and strengthen driving health.

Individual appointments take about 20 minutes.

Where's Waldo?!

Find the hidden item shown below somewhere in this issue and send in the answer with your name and phone number to:

Mansfield Senior Center/MSCA,
303 Maple Road, Storrs, CT 06268,
Attn: Waldo.

Mail in your answer or drop them off in the box at the Reception Desk by **February 2nd** to qualify for the drawing. At the end of that day, we will draw one name from all of the correct entries and that person will win a free lunch at the Senior Center. Only one entry per person, please.

Good Luck!



Hidden Item:



SHARE YOUR THOUGHTS ON THE PROPOSED

MANSFIELD TOMORROW

Plan of Conservation and Development

View the plan online at www.mansfieldtomorrow.com.

Hard copies of the plan can be viewed at the **Office of the Town Clerk, Mansfield Community Center** and **Mansfield Senior Center**, or borrowed from the **Mansfield Public Library**.

Community Information Meetings

PRESENTATION AND DISCUSSION OF PLAN

Thursday, January 15, 2015

7:00 p.m.
Council Chambers
Audrey P. Beck Municipal Building
4 South Eagleville Road

This meeting will be broadcast on Charter Cable Channel 191 and streamed live on-line at www.mansfieldct.org.

Wednesday, January 21, 2015

2:30 p.m.
Mansfield Senior Center
303 Maple Road

Thursday, February 5, 2015

7:00 p.m.
Mansfield Middle School Cafeteria
205 Spring Hill Road

Open House

INFORMAL DROP-IN EVENT; VIEW MAPS
AND DISCUSS PLAN

Saturday, January 31, 2015

10 am - 12:30 pm
Buchanan Center Auditorium
Mansfield Public Library
54 Warrenville Road

Public Hearing

PLANNING & ZONING COMMISSION HEARS
PUBLIC COMMENTS ON THE PLAN

Monday, March 2, 2015

7:00 p.m.
Council Chambers
Audrey P. Beck Municipal Building
4 South Eagleville Road

The hearing may be continued to another date and time if there are more people present than can be heard prior to 11:00 p.m.

Please call **Project Manager Jennifer Kaufman** at (860) 429-3015 x204 with any questions.



Mansfield Tomorrow is a Town project funded by the U.S.
Department of Housing and Urban Development (HUD)
Office of Economic Resilience.

www.MansfieldTomorrow.com

Mansfield Tomorrow

DAY TRIPS



Wednesday, January 14th—CT Trash Museum and Lunch at a “mystery” location. Don’t turn up your nose at trash!!! Come experience Senior Day for a fun day filled with amazing activities and interesting information—you will NEVER look at trash the same way again! Van departs center at 10AM and returns approximately 2:30pm. Lunch at individual expense. **Registration deadline is Friday, January 9th. Admission \$2/person.**



Ballard
Institute &
Museum of
Puppetry

Friday, January 23rd—Ballard Puppet Museum and Lunch at Storrs Center. Come and see the incredible puppets on display right in our neighborhood! We will have a brief tour of the museum and plenty of time for seeing all the puppets on display. You will then have time to have lunch at one of the many restaurants at Storrs Center. Van departs center at 11AM for drop off and will return for pick up at 2PM. Lunch at individual expense. **Registration deadline is Wednesday January 21st. Admission is FREE although donations are welcomed.**



Wednesday, January 28th—LUNCH BUNCH: Uncommon Kitchen. Come and sample a wonderful 4 course meal prepared by the culinary students at Windham Tech. Leaving the center at 10:30am and returning 2:00-2:30pm. **Registration deadline is Friday, January 23rd. Approximate cost for lunch is \$6-\$10.**

Day Trips fill up quickly, so make sure you call the Senior Center to register early!



IT'S FLU SEASON AGAIN!

FOLLOW THESE SIMPLE STEPS TO HELP PROTECT
YOURSELF AND YOUR FAMILY & FRIENDS FROM INFECTION:

- * **GET YOUR FLU SHOT**
- * **WASH YOUR HANDS OFTEN WITH SOAP AND WARM WATER FOR AT LEAST 20 SECONDS, OR USE HAND SANITIZER IF SOAP AND WATER ARE NOT AVAILABLE**
- * **COUGH AND SNEEZE INTO YOUR ARM, NOT YOUR HAND. IF YOU USE A TISSUE, DISPOSE OF IT AS SOON AS POSSIBLE AND WASH YOUR HANDS**
- * **IF YOU GET SICK, STAY HOME**
- * **KEEP YOUR HANDS AWAY FROM YOUR FACE**
- * **KEEP COMMON SURFACE AREAS – DOORKNOBS, LIGHT SWITCHES, TELEPHONES AND KEYBOARDS – CLEAN AND DISINFECTED**
- * **EAT HEALTHY FOODS AND STAY PHYSICALLY ACTIVE TO KEEP YOUR IMMUNE SYSTEM STRONG**

****INCLEMENT WEATHER****

It's officially that time of year again!
Please remember that when Mansfield Public Schools are closed or delayed due to inclement weather, the Mansfield Senior & Wellness Center will also be closed or delayed accordingly. Listen to WTIC (1080 AM) or WILI (1400 AM), watch Channel 3 news or call the Center at 860-429-0262 for announcements. Please use caution and put your own safety first!

Please use caution

**I WANT TO BUY A SPARKS SUBSCRIPTION FROM JULY 1, 2014 TO JUNE 30 2015.
(PLEASE PRINT)**

NAME: _____

MAILING ADDRESS: _____

TOWN: _____ ZIP: _____

PHONE: _____

NEW SUBSCRIPTION _____ OR RENEWAL _____

BULK RATE @ \$8.00 _____ OR FIRST CLASS @ \$12.00 _____

AMOUNT ENCLOSED: _____
(CHECK MADE TO M.S.C.A.)

LEAVE AT FRONT DESK FOR KATHY RULE OR MAIL IT TO HER AT:

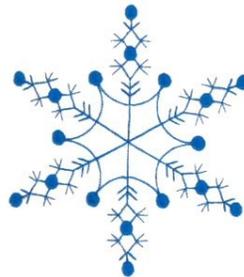
**MANSFIELD SENIOR & WELLNESS CENTER
303 MAPLE ROAD
STORRS MANSFIELD, CT 06268**

DIAL-A-RIDE TRANSPORTATION

IS AVAILABLE FOR MANSFIELD RESIDENTS.
PLEASE CALL (860) 456-1462 **48 HOURS** IN ADVANCE. THIS SERVICE IS PROVIDED BY THE WINDHAM REGIONAL TRANSPORTATION DISTRICT.

SENIOR SPARKS

**Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268
(860) 429-0262**



**NON-PROFIT ORGANIZATION
PRE-SORT STANDARD # 57
U.S. POSTAGE PAID
STORRS MANSFIELD, CT**

**POSTMASTER: DATED MATERIAL
PLEASE DELIVER PROMPTLY**

CURRENT RESIDENT OR

PUT LABEL
IN THIS BLOCK