

SENIOR SPARKS

Mansfield Senior Center Newsletter ~ MARCH 2015 ~

ST. PATRICK'S DAY CELEBRATION

~ MARCH 13TH AT 12PM ~

ENJOY A TRADITIONAL CORNED BEEF & CABBAGE MEAL
WITH MASHED POTATOES, BABY CARROTS, IRISH SODA BREAD,
O'DOUL'S OR APPLE JUICE & A SUGAR COOKIE

DANCE A JIG AFTER LUNCH TO THE MUSIC OF
RINGROSE & FREEMAN,
TWO OF CONNECTICUT'S FINEST CELTIC MUSICIANS!

PLEASE REGISTER WITH KATHY YAFFEE BY MARCH 2ND
\$7.00 PER PERSON



3RD WEDNESDAY LUNCHEON & ENTERTAINMENT

~ MARCH 18TH AT 12PM ~

TAKE A MECHANICAL MAN, GIANT BUBBLES, TOILET PLUNGERS,
STEP LADDERS, GIBBERISH, A UKELELE, SPINNING PLATES, 8-FOOT STREAMERS,
A PARASOL, A FLOATING HAT, THINGS THAT FLY OVER THE AUDIENCE,
HEAPS OF LAUGHTER, AND A MAN SQUEEZING THROUGH A PICTURE FRAME -
MIX THEM ALL UP, SHAKE THEM AROUND, AND YOU HAVE MOTION MAN!

JOIN US FOR THIS EXUBERANTLY FUN SHOW!

THE MENU:
MEATLOAF, MASHED POTATOES, GARDEN SALAD
& PEACH COBBLER FOR DESSERT.

PLEASE REGISTER AT THE FRONT DESK BY MARCH 10TH
\$5.00 PER PERSON

Mansfield Senior & Wellness Center
303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 Fax: 860-429-3208



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 COORDINATOR:

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

DIAL-A-RIDE TRANSPORTATION

is available for Mansfield residents.

Please call 860-456-1462 at least **48 hours** in advance.

This service is provided by the Windham Regional Transportation District.

A NOTE FROM CINDY DAINTON, SENIOR CENTER SUPERVISOR

“Success is liking yourself, liking what you do, and liking how you do it.”

– Maya Angelou

As the snow comes down around us, it is a great time to reflect. Fresh snow. The beginning of the year. Take a look at all that our center is offering during the month of March. Try learning something new – a creative class, a new skill, or a computer class. Make a commitment to improving your health with one of our exercise classes. Stop in for a hot beverage and a smile. We are looking forward to seeing you!

Cindy



****INCLEMENT WEATHER****

We are so hoping that we're nearing the end of this lovely snow-filled season, but, just in case:

Please note that the

Senior & Wellness Center will announce delays & closings on WTIC (1080 AM),

WILI (1400 AM), or

Channel 3 News (WFSB) by 8am.

You can also call the Senior Center at 860-429-0262 for announcements.

Please use caution
and put your own safety first!



Special Programs

AARP Tax-Aid Program

**Mondays & Wednesdays
February 2nd through April 8th**

AARP's Tax-Aid program will once again provide **free tax preparation assistance** for local residents, with special attention to those 60 and older. If married, both husband and wife should be present during the appointment. Taxpayers must also have all available information and documents that apply to their 2014 income taxes, including:

- * A copy of both of your 2013 tax returns
- * ID information for taxpayers & dependents
- * All W2, 1099, other relevant forms and documentation

**Please call the Senior Center
at 860-429-0262
to schedule your appointment.**

Is Your Home Fit?

AARP has traveled on the "Road to Livability" for many years providing families with resources and tools to create a place where you can live in comfort and safety no matter what stage of life. AARP is helping families go deeper by looking at choices for changing needs and introducing a new resource that takes a look at "what you have" vs. "what you will need" when it comes to your **HOME, CAR or COMMUNITY**. Join AARP representatives for an informative presentation on the "Road to Livability" and find out what you can do to make your home a safer home. Topics will include: Room by Room Tour; Tips for Specific Needs; Use this, Not that; "To Do" lists; Hiring a Contractor; and Smart Ways to Save. Light Refreshments will be provided



**Tuesday, March 24th at 1:00pm
All are welcome!**

COLLETTE VACATIONS PRESENTATION



EXPLORE ENGLAND, SCOTLAND, IRELAND & WALES WITH US THIS FALL!

Tracey from Collette Vacations will be here to discuss all the details of this fantastic 15-day trip

Coming up in October!

Please call Kay at 860-429-0262, ext. 6 for more information.

MARCH 6TH AT 10AM

OVERDRIVE eBOOK & AUDIOBOOK TRAINING



Are you interested in getting started with downloadable ebooks and audiobooks? Did you receive a new device for the holidays and need assistance getting started? Then this program is for you!

Bring along your device and join Peggy & Adam from the Mansfield Library as they demonstrate all of the Library's Overdrive services for Mansfield residents.

MARCH 10TH AT 10AM

Please call the Reception Desk to Register

Webster Bank Fraud Awareness Seminar

Our goal in this seminar is to help Seniors understand the best ways to protect themselves financially against fraud. We will discuss frauds specifically directed at the elder population, debit card & online banking fraud, as well as what red flags to look for and tips to stay safe.

APRIL 1ST AT 12:30PM

Please call the Reception Desk to Register

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.

SPARKETTES 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
5 Classes—\$37.50R/\$45.00NR

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
4 Classes—\$20.00R/\$24.00NR

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
5 Classes—\$25.00R/\$30.00NR

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

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.

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
3 Classes—\$15.00R/\$18.00NR
*** No Class 3/18 ***

*** 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.

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
4 Classes—\$20.00R/\$24.00NR

*** Resident and Non-resident Prices listed are for the month of March ***

Please register at the Senior Center or call Kathy Yaffee for more information

CREATIVE ARTS

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 motivations with Pat Ferguson as your “Quilting Coach.” Pre-registration is required.

Thursdays from 10:00am-12:30pm

March 5th, 12th, 19th & 26th

\$24.00R/\$28.00NR

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

Veteran’s Committee



We’re looking for a few good volunteers to serve on our Veteran’s Committee. Committee members meet throughout the year to fundraise, plan and host our Annual Veteran’s Day Tribute, which is held at the Community Center each November. Please call Sarah at 860-487-9874 for more information.

WELLNESS PROGRAMS

Podiatrist

Complete foot care & podiatric evaluations. Medicare will be billed if eligible.

March 3rd & 17th from 9:00am-12:00pm

Herrman Blood Pressure Clinic

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

March 4th from 11:30am-12:00pm

Reiki

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

March 5th from 9:00-11:00am

Mini Spa

Treat yourself! Manicures, pedicures and haircuts available at a reduced cost for Seniors.

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

Massage Therapy & Reflexology

Treat yourself to a massage or reflexology session this winter and reap the health benefits! The cost for a 25-minute session is \$15.00.

March 9th from 9:00am-1:00pm

VNA East Adult Health Screenings

Blood Pressure, Foot Care & Ear Flushing

March 11th from 1:00-3:00pm

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

THE STORIES WE ARE

“To hell with facts! We need stories!”

— Ken Kesey

Share your thoughts, stories, memories, photographs and more in this introspective new group!

~ **A Picture Is Worth A Thousand Words** ~

Bring in a photo that’s significant to you and share your story with the group!

Thursday, March 12th at 11:00am

~ **Let Me Tell You ‘Bout My Best Friend** ~

Tell us about a friendship that had a special impact on your life!

Thursday, March 26th at 11:00am

GROUPS & CLUBS

Genealogy Group

Led by Helen Collins, this group meets to share their progress in searching for their ancestors. Helen keeps the group updated with new web sites and information, and plans trips to libraries and other facilities where members can research their genealogy. Just beginning? The group will give you suggestions to get you started! 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

This group will be on winter hiatus during February, March & April. Please check back in the spring!

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

If you like to sing, come and join us! You don't have to be an accomplished singer—there will be music to satisfy both the novice and experienced. We perform at local nursing homes, senior housing and rehabilitation facilities. For more information, contact Stu Sidney at 860-429-7271.

Mondays 1:30 - 3:00 pm

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

FRIDAY AFTERNOONS AT THE MOVIES

Fried Green Tomatoes ~ March 6th at 1:30pm

Jessica Tandy, Kathy Bates & Mary Stuart Masterson star in this heart-warming tale of laughter, devotion and a special friendship that defies all obstacles. Rated PG-13

A Few Good Men ~ March 27th at 1:00pm

Nominated for an Academy Award in 1993, Tom Cruise, Jack Nicholson & Demi Moore shine in this gripping military courtroom drama. Rated R

~ CARDS & GAMES ~

WII BOWLING

Tuesdays at 9:30am
Thursdays at 9:30am
Thursdays at 2:30pm

BRIDGE

Thursdays at 1:00pm

DUPLICATE BRIDGE

3rd Friday at 12:45pm

SCRABBLE

Mondays at 10:00am
Tuesdays at 10:00am
Fridays at 10:00am

MAHJONGG

Mondays at 1:00pm

BINGO

Tuesdays at 1:00pm

Where's the Luck?!

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 March 31st 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.

Hidden Item:

shillelagh



Entry Form

Name _____

Phone # _____

Pg # & Location: _____

TRAVEL with KAY



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. **\$78.00pp.**

Live From Nashville ~ April 16th

This is an incredible production direct from Music City that stars singers, dancers, and a bona fide band of Nashville musicians, dazzling staging and costumes—all designed to celebrate a century of these talented celebrities and treasured songs from Music City! Package includes: motorcoach, free time at Foxwoods with a bonus package (including a free buffet), afternoon matinee of "Live from Nashville" at the lovely Garde Arts Theatre in New London and driver's gratuity. **\$76.00pp**

Branson Show Extravaganza ~ September 12th-20th

A trip you don't want to miss! Six shows including *Jonah* at the Sight & Sound Theatre, 14 meals, 8 breakfasts and 6 dinners. **Please sign up early, as this trip will fill quickly!**

\$75.00 deposit (insurance must accompany deposit if you want the insurance). **\$782.00pp**



For more information on any of these trips, contact Kay Warren at 860-429-0262, ext. 6.

MARCH DAY TRIPS

<p>3 TUESDAY TIMEX WATCH MUSEUM (WATERBURY)</p> <p>\$5.00 Admission Lunch at "Mystery Location."</p> <p>9:30am - 4pm Register by 2/27</p>	<p>5 THURSDAY BUCKLAND MALL/ EVERGREEN WALK (MANCHESTER)</p> <p>FREE Van will run between both locations.</p> <p>10am - 4pm Register 3/2</p>	<p>10 TUESDAY NEW BRITAIN MUSEUM OF ART (NEW BRITAIN)</p> <p>\$10.00 Admission <i>Over Life's Waters, The Coastal Art Collection of Charles and Irene Hamm</i> Lunch at Museum Café.</p> <p>10am - 3:30pm Register by 3/6</p>	<p>12 THURSDAY LUCKY STRIKES LANES (MANSFIELD)</p> <p>Come bowl a few games right here in town! \$6 person for 2 hours of bowling.</p> <p>1pm - 4pm Register by 3/9</p>	<p>17 TUESDAY ST PATTY'S DAY LUNCH BUNCH (WINDHAM)</p> <p>Uncommon Kitchen @ Windham Tech. Check out the sample menu at the Reception Desk.</p> <p>10:30am - 2pm Register by 3/13</p>
<p>20 FRIDAY MAGIC WINGS YANKEE CANDLE (DEERFIELD, MA)</p> <p>\$12 Admission Lunch available at Yankee Candle at individual expense.</p> <p>9am - 4pm Register by 3/20</p>	<p>24 TUESDAY RAVE MOVIE THEATRE (MANCHESTER)</p> <p>\$5.50 per person Enjoy your choice of a Matinee show! Lunch available at Theater.</p> <p>9am - 4 pm Register by 3/20</p>	<p>25 WEDNESDAY NORMAN ROCKWELL MUSEUM (STOCKBRIDGE, MA)</p> <p>\$16 Admission Lunch at "Mystery Location" at individual expense.</p> <p>9am - 4pm Register by 3/20</p>	<p>26 THURSDAY LUNCH BUNCH WRIGHT'S CHICKEN FARM RESTAURANT (HARRISVILLE, RI)</p> <p>\$13 per person includes everything</p> <p>10:30am - 3:30pm Register by 3/20</p>	<p>31 TUESDAY HOLYOKE MALL (HOLYOKE, MA)</p> <p>FREE Shop til you drop! Enjoy lunch at one of the many options!</p> <p>9:30am - 3:30pm Register by 3/27</p>

*These Trips fill up quickly, so please register early at the Reception Desk.
For more information on any of these trips, contact Gianna at 860-487-9877.*

ADULT & SENIOR SERVICES

Mobile Food Share at Wright's Village

March 5th & 19th
11:30am-12:15pm

Dealing with Low Vision?
Join our **Low Vision Group**
for support, friendship and helpful tips.
March 11th from 11am—12pm

Caregiver's Support Group

March 18th at 3:00pm

The Disabled/Elderly Homeowners
Tax Credit Program
begins February 1st and ends May 1st.

Income qualifications are:
\$34,600 for a single person
\$42,400 for a married couple

Please call Kathy Ann Easley for more information.

Energy Assistance

The ACCESS Community Action Agency
is now taking appointments.
Contact ACCESS at 860-450-7400.

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.

Benefits Check Up Day For Veterans & their Family Caregivers

March 27th from 9am-2pm
American Legion Hall

58 Bernie O'Rourke Drive, Middletown
Call 860-347-5661 for more information.

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

Kathy Ann Easley
Adult Services Social Worker
860-487-9873

COMPUTER CLASSES

MICROSOFT "EXCEL" 2010 BASIC

WEDNESDAY, MARCH 4
& FRIDAY, MARCH 6
1PM – 4PM
\$10.00

Microsoft Excel is a computer program designed to help you calculate numbers. It does all the arithmetic for you. It does not replace Microsoft Word for regular writing but is helpful in entering, sorting and comparing words as well as numbers. This class will help you:

- ◇Understand spreadsheets
- ◇Format numbers & words
- ◇Create formulas
- ◇Name, Save & Re-call your work

INTERNET

MONDAY, MARCH 9
& MONDAY, MARCH 16
9AM - 11AM
\$10.00

Learn how to browse, purchase
& sell things on the Internet.

ADVANCED MICROSOFT "WORD" 2010

WEDNESDAY, MARCH 11
& FRIDAY, MARCH 13
1PM – 4PM
\$10.00

This class is designed for those who are familiar with "Word," and would like to learn more of the techniques that are available in the 2010 version. There are specific topics planned, but depending on the needs of those attending, we will discuss their needs and try to resolve them.

MICROSOFT "EXCEL" 2010 ADVANCED

WEDNESDAY, MARCH 18
& FRIDAY, MARCH 20
1PM – 4PM
\$10.00

In this class you will review the work from the Basic classes and go deeper into creation of more complicated formulas. You will learn to:

- ◇Use functions to create more elaborate formulas
- ◇Use "IF" to get data dependent answers
- ◇Use an item you enter to retrieve related data from tables that you had previously entered
- ◇Link items from one spreadsheet to another

**Computer Classes are taught by
members of the MSCA Computer Council.
Participants must pre-register for classes at the
Reception Desk before classes begin.**

**For more information on the
Computer Council or any of their classes,
please contact them at 860-429-0262, ext. 7**

TVCCA SENIOR CAFE

March 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 \$12.10. Please remember to make your reservation at least 24 hours in advance by 10am!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHEESE MANICOTTI W/ MARINARA GREEN BEANS & CARROTS GRAPE JUICE CHOCOLATE CHIP COOKIE	3 CHICKEN SAUSAGE, PEPPERS & ONIONS W/ HOT DOG BUN RICE PILAF MIXED VEGGIES FRESH FRUIT	4 LAZY MAN'S LASAGNA PEAS & CARROTS PINEAPPLE CUP	5 BRAISED PORK LOIN W/ORANGE MARMALADE SAUCE MASHED SWEET POTATOES CAPRI VEG MEDLEY PEACH CUP	6 CRISPY COD PATTY MAC & CHEESE LONG BEAN MED- LLEY APPLESAUCE CUP
9 BAKED COD FLORENTINE MASHED POTATOES ITALIAN VEGGIE MEDLEY FRESH ORANGE	10 BAKED HAM W/ BROWN SUGAR & MUSTARD GLAZE MASHED SWEET POTATOES GREEN BEANS PINEAPPLE CUP	11 CHICKEN STEW SEASONED RICE BROCCOLI FRUIT COCKTAIL	12 WESTERN OMELET ROASTED POTATOES CHUCK WAGON VEGGIES APPLESAUCE	13 ST. PATRICK'S CELEBRATION CORNED BEEF & CABBAGE, MASHED POTATOES, BABY CARROTS, IRISH SODA BREAD, SUGAR COOKIE \$7.00 PER PERSON PLEASE REGISTER BY MARCH 2ND
16 SWEDISH MEATBALLS BUTTERED NOODLES PEAS & CARROTS APPLESAUCE	17 EGGPLANT ROLETTE PENNE PASTA W/MARINARA ITALIAN VEGETABLES PEARS W/MANDARIN ORANGES	18 3RD WED MEATLOAF, MASHED POTATOES, GARDEN SALAD, PEACH COBBLER \$5.00 PER PERSON PLEASE REGISTER BY MARCH 10TH	19 SLOPPY JOE'S RICE PILAF WINTER VEGGIES PINEAPPLE CUP	20 BAKED COD W/ TOMATO & GARLIC COMPOTE MASHED POTATOES CAPRI VEG MEDLEY FRESH FRUIT
23 CHEESE OMELET ROASTED POTATOES CHUCK WAGON VEGGIES PEACH CUP	24 SALISBURY STEAK W/GRAVY BUTTERED NOODLES PEAS & CARROTS CUPCAKE GRAPE JUICE	25 MONTI CRISTO: EGG PATTY, TURKEY SAUSAGE & AMERICAN CHEESE ON FRENCH TOAST ITALIAN VEG MEDLEY FRESH ORANGE	26 PORTUGUESE CHICKEN SEASONED RICE & BLACK BEANS CAPRI VEG MEDLEY FRUIT COCKTAIL	27 BAKED ZITI GREEN BEANS DICED TOMATOES PEARS & MANDARIN ORANGES
30 GARLIC CREAM CHICKEN RICE PILAF BROCCOLI FRUIT COCKTAIL	31 PUB BURGER GARLIC & CUMIN RUBBED POTATOES WAX & GREEN BEANS PEACH CUP	1% milk and whole grain bread are served with each meal. Menu is subject to change without notice. NAME _____		



- 1 Dae H. Koh, Michael Bolton
- 2 Lila Tulin
- 3 Joyce Brigham, Dianne Sprague
- 4 Irene Burke, Jerold Heiss, Richard Chak Norman Stevens
- 5 Tom Reilly, Fred Lussier, Kathy Rule, Silvana Brescia
- 6 Norman Ricard, Irene Klunz, Franklin Langille, James Reynolds, Raymond Begin, Robert Bockholdt
- 7 Michael Adams
- 8 Edmund Fogg
- 9 Lutricia Lyons, Irene Boudreau, Joyce Arsenault, Bert Brine, Peggy Kobey, Karen Mathews
- 10 Elizabeth Wong, Josephine Raymond
- 12 Arthur Moore, Marjorie Bachand, Victoria Mayo, Eugene Rigler, Nancy Orth
- 13 Mary Beausoleil, Kathy Fisher, Susan Rohde, Jean Smith
- 14 Patricia Perreault, Cecile Powers, Rudolph Tokes
- 15 Beverly Morgan
- 16 Sue Harkness, Herbert Getter, Mary Regina Higgins, James Chase, Frances Lenox
- 17 Joseph Lucia
- 18 George Cole, Karin Randolph
- 19 Lewis Katz, Lucinda Von Duntz
- 21 Jose Santiago, Charles Nagy, Sonia Drexler
- 22 Theresa Beaulieu, Joanne Sousa, Robert Murphy, Leslie Moulton, Alice Miner, Carol Higgins
- 23 Theresa Roy
- 24 Louis Comeau, Betty Haddad, Helen Zeni
- 25 Clifford Blish, Barbara Parola, Joe Peters, Uwe Koehn
- 26 Gloria Brine, Charles Naumec
- 27 Clara Huling, Oliver Ashlan
- 28 Dorothy Lauritzen, Robert Gottlieb, Arthur Gustafson
- 29 Feng Rong Zheng, Angelo Dos Santos, Marie Hakmiller, Charles Vinsonhaler
- 30 Anne Soracchi, Dolores Smith, Betty Roberts, Philip Barry, Paul Duteau, Barbara Mayer

BLUEBERRY STUDY



*ORDER YOUR BLUEBERRIES BY MARCH 5TH
FOR A MARCH 13TH DELIVERY!*

**PLEASE WELCOME
OUR NEWEST SENIOR CENTER MEMBERS!**

KATHY WARD
JOSEPH GAUVIN
ELLEN WUPPERFELD

Join us for our 
March Birthday Lunch
with Special Entertainment by the
**Mansfield Middle School
Country Fiddle Sting Band!**

 *On the menu:*
Lazy Man's Lasagna,
Peas & Carrots,
Pineapple Cup
Cake & Ice Cream

~ **March 4th at 12pm** ~ 
Please RSVP by March 2nd

JORGENSEN
CENTER FOR THE PERFORMING ARTS



SPRING 2015 SHOWS

DOVER STRING QUARTET
MARCH 8TH ~ 3:00PM

BODYTRAFFIC
MARCH 12TH ~ 7:30PM

CINDERELLA
MARCH 26TH ~ 7:30PM

LEIPZIG STRING QUARTET
MARCH 29TH ~ 3:00PM

CAMERON CARPENTER
MARCH 31ST ~ 7:30PM

**PLEASE CALL KATHY YAFFEE TO ADD YOUR
NAME TO THE PARTICIPANT LIST OR
FOR MORE INFORMATION.**



~ MARCH ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2.
 9:00 AARP TAX AID
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 PC HELP
 10:00 BEG. SCRABBLE
 10:15 SPARKETTES
 12:00 LUNCH
 1:00 MAHJONGG
 1:30 CHORUS

3.
 8:30 STRENGTH & STABILITY
 9:00 DR. WALTER
 9:30 WII BOWLING
 10:00 SCRABBLE
 10:00 TIMEX WATCH MUSEUM TRIP
 11:00 PWR OF AGING
 12:00 LUNCH
 1:00 BINGO
 2:30 COMPUTER COMMITTEE MTG

4.
 9:00 AARP TAX AID
 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 BIRTHDAY LUNCH & MUSIC BY THE MIDDLE SCHOOL FIDDLERS
 12:00 CAUSERIES
 1:00 FUND. OF TAP

5.
 8:30 STRENGTH & STABILITY
 9:00 REIKI
 9:30 WII BOWLING
 10:00 QUILTING
 10:00 BUCKLAND MALL TRIP
 10:15 SPARKETTES
 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

6.
 9:00 WALKING DVD
 10:00 SCRABBLE
 10:00 KNITTING & CROCHETING
 10:00 PHOTO CLUB
 10:00 PRESENTATION: COLLETTE VACATIONS
 10:30 SIT & GET FIT
 11:15 BRAIN AEROBICS
 12:00 LUNCH
 1:00 ART STUDIO
 1:00 MOVIE: FRIED GREEN TOMATOES

9.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 9:00 MINI SPA
 9:00 MASSAGE & REFLEXOLOGY
 10:00 PC HELP
 10:00 BEG. SCRABBLE
 10:15 SPARKETTES
 12:00 LUNCH
 12:00 AARP TAX AID
 1:00 MAHJONGG
 1:30 CHORUS

10.
 8:30 STRENGTH & STABILITY
 9:30 WII BOWLING
 10:00 SCRABBLE
 10:00 GENEALOGY
 10:00 OVERDRIVE CLASS
 10:00 NEW BRITAIN ART MUSEUM TRIP
 11:00 PWR OF AGING
 12:00 LUNCH
 1:00 BINGO
 6:00 MS SUPPORT GROUP

11. 9:00 TAX AID
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GRP
 11:00 YOGA
 11:00 LOW VISION
 12:00 CAUSERIES
 12:45 MSCA MTG
 1:00 VNA EAST
 1:30 MSCA EXEC. BD
 1:00 FUND. OF TAP
 1:00 M. WORD CLASS
 2:00 BOOK CLUB
 7:00 TNT QUILTERS

12.
 8:30 STRENGTH & STABILITY
 9:30 WII BOWLING
 10:00 QUILTING
 10:15 SPARKETTES
 11:00 STORIES WE ARE
 12:00 LUNCH
 12:30 PWR. OF AGING
 1:00 BRIDGE
 1:00 JEWELRY
 1:00 LUCKY STRIKES BOWLING TRIP
 2:30 WII BOWLING
 3:15 SR. AEROBICS

13.
 9:00 WALKING DVD
 10:00 SCRABBLE
 10:00 KNITTING & CROCHETING
 10:30 SIT & GET FIT
 11:15 BRAIN AEROBICS
 12:00 ST. PATRICK'S DAY LUNCH & CELEBRATION
 1:00 ART STUDIO
 1:00 M. WORD CLASS

16.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 PC HELP
 10:00 BEG. SCRABBLE
 10:15 SPARKETTES
 12:00 LUNCH
 12:00 AARP TAX AID
 1:00 MAHJONGG
 1:30 CHORUS

17.
 8:30 STRENGTH & STABILITY
 9:00 DR. WALTER
 9:30 WII BOWLING
 10:00 SCRABBLE
 10:30 UNCOMMON KITCHEN TRIP
 11:00 PWR. OF AGING
 12:00 LUNCH
 1:00 BINGO

18.
 AQUA TURF TRIP
 9:00 AARP TAX AID
 9:00 WALKING DVD
 9:30 WOOD CARVING
 10:00 TAI CHI
 10:00 WRITING GRP
 12:00 MSCA THIRD WEDNESDAY
 12:00 CAUSERIES
 1:00 FUND. OF TAP
 3:00 CAREGIVER'S SUPPORT GROUP

19.
 8:30 STRENGTH & STABILITY
 9:30 WII BOWLING MATCH
 10:00 QUILTING
 10:15 SPARKETTES
 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

20.
 9:00 WALKING DVD
 9:00 MAGIC WINGS TRIP
 10:00 SCRABBLE
 10:00 PHOTO CLUB
 10:00 KNITTING & CROCHETING
 10:30 SIT & GET FIT
 11:15 BRAIN AEROBICS
 12:00 LUNCH
 12:45 DUP. BRIDGE
 1:00 ART STUDIO



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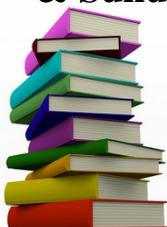
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This is a large sale held in the auditorium at the Library. Also included are CDs, DVDs, audio books, videos, classic books, and a large selection of children's books. Hardcover and oversized paperbacks are priced at \$1 and "mass market" (pocket sized) paperbacks are 50 cents. There is a "specials" area of good, high value books priced slightly higher.

**Saturday, April 11th from 9am-4pm
 & Sunday, April 12th from 9am-3pm**



**54 Warrenville Rd
 (Route 89)
 Mansfield**

WOMENS' CLUB OF STORRS

Howard Dreschler will sing and play the guitar following the next Women's Club of Storrs pot-luck luncheon meeting. Non-club and new members are always welcome.

Please call Betty at 429-5167
 or Eileen at 423-3163
 for more information.

MONDAY, MARCH 2ND AT 11:30AM
 in the Buchanan Center
 at the Mansfield Library



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LIVING WELL WITH HEARING LOSS & HEARING AIDS PROGRAM

Dr. Nancy C. MaMahon, Au.D., CCC-A and students in the Doctor of Audiology graduate program are offering this program to educate those who may be experiencing a decrease in hearing and/or those who have been diagnosed with a hearing loss and are utilizing hearing aids.

Hearing Aids and You
March 11th from 10am-12pm

Living Well with Your Hearing Loss
April 15th from 10am-12pm

All programs are free of charge and will be held at the Speech & Hearing Clinic
850 Bolton Rd, Storrs

For more information,
Please call the Speech & Hearing Clinic
at 860-486-2629.

