

SENIOR SPARKS

Mansfield Senior Center Newsletter

~ JULY 2015 ~

FOURTH OF JULY CELEBRATION

~ July 2nd at Noon ~



St. Louis BBQ Ribs
Potato Salad, Coleslaw
Iced Beverages
& a Surprise Dessert

**Followed by a Patriotic Sing-a-Long
led by Joan Doiron**

\$5.00 per person

Please purchase your ticket
at the Senior Center by June 25th

Wear your Red, White & Blue!

The American Revolution & The History of Sheldon's Horse



Enjoy an All-American Dinner of
Oven Roasted Top Round of Beef,
Baked Potatoes, Garden Salad
& Chocolate Chip Cookie Sundaes.

After dinner, the Commander of the
Second Continental Light Dragoons,
Sal Tarantino, will captivate us with an
artifact-filled presentation on the history of
Sheldon's Horse and a glimpse into cavalry
life during the American Revolution.

Friday, July 17th at 5:00pm

\$7.00 per person

Please purchase your ticket
at the Senior Center by July 9th

The Llamas are Coming! The Llamas are Coming!

Bring the kiddos in your family to
enjoy this unique event! Llamas from the
Country Quilt Llama Farm in Cornwall, CT
will visit us at the Senior Center!

Participants are encouraged to pet & touch
the llamas, who are extremely people friendly
and love attention! There will be photos
on display to illustrate the many uses of
llamas, such as cart pulling & their ability
to function as pack animals. Samples of fiber
products will also be available for this
"hands on" experience.



"Jack"

After the program, enjoy a picnic lunch
at the Senior Center with
Hot Dogs, Baked Beans,
Potato Salad and Ice Cream Sandwiches!

July 24th at 11am

\$5.00 per person

Please purchase your ticket
at the Senior Center by July 16th

~ Shut Down Week ~

We will be closed
Monday, July 27th
through
Friday, July 31st
for our Annual Cleaning!

We will reopen Monday, August 3rd.

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



MANSFIELD SENIOR & WELLNESS CENTER

HOURS:

MONDAY THROUGH 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:

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

SOCIAL WORKER:

KATHY ANN EASLEY, LMSW
860-487-9873

OUTREACH WORKER:

SARAH DUFRESNE
860-487-9875

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.

Senior Center Update

From Sarah Taylor, Senior Center Supervisor

Summer is upon us, and we have much to celebrate here at the Senior Center!

We're thrilled to welcome Sarah DuFresne to our team! As our Outreach Worker, Sarah is quickly becoming a familiar & friendly face here! With Sarah on board, both our Low Vision & Caregiver's Support Groups will resume this month. Sarah will also be available to help connect Mansfield Seniors with local resources & support services. Please be sure to stop in and say hello to our new Sarah!

Have you seen our Dining Room? It's been transformed into an Art Gallery for the month of July by the incredibly talented members of our Photography Club. A heartfelt thank you to all of our Photographers for sharing your talent and your art with us! For those of you who are inspired, our Photography Club meets on the 1st & 3rd Friday of each month and always welcomes new members!

We hope that you'll take advantage of all the fantastic events we have to offer this month - from the special luncheons and the trips to the presentations, groups and classes! Or, simply stop in out of the heat for a cup of coffee, air conditioning and good company! As always, if you have ideas, suggestions or feedback, please let us know. We look forward to seeing you and we wish you a happy, healthy & fun-filled summer!

THANK YOU!! THANK YOU!!



**TO JACKIE PEOPLES FOR LEADING OUR
"BIRDHOUSE" CLASS WITH SUCH
ENTHUSIASM & ENERGY!**

**TO WALTER PIOLUNEK FOR DONATING ALL
OF OUR SLATE TILES!**

**TO JIM ABERT FOR HIS IMPROMPTU &
FANTASTIC PERFORMANCE AT OUR
MEMORIAL DAY LUNCHEON!**

**TO KAY WARREN FOR MAKING ALL OF THE
PATRIOTIC PLACEMATS FOR OUR
MEMORIAL DAY LUNCHEON!**

TO ALL OF OUR WONDERFUL VOLUNTEERS!

MANSFIELD SENIOR CENTER ASSOCIATION, INC.
Greetings from MSCA

Picnics, beaches, the lake, fresh corn-on-the-cob, ice cream, and fireflies - All good memories and lots of smiles!

On Thursday, July 2nd, we will start off the Fourth of July weekend with a patriotic sing-a-long. Joan Doiron will lead us and we will have material to assist us with the program. We will also have a special Fourth of July dessert! YUM!

The MSCA Executive Board will meet on Wednesday, July 8th, at 1:00 PM.

Linda suggested we show some new release movies. We can relax in the air conditioning, enjoy some popcorn, and a good movie. If you have any particular movie you would like to see, let us know. We have some series available, too. We could show two episodes per time (would equal about two hours), like watching in marathon style. We also have cable access to some of the premium channels that offer many different movies. Again, let us know.

Sarah has arranged to have access to the National Commission on Aging Conference in Washington D.C. It will be available for you to see at the Senior Center on Monday, July 13th.

I am hoping we can start some mini-bazaars in the alcove. This will go on during the normal hours of the Senior Center. We need people to bring in items (gently used), help set up, clean up, man tables, etc. This is something we can all be involved in, help to bring in some money, and have a place to be cool and relaxed.

We will be planning the 40th Anniversary of the Mansfield Senior Center Association, Inc. This will be in September on the 21st. If you would like to assist in this event, we can certainly use your ideas and physical involvement.

I wish to thank everyone who came to the June Annual Association Meeting and voted. Thank you for having confidence in our slate.

I apologize for the confusion when dinners arrived on the 17th. We will now be giving out a legitimate receipt (please keep) to avoid this situation again. We will also have an alphabetized check-in list, so the process may be swifter. Again, I am sorry for any stress and confusion that may have been caused.

Sincerely,
JEAN ANN KENNY, MSCA PRESIDENT

REMEMBER **KINDNESS MATTERS**

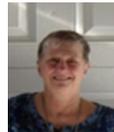
**MANSFIELD SENIOR CENTER
ASSOCIATION, INC.
EXECUTIVE BOARD MEMBERS
1 JULY 2015 TO 30 JUNE 2017**

PRESIDENT: JEAN ANN KENNY
VICE PRESIDENT: LINDA WOHLLEBE
IMMEDIATE PAST
PRESIDENT: RITA BRASWELL
SECRETARY: BEVERLY GOTCH
FINANCE OFFICER: VACANT
TREASURER: MIKE BESCHLER
ASSNT. TREASURER: KATHY RULE
MEMBER-AT-LARGE: CINDY SCHAFFER

COMMITTEE CHAIRS

TRAVEL: KAY WARREN
PROGRAM PLANNING: JOAN DORIN
WAYS & MEANS: BETTY SAVAGE
MEMORIAL COMM.: LINDA WOHLLEBE
COMPUTER COMM.: ROTATING
SPARKS COMMITTEE: RITA BRASWELL
SPARKS SUBSCRIPTION
MANAGER: KATHY RULE

**Hi, I'M CINDY SCHAFFER -
MEMBER OF THE MANSFIELD SENIOR CENTER
ASSOCIATION AND YOUR NEW
MEMBER-AT-LARGE**



I have lived in Mansfield/Ashford all my life. I joined the Mansfield Senior Center Association when I started visiting my friend, Linda Wohllebe, when she worked there. My Mom and I also went there for a couple of classes. I retired after working 41 years at Eastern Connecticut State University, and I want to start getting involved with meeting new people. I hope to see you when I come to lunches and special events. Please feel free to introduce yourselves. I look forward to making many new acquaintances and friends, and to represent you as your new Member-at-Large. You may also contact me at my email address: cshaffer9105@charter.net.



**ORDER YOUR BLUEBERRIES
BY JULY 7TH FOR A JULY 15TH DELIVERY!**

July Special Events

Join us for our
July Birthday Lunch!



Celebrate your day with a delicious meal and the company of good friends!

On the menu:

Manicotti with Marinara Sauce,
Peas & Carrots, Garlic Bread & Fresh Orange
OR

Tuna Salad Platter

And, of course, Cake & Ice Cream for dessert!

~ **July 1st at 12pm** ~

Please register by 10am Tuesday, June 30th

**PRESENTATION:
ALL YOU NEED TO KNOW ABOUT
LYME DISEASE**

It's that time of year!

Join us for an informative presentation on the prevention, diagnosis & treatment of Lyme Disease.

JULY 9TH AT 11AM

SPONSORED BY PRICE CHOPPER

EMERGENCY PREPAREDNESS &



It's important to plan ahead and be prepared for all types of emergencies. Mansfield Fire Marshal Fran Raiola and Commission on Aging member Will Bigl will discuss the specifics of emergency preparedness and Mansfield's CodeRED notification system.

Following the presentation, staff from our IT department will be available to help Seniors register for CodeRED.

Light Refreshments will be provided.

July 22nd at 1:00pm

Please register by calling
860-487-9870 by July 20th

**WHITE HOUSE
CONFERENCE ON AGING
~ JULY 13TH ~**

The first baby boomers reached retirement age in in 2011, accelerating a population surge in the number of Americans over the age of 65. Each day for the next 15 years, thousands more will reach retirement age, creating new opportunities for how we define what it means to be an older American.

The 2015 White House Conference on Aging aims to embrace this transformative demographic shift that's occurring in the United States and recognize the possibilities of aging. The conference will bring together older Americans, caregivers, government officials, members of the public, business leaders and community leaders to discuss key issues that will help shape the landscape for Older Americans in the next decade. The White House Conference on Aging will focus on four specific topic areas: healthy aging, long-term services and supports, elder justice, and retirement security.

Join us for our first live-streaming event as we tune into this historic conference, and join the conversation!

The conference will take place all day, so feel free to stop in at any time.

Light Refreshments will be provided.

For more information, visit
www.whitehouseconferenceonaging.gov



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.

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

Thursdays 3:15-4:15pm
3 Classes—\$15.00R/\$18.00NR
No Class 7/2

Sparkettes Class

This tap class is for 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
No Classes in July

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.



Pre-registration is required.

Tuesdays 8:30-9:30am
3 Classes—\$15.00R/\$18.00NR

Thursdays 8:30-9:30am
4 Classes—\$20.00R/\$24.00NR

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.

Pre-registration is required.

Tuesdays 11:00am-12:00pm
3 Classes—\$15.00R/\$18.00NR

Thursdays 12:30-1:30pm
3 Classes—\$15.00R/\$18.00NR
No Class 7/2

Tai Chi Cooperative Group

Join us for this cooperative, self-led group! 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.

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.
This class is limited to 9 students.

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

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

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
3 Classes—\$15.00R/\$18.00NR

**** Resident and Non-resident Prices listed are for the month of July****
Please Note: Pre-registration is now required for all fitness classes.
Classes do fill up, so please register early!
For more information, please call Kathy Yaffee at 860-487-9870.

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 9:30 am

Quilting

Come to quilting and work the entire day on one project or several projects of your choice. Quilter Extraordinaire Pat Ferguson will be your personal "quilting coach" during this new extended day format. Bring your lunch, sign up ahead of time for lunch at the Senior Center, or order a take out lunch at a local restaurant.

**Mondays, July 6th & 20th from 10:00am-4:00pm
\$30.00R/\$35.00NR per day**

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 1:00 pm

Knitting & Crocheting

Come enjoy knitting or crocheting with friends!

Fridays at 10:00 am

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 1:00 pm

Paint a Welcome Slate!

July 10th at 1:00 pm



Join for this simple & fun project! We'll supply everything you need, including the slate, stencils, paint, brushes & shellac!

\$5.00 per person

**Please register
at the Senior Center before July 6th**

WELLNESS PROGRAMS

Herrmman Blood Pressure Clinic

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

July 1st from 11:30 am-12:00 pm

Podiatrist

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

July 7th from 9:00 am-12:00 pm

Mini Spa

Treat yourself! Manicures, pedicures and hair-cuts available at a reduced cost for Seniors.

July 13th from 9am-12:00 pm

VNA East Adult Health Screenings

Blood Pressure, Foot Care & Ear Flushing for a nominal fee.

July 15 from 1:00-3:00 pm

Massage Therapy & Reflexology

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

July 15th from 10:00 am-1:00 pm

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

DO YOU NEED TRANSPORTATION?

**FREE TRANSPORTATION
TO MEDICAL & DENTAL APPOINTMENTS
IS AVAILABLE FOR MANSFIELD RESIDENTS**

* Our drivers are available
Monday through Friday from 8:30AM - 4:30PM

* We kindly request 48-72 hours notice, although special exceptions for emergency requests will be made depending upon volunteer availability

* For out-of-district medical transport (i.e. Glastonbury, Manchester, Norwich) 7-10 days notice is required

**PLEASE CALL GIANNA STEBBINS,
TRANSPORTATION COORDINATOR,
AT 860-487-9877 FOR MORE INFORMATION**

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.**

Conversations with Betty

Mark your calendars—this group will resume on Thursday afternoons in August!

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

Chorus is on hiatus for the summer and will start up again in September. For more information on joining the Senior Center Chorus please 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

Baseball

A film by Ken Burns

Join us for the conclusion of this Emmy Award-winning story of America's national pastime from master storyteller Ken Burns. It is a saga spanning the quest for racial justice, the clash of labor and management, the immigrant experience, the transformation of popular culture and the enduring appeal of the national pastime.

Of course, an iced beverage & popcorn will be provided!

Fridays, July 10th & 24th at 1:00 pm



~ CARDS & GAMES ~

WII BOWLING

Mondays at 10:00am
Tuesdays at 10:00am
Thursdays at 10:00am

BRIDGE

Thursdays at 1:00pm

DUPLICATE BRIDGE

No game in July

SCRABBLE

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

MAHJONGG

Mondays at 1:00pm

BINGO

Tuesdays at 1:00pm

DUPLICATE BRIDGE SCORES



MAY 15, 2015

NORTH/SOUTH

1. JERRY SHAFFER & SAM WHEELER
2. KATHY WATSON & GEORGE WALLER
3. JANE STEPHENS - MIKE STEPHENS

EAST/WEST

1. NOLA HOSS & BILL HOSS
2. MARYANN FODOR & BILL FODOR
3. ELLIE SHARPE & NANCY MCDOWELL

JUNE 19, 2015

NORTH/SOUTH

1. ELLI SHARPE & GEORGE WALLER
2. RITA POLLACK & ALINE BOOTH
3. SAM WHEELER & JERRY SHAFFER

EAST/WEST

1. DORIS LEDOYT & ANNA MCCLAIN
2. HELEN GAUTHIER & NAPPY GAUTHIER
3. MARYANN FODOR & JOE FODOR



JULY DAY TRIPS



New Britain Museum of Art, New Britain ~ July 2nd from 10:30am-4:00pm

Come and see the timeless, unique and enchanting jewels of Elizabeth Gage, as well as various other interesting exhibits! Lunch is available at Café on the Park located at the museum. Museum Admission is \$10pp.

Thimble Islands Cruise & Lunch, Stony Creek ~ July 8th from 9:30am-4:30pm

Welcome aboard! Enjoy this lovely cruise around 25 breathtaking Connecticut islands! Be sure to bring a little snack to enjoy on board. Lunch stop at The Chowder Pot in Branford. Cruise Admission is \$9pp.

Sailfest, New London ~ July 10th from 10:30am-4:30pm

Come spend the day in New London! We'll enjoy a 2-hour tour of the Custom House of the New London Maritime Society and have the opportunity to tour the historical slave ship La Amistad as well. Then, take your taste buds to the Custom House Pier for lunch & sample an array of food from local restaurants! Custom House Admission is \$7pp.

Lunch Bunch at Shady Glen, Manchester ~ July 14th from 11:00am-2:00pm

Share a fun summertime lunch at this landmark restaurant!

Buttonwood Farms, Griswold ~ July 21st from 9:30am-3:30pm

Join us for this summer tradition and marvel at the beauty of acres & acres of sunflowers! Take a hayride through the sunflower fields (\$5/person), and be sure to try their famous sunflower swirl ice cream! Lunch stop will be at a "mystery location."

South Pacific at the Ivoryton Playhouse ~ July 22nd from 10:30am-5:00pm

Who doesn't enjoy this extraordinary musical?! We'll attend the matinee performance at this historic playhouse with a lunch stop at a "mystery location." Tickets are \$32pp. **This trip must be paid for in cash by July 10th.**

Lunch Bunch at Main Attraction, Holland, MA ~ July 23rd from 11:00am-3:00pm

Located on the shores of the Hamilton Reservoir, this fabulous restaurant specializes in seafood but has a full menu available as well.

Although the Senior Center will not be open, we will offer two fabulous trips during Shut Down Week:

Essex Steam Train & Riverboat Cruise, Essex ~ July 27th from 8:30am-4:30pm

Due to the overwhelming response last month, this trip is being offered again! Step aboard and step back in time for this 2.5 hour combined train ride and boat cruise! Train & Cruise Admission is \$29pp. **This trip must be paid for in cash by July 22nd.** Meal stop on the way home will be at a "mystery location."

Gillette Castle, East Haddam ~ July 30th from 9:00am-4:30pm

Admission to Gillette Castle is \$5pp. Enjoy lunch at the Wheatmarket Deli in Chester.



Please Note:



Lunch cost on these trips is at your own expense.

These trips fill up quickly, so please register early!

If you do need to make a cancellation, please do so as soon as possible.

Last minute cancellations quite often result in trips being cancelled.

Effective July 1st:

Mansfield Residents aged 60 and over will be eligible to register immediately for upcoming trips. One week (7 days) prior to the trip, the list will open for non-residents to register.

However, if you are a non-resident, please have your name placed on the waiting list.

Participants will be moved to the main list in the order in which they registered.

If you have any questions or concerns regarding this policy, or would like more information on any of these trips, please contact Gianna Stebbins at 860-487-9877.

MSCA TRAVEL with KAY

Gloucester Luncheon Cruise ~ July 21st

Package includes motorcoach, 2 1/2 hour Gloucester cruise, elegant buffet luncheon, musical entertainment, free time in Rockport and driver gratuity. **\$90.00**

Triple Lobsters ~ August 11th

The Riverboat Ramblers presents an engaging mix of New Orleans Jazz, Cajun, Calypso, Ragtime, Zydeco, Swing and Gospel music! Trip includes motorcoach, delicious lunch with 3 Lobsters or Prime Rib, fantastic Riverboat Ramblers show and driver gratuity. **\$90.00**



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.)



Salem, MA ~ October 3rd

If there is enough interest I will get the bus myself and go to Salem, MA, on Saturday, October 3rd. I do not have a price yet. You will only be paying for the bus and driver tip. Your meals will be on your own. You will have the day to go wherever you want in Salem. The bus will drop us off and be at the requested pick-up place in Salem for departure. Please call Kay ASAP so that I can reserve the bus and get a price for you.



ALSO in October:

A beautiful fall foliage trip to **Quechee Gorge** in Vermont! Flyers are available at the Senior Center.

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

*Kay is available at the Senior Center
on Mondays, Wednesdays & Fridays from 8:30am-2:00pm*

COMPUTER CLASSES

ME & MY IPAD



**TUESDAY
AUG 4, 2015
10AM—12NOON
FREE**

**2 HOUR SEMINAR
EXPLAINING THE USE
AND VERSATILITY OF
THE APPLE IPAD.**

EMAIL



**TUESDAY
AUG 18, 2015
10AM—12NOON
FREE**

**TOPICS: READING AN
EMAIL ADDRESS,
CREATING MAILBOX-
ES, HOW TO SETUP
EMAIL CONTACTS AND
MORE.**

INTRO TO FACBOOK



**TUESDAY
AUG 25, 2015
10AM—12NOON
FREE**

**EXPLORE PAGE
LAYOUT, POSTING
MESSAGES,
UPLOADING PHOTOS,
ADD CONTACTS AND
MORE!**

THE INTERNET &



**TUESDAY
SEP 1, 2015
10AM—12NOON
FREE**

**SURF THE INTERNET.
LEARN DIFFERENT
BROWSERS, TAB
BROWSING & SAFETY.
DEMO ON
COMMUNICATING
WITH SKYPE.**

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INTERNET SECURITY & SAFETY

**THURSDAY
SEP 17, 2015
10AM—12NOON
FREE**

**EVER WONDER HOW TO PROTECT YOURSELF
BETTER ON THE INTERNET? OR HAVE THOSE
PASSWORDS GOTTEN OUT OF HAND? THIS
INFORMATIVE SEMINAR WILL PROVIDE YOU
WITH THE ANSWERS.**



TRAVEL PLANNING ON THE INTERNET



**THURSDAY
SEP 24, 2015
10AM—12NOON
FREE**

**EXPLORE THE MULTIPLE RESOURCES AVAILABLE ON THE INTERNET
FOR PLANNING YOUR NEXT VACATION ADVENTURE!**

~ TVCCA SENIOR CAFE JULY MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p><i>SUMMER SALADS ARE BACK!</i></p> <p>Salads will be available on Wednesdays & Fridays throughout the summer. Please be sure to order salads <i>at least 3 days in advance.</i></p> 		<p>1 MANICOTTI WITH MARINARA SAUCE GARLIC BREAD PEAS & CARROTS FRESH ORANGE</p> <p style="text-align: center;">OR TUNA SALAD PLATTER</p>	<p>2 <u>JULY 4TH CELEBRATION</u></p> <p>ST LOUIS BBQ RIBS POTATO SALAD COLESLAW SURPRISE DESSERT</p> <p style="text-align: center;">\$5.00 PER PERSON REGISTER BY 6/25</p>	<p>3</p>  <p style="text-align: center;">SENIOR CENTER IS CLOSED</p>		
<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>		<p>6 MONTI CRISTO HAM, TURKEY SAUSAGE, CHEESE & FRENCH TOAST CAPRI VEG MEDLEY PEARS & MANDARIN ORANGES</p>	<p>7 SALISBURY STEAK BUTTERED NOODLES BROCCOLI & CARROTS FRESH FRUIT</p>	<p>8 STUFFED PEPPER CASSEROLE ROASTED POTATOES GREEN BEANS CRANBERRY JUICE SUGAR COOKIE</p> <p style="text-align: center;">OR HAM SALAD PLATTER</p>	<p>9 EGGPLANT ROLETTE PENNE WITH MARINARA ITALIAN VEGETABLE MEDLEY PINEAPPLE CUP</p>	<p>10 BBQ PULLED PORK SANDWICH BAKED BEANS COLESLAW FRUIT COCKTAIL</p> <p style="text-align: center;">OR TURKEY COBB SALAD</p>
<p>13 SWEDISH MEATBALLS BUTTERED NOODLES SLICED CARROTS FRESH ORANGE</p>	<p>14 PORTUGUESE CHICKEN SEASONED RICE & BLACK BEANS CHUCK WAGON VEGGIES CUPCAKE GRAPE JUICE</p>	<p>15 PINEAPPLE GLAZED HAM MASHED SWEET POTATOES CAPRI VEG MEDLEY FRUIT COCKTAIL</p> <p style="text-align: center;">OR CHICKEN CAESAR SALAD</p>	<p>16 RAVIOLI W/ MARINARA GARLIC BREAD GREEN BEANS & WAX BEANS APPLESAUCE CUP</p>	<p>17 LEMON GARLIC CHICKEN ROASTED POTATOES PEAS & CARROTS PEACH CUP</p> <p style="text-align: center;">OR TUNA SALAD PLATTER</p>		
<p>20 STUFFED SHELLS WITH MARINARA PEAS & WAX BEANS GRAPE JUICE OATMEAL COOKIE</p>	<p>21 BAKED COD ITALIANO CUMIN & FARLIC RUBBED POTATOES CAPRI VEG MEDLEY FRUIT COCKTAIL</p>	<p>22 MEATLOAF & GRAVY MASHED POTATOES MIXED VEGGIES PINEAPPLE CUP</p> <p style="text-align: center;">OR GREEK SALAD</p>	<p>23 TUSCAN BAKED CHICKEN SEASONED RICE ITALIAN VEGETABLE MEDLEY APPLESAUCE CUP</p>	<p>24 <u>SUMMER PICNIC LUNCH</u></p> <p>HOT DOGS BAKED BEANS POTATO SALAD ICE CREAM SANDWICHES</p> <p style="text-align: center;">\$5.00 PER PERSON REGISTER BY 7/16</p>		
<p>27</p>	<p>28</p> <p style="text-align: center;">~ ~ ~ ~</p>	<p>29</p> <p style="text-align: center;"><i>SHUT DOWN WEEK</i> ~ NO LUNCHES ~</p>	<p>30</p> <p style="text-align: center;">~ ~ ~ ~</p>	<p>31</p>		

Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & 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 by 10am the day before you plan to come for lunch!

NAME _____

NEWS FROM THE COMMISSION ON AGING

The Commission on Aging studies the conditions and needs of elderly persons in the Town in relation to housing, economics, employment, health and nutrition, recreation, transportation and other matters.

Members serve as a resource group to which

Mansfield citizens can turn either individually or as groups when they have problems or questions about programs or needs of the elderly.

The Commission on Aging meets at the Senior Center on the second Monday of each month at 9:30 am, and the public is encouraged to attend. For more information, please contact Commission Chair Will Bigl at 860-429-0180.

OUR FUTURE TOMORROW LIES IN YOUR VISION TODAY

The Senior Center is a refuge for many Mansfield people. Without its enrichment their lives would be lonely and dull, devoid of sociability and human contact. Other Seniors use it as one facet of an already interesting, busy life. Some use it for travel, some for education, some for hobbies, some for lunch, some for games, etc. However you view the role of the Senior Center in your life, the fact is that the building is showing its age and needs your support. If you have come from or visited another town, you know our Center lacks many features that are standard elsewhere. A few people are studying what the Center should look like in ten or twenty years to accommodate a changing and growing senior population. Can you give one hour a month to explore possibilities? It is important to be ready when the town decides it is the strategic time to recognize the value of updating the Center to meet the times. What is your vision of the best Senior Center? Tell us and work with us the second Monday of each month at 2:00 pm at the Center. See you there. For more information, please call Bettejane at 860-429-5279.

ADULT & SENIOR SERVICES

Mobile Food Share at Wright's Village

July 9th & 23rd

11:30am-12:15pm

No registration necessary.

Bring your own shopping bags.

~ SUPPORT GROUPS ~

The Low Vision Support Group will meet Wednesday, July 8th from 11am-12pm.

The Caregiver's Support Group will meet in Wednesday, July 15th from 3:00-4:00pm.

RENTERS REBATE

Program runs thru Oct 1st.

Income guidelines are:

\$42,200 for married/civil union couples

\$34,600 for single persons

Please call for an appointment.

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.

VOLUNTEERS NEEDED

If you already have the knowledge or you're willing to be trained by Senior Resources, you could volunteer as a CHOICES counselor to help seniors navigate through Medicare.

This a year round opportunity.

Please call us at 860-429-3316 or 860-487-9873.

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**

**Sarah Dufresne
Outreach Worker
860-487-9875**

~ JULY ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1.
9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GRP.
11:00 YOGA
11:30 HERRMAN BP
12:00 CAUSERIES
12:00 BIRTHDAY LUNCH
1:00 FUND. OF TAP

2.
8:30 STRENGTH & STABILITY
10:00 WII BOWLING
10:15 SPARKETTES
10:30 NEW BRITAIN MUSEUM OF ART TRIP
12:00 INDEPENDENCE DAY UNCHEON
1:00 BRIDGE
1:00 JEWELRY

3.

SENIOR CENTER IS CLOSED

6.
9:00 SR. AEROBICS
9:00 WALKING DVD
10:00 PC HELP
10:00 WII BOWLING
10:00 QUILTING
10:15 SPARKETTES
12:00 LUNCH
1:00 MAHJONGG



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

8.
9:00 WALKING DVD
9:30 WOOD CARVING
9:30 THIMBLE ISLANDS CRUISE TRIP
10:00 TAI CHI
10:00 WRITING GRP.
11:00 YOGA
11:00 LOW VISION SUPPORT GRP
12:00 CAUSERIES
12:00 LUNCH
1:00 FUND. OF TAP
1:00 MSCA EXEC. BD. MTG
7:00 TNT QUILTERS

9.
8:30 STRENGTH & STABILITY
10:00 WII BOWLING
10:15 SPARKETTES
11:00 PRESENTATION: LYME DISEASE
11:30 FOODSHARE
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
3:15 SR. AEROBICS

10.
9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING & CROCHETING
10:30 SIT & GET FIT
10:30 SAILFEST TRIP
11:15 BRAIN AEROBICS
12:00 LUNCH
1:00 PAINT A SLATE
1:00 MOVIE: BASEBALL



13.
9:00 SR. AEROBICS
9:00 WALKING DVD
9:00 WHITE HOUSE CONFERENCE
9:00 MINI SPA
9:30 COMMISSION ON AGING MTG
10:00 PC HELP
10:00 WII BOWLING
10:15 SPARKETTES
12:00 LUNCH
1:00 MAHJONGG
2:00 COMMISSION ON AGING SUB-COMMITTEE

14.
8:30 STRENGTH & STABILITY
10:00 WII BOWLING
10:00 SCRABBLE
10:00 GENEALOGY
11:00 PWR. OF AGING
11:00 SHADY GLEN TRIP
12:00 LUNCH
1:00 BINGO
6:00 MS SUPPORT GROUP



15.
9:00 WALKING DVD
9:00 MASSAGE & REFLEXOLOGY
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GRP.
11:00 YOGA
12:00 CAUSERIES
12:00 LUNCH
1:00 FUND. OF TAP
1:00 VNA EAST
3:00 CAREGIVER'S SUPPORT GRP

16.
8:30 STRENGTH & STABILITY
10:00 WII BOWLING
10:15 SPARKETTES
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
3:15 SR. AEROBICS

17.
9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING & CROCHETING
10:00 PHOTO CLUB
11:15 BRAIN AEROBICS
12:00 LUNCH
1:00 ART STUDIO
5:00 SUMMER FUN: AMERICAN REVOLUTION PRESENTATION



- 1 Carol Hewett, Alberta Weber, Doris Clark, Richard Martin, Richard Santi, Alfred Schroeter
- 2 Jacquelin Brown, Walter Elwell
- 3 Barbara Guggolz, Stephanie Orringer
- 4 Kevin McCarthy, Phyllis Lambert, Rein Laak, Michael Howard, Eugene Manning, Norma Gingras, Barbara Franson
- 5 Harris Marcus, Susan Polttila, Carol Abramson, Sheila Musiek, Shirley Katz
- 6 Lynne Koths, Thomas Hyde, William Liberator
- 7 Ellen Marshall, Mauricette Stwalley, Leslie Kennard, Ronald Pardus
- 8 Patricia Chamberland, Nazira Couchon, Elizabeth Miner, John Hutt
- 9 Marilyn Slater
- 10 Josephine Saternow, Zhang Wanli, Patricia Ausburger
- 11 Elizabeth Paterson, Dorothy Briggs,
- 12 Jane Frier, Gary Kozin
- 13 Joan Rogers, Sondra Morrison, William Pearson, Mary Pelrine
- 14 Sandra Dunnack, John Brand
- 15 Jeannine Sherman
- 16 Margaret Menditto, Charlaine Taylor, Lee Terry, Ellen, Wupperfeld, Lucille Lewis
- 17 Elizabeth Wardwell, Bonita Miller
- 18 Donald Jandrewski, Ethel Wills
- 19 Roswell Hall, Barbara Rychling, Jean Sabatine
- 20 Carl Kusmer, Kenneth Morgan
- 21 James McLaughlin, John Mulkern, Constance Morrissette, Barry Littman
- 22 Marie Schone, Jay Koths, Dorothy Luckey, Sally Sumner, Sylvia Carr
- 23 Rosemary Beecher, Theresa Adamcik
- 24 Ruth Johnston, Lavidia Mead
- 25 Carmen Berg, Rita Pollack
- 26 Roger Skelly, Jim Parola, Barbara Kovarovics, David Kovarovics
- 27 Calvin Wilcox, Joyce Tremblay, Jack Clauson, Beverly Flynn, Elaine Polansky
- 29 Evelyn Niderno, Helen Ross,
- 30 Wendy Jacobs, Gary John, Patt Murray, Gertrude Lamb
- 31 Dolores Hilding, Peggy Dugan



To Our New Members!!

Kathleen Gagnon	Ann LeBlanc
Margaret Olbrias	Joyce Maddaloni
Betty Presby	Chiaku Chukwuogor
Bill Lawson	Beth Lawson
Phillip Ireland	Verna Ireland
Irene Akerley	Helen Kjellquist
J.P. Arnold	Linda Mihalek
Richard Mora	Gwen Haaland
Murial Marion	Candace Bryan
Thomas Potter	Irene Ricard

HOW LONG HAS IT BEEN SINCE YOU'VE HAD A PORTRAIT TAKEN?

Not a snapshot, but a real, honest-to-goodness portrait.

As a gift to the Senior Center "for the friends I've met and the good times I've had here," Dick Sallee is offering Seniors a formal portrait session and a standard 8" x 10" color or black & white portrait at no cost to you!

Sessions will be held at the Senior Center. Please see Sarah or Dick if you're interested.



CALLING ALL BOWLERS!

The Mansfield Senior Center Wii Bowling Travel Team needs you!

Starting in September, we'll travel to or host a different Senior Center Team once a month for some friendly competition and a chance to meet new friends! The league will run from September to April with a Tournament in May.

We're still looking for a few folks to round out our roster, so if you'd like to join this fun bunch, please see Sarah. No experience necessary.

Come try it out here this summer on Mondays, Tuesdays or Thursdays at 10am!

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Karen L. Taylor, at 860-429-3315 or Email: HumanServ@mansfieldct.org



**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS.
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SENIOR SPARKS NEWSLETTER
Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268

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Mansfield Senior Center
303 Maple Rd
Mansfield CT 06268
Attn: Kathy Rule

Get Out & Explore with the CT State Park Pass for Seniors!

The Charter Oak Pass provides access to CT State Parks, Beaches and Forests and is available free of charge to Connecticut residents, 65 years of age or older.

Free admittance is also provided for the Charter Oak pass holder when visiting Gillette Castle, Dinosaur State Park or Fort Trumbull State Park.

Passes can be obtained by sending a legible photocopy of your current CT drivers license or other legal proof of age and residency to:



DEEP Charter Oak Pass
State Parks Division
79 Elm Street
Hartford, CT 06106-5127.

For more information,
please call 860-424-3200
or visit www.ct.gov/deep