

# SENIOR SPARKS

## *Mansfield Senior Center Newsletter*

~ OCTOBER 2015 ~

**PUMPKIN FESTIVAL FOR THE YOUNG AT HEART & YOUNG OF AGE**  
**OCTOBER 13<sup>TH</sup> FROM 11:00AM-1:30PM**

***"WE DON'T STOP PLAYING BECAUSE WE GROW OLD;  
WE GROW OLD BECAUSE WE STOP PLAYING."***

***GEORGE BERNARD SHAW***

~ 11:00am-12:00pm ~

Intricate Pumpkin Carving Demonstration by Master Pumpkin Carver Mike Taylor!

Activity stations including: Pumpkin Decorating, Corn Hole, Hula Hooping,  
"Pumpkin Volleyball," Picture Booth and more with small prizes for participants!

~ 12:00pm ~

Pizza Lunch with Drinks & Dessert

~ 12:30-1:30pm ~

Musical Entertainment by St Mark's Youth String & Coral Music Groups,  
and some of our own Senior Center Members!

**A fun day for all ages sponsored by the Mansfield Senior Center Association**

**Bring a pumpkin to decorate and your camera to record the fun!**

**Cost is \$5 per person, which includes games, lunch & entertainment**

**Registration is required by October 9<sup>th</sup>**

**Sign up at the Front Desk or call the Center at 860-429-0262**



**LUNCH & ENTERTAINMENT**  
**WITH CABARET SINGER KAREN WAGNER**  
**WEDNESDAY OCTOBER 21ST**

**LUNCH AT 12PM:**

Meatloaf, Mashed Potatoes, Gravy, Garden Salad and Carrot Cake

**MEET AND MINGLE WITH KAREN WAGNER AT 12:45PM**

**ENTERTAINMENT AT 1PM:**

The fabulous stage and cabaret singer  
Karen Wagner singing Broadway Tunes

**\$7 for lunch and the show**

**\$2 if you're only coming to the show**

**Registration is required by October 13th**

**Sign up at the Front Desk or call the Center at 860-429-0262**



**Mansfield Senior & Wellness Center**  
**303 Maple Road, Mansfield, CT 06268 Tel: 860-487-9870 Fax: 860-429-3208**  
**Town Website: [www.mansfieldct.gov](http://www.mansfieldct.gov)**



## **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.GOV**

### **SENIOR CENTER SUPERVISOR:**

**SARAH TAYLOR  
860-487-9874**

### **INTERIM PROGRAM COORDINATOR:**

**CARA WEBB  
860-487-9872**

### **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**

## **Senior Center Update**

*From Sarah Taylor, Senior Center Supervisor*

Happy Fall! I have to say that this is by far my most favorite season—the crisp air, the changing leaves, apple cider and all of the fall flavors. As the landscape transforms around us, we are changing here at the Senior Center as well.

Please help me in welcoming Cara Webb, our new Interim Program Coordinator. Cara comes to us with over 14 years of experience providing best practices in enrichment activities and health and safety standards for children in school and summer camp settings, as well as clerical and customer service experience. We're happy to welcome her to our team, and so appreciative of her willingness to jump in during this time transitional time!

We have many new groups and programs this month, and I truly hope that you'll join us to explore all that we have to offer! Please remember to register when necessary so that we can adequately plan for seating and/or food.

As always, if you have ideas, feedback or suggestions, don't hesitate to let us know. We all look forward to seeing you soon!



### **THANK YOU**

**TO SUSAN BARTHOLOMEW AND ANN LEBLANC  
FOR ALL OF THEIR HARD WORK  
ORGANIZING THE MUSIC IN THE CHORUS CLOSET!**

### **THANK YOU**

**TO ALL OF THE SENIORS WHO HELPED CREATE,  
COLLATE & MAIL THE SEPTEMBER SPARKS!  
JOB WELL DONE!**

### **THANK YOU**

**TO ALL OF OUR WONDERFUL VOLUNTEERS!  
WE COULDN'T DO WHAT WE DO WITHOUT YOU!**

***Free Copies of SPARKS  
are always available at the  
Senior Center, the Library, the  
Community Center & the Town Hall.***

***Or, look us up online at:  
www.mansfieldct.gov  
Click on "View all Featured Links," and  
then "Mansfield Senior Center."***

*The Mansfield Senior Center Association, Inc. (MSCA) is a non-profit group of Seniors located at the Mansfield Senior Center. The Association sponsors a number of activities at the Senior Center each month, raises funds to help with purchases for the Senior Center and to support programming, and plans special programs in conjunction with the Senior Center staff. There are no membership dues, but you must be 55 years of age or older to join. To become a member, simply stop by the Senior Center and register. Please consider joining us - we welcome all Seniors to participate in our various activities, and we are always looking for good volunteers!*

**MANSFIELD SENIOR CENTER ASSOCIATION, INC.**  
Greetings from MSCA

*October, color, cool breezes, pumpkins and corn stalks, bring us to Halloween.*

The Program committee has planned two programs to celebrate. On October 13<sup>th</sup>, Pumpkin fun activities and Lunch from 11:00 to 1:30. Grand children are invited, children and seniors will be entertainers. October 21<sup>st</sup> a Bistro Lunch and Karen Wagner will entertain. May we all enjoy our cornucopia of abundance.

We will have a short Association Board meeting right after lunch on October 14<sup>th</sup> to pass the Budget. We will be having a Holiday Mini Bazaar in November, please donate some nice gift items for these sales.

Thank you all for your kind assistance.  
Jean Ann Kenny, President



**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: JEAN ANN KENNY  
TREASURER: JEAN ANN KENNY  
ASSNT. TREASURER: KATHY RULE  
MEMBER-AT-LARGE: CINDY SCHAFFER

**COMMITTEE CHAIRS**

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

**MSCA Executive Board & Association  
Meeting Schedule**

**EXECUTIVE BOARD** OCTOBER 14<sup>TH</sup> AT 1:00PM  
**EXECUTIVE BOARD** NOVEMBER 10<sup>TH</sup> AT 1:00PM  
**ASSOCIATION MTG** DECEMBER 9<sup>TH</sup> AT 12:45PM  
**EXECUTIVE BOARD** DECEMBER 9<sup>TH</sup> AT 1:30PM

**TAX AID VOLUNTEERS NEEDED!**

Volunteers are needed for the upcoming AARP/IRS tax preparation season! Come join a great group of volunteers in helping to prepare tax returns for Seniors and low-income area residents. We meet at the Senior Center on Mondays & Wednesdays during tax season. You will receive complete training on the IRS software and on the job training.

If interested, call Local Coordinator  
Claire Gates At 860-429-1898.

**MEALS ON WHEELS VOLUNTEERS NEEDED!**

Help deliver meals to homebound Seniors.  
Deliveries are made mid-day  
Monday through Friday.

If interested, please call Site Server  
Sharon Caron At 860-429-0262, ext.8

# New in October

## SQUARE DANCING!

Bringing your dancing shoes and meet our instructor on **Tuesday, October 6th at 1:00pm** for a free class! Weekly classes will begin October 20th and run through November 24th from 1:00-2:30pm. The fee for the 6-week class is \$43 for residents and \$46. for non-residents.

**Please call 860-487-9870 to register.**

## INTERNATIONAL & INTERGENERATIONAL "BRINGING THE CULTURES TOGETHER" October 8th from 1:30-3:30pm

Foreign students in UConn's intensive English language program are enrolled in a service learning course and coming to the Mansfield Senior Center to connect with local seniors, share their culture, learn about American experiences, and improve their conversational skills.

Come learn about Saudi Arabia, China, Japan, and Korea and help expose these students to America!

**Please call 860-487-9870 to register.**

## LET YOUR YOGA DANCE!



Give yourself the gift of attending a workshop combining slow flowing yoga postures with joyful natural movement accessible to everyone! Mindful breathing and soothing yoga postures will reduce stress and increase body awareness, flexibility and balance.

Facilitated by Peggy Dillon, Certified Yoga Dance Teacher, licensed clinical social worker and proud member of both the Mansfield Senior Center Chorus and the Sparkettes.

**OCTOBER 23RD AT 10:30AM**

*PLEASE WEAR LOOSE, COMFORTABLE CLOTHING AND BRING A YOGA MAT IF YOU HAVE ONE.*

*THERE IS NO FEE FOR THIS CLASS, BUT, DUE TO SPACE LIMITATIONS WE WILL NEED TO LIMIT IT AT 10 PARTICIPANTS.*

**Please call 860-487-9870 to register.**

## ARE YOU INTERESTED IN GAINING PRACTICAL SKILLS TO HELP YOU MANAGE YOUR TYPE 2 DIABETES?

It's not too late to join this free diabetes education program in affiliation with the UConn School of Pharmacy! Sessions will be held in the Craft Room every other week for a total of 5 sessions from September 22nd through November 17th. All sessions will take place from 3:30-4:45pm.

To see if you qualify or to get more information, contact the student investigator, Stacie Noreika at 203-448-0880 or [Stacie.noreika@uconn.edu](mailto:Stacie.noreika@uconn.edu).

This research is conducted under the direction of Marissa Salvo, PharmD, BCACP, Assistant Clinical Professor in the Department of Pharmacy Practice.



## JOIN US FOR OUR 4TH ANNUAL UConn HEALTH FAIR!

**OCTOBER 28TH FROM 1:00-3:30PM**

- \* blood pressure screenings
- \* oral health screening
- \* nutrition counseling
- \* free giveaways
- \* preventive health education materials

## AARP SMART DRIVER COURSE

**October 30th from 9:00am-1:00pm**

This 4-hour AARP Smart Driver Course teaches valuable defensive driving skills and provides a refresher on the rules of the road. The fee for this course is \$15.00 for members and \$20 for non-members, payable to the Instructor the day of the class; please bring your current AARP membership card to receive the member fee.

**Registration is required.**  
**Please call 860-487-9870 to register.**

# Focus on Fitness

**FIT IS NOT A DESTINATION,  
IT IS A WAY OF LIFE**

## 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 \*New Time\*



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 9:00-10:00 am**  
**4 Classes—\$20 R / \$24 NR**

**Thursdays 9:00-10:00 am**  
**5 Classes—\$25 R / \$30 NR**

## OPEN EXERCISE ROOM AVAILABILITY

Do you have an exercise DVD you want to do with friends and no place to watch it together? Do you like to do stretching and need room to spread out? Did you just learn a new dance and need a space to practice? Times have been set aside times for an open exercise room. It will be on the first come first serve basis.

**Mondays 1:00pm-4:00pm**  
**Fridays 1:00pm-4:00pm**

## 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 R / \$18 NR**

**Thursdays 3:15-4:15pm**  
**5 Classes—\$25 R / \$30 NR**

## 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**  
**4 Classes—\$20 R / \$24 NR**

**Thursdays 12:30-1:30pm**  
**5 Classes—\$25 R / \$30 NR**

## Tai Chi Cooperative Group \*New Time Added\*

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**  
**Fridays 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 12 students.**

**Wednesdays 11:00am-12:00pm**  
**4 Classes—\$20 R / \$24 NR**

## Tap Dancing for Seniors



### Sparkettes Performing Group 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**  
**3 Classes—\$22.50 R / \$27 NR**

### 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 R / \$24 NR**

**\*\* Resident and Non-resident Prices listed are for the month of October\*\***  
**For more information on class registration,**  
**please call Senior Center Receptionist Kathy Yaffee at 860-487-9870**



## CREATIVE ARTS

### Quilting

Join this class and quilt all day! Whether it's a new 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 motivation with Pat Ferguson as your "Quilting Coach." Bring your sewing machine or sew by hand. You are welcome to bring your lunch, sign up ahead of time for lunch at the Senior Center, or order a take out lunch at a local restaurant.

**Monday, October 5th from 10:00am-4:00pm**

**Monday, October 19th from 10:30am-4:30pm**  
**\$30.00 R / \$35.00 NR per day**

### 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](http://www.mysticcarvers.com).

**Wednesdays at 9:30am**

### 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 knitting or crocheting 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**



**SHOW OFF YOUR  
DECORATED WITCH HATS  
AT LUNCH ON  
FRIDAY, OCTOBER 30TH!  
PRIZES WILL BE AWARDED  
FOR THE MOST ORIGINAL HATS!**

## WELLNESS PROGRAMS

### Flu Clinic

Offered by Hartford Healthcare at Home  
Accepted Insurances are: Aetna, Anthem, Connecticutcare, and Medicare part B.  
Price with no insurance is \$30.00.

**Appointments are required.**

**October 1st from 1:00pm-3:00pm**

### Herrmman Blood Pressure Clinic

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

**October 7th from 11:30am-12:00pm**

### 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.

**October 14th from 9:00am-12:00pm**

### VNA East Adult Health Screenings

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

**October 22nd from 10:00am-12:00pm**

**Please call Senior Center Receptionist**

**Kathy Yaffee at 860-487-9870**

**for more information or to make  
your appointment.**

## NATIONAL HEALTH EDUCATION WEEK

**October 16th at 1:00**

Learn how to use the Epi Pen and how to handle adult, child and infant Choking situations from Certified American Red Cross Instructor Joan Doiron.

**Please call 860-487-9870 to register.**

## INTRODUCING

### FREE MONTHLY HEARING CLINICS WITH AUDIOLOGIST NANCY JABLONSKI!

Join us on **October 22nd at 11:00am** for a presentation on ear health and an opportunity to meet Nancy Jablonski, owner and licensed audiologist of Audiology Concierge.

Individual appointments for hearing tests, hearing aid checks, wax inspection and listening demonstrations are available following the presentation between 12:30-3:15pm.

**Please call 860-487-9870  
to schedule your appointment.**

## 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.**

### 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

Looking for an opportunity to harmonically sing and perform soprano/alto/tenor/bass music? It's not too late to join the Mansfield Senior Center Chorus which started rehearsing September 14th to start preparing for our December concerts at local nursing homes, rehab facilities and Senior Centers. All practices and performances occur during daytime hours. Enjoy singing choral music whether you're a novice or accomplished singer! For more information on joining the Chorus please contact Stu Sidney at 860-429-7271 or Joan Doiron at 860-576-7754.

**Mondays 1:30 - 3:00pm**

### 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!

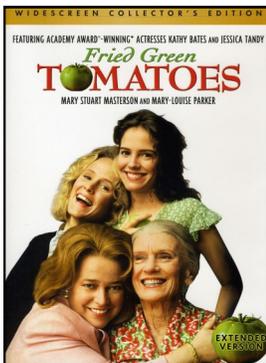
**Wednesdays at 10:00am**

### 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**

## MOVIE DISCUSSION GROUP



Join us for  
***Fried Green Tomatoes***  
Starring Kathy Bates and Jessica Tandy, this is a touching story about community, food, mystery & friendship through the ages.  
Refreshments will be provided.  
**October 5th at 1:00pm**



## ~ CARDS & GAMES ~

**WII BOWLING**  
Mondays at 10:00am  
Tuesdays at 10:00am  
Thursdays at 10:00am  
Fridays at 10:00am

**BRIDGE**  
Thursdays at 1:00pm

**DUPLICATE BRIDGE**  
3rd Friday at 12:45pm

**SCRABBLE**  
Tuesdays at 10:00am  
Fridays at 10:00am

**MAHJONGG**  
Mondays at 1:00pm

**BINGO**  
Tuesdays at 1:00 pm  
\* NO BINGO 10/13/15 \*

## DUPLICATE BRIDGE SCORES



**AUGUST 21, 2015**

**NORTH/SOUTH**

1. 113 KATHY WATSON & GEORGE WALLER
2. 101 JERRY SHAFFER & SAM WEELER
3. 84 ALINE BOOTH & JEANNE HAAS

**EAST/WEST**

1. 121.5 NOLA HOSS & BILL HOSS
2. 89 LORRI CHAGNON & RAY CRAVEN
3. 89 ATHENE HIRSCHBERG & ANNE PATON

**SEPTEMBER 21, 2015**

**NORTH/SOUTH**

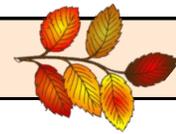
- 1 72.5 ATHENE HIRSCHBERG & GEORGE W.
- 2 71.5 ANDREA MARSHALL & NOREEN S.
- 3 70.5 JERRY SHAFFER & SAM WEELER

**EAST/WEST**

- 1 78 NOLA HOSS & BILL HOSS
- 2 68 ANNA MCCLAIN & DORIS LEDOYT
- 3 63.5 SHIRLEY OGOZALEK & MARIE P.



# OCTOBER DAY TRIPS



## **Lunch Bunch: Maine Attraction, Holland, MA ~ October 1<sup>st</sup> from 11AM - 3PM**

This lunch trip is being offered again due to numerous requests! This restaurant is located on the shores of the Hamilton Reservoir and will be closing for the season in the coming weeks. Don't miss this opportunity for some great seafood! Specializing in seafood, but a full menu is available.

## **Fall Foliage & Lunch at Gould's Sugar House, Shelburne Falls, MA ~ October 6<sup>th</sup> from 9AM - 4:30PM**

Come and experience the beautiful fall foliage along the Vermont border of Massachusetts! See the lovely Bridge of Flowers in historic Shelburne Falls. We will have lunch at Gould's Sugar House and have a little time to take in some shops in downtown Shelburne Falls.

## **Holmberg Orchard & Lunch, Gales Ferry ~ October 9<sup>th</sup> from 10:30AM – 3:30PM**

Holmberg Orchards is a fourth-generation family run farm located in the picturesque hills of Gales Ferry. The orchards and wine tasting room are open seasonally to the public. The Farm Market is freshly stocked year-round with fruits and vegetables, home-made baked good and tempting specialty foods. We will stop for lunch at a "mystery location" before returning home.

## **Fall Foliage Cruise on the CT River & Lunch ~ October 14<sup>th</sup> from 9:30AM – 4PM**

During our 90-minute cruise you will see the Goodspeed Opera House, the East Haddam Swing Bridge, the Goodspeed Airport, Gillette Castle & the Chester/Hadlyme Ferry. You will also have an opportunity to view a very beautiful section of the pristine lower Connecticut River – you might even catch a glimpse of a resident bald eagle! This area has been labeled by the Nature Conservancy as "One of the Last Great Places." We will stop for lunch at LaVita Italian Restaurant following our cruise. Fee for cruise is \$20/person. **Reservations must be prepaid no later than Wednesday, October 9<sup>th</sup>** *Menu available for viewing at the receptionist desk.*

## **Lunch Bunch: Captain Scotts Lobster Dock, New London ~ October 16<sup>th</sup> from 11AM – 3PM**

Captain Scott's is a family owned and operated seasonal outdoor restaurant. Our casual atmosphere cannot be beat. With views of downtown New London, the AMTRACK train line, and the marinas (including our own) on Shaw's Cove, it makes for a great place to gather with friends and family. *Menu available for viewing at the receptionist desk.*

## **Florence Griswold Museum, Old Lyme ~ October 20<sup>th</sup> from 10AM – 4PM**

Come experience *Whimsical Kingdoms* – our outdoor exhibit with over two-dozen faerie-scaled castles, towers, and palaces that celebrate fiction's greatest princes and princesses. Imagine fanciful edifices detailed with mini moats, pinecone pinnacles, fungus fortresses, acorn-topped timbered towers, fluttering feather flags! Who lives in these *Whimsical Kingdoms*? Admission includes all of the exhibits housed within the Griswold Museum as well. Lunch available at Café Flo. Admission \$14/person.

## **Adventurous Lunch Bunch: Sadler's Ordinary, Marlborough & Pumpkintown, East Hampton ~**

### **October 23<sup>rd</sup> from 11AM – 3:30PM**

Travel with us to Sadler's Ordinary for a unique lunch experience. Sadler's proudly carries on the tradition of hospitality and good country cooking – you will be sent on your way with appetites satisfied and spirits brightened. Following our wonderful lunch, we will visit the Pumpkinheads where they work and play! Hop on the hay wagon for a mile long ride or peruse the farm stand which offers fresh local produce and fall home accents. Admission \$2/person, hayride \$7/person. *Sadler's menu available for viewing at the receptionist desk.*

## **Sturbridge Show & Lunch "Let Freedom Ring" (Cabaret Lulu) ~ October 28<sup>th</sup> from 10:30AM – 3:30PM**

From farms and factories, tenements and town houses, from the four corners of the world and from your street corner, our music and humor unites us! We invite you to joyously join in celebrating America with song and laughter! Your lunch entrée choice of: New England Turkey Dinner or Grilled Salmon. \$47.50/person. **Reservations must be prepaid no later than Friday, October 23<sup>rd</sup>**

## **Adventurous Lunch Bunch: The Duck, Sturbridge, MA ~ October 30<sup>th</sup> from 11:30AM – 3:00PM**

The Duck offers a warm rustic ambiance that is both inviting and comfortable. This lovely restaurant is located in historic Sturbridge, MA. Our Loft Classic entrees are customer favorites that have stood the test of time. Burgers, sandwiches, soups, salads, fish & chips, chicken pot pie – you are sure to find something you will enjoy! *Menu available for viewing at the receptionist desk.*

### **PLEASE NOTE:**

**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. 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 would like more information on any of these trips, please contact Transportation Coordinator Gianna Stebbins at 860-487-9877.**

## MSCA TRAVEL with KAY

### Salute to our Veterans, West Springfield, Ma. November 10th ~

Join us as we pay tribute and say thank you to our Veterans for their dedicated service to our Country. The show will feature patriotic songs, including Neil Diamond's *America*, Woody Guthrie's *This Land is Your Land*, *Let Freedom Ring* and many other timeless classics. Package includes Motor Coach, full-course sit down luncheon at the Carriage House and driver's tip. Choice of Yankee Pot Roast, Roast Turkey or Baked Scrod. **\$75.00 pp.**

### Salem Cross Inn, West Brookfield, Ma. December 3rd ~

Spend the afternoon dining in a centuries-old New England Inn surrounded by the wonderful feeling of the holidays! Package includes: motor coach, visit to the Oakwood Farm Christmas Barn, an Apple Pie demonstration, lunch at the Salem Cross Inn, Monson Candle, meal taxes and gratuities, and driver tip. **\$75.00**

**SAVE THIS DATE!**

## 2016 Trips & Travel Fair November 19th from 1:00-3:00pm

Find out all about our 2016 Trips  
& enjoy a fun afternoon with  
door prizes & light refreshments!

*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

~ PC HELP ~

EVERY MONDAY AT 10:00AM

FREE COMPUTER AND/OR DIGITAL CAMERA HELP IS  
AVAILABLE WITH DAN GEBBEN,  
ONE OF THE COMPUTER COUNCIL'S  
TALENTED CONSULTANTS.



### INTERNET SECURITY AND SAFETY

Ever wonder how you could protect yourself better on the internet? Or have those passwords just gotten out of hand? Than what browser should you be using? These questions and more will be answered during this informative session.

**OCTOBER 1ST FROM 10AM-12PM**

*There is no charge for this class and no need to register.*

## NEW GROUPS

### MEMORABLE MONDAYS: THE STORY OF YOU

"LIFE IS SHORT, LIVE IT. LOVE IS RARE, GRAB IT,  
ANGER IS BAD, DUMP IT. FEAR IS AWFUL, FACE IT.  
MEMORIES ARE SWEET, CHERISH IT."

- CHARLENE BARRY

Memorable Mondays is a new program that will meet every Monday, beginning October 5th from 10am to 10:45am. Bring your photos & memories to share! There will be a different theme each week:

**October 5th—Favorite Hobbies**

**October 19th—Evening Party**

**October 26th—Wedding Memories**

### WICKED FUN WEDNESDAYS

Beginning Wednesday October 16th at 10:00am.

Come explore your more active side!

**October 7th—The States Game**

**October 14th—UNO**

**October 21st—Halloween Movie Showing**

**October 28th—Make your Witch Hat**

# ~ TVCCA SENIOR CAFE OCTOBER MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1% milk &amp; whole grain bread are served with each meal. Menu is subject to change without notice.</b></p>	<p><b>1</b> CRISPY COD PATTY RICE PILAF ITALIAN VEGGIES APPLESAUCE CUP</p>	<p><b>2</b> BEEF &amp; BEAN CHILI STEAMED RICE CORN &amp; LIMA BEANS PEARS &amp; MANDARIN ORANGES</p>
<p><b>5</b> SWEDISH MEATBALLS BUTTERED NOODLES CHUCK WAGON VEGGIES ORANGE JUICE OATMEAL COOKIE</p>	<p><b>6</b> CHICKEN PARMESAN PENNE PASTA WITH MARINARA ZUCCHINI FRESH FRUIT</p>	<p><b>7</b> BEEF STROGANOFF MASHED POTATOES MIXED VEGETABLES PEARS &amp; MANDARIN ORANGES</p>	<p><b>8</b> CHICKEN STEW GARLIC ROASTED POTATOES BABY CARROTS PEACH CUP</p>	<p><b>9</b> STUFFED SHELLS WITH MARINARA GARLIC BREAD WAX BEANS &amp; GREEN BEANS FRUIT COCKTAIL</p>
<p><b>12</b>  <b>COLUMBUS DAY</b>  SENIOR CENTER IS CLOSED</p>	<p><b>13</b> PUMPKIN FEST &amp; PIZZA PARTY!  PIZZA, DRINKS &amp; DESSERT  \$5.00 PER PERSON REGISTER BY 10/9</p>	<p><b>14</b> TUSCAN BEEF STEW BUTTERED NOODLES WINTER VEGETABLE MEDLEY FRESH ORANGE</p>	<p><b>15</b> CHICKEN TERIAKI STEAMED RICE ORIENTAL VEGGIES MANDARIN ORANGES</p>	<p><b>16</b> MEATBALL GRINDER WITH ROLL &amp; MOZZARELLA CHEESE ITALIAN VEGGIES GRAPE JUICE DANISH</p>
<p><b>19</b> WESTERN OMELET ROASTED POTATOES STEWED TOMATOES FRESH FRUIT</p>	<p><b>20</b> MEXICAN BAKED COD WITH CORN SALSA SEASONED RICE BROCCOLI FRUIT COCKTAIL</p>	<p><b>21</b> MSCA 3RD WEDNESDAY MEATLOAF &amp; MASHED POTATOES WITH GRAVY, GARDEN SALAD CARROT CAKE  \$7.00 PER PERSON REGISTER BY 10/13</p>	<p><b>22</b> MANICOTTI WITH MARINARA GARLIC BREAD WAX BEANS &amp; GREEN BEANS CINNAMON APPLESAUCE</p>	<p><b>23</b> PUB BURGER MASHED POTATOES CAPRI VEGGIES PEACH CUP</p>
<p><b>26</b> PINEAPPLE GLAZED HAM MASHED SWEET POTATOES ZUCCHINI &amp; DICED TOMATOES FRUIT COCKTAIL</p>	<p><b>27</b> STUFFED PEPPER CASSEROLE CUMIN &amp; GARLIC RUBBED POTATOES LONG BEAN MEDLEY GRAPE JUICE CUPCAKE</p>	<p><b>28</b> LEMON GARLIC CHICKEN ROASTED POTATOES BROCCOLI &amp; CARROTS PEACH CUP</p>	<p><b>29</b> BBQ PULLED PORK WITH ROLL BAKED BEANS SNAP PEAS PINEAPPLE CUP</p>	<p><b>30</b> TUSCAN BAKED CHICKEN SEASONED RICE FRENCH STYLE GREEN BEANS FRESH ORANGE</p> <div style="text-align: right;">  </div>

*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** \_\_\_\_\_

## ADULT & SENIOR SERVICES

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

Sarah Dufresne  
Outreach Social Worker  
860-487-9875

[HUMANSEV@MANSFIELDCT.ORG](mailto:HUMANSEV@MANSFIELDCT.ORG)

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

This free service promotes independence and self-sufficiency by providing needs assessment, follow up services, advocacy, benefits counseling, as well as information and referrals.

### FRIENDLY REMINDERS

Mobile Food Share will be at  
Wright's Village on  
October 1st, 15th and 29th  
from 11:30am-12:15pm

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

It is almost time to review your Medicare Part D prescription drug plan or Part C Advantage Plan. We can help you navigate through your options. Make an appointment today!  
**Open Enrollment is October 15<sup>th</sup> through December 7<sup>th</sup>**

Dealing with Low Vision?  
Join our Low Vision Group  
for support, friendship and helpful tips.  
**October 14th from 11:00am-12:00pm**

Caring for a parent, spouse or disabled adult child?  
Join our Caregiver's Group for support and confidential conversation with peer caregivers.

## LOCAL RESOURCES

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.***

**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.**

### AARP CONNECTICUT

The latest news, information and events for Connecticut Residents 50+  
For more information, visit  
[www.aarp.org/region/Connecticut](http://www.aarp.org/region/Connecticut) or  
[www.facebook.com/aarpct](http://www.facebook.com/aarpct)

### SENIOR RESOURCES

**AREA AGENCY ON AGING**  
19 OHIO AVENUE, NORWICH CT

Senior Resources' mission is to provide information and services to the aging population, individuals with disabilities, their families and care providers to maintain or improve their independence and quality of life.

**FOR MORE INFORMATION, VISIT  
[WWW.SENIORRESOURCES.ORG](http://WWW.SENIORRESOURCES.ORG)**

**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.

# ~ OCTOBER ~

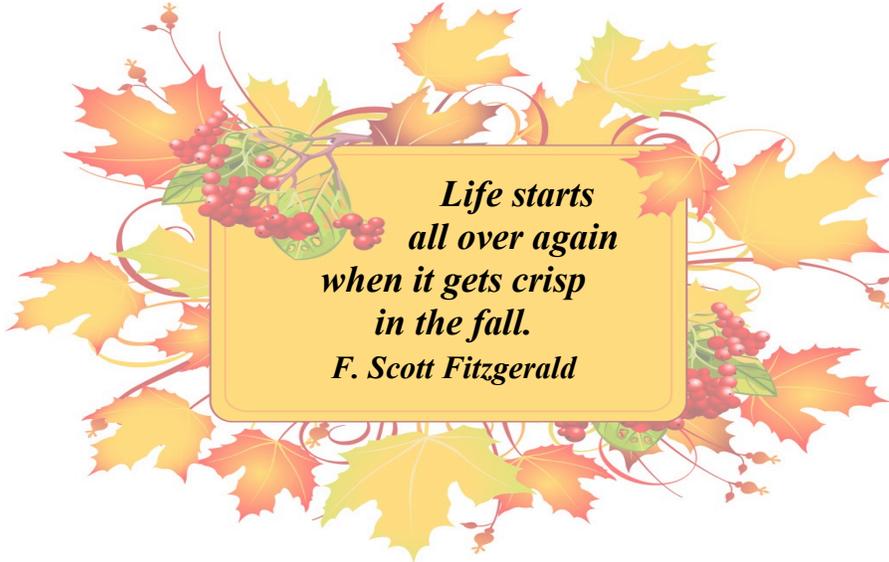
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



*Life starts  
all over again  
when it gets crisp  
in the fall.  
F. Scott Fitzgerald*

1. 9:00 STRENGTH & STABILITY
- 10:00 WII BOWLING
- 10:00 INTERNET SAFETY CLASS**
- 10:15 SPARKETTES
- 11:00 LUNCH BUNCH TRIP**
- 11:30 FOODSHARE**
- 12:00 LUNCH
- 12:30 PWR. OF AGING
- 1:00 FLU CLINIC**
- 1:00 JEWELRY
- 3:15 SR. AEROBICS

2. 9:00 WALKING DVD
- 10:00 SCRABBLE
- 10:00 KNITTING & CROCHETING
- 10:00 PHOTO CLUB
- 10:00 WII BOWLING
- 10:00 TAI CHI DVD
- 11:15 BRAIN AEROBICS
- 12:00 LUNCH
- 1:00 ART STUDIO

5. 9:00 SR. AEROBICS
- 9:00 WALKING DVD
- 10:00 PC HELP
- 10:00 WII BOWLING
- 10:00 QUILTING
- 10:00 MEMORABLE MONDAY
- 10:15 SPARKETTES
- 12:00 LUNCH
- 1:00 MAHJONGG
- 1:00 MOVIE GROUP**
- 1:30 CHORUS

6. 9:00 STRENGTH & STABILITY
- 9:00 FALL FOLIAGE TRIP**
- 10:00 WII BOWLING
- 10:00 SCRABBLE
- 10:00 GENEALOGY
- 11:00 PWR OF AGING
- 12:00 LUNCH
- 1:00 BINGO
- 1:00 SQUARE DANCE FREE CLASS**
- 2:30 COMPUTER COUNCIL MTG**
- 3:30 DIABETES ED.**

7. 9:00 WALKING DVD
- 9:30 WOOD CARVING
- 10:00 TAI CHI DVD
- 10:00 WRITING GRP.
- 10:00 WICKED FUN
- 10:30 FIRE PREVENTION**
- 11:00 YOGA
- 11:30 HERRMAN BP**
- 12:00 CAUSERIES
- 12:00 BIRTHDAY LUNCH
- 1:00 FUND. OF TAP
- 7:00 TNT QUILTERS

8. 9:00 STRENGTH & STABILITY
- 10:00 WII BOWLING
- 10:15 SPARKETTES
- 12:00 LUNCH
- 12:30 PWR. OF AGING
- 1:00 BRIDGE
- 1:00 JEWELRY
- 1:30 BRINGING THE CULTURES TOGETHER**
- 3:15 SR. AEROBICS

9. 9:00 WALKING DVD
- 10:00 SCRABBLE
- 10:00 KNITTING & CROCHETING
- 10:00 WII BOWLING
- 10:00 TAI CHI DVD
- 10:30 HOLMBERG ORCHARD TRIP**
- 11:15 BRAIN AEROBICS
- 12:00 LUNCH
- 1:00 ART STUDIO

12. **COLUMBUS DAY**  
**SENIOR CENTER IS CLOSED**

13. 9:00 STRENGTH & STABILITY
- 10:00 WII BOWLING
- 10:00 SCRABBLE
- 11:00 PWR. OF AGING
- 11:00 PUMPKIN FEST**
- 12:00 PIZZA LUNCH**
- 12:30 MUSICAL ENTERTAINMENT**
- 6:30 MS SUPPORT GROUP**

14. 9:00 WALKING DVD
- 9:00 MASSAGE & REFLEXOLOGY**
- 9:30 WOOD CARVING
- 9:30 CT RIVER CRUISE TRIP**
- 10:00 TAI CHI DVD
- 10:00 WRITING GRP.
- 10:00 WICKED FUN
- 11:00 YOGA
- 11:00 LOW VISION**
- 12:00 CAUSERIES
- 1:00 MSCA MTG**

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

16. 9:00 WALKING DVD
- 10:00 SCRABBLE
- 10:00 KNITTING
- 10:00 PHOTO CLUB
- 10:00 WII BOWLING
- 10:00 TAI CHI DVD
- 11:00 LUNCH BUNCH TRIP**
- 11:15 BRAIN AEROBICS
- 12:00 LUNCH
- 12:45 DUP. BRIDGE
- 1:00 ART STUDIO
- 1:00 PRESENTATION: EPI PENS & CHOKING**

# ~ OCTOBER ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**19.**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
 9:30 COA MTG  
 10:00 PC HELP  
 10:00 WII BOWLING  
 10:00 MEMORABLE  
     MONDAY  
 10:15 SPARKETTES  
 10:30 QUILTING  
 12:00 LUNCH  
 1:00 MAHJONGG  
 1:30 CHORUS

**20.**  
 9:00 STRENGTH &  
     STABILITY  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
 11:00 PWR. OF AGING  
 12:00 LUNCH  
 1:00 BINGO  
 1:00 SQUARE DANCE  
**3:30 DIABETES ED.**

**21.**  
 9:00 WALKING DVD  
 9:30 WOOD CARVING  
 10:00 TAI CHI  
 10:00 WRITING GRP  
 10:00 WICKED FUN  
 11:00 YOGA  
**12:00 MSCA 3RD  
     WEDNESDAY**  
 12:00 CAUSERIES  
 1:00 FUND OF TAP  
**3:00 CAREGIVERS  
     SUPPORT GRP**

**22.**  
 9:00 STRENGTH &  
     STABILITY  
 10:00 WII BOWLING  
 10:00 VNA EAST  
 10:15 SPARKETTES  
 11:00 PRESENTATION:  
     HEARING CLINIC  
 12:00 LUNCH  
 12:30 PWR. OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**23.**  
 9:00 WALKING DVD  
 10:00 SCRABBLE  
 10:00 KNITTING &  
     CROCHETING  
 10:00 WII BOWLING  
 10:00 TAI CHI DVD  
**10:30 YOGA DANCE**  
**11:00 LUNCH BUNCH  
     TRIP**  
 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 WII BOWLING  
 10:00 MEMORABLE  
     MONDAY  
 10:15 SPARKETTES  
 12:00 LUNCH  
 1:00 MAHJONGG  
 1:30 CHORUS

**27.**  
 9:00 STRENGTH &  
     STABILITY  
 10:00 WII BOWLING  
 10:00 SCRABBLE  
 11:00 PWR. OF AGING  
 12:00 LUNCH  
 1:00 BINGO  
 1:00 SQUARE DANCE

**28.**  
 9:00 WALKING DVD  
 9:30 WOOD CARVING  
 10:00 TAI CHI  
 10:00 WRITING GRP.  
 10:00 WICKED FUN  
**10:30 STURBRIDGE  
     TRIP**  
 11:00 YOGA  
 12:00 CAUSERIES  
 1:00 FUND OF TAP  
**1:00 HEALTH FAIR**

**29.**  
 9:00 STRENGTH &  
     STABILITY  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
**11:30 FOODSHARE**  
 12:00 LUNCH  
 12:30 PWR. OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

**30.** 9:00 WALKING  
**9:00 SAFE DRIVING**  
 10:00 SCRABBLE  
 10:00 KNITTING &  
     CROCHETING  
 10:00 WII BOWLING  
 10:00 TAI CHI DVD  
 11:15 BRAIN AEROBICS  
**11:30 LUNCH BUNCH  
     TRIP**  
 12:00 LUNCH  
 1:00 ART STUDIO

## ~ SAVE THESE DATES ~

**Veterans Day Celebration & Luncheon  
 at the Mansfield Community Center**  
 ~ November 13th ~

**3rd Wednesday Thanksgiving Dinner  
 & Inspirational Speaker Beth Usher**  
 ~ November 18th ~

**MSCA Mini Bazaar**  
 ~ November 18th & 19th ~



**FIRE  
 PREVENTION**

**JOIN US FOR AN  
 INFORMATIVE PRESENTATION  
 ON FIRE PREVENTION & SAFETY WITH  
 WITH MANSFIELD FIRE MARSHALL  
 FRAN RAIOLA**

**OCTOBER 7TH AT 10:30AM**

**PLEASE CALL 860-487-9870 TO REGISTER**



**NEW MSCA MEMBERS!!**

ROSE MARIE BERGERON  
JAMES DUNNACK  
CECILE BIENVENUE  
GERALD BIENVENUE  
BARBARA DICKINSON  
SANDRA CADY  
JAVANA PORTER  
GERALD MAILLOUX  
CHARLES KELLY  
LINDA KELLY



- 1 Frank Swager, David Miller, Jeanne Meddick, Beverly Korba, Edly Bussolotta, Joseph Sokolowski, Gary Drew
- 2 Ye Zemei, Crayton Walker, Sandra Roth, Linda Douda
- 3 Cindy Schaffer, Joyce Doubleday
- 4 Madelyn Mackovick, Donald Nygren, Mary Stout
- 5 Anita Eichner, Mary Ann Doucette, Henry Millman, Betty Gordon, Helen Collins
- 6 Mary Landeck, James Dick
- 7 Robert Miller, William Griffin. Gladys Olsen, William Stwalley, Kenneth Jones
- 8 Isabella Ricard
- 9 Barbara Manupelli, Carla Kelly
- 10 Robert McClintock, Camille Forman, Phyllis Evans
- 11 Ruth Haddad, Marjorie Nelson, Alan Ogren
- 12 Diana Hodgins
- 13 Nancy Wengel, Harold Abramson
- 14 Grazina Maciuika
- 15 Mary Tokes, Richard Sherman, Marie Patulak, Helen Chapman, Dorothea Mercier, May Miller
- 16 Phyllis Getter, Helena Grzyb
- 17 Sandra Denevte, Jerry Ringuette, Grete Binau-Hansen, Tulay Luciano, Barbara Nagy, Canace Bryan
- 18 Barbara Osborn, Robert Wyss, Carolynn Viens, Maria Lopez-Digby, Frank Fontana, Mufide Gurun, Angela Marcus, Hans Laufer, Emilie Heroux, Evelyn Hughes
- 19 Lorraine Eaton, David Kolb, Anita Bacon, Richard Staples
- 20 John Fisher
- 21 Harriet Walker, Joanne McCaughey,
- 22 John Rickard, Rita Duval, Mary Harper
- 23 Elain Enright, Charles Sutherland, Olivia Devereux
- 24 Rita Clang, Herb Crickmore
- 25 Muriel Lucas, John Mangeri, Lea Barbeau, Mark Tourtellotte, Charles Prewitt
- 26 Colby Melanec, John Marshall
- 27 Audrey Barberet, Fernand Duval, Maretta Johnson, Robert Landry, Margaret McCarrick
- 28 Gail Dunnrowicz, Ray Haddad
- 29 Lida Bilokur, Gretchen Hall, Micki Dean, Joyce Owen, Barbara Ladd
- 30 Georgette Beaumont, Frank Perrotti

**~ IN OUR COMMUNITY ~**

**MS SUPPORT GROUP**

Amy Watkins from the CT Chapter of the National Multiple Sclerosis Society will conduct a workshop on bowel and bladder issues for the Storrs MS Support Group. All are welcome.

Questions? Call Joan at 860-429-7271.

**Tuesday, October 13 at 6:30 p.m.  
at the Senior Center**

**WOMEN'S CLUB OF STORRS**

Jason Gardner, a student at UConn with a passion for tea, will give a program on the history, benefits and virtues of tea as a beverage. He will share various international varieties of Tea with entertaining and delicious samples. His talk will follow a pot luck dinner of The Women's Club.

The meeting will be held on Monday, October 5th at 5:30pm in the Buchanan Center at the Mansfield Library on Rte.89.

Guests and prospective members, both men and women, are welcome. For more information, call Betty (Program Chair) at 860-429-5167 or Eileen (President) at 860-423-3136.

# NEWSLETTER SPONSORS

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**1734 STORRS RD, STORRS**  
**860-377-4333**

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Open Daily 7am to 9pm  
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# FUTURE NEWSLETTER SPONSORS

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**Karen L. Taylor, at 860-429-3315 or Email: [HumanServ@mansfieldct.org](mailto:HumanServ@mansfieldct.org)**



**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS.  
THEY HELP MAKE THIS NEWSLETTER POSSIBLE!!**

**SENIOR SPARKS NEWSLETTER**  
**Mansfield Senior Center**  
**303 Maple Road**  
**Mansfield, Connecticut 06268**

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PRE-SORT STANDARD  
U.S. POSTAGE **PAID**  
MANSFIELD CT  
PERMIT #5

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Renewal: \_\_\_\_\_ New: \_\_\_\_\_

**\$12.00 First Class**

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(Please make checks payable to MSCA)

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

**DO YOU NEED TRANSPORTATION?**

**FREE TRANSPORTATION**  
**TO MEDICAL & DENTAL APPOINTMENTS**  
**IS AVAILABLE FOR MANSFIELD RESIDENTS**  
**AGED 60 AND OLDER AND THOSE ADULTS**  
**(18 YEARS OF AGE AND OLDER) WHO ARE**  
**RECEIVE SOCIAL SECURITY DISABILITY**

- \* 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**