

SENIOR SPARKS

Mansfield Senior & Wellness Center Newsletter

~ APRIL 2016 ~

“The beautiful Spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.”

~ Harriet Ann Jacobs ~



THANK YOU TO OUR VOLUNTEERS!

This month we recognize all of the Volunteers who help to make the Mansfield Senior Center so special!

In 2015, we had over **100 Volunteers** provide **5,500 hours of service!** Our volunteers are at the heart of almost every aspect of our program: they help with Meals on Wheels, our lunch program, our Transportation program, our reception desk, the AARP tax assistance program, our newsletter, our Veterans Day Tribute, various MSCA events & fundraisers and much more!

During the month we encourage you all to take a moment to say thank you — hug a driver, smile at a receptionist, high five a kitchen server and fist bump anyone that you see helping in some capacity! We are so grateful for the effort and positivity that our volunteers contribute to our Center!

Luncheon & Entertainment with Clayton Allen

 **~Wednesday, April 20th~**

Lunch at Noon:

Beef hotdog with bun, baked beans, potato salad and carrot cake

Performance at 12:45pm:

Clayton delivers each song with authenticity and freshness. He plays guitar with gusto, is vocally versatile and he plays requests from old country to jazz, to rock n' roll. Often he'll do a number on his harmonica or yodel!

Transportation is available!

Cost: \$7.00 per person

Sign up at the Front Desk by 4/11

“Spring Magic”

Join us for a morning of fun where we encourage you to bring your kids or grandkids to enjoy some spring magic!

~Thursday, April 21st~



10:00 Crafts & Games

11:00 Magic Show

12:00 Pizza Party



Magician Chris Hurlbert has entertained audiences of all ages, all over the world for the last 30 years. He is often heard saying “Growing old is mandatory, growing up is optional!”

Cost: \$5.00 per person

Sign up with Kathy Yaffee by 4/18

Mansfield Senior & Wellness Center
303 Maple Road, Mansfield, CT 06268 Tel: 860-487-9870 Fax: 860-429-3208
Town Website: www.mansfieldct.gov



MANSFIELD SENIOR & WELLNESS CENTER

MONDAY THROUGH FRIDAY
8:30AM TO 4:30PM

TEL: 860-429-0262

FAX: 860-429-3208

WWW.MANSFIELDCT.GOV

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Senior Center Update

From Sarah Taylor, Senior Center Supervisor

Happy Spring! The snowbirds are returning, the daffodils are blooming, and the world around us buzzes with the renewal of the season! It's an inspiring time of year, and we hope that you'll join us at the Senior Center for a variety of fabulous and fun events in April!

We're excited to announce that we've expanded our transportation offerings for Mansfield residents this month! We will now offer two routed errand/shopping trips each month, and door-to-door transportation to Senior Center Special events. Please see page 12 for more details and let us know if you have any questions.

Also this month, we celebrate all of our dedicated volunteers, without whom we simply could not do all that we do! Thank you to everyone who gives their time freely and works to make our Senior Center so successful! We have a wide variety of flexible volunteer opportunities here - working at the reception desk, collating the newsletter, leading groups and so much more! Please let us know if you'd like to be a part of this incredible team.

Join us, and let the promise of this new spring inspire you! We hope to see you very soon!



Starting this month, the Grandparents Raising Grandchildren Group will meet monthly at the Mansfield Senior Center! This group started in 1986 and still has two of the original families attending. If you are raising a grandchild part-time or full-time, come & share concerns, issues or nuggets of wisdom with our other members. This group was started by grandparents who want to support others and is facilitated by Janit Romayko, LCSW. We have resources available along with a few tears & lots of laughter.

For questions, please call Pat Michalak at 860-429-3319.

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 and click on "Seniors"

CHECK US OUT ON FACEBOOK!

Check out our Mansfield Senior Center Facebook page often for interesting stories, program & event information, pictures and an opportunity to connect with local resources & organizations for Seniors!



MANSFIELD SENIOR CENTER ASSOCIATION, INC.
Greetings from the MSCA

April is a time for renewal. Having the sunshine and rain creates a desire to work in the garden. I have learned to refrain from planting here in Connecticut. It is worth the wait.

We will have the Bistro meal on April 20th—come and enjoy what the program committee has planned.

The Transition Committee is developing a plan to move forward in a positive and equitable manner for all.

April is also Volunteer Appreciation Month. Pass the kindness and thoughtfulness on. Thank someone who you feel has helped you.

Jean Ann Kenny
860-429-1183



MSCA TRANSITION COMMITTEE UPDATE

The March 11th meeting of the Transition Committee concentrated on gathering information from Pat Schneider and Sarah Taylor regarding the role of volunteers both at senior centers in general and at the Mansfield Senior Center specifically. We were able to ask many questions about responsibility for and development of programs. In addition, we heard about some programs that will hopefully be developed in the near future. Both Pat and Sarah feel volunteers play an essential part in the day-to-day operations at our Center. It was the consensus of the committee members that we look into a simple set of bylaws that will allow us to maintain our 501-C-3 status and we will concentrate on this topic at our next meeting on March 30th at 10:00am at the Senior Center.
Joan Terry, co-chair

The Mansfield Senior Center Association, Inc. is requesting a donation of 25 cents for a six-ounce cup of coffee, tea, or hot chocolate. We appreciate your donations so that we may continue to offer you this wonderful service. *Thank you!*



**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
ASST. TREASURER:	VACANT
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

**TO REACH THE ASSOCIATION
PLEASE CALL 860-429-0262, EXT. 5**

STREET SIGNS FOR SALE!



The Town of Mansfield is replacing the street signs in town and has donated the signs to Human Services as a funding opportunity. The street signs are being sold on a first-come, first-served basis. The green signs with white lettering will be sold for a minimum donation of \$20.00 per sign. The white signs with black lettering will be sold for a minimum of \$40.00 per sign.

The monies from the sale of the signs will be placed into a Special Needs fund in support of Mansfield residents of all ages.

To inquire about the availability and purchase of a particular street sign, contact:

New in April

ANNUAL INTERGENERATIONAL DINNER at E.O. Smith High School

GOOD FOOD, GOOD ENTERTAINMENT
& A GOOD TIME ALL ROLLED INTO ONE!
IT'S A FAMILY-FRIENDLY DINNER &
TALENT SHOW FOR ALL GENERATIONS!

Tuesday, April 12th from 5:00-8:00pm

Enjoy a 4-course Mediterranean meal of appetizers, Roasted Chicken Thighs with tomatoes & olives, garlic orzo, sautéed chickpeas and parmesan broccoli! Baklava & frozen yogurt for dessert! The meal is prepared and served by UConn dietetic students. After dinner, head to the Chorus Room for a truly intergenerational talent show with both Student and Senior Entertainers! If you'd like to perform, please let us know when you register!

Transportation is available!
\$8.00 per person
Please Register at the Front Desk by 4/5

Savvy Social Security

Join us for an informational session with Foresters Financial on Social Security Planning. Get informed and maximize your retirement income!

Light refreshments will be provided.

~ **Wednesday, April 13th at 10:00am** ~
Please register with Kathy Yaffee by 4/11



AARP SMART DRIVER COURSE April 15th 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.

Sharpening Services

Bladesmith Bill Hoffman will be in house to sharpen your scissors or knives!

Rotary Cutters: \$1.50-\$2.00
Scissors: \$7.50, left-handed \$8.50
Pinking Shears: \$9.00, left-handed \$1.00
Knives will be collected and returned, see Bill the day of your appt. for information.



Monday, April 18th
From 9:00-1:00pm

See Kathy Yaffee or call 860-487-9870
to make an appointment.

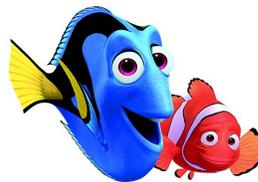
CRAFTY CREATIONS

This month we will be stitching together useful handkerchief sachets! Set one in your closet, in your bureau or out in a pretty basket in your living room. They're decorative and smell lovely!

~ **Tuesday, April 19th** ~
We begin at 1:00pm
\$3.00 per person
Sign up with Kathy Yaffee by 4/14



Dinner & Disney



Join us on **Friday, April 29th** as we join up with UCONN's Child Development Lab for a Pizza Party Movie Night!

All ages are invited for pizza, snacks and the Disney Classic "*Finding Nemo*"!

Pizza Party starts at 5:00 PM
Cost is \$5.00 per person

Please sign up with Kathy Yaffee by 4/25

Focus on Fitness

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

Walking DVD

****NO WALKING ON 4/15****

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



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

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

Strength & Stability

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



Pre-registration is required.

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

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

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
4 Classes—\$20 R / \$24 NR

Thursdays 3:15-4:15pm
4 Classes—\$20 R / \$24 NR



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

Fridays 11:00-12:00pm

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

Power of Aging

This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Classes begin with a warm-up and continue 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 12:00-1:00pm
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
4 Classes—\$30 R / \$36 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 / \$25 NR



Introducing Two New Yoga Classes!

Gentle Yoga & Chair Yoga

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. These classes are open to students of all levels; no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class. Friday mornings will be Chair Yoga which deepens flexibility & strengthens personal body awareness.

Pre-registration is required. These classes are limited to 12 students.

Mondays 1:30-2:30pm
4 classes—\$20 R/\$24 NR



Fridays 9:30-10:30
5 Classes—\$25 R/\$30 NR

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

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

**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 from a local takeout restaurant.

Monday, April 4th 10:00am-4:00pm

Monday, April 18th 10:00am-4:00pm

\$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.

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

Meeting in the Hobby Room until April 14th

Knitting & Crocheting

Come join us for knitting or crocheting in the Memorial Room and enjoy a chat with friends!

Fridays at 10:00am

Art Studio

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

Fridays at 1:00pm

WELLNESS PROGRAMS

Herrmman Blood Pressure Clinic

Blood Pressure Screenings for those 55 and above. There is no cost and no pre-registration required.

April 6th from 11:30am-12:00pm

Reiki

Reduce stress, stimulate your immune system and manage pain & symptoms with this gentle hands-on ancient therapy. Provided by Reiki Master Bette Giordano. The cost for a 1-hour session is \$30.00.

April 7th from 9:00-11:00am

Massage Therapy & Reflexology

Deb Turner, L.M.T. from Harmony Massage in Storrs provides 25-minute table massages for all over relaxation, or reflexology sessions to treat tired and sore feet. Both are a great way to increase flexibility, blood flow, relieve muscle tension and manage pain. The \$15.00 fee is payable directly to Deb at the time of the appointment.

April 20th from 9:00am-12:00pm

Podiatrist

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

April 26th from 9:00am-12:00pm

VNA East Adult Health Screenings

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

April 27th from 1:00-3:00pm

Mini Spa

Michelle DeLuco of Kennedy & Co. Salon & Spa will be here to offer spray bottle variety haircuts, clipper cuts and eyebrow or beard trimming. The price for haircuts is \$15, payable directly to Michelle at the time of the appointment. Hope Charette of Hope & Wellness Salon will also be here to offer manicures or pedicures. The price for nail clipping is \$15, payable directly to Hope at the time of the appointment.

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

Hearing Clinics

Individual appointments are available for hearing tests, hearing aid checks and wax inspection with Audiologist Nancy Jablonski.

May 12th from 11:00am-2:00pm

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.

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

GROUPS & CLUBS

Genealogy Group

Come meet our friendly group and get new information from the leader and help from all of us. You keep saying you're going to do it so why not now? This group is led by Helen Collins and meets **on the 2nd Tuesday of each month at 10:00am.**

Join us **April 12th** and get inspired!

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? You don't have to be a "senior" or professional singer to join!

The Mansfield Senior Center Chorus has started rehearsing once again under the musical direction of Nathaniel Baker. We will be preparing for our concerts at local nursing homes, rehab facilities and senior centers. All practices and performances occur during daytime hours. For more information, contact Stu Sidney at 860-429-7271 or Joan Doiron at 860-576-7754.

Mondays 1:00 - 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

~ PC Help available every Monday at 10:00am ~

MOVIE DISCUSSION GROUP



Join us for "Safe Haven," a Nicholas Sparks film starring Julianne Hough and Josh Duhamel, where a young woman with a dark past struggles to love again.

Refreshments will be provided.

Monday, April 18th at 1:00pm



~ CARDS & GAMES ~

WII BOWLING

Mondays at 10:00am
Tuesdays at 10:00am
Wednesdays at 1:00pm
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

Attention Wii Bowlers:



We are hosting East Hartford Senior Center on

**~WEDNESDAY, APRIL 27TH~
9:00AM—12:00PM**

CLIR

Center for Learning In Retirement

CLIR's purpose is to provide intellectual stimulus for adults from all walks of life through informal classes & discussions. **There are no academic or age requirements.** Come join us!

CLIR holds its classes in the Vernon Cottage on UConn's Depot Campus, with free parking and access for the mobility-impaired.

For Schedule: <http://clir.uconn.edu/>

APRIL DAY TRIPS

MET OPERA: MADAMA BUTTERFLY ~ RAVE CINEMAS, MANCHESTER

APRIL 2ND FROM 10:30AM—4:30PM Come experience the MET Opera live on screen! We will make a lunch stop at Rein's Deli prior to the performance. Admission \$23pp. **Tickets must be purchased in advance for this show.**

BINGO – THE MUSICAL ~ WINDHAM THEATER GUILD, WILLIMANTIC

APRIL 3RD FROM 11:30AM-4:30PM This fun new musical comedy invites you to play Bingo along with the cast! Bingo is about a group of die-hard bingo players who stop at nothing to not miss their weekly game. In between the number calling, strange rituals and fierce competitions, love blossoms and long lost friends reunite. We will stop for lunch at The Farmer's Cow **Calfe** for lunch prior to performance. Admission \$20pp.

BREAKFAST BUNCH: TOAST ~ STORRS

APRIL 4TH FROM 9AM—11:30AM There's a new breakfast spot in town! Come and sample this wonderful new restaurant located right at four corners! **Gluten Free options available!**

THE NEW ENGLAND CAROUSEL MUSEUM & FINE ART GALLERIES ~ BRISTOL, CT

APRIL 7TH FROM 10:30AM-4PM This magnificently restored hosiery factory offers a diverse experience. The Carousel Museum has been joined by a splendid museum of fire history, Greek Culture and two Fine Art galleries—including a permanent display of contemporary artwork. We will be stopping for lunch following our tour at Barley Vine. *Menu available at registration desk.*

LUNCH BUNCH: YANTIC RIVER INN ~ NORWICH, CT

APRIL 13TH FROM 10:30AM—3:30PM Senior luncheon specials! The Yantic River Inn has been a fixture in Yantic Connecticut for the past 30 years. *Menu available at registration desk.*

MAGIC WINGS BUTTERFLY CONSERVATORY AND LUNCH ~ DEERFIELD, MA

APRIL 15TH FROM 9:30AM – 4PM Visitors are delighted with the many different varieties of butterflies swooping gracefully amidst the plants and flowers. Stand still & perhaps a butterfly will land on your shoulder! We will be stopping for lunch at Wolfie's on the way to view the butterflies. Admission \$11pp.

MET OPERA: ROBERTO DEVEREU ~ RAVE CINEMAS, MANCHESTER

APRIL 16TH FROM 10:30AM—4:30PM Come experience the MET Opera live on screen! We will make a lunch stop at Rein's Deli prior to the performance. Admission \$23pp.

MYSTIC AQUARIUM & MYSTIC VILLAGE ~ MYSTIC, CT

APRIL 22ND FROM 10AM – 4PM At Mystic Aquarium, close encounters of the incredible kind happen every day! Whether you're touching a ray or going beak-to-nose with a penguin, you'll learn and "sea" more than you ever thought possible! Feel free to walk over to Mystic Village Shops, too! Admission \$30pp.

LUNCH BUNCH: BAY PATH ~ CHARLTON, MA

APRIL 25TH FROM 10:30AM—2:30PM A favorite lunch spot of ours! Join us for a delicious three-course lunch – very reasonably priced! *Sample menu available at registration desk.*

CABARET LULU: “THE MELODY MAKERS” ~ STURBRIDGE, MA

APRIL 27TH FROM 10:30AM – 3:30PM This lovely production will feature the works of the legendary composers George & Ira Gershwin, Burt Bacharach, and Kander & Ebb. Enjoy lunch at Old Sturbridge Village – choice of pot roast or grilled salmon. \$47.50pp. **Pre-paid reservation deadline is 4/22.**

BLITHEWOLD MANSION: DAFFODIL DAYS ~ BRISTOL, RI

APRIL 28TH FROM 9:30AM – 4:30PM The sight of millions of Daffodils & budding trees help us forget the winter and look forward to summer! We will stop for lunch at the Boathouse Restaurant with picturesque views of the Sakonnet River. Admission \$13pp.

MET OPERA: ELECTRA ~ RAVE CINEMAS, MANCHESTER

APRIL 30TH FROM 10:30AM—4:30PM Come experience the MET Opera live on screen! We will make a lunch stop at Rein's Deli prior to the performance. Admission \$23pp.

PLEASE NOTE:

Payment for all pre-paid trips is now due at the time of registration. Mansfield Residents aged 60 & over will be eligible to register immediately for upcoming trips on a first-come, first-served basis. One week (7 days) prior to the trip, the list will open for non-residents aged 60 & over 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 our Transportation Coordinator Gianna Stebbins at 860-487-9877.

ADULT & SENIOR SERVICES

Kathy Ann Easley, LMSW
Social Worker
Tel: 860-487-9873

Sarah Dufresne, BA
Outreach Social Worker
Tel: 860-487-9875

The Social Workers are available to assist Mansfield residents connect 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
April 14th and 28th
from 11:30am-12:00pm

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

SUPPORT GROUPS

There will be no **Low Vision Group** in April.
Please join us on May 11th at 11:00am.

Caring for a parent, spouse
or disabled adult child?

Join our **Caregiver's Group** for support and
confidential conversation
with peer caregivers.
April 20th from 3:00-4:00pm

THE DISABLED/ELDERLY HOMEOWNERS
TAX CREDIT PROGRAM
begins **February 1st and ends May 15th.**

INCOME QUALIFICATIONS ARE:

\$35,200 for a single person
\$42,900 for a married couple

PLEASE CALL KATHY ANN EASLEY
FOR MORE INFORMATION.

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 next Commission on Aging meeting will be Monday, March 14th at 9:30am at the Senior Center. The public is encouraged to attend. For more information, please contact Commission Chair Wil 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.

The Elderly & Totally Disabled Renters Rebate Program application period is **April 1st—October 1st**.
Maximum income guidelines:
\$35,000 single/unmarried; \$42,000 married couples
Contact Kathy Ann Easley
at 860-487-9873 to schedule an appointment.

Do you need an odd job done?

UConn's Alpha Kappa Lambda Service Project Can Help!

The purpose of this project is to give back to our surrounding community.

We are seeking opportunities to help aid our neighborhoods in any way they may need.

We would be glad to help you in any of the following ways: snow shoveling, lawn mowing, weeding, spring cleaning, pool cleaning, painting, or any other odd jobs you may have!

Our services are completely FREE, however, any donations collected will be put into our Philanthropy Committee Budget. Last semester our organization raised over \$1,000 for the Wounded Warrior Project!

If you have questions or would like to schedule an odd job, please contact our Philanthropy Chair, Kristian Schif at 203-767-7798 or Kristian.schif@uconn.edu.

**MANSFIELD SENIOR CENTER
APRIL 2016 CLASSES AND EVENTS**

Name: _____ Phone: _____
 Address/Town/Zip: _____ E-mail: _____
 Your Emergency Contact/Phone: _____

DATE	<input checked="" type="checkbox"/>	CLASS/EVENT/TRIP	DETAILS	FEE
MON		SENIOR AEROBICS/ 9AM-10AM	4 CLASSES	RES- \$20 , NON-RES-\$24
		QUILTING/ 10AM-4PM	APRIL 4	RES- \$30 , NON-RES- \$35
		QUILTING/ 10AM-4PM	APRIL 18	RES- \$30 , NON-RES- \$35
		SPARKETTES/ 10:15-11:45AM	4 CLASSES	RES- \$30 , NON-RES- \$36
		YOGA/ 1:30PM-2:30PM	4 CLASSES	RES- \$20, NON-RES- \$24
TUES		STRENGTH & STABILITY/ 9AM-10AM	4 CLASSES	RES -\$20 , NON-RES- \$24
		POWER OF AGING/ 11AM-12PM	4 CLASSES	RES- \$20 , NON-RES- \$24
WED		YOGA/ 11AM-12PM	4 CLASSES	RES- \$20 , NON-RES- \$24
		FUNDAMENTAL TAP/ 1PM-2PM	4 CLASSES	RES- \$20 , NON-RES-\$24
THUR		STRENGTH & STABILITY/ 9AM-10AM	4 CLASSES	RES- \$20, NON-RES-\$24
		POWER OF AGING/ 12PM-1PM	4 CLASSES	RES- \$20, NON-RES-\$24
		SENIOR AEROBICS/ 3:15-4:15PM	4 CLASSES	RES- \$20, NON-RES-\$24
FRI		NEW- CHAIR YOGA/ 9:30-10:30	5 CLASSES	RES-\$25, NON-RES- \$30
SPECIAL PROGRAMS				
		<i>CRAFTY CREATIONS</i>	1PM, APRIL 19	\$3.00
		<i>SPRING MAGIC & PIZZA PARTY</i>	10AM, APRIL 21	\$5.00
		<i>DINNER & DISNEY</i>	5PM, APRIL 29	\$5.00
TRIPS		<i>BINGO THE MUSICAL</i>	SUNDAY, APRIL 3	11:30AM-4:30PM
		<i>BRUNCH AT TOAST</i>	MONDAY, APRIL 4	9AM-11:30AM
		<i>NEW ENGLAND CAROUSEL MUSEUM</i>	THURS, APRIL 7	10:30AM- 4:00PM
		<i>YANTIC RIVER INN</i>	WED, APRIL 13	10:30AM-3:30PM
		<i>MAGIC BUTTERFLY CONSERVATORY</i>	FRI, APRIL 15	9:30AM-4:00PM
		<i>OPERA- ROBERTO DEVEREU</i>	SAT, APRIL 16	10:30AM-4:30PM
		<i>MYSTIC AQUARIUM</i>	FRI, APRIL 22	10:00AM-4:00PM
		<i>BAY PATH LUNCH BUNCH</i>	MON, APRIL 25	10:30AM-2:30PM
		<i>CABARET LULU- THE MELODY MAKERS</i>	WED, APRIL 27	10:30AM-3:30PM
		<i>BLITHEWOLD MANSION</i>	THUR, APRIL 28	9:30AM-4:30PM
		<i>OPERA- ELEKTRA</i>	SAT, APRIL 30	10:30AM-4:30PM

WAIVER OF PARTICIPANT BY SELF: I hereby agree to release, discharge, and hold harmless the Town of Mansfield, its directors, employees, agents, contractors, and/or volunteers from any and all liability that may occur during either my participation in the above listed recreational activities. I understand that participation in any recreational sport or activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I may incur. I further understand that the Town does not provide insurance for recreational program participants.

PHOTO RELEASE: I understand that for promotional purposes, the Town videotapes and/or takes photographs of participants enrolled in recreational activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me engaging in the above listed recreational activities.

SIGNATURE _____ DATE: _____

~ TVCCA SENIOR CAFÉ APRIL MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FOR MSCA 3RD WEDNESDAY LUNCHEONS: PLEASE REGISTER WITH THE FRONT DESK RECEPTIONIST BY THE DATE REQUESTED. WE DO ORDER THESE MEALS IN ADVANCE AND APPRECIATE YOUR HELP SIGNING UP BY OUR DUE DATE. FOR OTHER SPECIAL LUNCHEONS: PLEASE SIGN UP WITH KATHY YAFFEE. THANK YOU!</p>			<p>1% milk & whole grain bread are served with each meal. Menu is subject to change without notice.</p>	<p>I CHICKEN STEW GARLIC ROASTED POTATOES GREEN BEANS & DICED TOMATOES PEACH CUP</p>
<p>4 WESTERN OMELET ROASTED POTATOES MIXED VEGGIES PEARS WITH MANDARIN ORANGES</p>	<p>5 CRISPY COD PATTY MACARONI & CHEESE STEWED TOMATOES FRESH FRUIT</p>	<p>6 BEEF & BEAN CHILI STEAMED RICE BROCCOLI PEACH CUP</p>	<p>7 SALISBURY STEAK WITH GRAVY BUTTERED NOODLES ITALIAN VEGGIES PEARS WITH MANDARIN ORANGES</p>	<p>8 HOT DOG WITH ROLL BAKED BEANS COLESLAW CRANBERRY JUICE CHOCOLATE CHIP COOKIE</p>
<p>11 MEDITERRANEAN BEEF STEW BUTTERED NOODLES WINTER MEDLEY FRESH ORANGE</p>	<p>12 CREAM CHICKEN ALFREDO PASTA GREEN BEANS BABY CARROTS PEARS WITH MANDARIN ORANGES</p>	<p>13 BREADED PORK CHOPS MASHED POTATOES MEXICAN CORN GRAPE JUICE CUPCAKE</p>	<p>14 LEMON GARLIC CHICKEN RICE PILAF STEWED TOMATOES FRUIT COCKTAIL</p>	<p>15 GLAZED HAM SCALLOPED POTATOES LONG BEANS PINEAPPLE CUP</p>
<p>18 SWEET & SOUR PORK STEAMED RICE DICED CARROTS FRUIT COCKTAIL</p>	<p>19 MEATLOAF WITH GRAVY GARLIC MASHED POTATOES CAPRI VEGGIES GRAPE JUICE SUGAR COOKIE</p>	<p>20 LUNCHEON WITH CLAYTON ALLEN BEEF HOT DOGS BAKED BEANS POTATO SALAD CARROT CAKE COST: \$7 PP PLEASE SIGN UP BY 4/11</p>	<p>21 SPRING MAGIC LUNCHEON PIZZA PARTY! PRETZEL WANDS JUICE ICED TEA COST: \$5 PP PLEASE SIGN UP BY 4/11</p>	<p>22 SOUTHWEST CRUSTED COD YELLOW RICE BLACK BEANS WINTER VEGGIES FRESH FRUIT</p>
<p>25 CHEESE OMELET HASH BROWN POTATOES STEWED TOMATOES ORANGE JUICE DANISH</p>	<p>26 SHEPHERD'S PIE PEAS & ONIONS CARROTS APPLESAUCE CUP</p>	<p>27 STUFFED SOLE WITH CRAB MEAT* GARLIC MASHED POTATOES LONG BEANS FRESH ORANGE *CONTAINS SHELL FISH</p>	<p>28 CHICKEN TERIYAKI STEAMED RICE ORIENTAL MIX PEARS WITH MANDARIN ORANGES</p>	<p>29 MEATBALLS WITH PENNE PASTA GARLIC BREAD ITALIAN VEGGIES APPLESAUCE CUP</p>

Regular 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 _____

MSCA TRAVEL WITH KAY

APRIL 20TH—COUNTRY ROYALTY

Free time at Foxwoods Casino with a \$10 food voucher and a \$15 Keno voucher (subject to change), and a Patsy Cline and Hank Williams tribute. Afternoon Matinee at the Garde Arts Theatre in New London. **\$76 pp**

NEW DATE

MAY 19TH—ARGIA SCHOONER CRUISE

A morning cruise aboard the schooner off the coast of Mystic, CT. You can bring a small cooler/picnic basket with refreshments. Lunch will be at Lenny and Joe's Fish Tale. Choice of: cold lobster roll, broiled scallops or tenderloin tail steak. **\$89 pp**

JUNE 7TH-9TH—SAMSON, Lancaster, PA.

2 nights at the Crowne Plaza Hotel, 2 buffet breakfasts at the hotel, dinner show at the Crowne Plaza, family-style dinner in a real Amish home, reserved seats at the Sight & Sound Theatre to see Samson, a professional Amish country guided tour with a visit to the Amish Quilt Shop & Eli's Rootbeer, Kitchen Kettle Village, an Amish farmer's market, American Treasure (a nostalgic tour), ZOOK's fabric store. **\$398 pp**

OCTOBER 21ST-31TH—NEW ORLEANS

11-day trip includes 10 nights lodging with 4 consecutive nights in New Orleans area, 18 meals (10 breakfasts & 5 dinners), guided tour of a Louisiana plantation, riverboat cruise on the Mississippi River, free time in the French Quarter, National World War II museum, guided tour of New Orleans and much more! **\$928 pp**



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

TRANSPORTATION



INTRODUCING

****NEW** TRANSPORTATION SERVICES!**



SHOPPING AND LIBRARY RUNS

We will begin offering our routed shopping and library runs again this month for Mansfield residents. Transportation will be provided by reservation only.

Runs will take place on first and third Tuesdays.

Individuals are responsible for their own packages. Please be at the departure location at least 5 minutes prior—if you miss the return, you will be responsible for arranging your own return transportation. We will be offering transportation to Big Y, Walmart and the Mansfield Public Library.

SENIOR CENTER SPECIAL EVENT TRANSPORTATION

We're also now offering door-to-door transportation for Mansfield residents to many of our exciting events here at the Senior Center! Transportation is available for the following April events:

Volunteer Recognition Celebration on 4/8
Intergenerational Celebration at EO Smith on 4/12
Third Wednesday Lunch & Entertainment with Clayton Allen on 4/20



To schedule transportation, please contact our Transportation Coordinator Gianna Stebbins at 860-487-9877.
Remember, there are only 10 spots available so be sure to register early!

IMPORTANT POLICY REMINDERS:

- All clients must be able to transfer to and from the vehicle at the street. Special assistance is not provided. If special assistance is needed, a companion or aide is required to accompany you.
- Although this is a free service, we welcome your donations to our transportation program!
- Transportation services follow the town calendar for holiday closings. For weather related closings or delays, tune into WFSB Channel 3, WILI radio (1400am), WTIC radio (1080am), or call the main line at 860-429-0262.

LIBRARY BOOK RETURN!

You may now return your library books at the Senior Center!

There will be bags located near Kathy Yaffee's desk.



Fast! Easy! Convenient!
Movies, Music & Audiobooks can be returned, too!

~ APRIL ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

IT'S PARTY TIME



APRIL BIRTHDAY LUNCH

*Toot the horn! Bang the drum!
It's a party! Can you come?*

~ APRIL 6TH AT NOON ~

REGISTER BY MONDAY, APRIL 4TH



SAVE THE DATE!

ME AND MY IPAD

Free Seminar—Offered Twice
 Wednesday, May 11th
 Wednesday, June 15th
 1pm-3pm in the Computer Lab at Sr. Center

Check back in June & July for the following:

EMAIL

- INTRO TO FACEBOOK**
- THE INTERNET & SKYPE**
- TRAVEL PLANNING ON THE INTERNET**

1. 9:00 WALKING DVD
- 9:30 CHAIR YOGA
- 10:00 SCRABBLE
- 10:00 PHOTO CLUB
- 10:00 KNITTING & CROCHETING
- 10:00 WII BOWLING
- 11:00 TAI CHI DVD
- 11:00 BRAIN AEROBICS
- 12:00 LUNCH
- 1:00 ART STUDIO

4. 9:00 SR. AEROBICS
- 9:00 WALKING DVD
- 10:00 PC HELP
- 10:00 QUILTING
- 10:00 WII BOWLING
- 10:15 SPARKETTES
- 12:00 LUNCH
- 1:00 MAHJONGG
- 1:00 CHORUS
- 1:30 YOGA

5. 9:00 STRENGTH & STABILITY
- 9:00 TAX AID
- 10:00 WII BOWLING
- 10:00 SCRABBLE
- 11:00 PWR OF AGING
- 12:00 LUNCH
- 1:00 BINGO

6. 9:00 WALKING DVD
- 9:30 WOOD CARVING
- 10:00 TAI CHI DVD
- 10:00 WRITING GRP.
- 11:00 YOGA
- 11:30 BLOOD PRESSURE CLINIC**
- 12:00 BIRTHDAY LUNCH
- 12:00 CAUSERIES
- 1:00 FUND. OF TAP
- 1:00 WII BOWLING

7. 9:00 STRENGTH & STABILITY
- 9:00 TAX AID
- 9:00 REIKI**
- 10:00 WII BOWLING
- 10:15 SPARKETTES
- 12:00 LUNCH
- 12:00 PWR. OF AGING
- 1:00 BRAIN HEALTH SERIES**
- 1:00 BRIDGE
- 1:00 JEWELRY
- 3:15 SR. AEROBICS

8. 9:00 WALKING DVD
- 9:00 CHAIR YOGA
- 10:00 SCRABBLE
- 10:00 KNITTING & CROCHETING
- 10:00 WII BOWLING
- 11:00 TAI CHI DVD
- 11:00 BRAIN AEROBICS
- 12:00 LUNCH
- 1:00 ART STUDIO

11. 9:00 SR. AEROBICS
- 9:00 WALKING DVD
- 9:30 COMMISSION ON AGING MTG.**
- 10:00 PC HELP
- 10:00 WII BOWLING
- 10:15 SPARKETTES
- 12:00 LUNCH
- 1:00 MAHJONGG
- 1:00 CHORUS
- 1:30 YOGA

12. 9:00 STRENGTH & STABILITY
- 9:00 TAX AID
- 10:00 GENEALOGY
- 10:00 WII BOWLING
- 10:00 SCRABBLE
- 11:00 PWR OF AGING
- 12:00 LUNCH
- 1:00 BINGO
- 2:30 COMPUTER COUNCIL MTG.**
- 5:00 EO SMITH INTERGENERATIONAL DINNER & SHOW**
- 6:30 MS SUPPORT GROUP**

13. 9:00 WALKING DVD
- 9:30 WOOD CARVING
- 10:00 TAI CHI DVD
- 10:00 WRITING GRP.
- 10:00 SAVY SOCIAL SECURITY**
- 11:00 YOGA
- 12:00 CAUSERIES
- 1:00 FUND. OF TAP

14. 9:00 STRENGTH & STABILITY
- 9:00 WII BOWLING
- 10:15 SPARKETTES
- 11:00 FOODSHARE**
- 12:00 LUNCH
- 1:00 BRAIN HEALTH SERIES**
- 1:00 BRIDGE
- 1:00 JEWELRY
- 3:15 SR. AEROBICS

15. **9:00 AARP SAFE DRIVER COURSE**
- 9:30 CHAIR YOGA
- 10:00 SCRABBLE
- 10:00 PHOTO CLUB
- 10:00 KNITTING & CROCHETING
- 10:00 WII BOWLING
- 11:00 TAI CHI DVD
- 12:00 LUNCH
- 12:45 DUP. BRIDGE
- 1:00 ART STUDIO

~ APRIL ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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18.
 9:00 SR. AEROBICS
9:00 SHARPENING SERVICES
 9:00 WALKING DVD
 10:00 PC HELP
 10:00 QUILTING
 10:00 WII BOWLING
 10:15 SPARKETTES
 12:00 LUNCH
 1:00 MAHJONGG
 1:00 CHORUS
1:00 MOVIE: SAFE HAVEN

19.
 9:00 STRENGTH & STABILITY
 10:00 WII BOWLING
 10:00 SCRABBLE
 11:00 PWR OF AGING
 12:00 LUNCH
 1:00 BINGO
1:00 CRAFTY CREATIONS

20.
 9:00 WALKING DVD
9:00 MASSAGE & REFLEXOLOGY
 9:30 WOOD CARVING
 10:00 TAI CHI DVD
 10:00 WRITING GRP.
 12:00 **MSCA LUNCH** w/ CLAYTON ALLEN
 12:00 CAUSERIES
 1:00 FUND. OF TAP
3:00 CAREGIVER'S SUPPORT

21.
 9:00 STRENGTH & STABILITY
10:00 SPRING MAGIC EVENT!
 10:00 WII BOWLING
 10:15 SPARKETTES
12:00 SPRING MAGIC PIZZA PARTY
 12:00 PWR. OF AGING
 1:00 BRIDGE
 1:00 JEWELRY
 3:15 SR. AEROBICS

22.
 9:00 WALKING DVD
 9:00 CHAIR YOGA
 10:00 SCRABBLE
 10:00 KNITTING & CROCHETING
 10:00 WII BOWLING
 11:00 TAI CHI DVD
 12:00 LUNCH
 1:00 ART STUDIO
 1:00 RADIO MYSTERY

25.
 9:00 SR. AEROBICS
 9:00 WALKING DVD
 10:00 PC HELP
 10:00 WII BOWLING
 10:15 SPARKETTES
 12:00 LUNCH
 1:00 MAHJONGG
 1:00 CHORUS
 1:30 YOGA

26.
 9:00 STRENGTH & STABILITY
9:00 PODIATRIST
 10:00 WII BOWLING
 10:00 SCRABBLE
 11:00 PWR OF AGING
 12:00 LUNCH
 1:00 BINGO

27.
 9:00 WALKING DVD
9:00 WII BOWLING: w/ EAST HARTFORD
 9:30 WOOD CARVING
 10:00 TAI CHI DVD
 10:00 WRITING GRP.
 11:00 YOGA
 12:00 CAUSERIES
 1:00 **VNAEAST**
 1:00 FUND. OF TAP

28.
 9:00 STRENGTH & STABILITY
 10:00 WII BOWLING
 10:15 SPARKETTES
11:00 FOODSHARE
 12:00 LUNCH
 12:00 PWR. OF AGING
 1:00 BRIDGE
 1:00 JEWELRY
1:00 BRAIN HEALTH SERIES
 3:15 SR. AEROBICS

29.
 9:00 WALKING DVD
 9:00 CHAIR YOGA
 10:00 SCRABBLE
 10:00 KNITTING & CROCHETING
 10:00 WII BOWLING
 11:00 TAI CHI DVD
 12:00 LUNCH
 12:45 DUP. BRIDGE
 1:00 ART STUDIO
5:00 DINNER & DISNEY w/ KIDS!

 **REPAIR CAFÉ**
SATURDAY, APRIL 9TH
10AM-2PM

Join us for the Repair Café at the First Congregational Church's Arnold Auditorium, 199 Valley St. Willimantic.

Skilled volunteers will be on hand to repair books, clothing, lamps, bikes, toys, electronics, small furniture, etc. If you can carry it in, we will look it over.

At 10:30am sit down with one of the volunteers to learn a few basic sewing skills!

The Horse Racing Game

Our own Kentucky Derby Event is returning on

~Friday, May 6th at 1:00pm~

Prize for best dressed and your chance To win money on the races.

Bring your best outfit and Quarters for the game!

Refreshments Provided.

See Kathy Yaffee to sign up by May 4th



***NEW* TAI CHI CLASS**
COMING IN MAY 2016

We will be piloting a 4 week Tai Chi class under the instruction of certified trainer Joe Pandolfo beginning in May!

He will cover "qigong" basic principles, Tai Chi instructions and repetitions, and teach a short form of popular traditional "Yang" style.

Classes will be \$5.00 for Residents and \$6.00 for Non-Residents

NEWSLETTER SPONSORS

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860-377-4333

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G.M. THOMPSON & SONS
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MANSFIELD DEPOT, CT 06251
TEL: 860-429-9377

FRAN STORCH, N.D.
NATUROPATH PHYSICIAN
MANS. CTR, CT 860-423-2759
WWW.FRANSTORCHND.COM



12 ISSUES OF ADVERTISING: FOUR LINES FOR \$100.00. BUSINESS CARD SIZE FOR \$300.00.

For more information, please contact Karen L. Taylor at 860-429-3315

or taylorkl@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

POSTMASTER: DATED MATERIAL
PLEASE DELIVER PROMPTLY

PUT LABEL
IN THIS BLOCK

Sparks Subscription

Please Note:

The date on your label is your renewal date.

Date: _____ Phone: _____

Name: _____

Mailing address: _____

Town: _____ Zip: _____

Renewal: _____ New: _____

\$12.00 First Class

Amount Enclosed: _____
(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
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.**