

SENIOR SPARKS

Mansfield Senior & Wellness Center Newsletter

~ MAY 2016 ~

“The Spring came suddenly, bursting upon the world as a child bursts into a room, with a laugh and a shout and hands full of flowers.”
~ Anonymous



Open House & Art Show

Join us on **Thursday, May 26th** for our first Annual Open House & Art Show! Get to know our staff, meet some of our instructors and enjoy the talents of our artists! We will have artwork & crafts displayed throughout the building from our Photography Club, our Woodcarving Group, Knitters, Jewelers and more!

~

Sign up for the MSCA Chorus or learn about the Sparkettes and our tap dancing class! Find out about our Transportation opportunities and trips, as well as our many fitness classes and educational presentations.



Refreshments will be provided as well as a few giveaways!

Stop by between 4pm and 7pm

For questions, please call 860-487-9870

Lunch and Entertainment

**The Mansfield Senior Chorus &
The Tap Dancing Sparkettes**



Celebrating 40 years since the establishment of the Mansfield Senior Center Association's chorus and dancing programs. Enjoy our local talents!

Menu: Steak burger, potato salad, garden salad and apple pie

Wednesday, May 18th at 12:00pm

Cost is \$7.00 per person

Please sign up and pay at the Front Desk by Monday, May 9th.



BENEFITS CHECK UP WITH SENIOR RESOURCES

This is a FREE & confidential questionnaire that will screen you for eligibility for federal, state & local financial programs for individuals 60+ and those receiving Medicare at any age.

Need help paying for: Medicare Premiums, Prescription Drugs, Food, Housing, Energy bills, Property Taxes, Veterans benefits & other services?
Let's do a Benefits Check Up!

Appointments are available
Friday, May 6th between 9:00 and 3:00pm

See Kathy Yaffee to schedule your appointment by Wednesday, May 4th

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

SENIOR CENTER SUPERVISOR:

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Senior Center Update

From Sarah Taylor, Senior Center Supervisor

Happy Older American's Month! Each May, we recognize you—our Seniors—for all of the contributions you make to our community and our Senior Center! This year's theme for Older American's month is *Blaze a Trail*, an opportunity to highlight the ways that older Americans are advocating for themselves, their peers, and their communities. We see this here in our community all the time and it truly inspires us—Seniors who Volunteer in a variety of settings, who serve on various town committees, who speak to the Town Council about important issues related to aging well, and who support each other with caring and compassion. Thank you to *all* of you for *all* that you give!

In honor of Older American's Month, we're showcasing the incredible talents of our performers and artists all month long! Join us May 20th for our 3rd Wednesday Luncheon with Performances by the Chorus and the Sparkettes! Then, on May 26th, stop in between 4-7pm for our first Annual Open House & Art Show—a celebration of our Artists and all of the opportunities for growth our Senior Center has to offer!

We've got so many other great events planned throughout the month and we hope you'll join us! As always, if you have feedback, ideas or suggestions, please let us know. We hope to see you soon!

The **Grandparents Raising Grandchildren Group** meets 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 and 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

As I have stated previously, I am resigning as President, officially as of April 1, 2016. Linda Wohllebe and Cindy Schaffer are resigning as well. We wish you all good wishes and that we have a smooth and pleasant transition.

The Transition Committee has decided to suspend board meetings and other activities until we formulate and accept the new bylaws. They will now manage the Association business. I will remain on the Transition Committee. If you have questions please ask members of the committee, otherwise, consult with Sarah Taylor and Cara Webb.

Former President of the Mansfield Senior Center Association, Jean Ann Kenny

MSCA TRANSITION COMMITTEE UPDATE

The Transition Committee met on March 30th. As we discussed the information we have received so far, we were able to agree on the mission for the Association: advocacy/promotion, fund development and volunteerism.

Next we received copies of bylaws used by several local groups. We quickly zeroed in on the bylaws of the Friends of the Mansfield Library as they are simple and direct. At our next meeting on April 18, we will begin working on revised bylaws for the Mansfield Senior Center Association with the aim of preserving both the name and the 501-3-c status.

At its April 18th meeting, the Transition Committee agreed to carry on the responsibilities of the MSCA until the new bylaws have been enacted.

-Rita Braswell & Joan Terry, co-chairs

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
TRANSITION COMMITTEE MEMBERS**

RITA BRASWELL
JOAN DOIRON
MARIE HAKMILLER
BETTEJANE KARNES
JEAN ANN KENNY
BETTY SAVAGE
JOAN TERRY

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

GLEN RIDGE OPEN HOUSE

**Sunday, May 22nd
1:00-4:00pm**

Refreshments and Informational Seminar at 2:00pm

Meet our members, learn about the cooperative and visit several of our homes. We'd like you to get to know us! It's time to live better in a single level home surrounded by preserved open space.

Questions call: 860-429-2202

Visit our website: www.glenridgect.com

CLIR

All classes run from 1:15pm-2:45pm
unless otherwise noted

Great Decisions: Mondays May 2 - June 6
(no meeting May 30, Memorial Day)

An introduction to Cervantes' Don Quixote:
Tuesdays May 3, 10, 17

Memoir Club:
Thursdays May 5 - June 30 (10:15-11:45)

Climate Change Close to Home :
Thursday, May 5

"Flying Tigers": Preserving Their Memory:
Wednesday, May 11

**Bilingual Education: Where We've Been and Where
We're Going :**
Thursday, May 12

Terrorism: the Scope and Nature of the Problem :
Wednesday, May 18

How to Cope as a Minority Member of a Legislature:
Thursday, May 19 (presented by Tim Ackert,
Republican Representative from CT's 8th District)

Fighting for Women's Suffrage:
Tuesday, May 24

Volunteering in Our National Parks:
Wednesday, May 25



New in May



Sarah Dufresne's Award Winning Chili!

Come enjoy Sarah's chili recipe along with corn bread, a garden salad and punch.

Friday, May 13th
Lunch is served at 12:00pm
Cost: \$5.00 per person

Please circle the event on your lunch menu and give your name and payment to Kathy Yaffee by Monday, May 9th.

CRAFTY CREATIONS

This month we will be painting birdhouses with special guest crafter, Kathy Yaffee! We will provide everything you need to create a colorful and beautiful project.



Tuesday, May 24th
1:00-2:00pm
Cost: \$5.00 pp

Please see Kathy to sign up by 5/18

Who's In Your Wallet ?

An informative presentation to help you protect your vital personal information, including the latest scams intended to steal your identity!



Thursday, May 12th
10:00am

Please see Kathy Yaffee to register by 5/8

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 will be provided.

See Kathy Yaffee
to sign up by May 4th



GUIDED MEDITATION SERIES **with Bette Giordano, BS, MS**

meditation
EXPERIENCE

During this **FREE** series you will learn about the benefits of meditation, different types of meditation, tips to incorporate it into your daily routine and much more!

Fridays at 2:00pm

May 13th, May 20th, May 27th
June 3rd, June 10th, June 17th

Space is limited, so please contact
Kathy Yaffee at 860-487-9870 to sign up

Beyond the Gravestone Presentation **Featured on MARTHA Up Close & Personal**

Will and Lisa Cornell provide gravestone restoration throughout the New England area. They also provide preservation, repair & maintenance.

Their mission is to care for a grave or memorial in the best manner possible & to preserve the integrity & history of the life memorialized for future generations.



Friday, May 20th
10:00 am

Sign up with Kathy Yaffee by 5/18

TRY OUR TAI CHI CLASS

Our 4 week Tai Chi pilot will be under the instruction of certified trainer Joe Pandolfo.

He will cover "qigong" basic principles, Tai Chi instructions and repetitions, and teach a short form of the popular & traditional "Yang" style. Joe will also be available for one-on-one instruction for an extra 15 minutes after each class.

Classes will be \$7.00 for Residents and \$8.00 for Non-Residents and begin at 4:30pm on Tuesdays

May 10th, May 17th, May 24th, May 31st

Please sign up with Kathy Yaffee by 5/6



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!

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

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



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
5 Classes—\$25R / \$30 NR

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

GENTLE YOGA & CHAIR YOGA

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. Gentle Yoga is open to students of all levels. Friday is Chair Yoga which requires less strain on the body.

Pre-registration is required.

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



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

Fridays 9:30-10:30
4 Classes—\$20 R/\$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.

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

Wednesdays 10:00-11:00am
Fridays 11:00-12:00pm

YOGA DANCE

Facilitated by Peggy Dillon,
Certified Yoga Dance Teacher

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.

There is no fee for this class, but Pre-registration is required.

Wednesdays,
May 4th and May 11th
2:15-3:15pm

NEW

Tai Chi Class
Tuesdays at 4:30pm
See pg. 4 for details!



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
5 Classes—\$25 R / \$30 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

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

**For more information on class registration, please see pg. 10,
or 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, May 2nd 10:00am-4:00pm

Monday, May 16th 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

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

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.

WELLNESS PROGRAMS

Herrmman Blood Pressure Clinic

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

May 4th 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.

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

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

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.

Next date TBD

Podiatrist

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

June 7th and 28th from 9:00am-12:00pm

VNA East Adult Health Screenings

Blood Pressure, Foot Care & Ear Flushing for a nominal fee. **June 15th from 1:00-3:00pm**

**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 **May 10th** 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 ~
10:00am-12:00pm**

MOVIE DISCUSSION GROUP



Join us this month for the 1939 classic

The Wizard of Oz

This film touches on so many important questions & themes, such as following your own path, not hiding who you truly are & accepting others for who they are!

~ Monday, May 16th at 1:00pm ~

Of course, popcorn & snacks will be provided!



~ 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

Attention Wii Bowlers:

Our group will head to Bristol on **May 11th at 9:00am** for the Team Tournament!

We are looking forward to a fun day to celebrate the end of a great season!



DUPLICATE BRIDGE SCORES

APRIL 15, 2016

NORTH/SOUTH

1. 61.5 Jerry Shaffer/Athene von Hirschberg
2. 56.5 Aline Booth/Jeanne Haas
3. 55.5 Regina Rentz/George Waller

EAST/WEST

1. 63.6 Jane Stephens/Paula Tate
2. 62.4 Kathy Bean/David Bean
3. 62.4 Peggy Tucker/Bob Hughes





MAY DAY TRIPS



**LUNCH BUNCH: PLAZA AZTECA, MANCHESTER
THURSDAY, MAY 5TH FROM 11AM-2:30PM**

Celebrate Cinco de Mayo and enjoy a delicious Mexican meal in a quintessential traditional Mexican atmosphere!

**NEW ENGLAND AIR MUSEUM & LUNCH AT CRACKER BARREL, WINDSOR LOCKS
TUESDAY, MAY 10TH FROM 10:30AM—3:30PM**

The Air Museum houses one of the world’s most outstanding collections of historic aviation artifacts—more than 80 aircraft and an extensive collections of uniforms and personal memorabilia! We will stop for lunch at Cracker Barrel on our way to the museum. Admission is \$11.50 per person, payable at the Museum.

**IVORYTON PLAYHOUSE: SIX DANCE LESSONS IN SIX WEEKS & LUNCH AT IVORYTON TAVERN
WEDNESDAY, MAY 11TH FROM 10:30AM-5PM**

Join us for this poignant comedy about friendship. An aging but formidable woman hires a dance instructor to give her lessons in her home. What begins as an antagonistic relationship gives way to friendship as they swing dance, foxtrot, tango and cha-cha—all while sharing their secrets, fears and joys. Tickets are \$35 per person, and lunch is at your own expense.

Reservations must be prepaid no later than Wednesday, May 4th. Menu is available at Front Desk.

**BRAHMIN OUTLET TENT SALE, NEW BEDFORD, MA
FRIDAY, MAY 13TH FROM 10:30AM—4:30PM**

This annual event is not to be missed! Quality handbags, totes, overnight bags and more at a fraction of the price! We will stop for lunch on our way home.

**LUNCH BUNCH: RED LOBSTER, ROCKY HILL
TUESDAY, MAY 17TH FROM 11AM – 2PM**

If you like seafood, this is the place for you! Come share lunch with friends! Seafood, salads, soups and steak entrees available.

**AN EVENING WITH ROGERS & HAMMERSTEIN! ANDREWS MEMORIAL THEATER, CLINTON
FRIDAY, MAY 20TH FROM 4PM—10PM**

The opera theater of Connecticut invites you to share an evening of music! Including music from The King & I, Oklahoma, South Pacific, and Carousel! We’ll be stopping for an early dinner prior to the performance at Lenny & Joe’s! Tickets are \$35. per person, and the cost for dinner is on your own. **Reservations must be prepaid no later than Friday, May 13th.** Menu available at reservation desk.

**ROGER WILLIAMS ZOO, PROVIDENCE, RI
WEDNESDAY, MAY 25TH FROM 9:30AM – 4PM**

There is something for everybody at the Roger Williams Zoo! Come spend a beautiful spring day with the animals! Bring a picnic lunch or purchase your lunch from one of the vendors on site. Admission \$13.00 per person, payable at the Zoo.

**NEW BRITAIN MUSEUM OF AMERICAN ART, NEW BRITAIN
THURSDAY, MAY 26TH FROM 9:30AM – 3:30PM**

The New Britain Museum of American art is thrilled to present Cycle of Life in Print: Salvador Dali. Many other wonderful exhibits available as well. Lunch is available at your own expense at the lovely Café on the Park. Admission: \$12 pp, payable at museum.

**UCONN DAIRY BAR!
FRIDAY, MAY 27TH FROM 12:30PM—2PM**

Join us for a treat at the famous UConn Dairy Bar! A very popular ice cream spot right in our own back yard!

****SAVE THE DATE: “ANYTHING GOES’ AT THE GOODSPEED OPERA HOUSE
TUESDAY, JUNE 7TH**

With a three-course lunch at the Gelston House. Tickets are \$90 pp. **Pre-paid reservations must be made not later than Monday, May 9th.** **

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
May 12th and 26th
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

Please join us on May 11th at 11:00am for our **Low Vision Group**.

Caring for a parent, spouse
or disabled adult child?

Join our **Caregiver's Group** for support
and confidential conversation
with peer caregivers.
May 18th 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

COMMISSION ON AGING

Commission on Aging members serve as a vital resource group that Mansfield senior citizens can contact either individually or as a group when problems or questions arise about programs or needs of the elderly. Also, each senior housing community has representatives who keep the commission apprised of what is going on in their respective communities. Listed below are the names and phone numbers of commission members and the names and numbers of community representatives. Please feel free to contact anyone listed below if you have questions or concerns.

COMMISSION MEMBERS:

Wilfred T. Bigl (Chair)	860-429-0180
Laurie G. McMorrow (Vice Chair)	860-429-5090
Bev Korba (Secty.)	860-477-0546
Don Nolan	860-429-6113
Martina Wharton	860-634-0051
Bettejane Karnes	860-429-5279
Nancy Trawick Smith	860-208-3375
John Riesen	860-429-7569

COMMUNITY REPRESENTATIVES:

Judy Bigl for Jensen's	860-429-0180
David Palmer for Juniper Hill	415-321-8904
John Adamcik for Wrights Way	860-429-2153

WE ARE LOOKING FOR A REPRESENTATIVE FROM GLEN RIDGE.

**The next Commission on Aging meeting will be
Monday, May 9th 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.

MANSFIELD SENIOR & WELLNESS CENTER

303 MAPLE ROAD, MANSFIELD, CT 06268

MAY 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	MON, MAY 2	RES- \$30 , NON-RES- \$35
		QUILTING/ 10AM-4PM	MON, MAY 16	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
		*MONDAY, MAY 30TH IS HOLIDAY—NO CLASS		
TUES		STRENGTH & STABILITY/ 9AM-10AM	5 CLASSES	RES -\$25 , NON-RES- \$30
		POWER OF AGING/ 11AM-12PM	5 CLASSES	RES -\$25 , NON-RES- \$30
NEW		TAI CHI/ 4:30PM-5:30PM	STARTS MAY 10TH	RES-\$28, NON-RES- \$32
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		CHAIR YOGA/ 9:30-10:30	4 CLASSES	RES-\$20, NON-RES- \$24
		SPECIAL PROGRAMS		
		<i>PAINTING WOODEN BIRDHOUSES</i>	MAY 24TH AT 1PM	\$5.00 INCLUDES SUPPLIES
		<i>AWARD WINNING CHILI LUNCH</i>	MAY 13 AT NOON	\$5.00
TRIPS		LUNCH BUNCH- AZTECA, MANCHESTER	THURS, MAY 5	11:00AM-2:30PM
\$11.50		AIR MUSEUM & CRACKER BARREL	TUES, MAY 10	10:30AM-3:30PM
\$35.00		IVORYTON PLAYHOUSE	WED, MAY 11	10:30AM-5:00PM
		BRAHMIN OUTLET TENT SALE, MA.	FRI, MAY 13	10:30AM-4:30PM
		LUNCH BUNCH-RED LOBSTER	TUES, MAY 17	11:00AM-2:00PM
\$12.00		MUSEUM OF AMERICAN ART	THURS, MAY 26	9:30AM-3:30PM
\$35.00		ROGERS & HAMMERSTEIN	FRI, MAY 20	4:00PM-10:00PM
\$13.00		ROGER WILLIAMS ZOO	WED, MAY 25	9:30AM-4:00PM
		UCONN DAIRY BAR	FRI, MAY 27	12:30PM-2:00PM

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 MAY MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 EGGLANT ROULETTES PENNE & MARINARA SCANDINAVIAN BLEND PEARS WITH MANDARIN ORANGES	3 BEEF STEW BUTTERED NOODLES WINTER VEGGIES FRESH ORANGE	4 BBQ CHICKEN BAKED BEANS MIXED VEGGIES GRAPE JUICE CHOCOLATE CHIP COOKIE	5 CHEESE MANICOTTI WITH MARINARA GARLIC BREAD WAX & GREEN BEANS APPLESAUCE CUP	6 PUB BURGER ROASTED POTATOES LONG BEAN MEDLEY PEACH CUP
9 SOUTHWEST CRUSTED COD RICE PILAF CORN PEPPER MEDLEY APPLESAUCE CUP	10 CHEESE OMELET HASH BROWN POTATOES STEWED TOMATOES ORANGE JUICE DANISH	11 SALISBURY STEAK WITH GRAVY SEASONED RICE ITALIAN VEGGIES FRESH FRUIT	12 PINEAPPLE GLAZED HAM MASHED SWEET POTATOES GREEN BEANS PEACH CUP	13 SARAH D'S AWARD WINNING CHILI! WITH CORN BREAD AND GARDEN SALAD COST: \$5 PP PLEASE SIGN UP BY 5/9
16 CHICKEN PAPRIKA PARSLEY POTATOES WINTER BLEND CRANBERRY JUICE SUGAR COOKIE	17 BEEF HOT DOG BAKED BEANS COLESLAW APPLESAUCE CUP	18 LUNCHEON WITH CHORUS & SPARKETTES STEAK BURGER POTATO SALAD GARDEN SALAD APPLE PIE COST: \$7 PP PLEASE SIGN UP BY 5/9	19 CHICKEN CURRY WITH RICE CASSEROLE SNAP PEAS DICED CARROTS PEARS WITH MANDARIN ORANGES	20 MEATLOAF WITH GRAVY SCALLOPED POTATOES GREEN BEANS & DICED TOMATOES FRESH FRUIT
23 CHEESEBURGER NOODLES PEAS BABY CARROTS FRESH ORANGE	24 GREEN PEPPER CASSEROLE CUMIN & GARLIC POTATOES CAPRI VEGGIES PEACH CUP	25 LEMON GARLIC CHICKEN RICE PILAF STEWED TOMATOES FRUIT COCKTAIL	26 CRISPY COD PATTY MACARONI & CHEESE BROCCOLI PINEAPPLE CUP	27 BREADED PORK CHOP MASHED POTATOES MEXICAN CORN GRAPE JUICE CUPCAKE
30  SENIOR CENTER IS CLOSED	31 STUFFED SHELLS WITH MARINARA GARLIC BREAD GREEN & WAX BEANS APPLESAUCE CUP	1% milk & whole grain bread are served with each meal. Menu is subject to change without notice.	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!	

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

NEW DATE

THURSDAY, MAY 19TH—ARGIA SCHOONER CRUISE

A morning cruise aboard the schooner off the coast of Mystic, CT. You can bring a small cooler or 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.

Final payment for this trip is due the week of May 2nd.

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**

JUNE 22ND—STRAWBERRY FESTIVAL

Entertainment by the Hotel California Eagles Tribute Band. BBQ luncheon at the Summit View (outdoor covered pavilion), motor coach, the show plus driver gratuity included in the price.

Payment due May 22nd. \$76 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**

We have a trip to Portugal through Collette Vacations in November. Please call the number below with questions.

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 5/3 and 5/24

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:

- * **Third Wednesday Lunch & Entertainment with the MSCA Chorus and the Sparkettes on 5/18**
- * **Open House and Art Show on 5/26**



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!



~ MAY ~



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. 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</p>	<p>3. 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 SCRABBLE 11:00 PWR OF AGING 12:00 LUNCH 1:00 BINGO 2:30 COMPUTER COUNCIL MTG</p>	<p>4. 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 2:15 YOGA DANCE</p>	<p>5. 9:00 STRENGTH & STABILITY 9:00 REIKI 10:00 WII BOWLING 10:15 SPARKETTES 11:00 LUNCH TRIP: PLAZA AZTECA 12:00 LUNCH 12:00 PWR. OF AGING 1:00 BRAIN HEALTH SERIES 1:00 BRIDGE 1:00 JEWELRY 3:15 SR. AEROBICS</p>	<p>6. 9:00 SENIOR RESOURCES 9:00 WALKING DVD 9:30 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 HORSE RACES 1:00 ART STUDIO</p>
<p>9. 9:00 SR. AEROBICS 9:00 WALKING DVD 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 1:00 CHORUS 1:30 YOGA</p>	<p>10. 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 SCRABBLE 10:00 GENEALOGY 10:30 AIR MUSEUM 11:00 PWR OF AGING 12:00 LUNCH 1:00 BINGO 4:30 TAI CHI</p>	<p>11. 9:00 TRIP: WII BOWL 9:00 WALKING DVD 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 10:30 IVORYTON 11:00 YOGA 11:00 LOW VISION 12:00 LUNCH 12:00 CAUSERIES 1:00 FUND. OF TAP 1:00 ME & MY IPAD 2:15 YOGA DANCE</p>	<p>12. 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 WHO'S IN YOUR WALLET? 10:15 SPARKETTES 11:00 FOODSHARE 12:00 LUNCH 12:00 PWR. OF AGING 1:00 BRIDGE 1:00 JEWELRY 3:15 SR. AEROBICS</p>	<p>13. 9:00 WALKING DVD 9:30 YOGA 10:00 SCRABBLE 10:00 RESEARCH STUDY 10:00 KNITTING & CROCHETING 10:00 WII BOWLING 10:30 OUTLET TRIP 11:00 TAI CHI DVD 11:00 BRAIN AEROBICS 12:00 CHILI LUNCH 1:00 ART STUDIO 1:00 RADIO MYSTERY 2:00 MEDITATION</p>
<p>16. 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 1:00 CHORUS 1:00 MOVIE: THE WIZARD OF OZ 1:30 YOGA</p>	<p>17. 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 SCRABBLE 11:00 PWR OF AGING 11:00 LUNCH TRIP: RED LOBSTER 12:00 LUNCH 1:00 BINGO 4:30 TAI CHI</p>	<p>18. 9:00 WALKING DVD 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 11:00 YOGA 12:00 CAUSERIES 12:00 LUNCH W/ MSCA CHORUS & SPARKETTES 1:00 FUND. OF TAP 3:00 CAREGIVERS SUPPORT GROUP</p>	<p>19. 9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:15 SPARKETTES 11:00 PWR. OF AGING 12:00 LUNCH 1:00 BRIDGE 1:00 JEWELRY 3:15 SR. AEROBICS * MSCA TRIP: ARGIA CRUISE</p>	<p>20. 9:00 WALKING DVD 9:30 YOGA 10:00 GRAVESTONE PRESENTATION 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 2:00 MEDITATION 4:00 HAMMERSTEIN</p>



~ MAY ~



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

23.

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

24.

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
4:30 TAI CHI

25.

9:00 WALKING DVD
 9:30 WOOD CARVING
9:30 ROGER WILLIAMS ZOO
 10:00 TAI CHI DVD
 10:00 WRITING GRP.
 11:00 YOGA
 12:00 CAUSERIES
 12:00 LUNCH
 1:00 FUND. OF TAP

26.

9:00 STRENGTH & STABILITY
 9:30 **AMERICAN ART MUSEUM TRIP**
 10:00 WII BOWLING
 10:15 SPARKETTES
11:30 FOODSHARE
 12:00 PWR. OF AGING
 12:00 LUNCH
 1:00 JEWELRY
 3:15 SR. AEROBICS
4:00 OPEN HOUSE & ART SHOW

27.

9:00 WALKING DVD
 9:30 YOGA
 10:00 SCRABBLE
 10:00 KNITTING & CROCHETING
 10:00 WII BOWLING
 11:00 TAI CHI DVD
 12:00 LUNCH
12:30 UCONN DAIRY BAR TRIP
 1:00 ART STUDIO
2:00 MEDITATION

30.



SENIOR CENTER IS CLOSED

31.

9:00 STRENGTH & STABILITY
 10:00 WII BOWLING
 10:00 SCRABBLE
 11:00 PWR OF AGING
 12:00 LUNCH
 1:00 BINGO
4:30 TAI CHI



MAY BIRTHDAY LUNCH

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

~ MAY 4TH AT NOON ~
REGISTER BY MONDAY, MAY 2ND

TOWN OF MANSFIELD MEMORIAL DAY PARADE & CEREMONY

9:00 AM

Monday, May 30th, 2016

Parade will travel from the intersection of Route 195 & Bassetts Bridge Rd. in Mansfield Center down Cemetery Rd. to the ceremony site at the new Mansfield Center Cemetery.

Veterans & active duty personnel are invited to march at the head of the parade.

Call 860-429-3336 ext. 5 for more info.

FREE COMPUTER CLASSES

ME AND MY IPAD

Wednesday, May 11th ~ 1pm-3pm

This is a FREE 2 hour seminar explaining the use & versatility of the Apple iPad. The following areas will be presented; installing games & programs, Wi-Fi connection, remove programs, Icons, touch screen navigation, photography, internet, email & what to do when things go wrong. The class is open to anyone; bring your iPad for this hands-on class!



SAVE THE DATE!

EMAIL—JUNE 22ND (1-3PM)

INTRO TO FACEBOOK—JULY 6TH (1-3PM)

THE INTERNET & SKYPE—JULY 13TH (10-12PM)

TRAVEL PLANNING ON THE INTERNET—JULY 20TH (10-12PM)

UCONN RESEARCH STUDY

Friday, May 13th ~ 10am-12pm

Richard Jeong, a Nursing student at UCONN is conducting a research study regarding chronic pain in the older adult population along with his honors advisor Dr. Deborah McDonald and colleague Candy Jin. They will have a table set up in our Dining Room to talk with willing participants about the research study and ways they can help.

If you are interested, please make sure to stop by and chat with Ric 10am and 12pm.



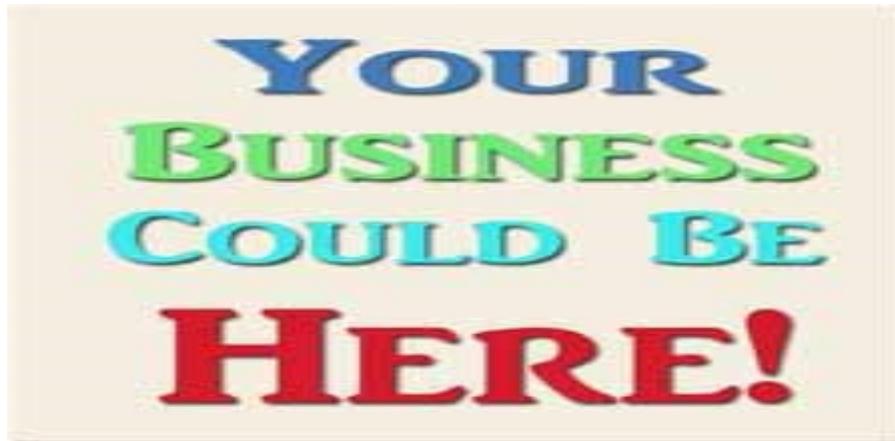
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For more information, please contact Karen L. Taylor at 860-429-3315

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

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Please Note:

The date on your label is your renewal date.

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\$12.00 First Class

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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.**