

SENIOR SPARKS

Mansfield Senior & Wellness Center Newsletter

~ JUNE 2016 ~

"Woods are filled with the music of birds, and all nature is laughing under the glorious influence of summer."
~Charles Lanman

June Luncheon & Entertainment with Christine Clooney

Join us for a delicious hot lunch to start your first month of summer right!



Wednesday, June 15th at 12:00pm
Cost: \$5.00 pp

Menu: Chicken Piccata,
Mashed Potatoes, Green Beans with
Carrot Cake for dessert.



Christine Cooney is a consummate vocalist and guitarist with over 4 decades of performing experience who possesses an ability to move easily between several musical styles. Ranging from RnB to Rock n Roll to classic Blues and Jazz, to Big Band & Swing.

*** Please purchase your ticket at the Senior Center by Wednesday, June 8th ***

Summer Series

We are kicking off our Summer Series with a fantastic performance and dinner!

Friday, June 24th
4:30pm Performance
5:30pm Dinner
Cost: \$7.00 pp

Menu: Chicken Ziti Bake,
Garlic Bread, Feta & Pita Chip Salad with
Apple pie and whipped cream for dessert.



SALLY MATSON performs as Margaret Bourke-White, the ground-breaking photographer of the 1930's-50's. In this presentation, you will hear about her adventures climbing on skyscrapers, leaning out of airplanes & going into war zones. Some memorabilia will be displayed.

*** Please register by Friday, June 17th
at 860-487-9870 ***

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:

SARAH TAYLOR

860-487-9874

taylors@mansfieldct.org

PROGRAM COORDINATOR:

CARA WEBB

860-487-9872

webbcj@mansfieldct.org

TRANSPORTATION COORDINATOR:

GIANNA STEBBINS

860-487-9877

stebbinsg@mansfieldct.org

RECEPTIONIST:

KATHY YAFFEE

860-487-9870

yaffeekg@mansfieldct.org

SITE SERVER:

SHARON CARON

860-487-9876

carons@mansfieldct.org

SOCIAL WORKER:

KATHY ANN EASLEY, LMSW

860-487-9873

easleyka@mansfieldct.org

OUTREACH WORKER:

SARAH DUFRESNE

860-487-9875

dufresnes@mansfieldct.org

Senior Center Update From all of the Senior Center Staff

We have been graciously gifted with many items and financial donations within the past couple of months and we wanted to take a moment to say a heartfelt **THANK YOU!**

From an anonymous donor to purchase Wii Bowling shirts, a generous woman who had it in her heart to help with a project we are dreaming up for the center, to a gentleman donating services and goods to our Bingo crew, **THANK YOU!**

To each of the willing participants who step in and help out with activities we have at the center each day or each week, that take time out of their days to make sure we can still run our programs and host special events, **THANK YOU!**

We could not do what we do with any success if it weren't for the generosity of heart, time and monetary gifts from many of you. Again, we thank you.



Sincerely,
Your Senior Center Staff

This month you will notice a few changes to the layout of our beloved *Sparks* Newsletter! In an effort to fit in the most pertinent information and still enjoy the appearance, there may be more to come.

The most noticeable difference is the calendar, on pages 13 & 14. We have highlighted an Events page listing all the specials we are offering for the month and the regular daily activities are now on the back side of the calendar page. Please take a moment to let us know what you think! ~ SC Staff

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
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**



MSCA TRANSITION COMMITTEE UPDATE

The Committee has met twice since our last report. We are working hard to develop a set of by-laws that will make the Association a more clearly defined and inclusive group.

Hopefully, we will be ready to present the new by-laws later this summer. The Committee members are looking forward to a trip to Duxbury, Massachusetts Senior Center, which has been cited as an outstanding facility.

Rita Braswell & Joan Terry, co-chairs



**LIBRARY BOOK
RETURN!**



**You may now return your library books
at the Senior Center!
There is a bag located near
Kathy Yaffee's desk.**

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

WELLNESS PROGRAMS

Herrmman Blood Pressure Clinic

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

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

Podiatrist

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

June 7th and 28th from 9:00am-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.

June 9th from 9:00-11:00am

VNA East Adult Health Screenings

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

June 15th 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.

July 11th from 9:00am-12:00pm

Hearing Clinics

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

July 14th 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

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



New in June



Newcomers Breakfast



**Tuesday, June 7th
beginning at 9:00am**

Join us for a light breakfast and a chance to meet some of our staff and learn more about what our Senior & Wellness Center has to offer you.

RSVP by June 3rd at 860-487-9870

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

June 3rd, June 10th, June 17th

Space is limited, so register at 860-487-9870 as soon possible

RADIO MYSTERY THEATER!



THIS MONTH'S MYSTERY:
Rocky Fortune: The Football Fix

Reminisce with us about the days you would gather around your radio as we tune in to a dramatic radio mystery from 1940!

~ Friday, June 17th at 1PM~
Register by Wednesday, June 15th
at 860-487-9870



Come & find out how you can spend some of your time helping those in need, who want a friendly face to visit them or perhaps, find a way someone can fill a need for you! Along with this presentation you will get to **Build Your Own Sundae** with delicious Sweet Frog Frozen Yogurt!

**Wednesday, June 8th
12:30pm**

There is no charge for this event

Register by Monday, June 6th
at 860-487-9870

Assertiveness Training

With Jo Anne Harrison-Becker, MD

**Wednesday, June 22nd
~ 1:00pm ~**

Join us for this informative session on how to say no with a heart. This training will include sample situations such as making a request, refusing a request, dealing with criticism and more. Learn how to responsibly give direct, honest communication, express your feelings & make solid choices.

**Register by Friday, June 17th
at 860-487-9870**

TAI CHI

Our 4-week Tai Chi Pilot program was extremely successful! We are thankful for everyone's participation! Stay tuned for updates on the future of this class with Joe Pandolfo.

CRAFTY CREATIONS **Bird Sun Catchers**

All materials included, special paint provided to fill in the shapes of two beautiful birds!



**Tuesday, June 28th
1:00pm
Cost: \$3.00 pp**



Register by Wednesday, June 22nd
at 860-487-9870

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
4 Classes—\$20R / \$24 NR
Thursdays 9:00-10:00 am
5 Classes—\$25R / \$30 NR

GENTLE 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 now for all levels!

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
3 Classes—\$15 R/\$18 NR
NO CLASS: 6/1 or 6/3



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
2 Classes—\$10 R / \$12 NR
Thursdays 3:15-4:15pm
4 Classes—\$20 R / \$24 NR
NO CLASS: 6/20, 6/23 or 6/27



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,
June 8th and 15th
2:15-3:15pm



Fit For Life

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
5 Classes—\$25 R / \$30 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
5 Classes—\$25 R / \$30 NR

**** Resident and Non-resident Prices listed are for the month of June****
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, June 6th 10:00am-4:00pm

Monday, June 20th 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

COMMUNITY NEWS

CLIR

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

My Parents' Survival of the Holocaust:

Wednesday, June 1

Memoir Club:

Thursdays, June 2-30 (10:15-11:45)

Great Decisions:

Monday, June 6

On Being an American Egyptian Muslim Woman Living in Connecticut:

Wednesday, June 8

Psychology Studies You Should Know About:

Tuesday, June 14

Wayne Norman Interviews

Todd Friedland:

Wednesday, June 15

The Early Days of Record & Radio:

Wednesday, June 22

Horses & Healing:

Thursday, June 23

Classes are held in the Vernon Cottage on UConn's Depot Campus.

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

COMMUNITY

Companion & Homemaking Services

They are holding their

"FIRST- BUT- NOT- LAST

ANNUAL PASTA DINNER" on

Friday, June 17 from 4:30-7:00 at

CLICK KITCHEN on

41 Club Rd, Windham CT.

Enjoy Pasta, Red Sauce, Meatballs & Sausage, White Primavera Sauce, Salad, Garlic Bread, Dessert & Drinks. Eat at CLICK or Take Out.

Tickets are \$10 for Adults and \$5 for Children.

Call 860-456-3626 for tickets or get at the door. All funds raised subsidize in-home services for elderly individuals.



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 **June 14th** 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 chorus has two seasons of singing. Our Fall practices start in September & the concerts take place in early/mid December. Our Spring practices start in February and the concerts are in May/early June. 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 (On tour now, so not mtg.)

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



Baz Luhrmann helped adapt this classic Shakespearean romantic tragedy for the screen, updating the setting to a post-modern city named Verona Beach.

In this version, the Capulets and the Montagues are two rival gangs.

Join us on **Monday, June 13th** for this truly interesting adaptation!
Popcorn is provided.

DUPLICATE BRIDGE SCORES

APRIL 29, 2016

NORTH/SOUTH

1. 69.00 Regina Rentz/George Waller
2. 68.00 Doris LeDoyt/Nancy McDowell
3. 66.50 David Markowitz/Sue Losee

EAST/WEST

1. 76.00 Nola Hoss/Bill Hoss
2. 71.00 Helen Gauthier/Nappy Gauthier
3. 63.50 Kathy Watson/Elli Sharpe



Attention Wii Bowlers:

Congratulations on your fantastic efforts this season! We all had a great time meeting new league members and visiting some old friends.

It's time to celebrate the end of the season and talk about the future of our group.

All Wii Bowlers are encouraged to come together on

Wednesday, June 29th at 11:00am for a celebration and planning discussion.



Ha Ha
Ha Ha Ha

"When you are dissatisfied and would like to go back to youth, think of Algebra."

-Will Rogers

JUNE DAY TRIPS

GILLETTE CASTLE & LUNCH AT THE WHEAT MARKET DELI, CHESTER

Friday, June 3rd from 9:30AM-4PM Enjoy a summer day on the grounds of Gillette Castle— tours also available. We will stop for a late lunch on the way home. Castle admission \$6/person.

TWIN PONDS FARM, MANSFIELD

Friday, June 10th from 12:30PM—3:30PM Previously Brown's Farm Stand, they have moved to a new property with lovely views of the Mansfield countryside! We will be traveling after lunch — seasonal fruits, vegetables, flowering plants, pies, ice creams — don't miss out on a chance to purchase these delicious items!

US COAST GUARD CHAMBER PLAYERS CONCERT, COAST GUARD ACADEMY, NEW LONDON

Sunday, June 12th from 11:30AM-5PM All performances are FREE to the public — no ticket required. All visitors must present a valid state-issued photo ID. We will stop for lunch on our way at "Farmer's Cow Calfe."

DAY AT THE SHORE, WATCH HILL, RI

Monday, June 13th from 9AM-4PM We will be traveling to Watch Hill for a day at the shore — don't forget your sunscreen, beach chair, cooler! Quaint shops and restaurants also available steps from the beach.

HARTFORD BLOOMS!

Thursday, June 16th from 9:30AM-4:30PM Experience this showcase of Hartford's prized private & public gardens and historic architecture! We will be stopping for lunch at First and Last Tavern. Tour admission \$15/person.

WADSWORTH ATHENEUM, HARTFORD

Friday, June 17th from 9:30AM—3:30PM Gothic to Goth: Romantic Era Fashion & Its Legacy on display as well as numerous other exhibits. Lunch available at the Museum Café or sample one of the many downtown Hartford eateries! Museum admission: \$12/person.

ELIZABETH PARK , HARTFORD

Wednesday, June 20th from 10AM-3PM Come and see the abundant gardens of the oldest American rose garden! Lunch will be available at the Pond House Café.

LUNCH BUNCH: DAD'S, NIAN TIC

Tuesday, June 21st from 11AM-3PM Way more than a clam shack! This casual waterfront restaurant (adjacent to the Niantic Boardwalk) will not disappoint — seafood, burgers, sandwiches, salads, and gourmet ice cream!

QUILTING SHOP EXTRAVAGANZA! NATICK, MA & AUBURN, MA

Wednesday, June 22nd from 9AM-4PM We will be visiting Fabric Place Basement and That Fabric Place for all your quilting needs! We will stop for lunch between locations for a quick bite!

THIMBLE ISLANDS BOAT CRUISE & LUNCH, STONY CREEK

Wednesday, June 29th from 9:30AM—4:30PM Welcome aboard! Enjoy this lovely cruise around 25 breathtaking Connecticut Islands. Be sure to bring a little snack to enjoy on board. Lunch stop at The Chowder Pot in Branford. Cruise admission \$10/person.

LUNCH BUNCH: POINT BREEZE RESTAURANT, WEBSTER, MA

Thursday, June 30th from 11AM-3PM Enjoy a glorious summer day on the deck of this New England seafood restaurant on the banks of Webster Lake!

PLEASE NOTE:

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. Unless otherwise noted, admission costs for trips are payable at the venue.

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
June 9th and June 23rd
from 11:30am-12:00pm

Those who have missed the deadline for Homeowners Tax Relief Program may contact Kathy Ann Easley for additional information.

~

If you are seeking assistance with utility shut-off notices, contact this office for a referral.

SUPPORT GROUPS

Please join us on **June 8th 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.

June 15th from 3:00-4:00pm

The **Grandparents Raising Grandchildren Group** meets monthly at the Mansfield Senior Center! This group is facilitated by Janit Romayko, LCSW. We have resources available along with lots of laughter.

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

LOCAL RESOURCES

COMMISSION ON AGING

The COA works diligently on behalf of Mansfield senior citizens. In its advisory capacity to the Town of Mansfield, the COA advocated for, and saw, the implementation of the following projects:

1. A bus shelter on Route 275 @ the Community Center.
2. Expanded and more accessible handicapped parking at the Community Center.

The COA recently asked Elizabeth Grant, the Director of WRTD and the Dial-a-Ride program to attend a meeting to hear our concerns about the program and to speak about changes in the Dial-a-Ride program. Some members also attended the Town Council meeting where she, the Transportation Coordinator, and the Finance Director gave an update about WRTD and Dial-a-Ride. We were pleased to hear about the many changes that are being implemented. We are encouraging you to use the new system. Also, please let the Commission know of any problems or concerns that you encounter.

WE ARE LOOKING FOR A REPRESENTATIVE FROM GLEN RIDGE.

The next Commission on Aging meeting will be Monday, June 13th 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

JUNE 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	NO CLASS 6/20,6/27	RES-\$10, NON-RES \$12
		QUILTING/ 10AM-4PM	JUNE 6	RES-\$30, NON-RES \$35
		QUILTING/ 10AM-4PM	JUNE 20	RES-\$30, NON-RES \$35
		SPARKETTES/ 10:15AM-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	NO CLASS JUNE 1	RES - \$20, NON-RES \$24
		BEGIN TAP / 1PM-2PM	5 CLASSES	RES- \$25, NON-RES \$30
THUR		STRENGTH & STABILITY /9AM-10AM	5 CLASSES	RES - \$25, NON-RES \$30
		POWER OF AGING/ 12PM-1PM	5 CLASSES	RES- \$25, NON-RES \$30
		SENIOR AEROBICS/ 3:15PM-4:15PM	NO CLASS JUNE 23	RES- \$20, NON-RES \$24
FRI		YOGA/ 9:30AM-10:30AM	NO CLASS JUNE 3	RES- \$15, NON-RES \$18
		SPECIAL PROGRAMS		
		<i>BISTRO MEAL WITH CHRISTINE COONEY</i>	JUNE 15 AT NOON	COST: \$5.00
		<i>SUMMER NIGHT EVENT</i>	JUNE 24 AT 4:30PM	COST: \$7.00
		<i>CRAFTY CREATIONS</i>	JUNE 28 AT 1PM	\$3.00 INCLUDES SUPPLIES
TRIPS		GILLETTE CASTLE & LUNCH	FRI, JUNE 3	9:30AM-4:00PM
		TWIN PONDS FARM & LUNCH	FRI, JUNE 10	12:30PM-3:30PM
		US COAST GUARD CONCERT & LUNCH	SUN, JUNE 12	11:30AM-5:00PM
		DAY AT WATCH HILL	MON, JUNE 13	9:00AM-4:00PM
		HARTFORD BLOOMS & LUNCH	THURS, JUNE 16	9:30AM-4:30PM
		WADSWORTH ATHENAEUM & LUNCH	FRI, JUNE 17	9:30AM-3:30PM
		LUNCH BUNCH- DAD'S IN NIANTIC	TUES, JUNE 21	11:00AM-3:00PM
		ELIZABETH PARK & LUNCH	WED, JUNE 20	10:00AM-3:00PM
		QUILTING SHOPPING IN MASS.	WED, JUNE 22	9:00AM-4:00PM
		THIMBLE ISLAND BOAT CRUISE & LUNCH	WED, JUNE 29	9:30AM-4:30PM
		LUNCH BUNCH-POINT BREEZE	THURS, JUNE 30	11:00AM-3:00PM

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 JUNE MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For other Special Luncheons: Please sign up with Kathy Yaffee. THANK YOU!</p> 		<p>1. WESTERN OMELET ROASTED POTATOES PEAS & ONIONS PEARS WITH MANDARIN ORANGE</p>	<p>2. TUSCAN BAKED CHICKEN RICE PILAF CAPRI VEGGIES FRESH ORANGE</p>	<p>3. COD ITALIANO BUTTERED NOODLES MIXED VEGGIES GRAPE JUICE CHOCOLATE CHIP COOKIE</p>
<p>6. RITZ CRUSTED COD MACARONI & CHEESE ITALIAN VEGGIES FRESH ORANGE</p>	<p>7. SWEET & SOUR PORK STEAMED RICE DICED CARROTS PEARS WITH MANDARIN ORANGE</p>	<p>8. SWEDISH MEATBALLS BUTTERED NOODLES MEXICAN CORN APPLESAUCE CUP</p>	<p>9. CHICKEN CURRY RICE CASSEROLE BLACK BEANS CARROT COINS CRANBERRY JUICE DANISH</p>	<p>10. CHEESE OMELET ROASTED POTATOES STEWED TOMATOES FRUIT COCKTAIL</p>
<p>13. SHEPHERD'S PIE BROCCOLI PEACH CUP</p>	<p>14. BREADED PORK CHOP MASHED POTATOES MEXICAN CORN GRAPE JUICE CUPCAKE</p>	<p>15. SPECIAL LUNCHEON CHICKEN PICCATA MASHED POTATOES GREEN BEANS CARROT CAKE \$5.00 PP SIGN UP BY 6/8</p>	<p>16. LEMON GARLIC CHICKEN RICE PILAF STEWED TOMATOES FRUIT COCKTAIL</p>	<p>17. STUFFED SOLE WITH CRAB MEAT* MACARONI & CHEESE LONG BEANS PINEAPPLE CUP *CONTAINS SHELLFISH</p>
<p>20. CHICKEN TERIYAKI STEAMED RICE ORIENTAL MIX GRAPE JUICE SUGAR COOKIE</p> 	<p>21. BEEF HOT DOG BAKED BEANS COLESLAW PEACH CUP</p>	<p>22. GLAZED HAM SCALLOPED POTATOES BROCCOLI FRESH BANANA</p>	<p>23. MEXICAN COD SPANISH RICE MEXICAN CORN PINEAPPLE CUP</p>	<p>24. CHICKEN CORDON BLEU GARLIC MASHED POTATOES PEAS & CARROTS APPLESAUCE CUP</p>
<p>27. CHEESE MANICOTTI WITH MARINARA BEAN MEDLEY PINEAPPLE CUP</p>	<p>28. BEEF STEW BUTTERED NOODLES WINTER VEGGIES FRESH ORANGE</p>	<p>29. SOUTHWESTERN CRUSTED COD RICE PILAF BROCCOLI & CARROTS GRAPE JUICE OATMEAL COOKIE</p>	<p>30. CHICKEN PARMESAN PENNE PASTA LONG BEANS APPLESAUCE CUP</p>	<p style="text-align: center;">1% milk & whole grain bread are served with each meal. Menu is subject to change without notice.</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

WEDNESDAY, JUNE 22ND STRAWBERRY FESTIVAL

There is still room for the **Strawberry Festival**, with 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 of **\$76 pp.**

Final payment is due May 22.



FRIDAY, JULY 22ND LEXINGTON/CONCORD, MA

A little bit of history takes us to **Lexington/Concord**. Trip includes Motor Coach, a step on guide and Road to Revolution; lunch at the historical Wayside Inn (the oldest inn in the country) and time to browse the schoolhouse and grist mill. A stop at Colonial Candles will complete the day. Chicken Pot Pie or Boston Scrod for the main meal. Includes driver gratuity for **\$79 pp.**

Final payment is due by June 22.

TUESDAY, AUGUST 9TH HU-KE-LAU, MA

We are going back to the Hu-Ke-Lau for our yearly **Triple Lobsters** with 2 shows—famous Polynesian show and a Mystery show. I have over ½ bus filled now so please register early for this trip. There is also Prime Rib for those of you who don't eat lobster. Price includes bus and driver gratuity for **\$94 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

COMPUTER CLASSES

ALL OF OUR CLASSES ARE FREE OF CHARGE

EMAIL: JUNE 22ND (1-3PM)

This seminar will cover the following topics: reading an email address, creating mailboxes, how to setup email contacts, how email is sent & received & understanding the various email folders.

Other options like emoticons, replying & forwarding emails, email attachments, email etiquette, junk mail & privacy in emails will be explained. This free class is for people who already have an email account. If you need an email account, please come to the Senior Center on any Monday and see our instructor, Dan Gebben.

SAVE THE DATE!

INTRO TO FACEBOOK—JULY 6TH (1-3PM)

Joining Facebook free, simple & worthwhile! We will explore page layout, posting messages, uploading photos, finding friends, security & privacy. Please come check it out!

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

During this seminar you will learn how to surf the internet! Learn about different browsers, explore the function of tab browsing & other secrets of safe internet exploration. A demonstration of internet communication with Skype will also be presented.

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

This seminar is designed to explore the multiple resources available on the internet for planning your next vacation adventure! Come see the possibilities that await the senior globe trotter within you!



TECH HELP
EVERY MONDAY
AT 10:00AM



Free computer, Apple products, digital camera help & MORE is available by two of the Computer Council's talented consultants, Dan Gebben and Michael Palmer. Stop by with your gadgets & questions for some one-on-one assistance!

~ JUNE SPECIAL EVENTS ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**SUNDAY,
JUNE 19TH
IS FATHER'S
DAY 2016**

1.
NO YOGA
11:30 BLOOD
PRESSURE
12:00 BIRTHDAY
LUNCH

2.

3.
NO YOGA
9:30 GILLETTE TRIP
10:00 PHOTO CLUB
2:00 MEDITATION

6.
10:00 QUILTING

7.
9:00 NEWCOMERS
BREAKFAST
10:00 GOODSPEED
2:30 COMPUTER
COUNCIL MTG.

8.
11:00 LOW VISION
1:00 HOME INSTEAD
WITH SWEET FROG
2:15 YOGA DANCE

9.
9:00 REIKI
11:30 FOODSHARE

10.
12:30 TWIN PONDS
TRIP
2:00 MEDITATION

13.
9:00 WATCH HILL
TRIP
9:30 COMMISSION ON
AGING MTG.
1:00 MOVIE: *ROMEO
& JULIET*

14.
10:00 GENEALOGY
*SHOPPING &
LIBRARY VAN RUN

15.
12:00 SPECIAL LUNCH
W/CHRISTINE COONEY
3:00 CAREGIVERS
SUPPORT GROUP
1:00 *VNA*EAST
2:15 YOGA DANCE

16.
9:30 HARTFORD
BLOOMS TRIP

17.
9:30 WADSWORTH
TRIP
10:00 PHOTO CLUB
12:45 DUP. BRIDGE
1:00 RADIO
MYSTERY
2:00 MEDITATION

20.
NO SR. AEROBICS
10:00 ELIZABETH
PARK TRIP
10:00 QUILTING

21.
11:00 DAD'S TRIP

22.
1:00 ASSERTIVENESS
TRAINING
1:00 EMAIL CLASS
***STRAWBERRY
FESTIVAL W/KAY**

23.
NO SR. AEROBICS
11:30 FOODSHARE

24.
4:30 SUMMER
SERIES:
PERFORMANCE
& DINNER

27.
NO SR. AEROBICS

28.
*SHOPPING &
LIBRARY VAN RUN
1:00 CRAFTY
CREATIONS: BIRD
SUN CATCHERS

29.
9:30 THIMBLE ISLAND
TRIP
11:00 WII BOWLING
CELEBRATION & MTG.

30.
11:00 POINT BREEZE
TRIP

WEEKEND TRIPS:

US COAST GUARD CHAMBER PLAYERS CONCERT, COAST GUARD ACADEMY, NEW LONDON
Sunday, June 12th from 11:30AM-5PM All performances are FREE to the public — no ticket required. All visitors must present a valid state-issued photo ID. We will stop for lunch on our way at “Farmer’s Cow Calfe.”

AROUND TOWN EVENTS:

Saturday, June 4th Book Sale at the Mansfield Public Library! 9am to 4pm, stop by the Buchanan Ctr.
Saturday, June 18th Repair Café at the First Congregational Church in Willimantic from 10am-2pm.

~ DAILY ACTIVITIES ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 1:30 YOGA	9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 SCRABBLE 11:00 PWR OF AGING 12:00 LUNCH 1:00 BINGO	9:00 WALKING DVD 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 12:00 CAUSERIES 12:00 LUNCH 1:00 FUND. OF TAP	9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:15 SPARKETTES 12:00 PWR. OF AGING 12:00 LUNCH 1:00 BRIDGE 1:00 JEWELRY 3:15 SR. AEROBICS	9:00 WALKING DVD 9:30 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

IT'S PARTY TIME



JUNE BIRTHDAY LUNCH

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

~ JUNE 1ST AT NOON ~

REGISTER BY MONDAY, MAY 31ST

**Mark your Calendars for
the return of:**



**“CONVERSATIONS WITH
BETTY!”**

Subject matter will be topics of
interest to attendees. 4 Thursdays in
August from 1:30-3pm
August 4th, 11th, 18th and 25th

We will host **SENIOR RESOURCES**
again on **Friday, August 5th** for
another benefits Check Up!
This is a confidential questionnaire
that will screen you for eligibility for
federal, state & local financial
programs. See Sarah Dufresne
for details & questions.

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.



**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 6/14 and 6/28****

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:

- * Special Luncheon with Christine Cooney on June 15th
- * Summer Series: Dinner & Performance with Sally Matson
as Photographer, Margaret Bourke-White on June 24th



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!**



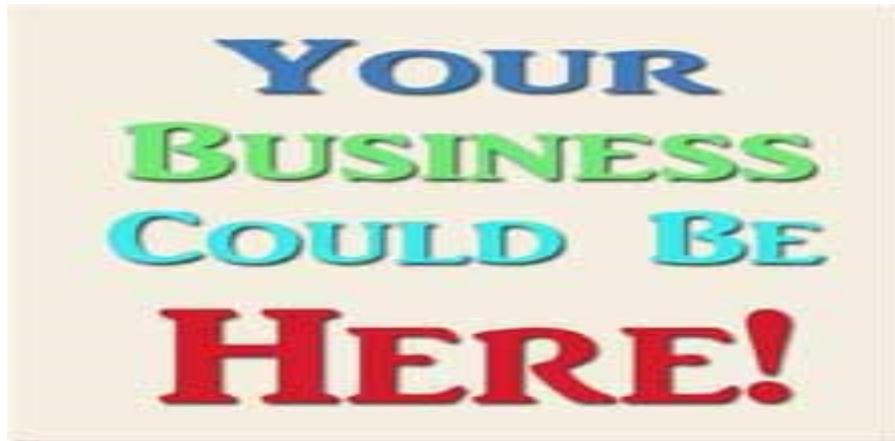
NEWSLETTER SPONSORS

ANDREW MAINES CONSTRUCTION
HOME IMPROVEMENTS LG/SM
LICENSED AND INSURED
STORRS, CT 860-208-2687

FERRIGNO-STORRS REALTORS
PAT FERRIGNO
1734 STORRS ROAD
860-377-4333

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

FRAN STORCH, N.D.
NATUROPATHIC 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 5 days advance notice,
although special exceptions for
emergency requests will be made depend-
ing upon volunteer availability.**



**Please call Gianna Stebbins,
Transportation Coordinator,
at 860-487-9877
for more information.**