

SENIOR SPARKS

Mansfield Senior & Wellness Center Newsletter

~ JULY 2016 ~

This nation will remain the land of the free only so long as it is the home of the brave. ~Elmer Davis

Summer Series: This Land is Your Land



We are pleased to welcome Roger Tincknell as he performs an interactive music program that celebrates our country in song. His set includes guitar, banjo, mandolin, ukulele & more as we enjoy a variety of folk songs!

Friday, July 15th
Dinner at 5pm
Performance at 6pm
Cost: \$7.00 pp

Menu: Pineapple Chicken, Potato Salad, Green Beans and Berry Parfait for dessert

Please purchase your ticket at the Senior Center by Monday, July 11th

Masonicare Kickoff Cookout!

Join us for a traditional summer cookout hosted by Masonicare and find out all the latest news on their new Mansfield projects!

Monday, July 11th
Lunch at 12pm
Cost: \$5.00 pp
Presentation to follow lunch



Proceeds from this event will go towards our upcoming Café and Library projects!

Please purchase your ticket at the Senior Center by Wednesday, July 6th

Special Luncheon with Mansfield's own, Quintebrass Band!

Connecticut is home to this talented quintet brass band that performs a repertoire of music from the Renaissance through the 20th century, with some non-standard arrangements included for good measure! This group is one you won't want to miss!



Wednesday, July 27th
Lunch at 12pm
Performance at 12:45pm
Cost: \$7.00 pp

Menu: Fresh Salad Bar with all the fixings! Loads of veggies plus tuna, chickpeas and boiled eggs! Dessert will be Lemon Squares

★Please purchase your ticket at the Senior Center by Monday, July 25th★



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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SARAH DUFRESNE

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dufresnes@mansfieldct.org

Senior Center Update *From Sarah Taylor, Senior Center Supervisor*

Summer is officially here and we're in full swing at the Senior Center! In addition to all of the fantastic programs and events we've got planned this month, we're beginning to work on some longer-term and exciting projects, including a Café and a Satellite Library! Join us for a Kickoff Picnic with Masonicare at noon on the 11th that will benefit both of these new ventures! Now that we're fully licensed again in our kitchen, we're also planning and preparing more homemade, nutritious meals for some of our events, including our 2nd Summer Night with Roger Tincknell on the 15th and our Salad Bar Luncheon with the Quintebrass Band on the 27th! You won't want to miss any of these, so please remember to purchase your "ticket" ahead of time!

We'd also like to remind everyone that all Town of Mansfield buildings and grounds, including the Senior Center, are now tobacco free campuses. We commend the Town Council for taking this important step toward ensuring a healthy environment for all of our community members.

As always, if you have other ideas, suggestions or feedback, please let us know. We look forward to seeing you and we wish you a happy, healthy & fun-filled summer!



Please Note:



Our Senior Center will be closed
July 18th through 22nd
for maintenance and repairs.

We are looking forward to opening up again with a spruced up Center! Thank you for your understanding.

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

Committee members and Senior Center staff made an exciting and very useful trip to the Duxbury Senior Center on May 27th. We came back with several new ideas about the role of the Association, the importance of keeping our 501(c)3 status, possibilities for fundraising and advocacy, and opportunities for increased publicity.

During the recent Open House, the MSCA did a survey of public interest in a group such as MSCA. Returns were small in numbers, but overwhelming in support. We also sold 5 t-shirts!

Work on the revised Mansfield Senior Center Association Bylaws has been finished! The proposed new version will be presented for approval and adoption at the September meeting of the MSCA members. To answer your questions and to talk about the new direction the Association is taking, we have scheduled 2 informational meetings—one at 10am on Tuesday, July 28th and the other at 1pm on Monday, August 15th.

Come join us! We're excited about the future and would like to share this with you!

Joan Terry & Rita Braswell, Co-chairs

Sparks Subscriptions:



If you receive your monthly issue of SPARKS in the mail, you may have noticed a RED LINE underneath your address this month. If so, that means your subscription is over as of July 2016. Please fill out the submission form on the back page of this issue and follow the instructions to ensure you receive your next copy in the mail.
Thank you for your continued support!

WELLNESS PROGRAMS

Herrmman Blood Pressure Clinic

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

Wednesday, July 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.

Thursday, July 7th from 9:00am-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.

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

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.

Wednesday, July 13th from 9:00am-3:00pm

Hearing Clinics

Individual appointments are available for hearing tests, hearing aid checks and wax inspection with Audiology Concierge.

Thursday, July 14th from 11:00am-2:00pm

VNA East Adult Health Screenings

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

Wednesday, July 27th from 1:00-3:00pm

Podiatrist

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

Tuesday, August 16th from 9:00am-12:00pm

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



New in July



**Thursday, July 7th
10am-11am**

Do you have Medicare & Medicaid? If so, join us for an informative presentation with David Macniven and learn how you may be able to save money and get more out of your coverage. David has done this presentation here before & we learned so much we needed him to come again!

**Register by Wednesday, July 6th
at 860-487-9870**



**Wednesday, July 13th at 12:45pm
at the Senior Center**

**Thursday, July 14th at 6:30pm
at the Mansfield Library**

Ellen Grant from Windham Region Transit District (WRTD) is going to share all of the new updates that have taken place recently! You won't want to miss this time of discussion and learning of how best to utilize these transportation services.

**Transportation will be provided!
Register by Monday, July 11th at 860-487-9870
and let us know if you need a ride!**



Crafty Creations

**Tuesday, July 26th at 1pm
\$2.00 pp**

We will be making pressed flower book marks! We are collecting and pressing petals here but if you have any of your own from home, please bring them the day of the craft. All materials provided.

Register by Friday, July 15th at 860-487-9870

UConn

Friday, July 8th from 11am-1pm

UConn students will be here conducting a survey to explore how comfortable older adults are with communicating with healthcare providers. There will be a series of questions that will take about 5-10 minutes to complete. All identifying information will be left out when the group shares their conclusions. Please stop by the Senior Center and help out with this great project!

Discussion: Lyme Disease & More

Tuesday, July 12th at 11am



Come to this informative discussion about Lyme Disease and not only learn ways to prevent getting it but also what to do once you've been diagnosed. Talk about where to find support and steps to take to help you through. There will also be discussion about Poison Ivy and other rashes that you can get outdoors.

Presented by Price Chopper Pharmacists,
Jean Patton and Jaime Bonafine.

Register by Monday, July 11th at 860-487-9870



Monday, July 25th at 12:30pm

Recycling Coordinator for the Town of Mansfield, Virginia Walton, will be here to talk about what can and can't be sent through our recycling systems. She has a great presentation lined up & will take your questions!

Register by Friday, July 15th at 860-487-9870

**Mark your Calendars for the return of:
"CONVERSATIONS WITH
BETTY!"**



**August 4th, 11th, 18th and 25th
1:30-3:00pm**

Subject matter will be topics of interest to attendees.



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
3 Classes—\$15R / \$18NR

Thursdays 9:00-10:00 am
3 Classes—\$15R / \$18 NR

GENTLE YOGA

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. All classes are open to students of all levels. Friday is now for all levels!

Pre-registration is required.

Mondays 1:30-2:30pm
2 classes—\$10 R/\$12 NR

Wednesdays 11:00am-12:00pm
3 Classes—\$15 R/\$18 NR

Fridays 9:30-10:30
4 Classes—\$20 R/\$24 NR

NO CLASS: 7/4 or 7/18



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
2 Classes—\$10 R / \$12 NR

NO CLASS: 7/4 or 7/18



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

TAI CHI—ALL LEVELS

Our 4-week pilot program was extremely successful! After gathering some feedback from participants we will be offering Tai Chi as an on-going class, once a week starting in September.

Stay tuned for more updates and specific days/times for this multi-level Tai Chi class with Instructor, Joe Pandolfo.



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
2 Classes—\$10 R / \$12 NR

Thursdays 12:00-1:00pm
2 Classes—\$10 R / \$12NR

NO CLASS: 7/5 or 7/7

TAP DANCING FOR SENIORS

Sparkettes Performing Group Class is on hiatus for the summer and will resume in September.



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. Check back for the beginning date in Fall 2016.

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
2 Classes—\$10 R / \$12 NR

NO CLASS: 7/6

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

**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, July 11th 10:00am-4:00pm

Monday, July 25th 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

Emile P. giving our Town Manager, Matt Hart a brief lesson in Wood Carving at our Open House!



COMMUNITY NEWS

NEW MANSFIELD BUS PASS PROGRAM

The Town of Mansfield is offering a new bus pass program for low income residents of the Town, effective July 1st. The qualifications are as follows:

-Applicants must reside in Mansfield for more than six months during the course of the preceding year. *UConn students living in campus-sponsored housing are not eligible for the Mansfield Bus Pass Program.*

-Applicant households must meet the income guidelines for low income household established annually by the Town.

HOUSEHOLD SIZE	INCOME LIMIT
1	\$30,600
2	\$35,000
3	\$39,400
4	\$43,750
5	\$47,250
6	\$50,750
7	\$54,250
8+	\$57,750

Passes are acceptable for use from July 2016 to June 2017. Reapplication is required annually.

If you meet the above qualifications, please contact the Town of Mansfield Human Services Office at (860) 429-3315 or humanservices@mansfieldct.org

CLIR

UConn's Lifelong Learning Program is offering five free summer classes on Wednesdays, June 29th to July 17th, from 1:15-2:45pm.

The lively informal discussions will be moderated by Betty Heiss and Lynn Mardon. Rather than formal presentations, attendees may make topic suggestions for group discussion.

Attendees who are well familiarized with their topic of interest should e-mail Betty (bettyheiss7@gmail.com) or Lynn (webofbelief@yahoo.com). Please include your phone number. We hope you'll join us!

Classes are held in the Vernon Cottage on UConn's Depot Campus.
<http://clir.uconn.edu/>

GROUP ACTIVITIES

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 **July 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

We had a fantastic Spring 2016 season and are on hiatus for the summer! We will resume in the Fall with our first practice on Monday, September 12th at 1:00pm. Check back in August for more details.

Mondays from 1:00pm-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



DUPLICATE BRIDGE SCORES

MAY 20, 2016

NORTH/SOUTH

1. 90.50 Athene von Hirschberg/
Jerry Shaffer
2. 63.00 Nancy McDowell/Doris
LeDoyt
3. 59.50 David Markowitz/Paul
Stanton

EAST/WEST

1. 82.50 Nola Hoss/Bill Hoss
2. 80.50 Kathy Watson/Elli
Sharpe
3. 71.50 Kathy Tolsdorft/Chris
Tolsdorft

JUNE 17, 2016

NORTH/SOUTH

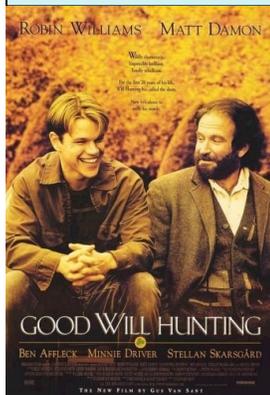
1. 59.13 74.50 A-2 Elli Sharpe/
Marion Buteau
2. 57.94 73.00 A-1 George
Waller/Regina Rentz
3. 55.56 69.00 A-3 Anne Paton/
Helen Collins

EAST/WEST

1. 63.49 80.00 A-3
David Markowitz/
Bob Hughes
2. 57.54 71.50 A-2 Sue Losee/
Sue Cowen
3. 55.95 70.50 A-7 Joe Fodor/
MaryAnn Fodor



MOVIE DISCUSSION GROUP



MOVIE DISCUSSION GROUP

Join us for "Good Will Hunting," a movie about a janitor who is a genius, but needs a push from a psychiatrist to help find his identity. Starring Matt Damon & Robin Williams.

REFRESHMENTS WILL BE PROVIDED.

~ JULY 25TH AT 1:00PM ~

Ha Ha Ha When you look at it that way

A husband and wife are watching a TV soap opera and he becomes irritated by the way his wife is taking it to heart.

"How can you sit there and cry about the made-up troubles of people you've never even met?" he demands.

"The same way you can jump up and scream when some guy you've never met scores a touchdown," she replies.



JULY DAY TRIPS



LUNCH BUNCH: CAPTAIN SCOTT'S LOBSTER DOCK, NEW LONDON

WEDNESDAY, JULY 6TH 11AM-3PM Enjoy a summer day by the water! Rumor has it ice cream might even be available during our trip!!

SLATER MUSEUM AND LUNCH, NORWICH

FRIDAY, JULY 8TH 10AM-3PM Experience "Meadow Life," this exciting exhibit featuring original work by Connecticut artists as well as drawings, pastels, watercolors and oil paintings drawn from the Slater's exceptional collection. We will stop for lunch at 99 Restaurant. **Admission: \$2/person**

SAILFEST, NEW LONDON

SATURDAY, JULY 9TH 9:30AM-4:30PM Come spend the day in New London! Tinker in the unique shops on Bank and Water Streets, take a sail on the tall ship Mystic Whaler, take a tour of the custom house of the New London Maritime Society. Then bring your taste buds to the custom house pier for an array of food vendors from local restaurants! **Parking fee \$3/person**

CT TIGER'S BASEBALL, NORWICH

TUESDAY, JULY 12TH 5:30PM-10:30PM Batter up! C'mon out to the game!! Senior night at the park entitles you to a 1/2 price ticket, free soda, and dollar hot dogs all evening!!! **Ticket \$5/person**

LUNCH BUNCH: MAINE ATTRACTION, HOLLAND, MA

THURSDAY, JULY 14TH 11AM-3PM Located on the shores of the Hamilton Reservoir, this fabulous restaurant specializes in seafood but has a full menu available as well — one of our senior favorites!

ESSEX STEAM TRAIN & RIVERBOAT CRUISE, ESSEX

TUESDAY, JULY 19TH 9AM-4:30PM Step aboard and back in time for this 2.5 hour combined train ride and boat cruise. We will stop for lunch on our way home at Abby's Place. **Train & Cruise admission \$26/person**

HOP RIVER CHAMBER MUSIC, ANDOVER

THURSDAY, JULY 21ST 4:30-9:30PM "Music of the Bach Family". Come spend a wonderful summer evening in the cool air-conditioned First Congregational Church in Andover. We will stop for dinner at the Bidwell Tavern prior to the concert. **Concert admission \$10/person**

THIMBLE ISLANDS BOAT CRUISE & LUNCH, STONY CREEK

Monday, July 25th 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 \$12/person.**

BUTTONWOOD FARMS, GRISWOLD

THURSDAY, JULY 28TH FROM 10AM-3:30PM Join us for this summer tradition and marvel at the beauty of acres of sunflowers! Take a hayride through the sunflower fields (\$5/person) and be sure to try some of their sunflower swirl ice cream! We will stop for lunch or a late breakfast at Just Breakfast & Things!

THE GLASS HOUSE MUSEUM & GALLERY AND LUNCH, NEW CANAAN

FRIDAY, JULY 29TH FROM 9AM—5PM Come and view this very unique museum located in the lovely New Canaan hills! We will have a two-hour tour - \$50/person. We will stop for lunch on our way home —please bring a snack for the morning ride. **Prepaid reservation due by Friday, July 8th.. Please note: Tour does include a 3/4 mile walk.**

US COAST GUARD BAND CONCERT, COAST GUARD ACADEMY, NEW LONDON

SUNDAY, JULY 31ST FROM 4-10PM "HAPPY BIRTHDAY US COAST GUARD!" All performances are FREE to the public — no ticket required. All visitors must present a valid state-issued photo ID. We will stop for dinner on our way at Bella Fiore Italian restaurant. **Please note: concert at Cadet Memorial Field—bleacher seating required for concert!**

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
July 7th and July 21st
from 11:30am-12:00pm

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.

SUPPORT GROUPS

The Low Vision Group is taking a vacation!
Due to the extra sunshine and gorgeous temperatures, Low Vision will not be meeting until September. Sorry for any inconvenience.

Caring for a parent, spouse
or disabled adult child?

Join our **Caregiver's Group** for support
and confidential conversation
with peer caregivers.
July 13th from 3:00-4:00pm

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.

FOR MORE INFORMATION ON
CONNECTICUT LEGAL SERVICES,
VISIT: WWW.CTELDERLAW.ORG

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 Commission on Aging meetings will resume in Fall 2016. The public is encouraged to attend. For more information, please contact Commission Chair Wil Bigl at 860-429-0180.

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

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If you are seeking assistance with utility shut-off notices, contact Kathy Ann Easley for a referral.



MANSFIELD SENIOR & WELLNESS CENTER

303 MAPLE ROAD, MANSFIELD, CT 06268

JULY 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 7/4 & 7/18	RES-\$10, NON-RES \$12
		QUILTING/ 10AM-4PM	JULY 11	RES-\$30, NON-RES \$35
		QUILTING/ 10AM-4PM	JULY 25	RES-\$30, NON-RES \$35
		YOGA / 1:30PM-2:30PM	NO CLASS 7/4 & 7/18	RES-\$10, NON-RES \$12
TUES		STRENGTH & STABILITY / 9AM-10AM	NO CLASS 7/19	RES- \$15, NON-RES \$18
		POWER OF AGING / 11AM-12PM	NO CLASS 7/5 & 7/19	RES- \$10, NON-RES \$12
WED		YOGA / 11AM-12PM	NO CLASS 7/20	RES -\$15, NON-RES \$18
		BEGIN TAP / 1PM-2PM	NO CLASS 7/6 & 7/20	RES- \$10, NON-RES \$12
THUR		STRENGTH & STABILITY /9AM-10AM	NO CLASS 7/21	RES -\$15, NON-RES \$18
		POWER OF AGING/ 12PM-1PM	NO CLASS 7/7 & 7/21	RES- \$10, NON-RES \$12
		SENIOR AEROBICS/ 3:15PM-4:15PM	NO CLASS 7/21	RES- \$15, NON-RES \$18
FRI		YOGA/ 9:30AM-10:30AM	NO CLASS 7/22	RES- \$20, NON-RES \$25
EVENTS		<i>MASONICARE COOKOUT</i>	JULY 11 AT NOON	COST: \$5.00
		<i>SUMMER NIGHT EVENT</i>	JULY 15 AT 5:00 PM	COST: \$7.00
		<i>SALAD BAR & QUINTEBRASS BAND</i>	JULY 27 AT NOON	COST: \$7.00
		<i>CRAFTY CREATIONS- BOOK MARKS</i>	JULY 26 AT 1PM	COST: \$2.00
TRIPS		LUNCH BUNCH- CAPTION SCOTTS	WED. JULY 6	11:00AM-3:00PM
		SLATER MUSEUM	FRI. JULY 8	10:00AM-3:00PM
		SAILFEST	SAT. JULY 9	9:30AM-4:30PM
		THIMBLE ISLAND BOAT CRUISE	MON. JULY 25	9:30AM-4:30PM
		CT TIGER'S BASEBALL	TUES. JULY 12	5:30PM-10:30PM
		LUNCH BUNCH- MAINE ATTRACTION	THURS. JULY 14	11:00AM-3:00PM
		ESSEX STEAM TRAIN & RIVERBOAT	TUES. JULY 19	9:00AM-4:30PM
		HOP RIVER CHAMBER MUSIC	THURS. JULY 21	4:30PM-9:30PM
		BUTTONWOOD FARMS	THURS. JULY 28	10:00AM-3:30PM
\$50.00		GLASS HOUSE MUSEUM & GALLERY	FRI. JULY 29	9:00AM-5:00PM
		US COAST GUARD CONCERT	SUN. JULY 31	4:00PM-10:00PM

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 JULY MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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! Thank you! For Special Luncheons: Please sign up with Kathy Yaffee. </p>			<p>1% milk & whole grain bread are served with each meal. Menu is subject to change without notice.</p>	<p>I. BBQ CHICKEN BAKED BEANS PEAS & CARROTS PEARS WITH MANDARIN ORANGES</p>
<p>4. SENIOR CENTER IS CLOSED</p>	<p>5. CHICKEN CURRY RICE CASSEROLE SNAP PEAS DICED CARROTS CRANBERRY JUICE SWEET BREAD</p>	<p>6. MEATLOAF WITH GRAVY GARLIC MASHED POTATOES CHOPPED BROCCOLI FRESH ORANGE</p>	<p>7. STUFFED SHELLS WITH MARINARA GREEN & WAX BEANS APPLESAUCE CUP</p>	<p>8. BEEF STROGANOFF BUTTERED NOODLES MEXICAN VEGGIES PINEAPPLE CUP</p>
<p>II. MASONICARE COOKOUT & FUNDRAISER FOR OUR CAFÉ/LIBRARY PROJECT! \$5.00 PP PURCHASE TICKETS BY WED. JULY 6</p>	<p>12. CHEESEBURGER NOODLE CASSEROLE GREEN BEANS CARROTS PINEAPPLE CUP</p>	<p>13. STUFFED CHICKEN WITH BROCCOLI & CHEESE ROASTED POTATOES CAPRI VEGGIES PEACH CUP</p>	<p>14. CHICKEN PAPRIKA PARSLEY POTATOES MIXED VEGGIES APPLESAUCE CUP</p>	<p>15. CRISPY COD PATTY MACARONI & CHEESE STEWED TOMATOES FRESH PEAR</p>
18.	19.	20.	21.	22.
<div style="display: flex; align-items: center; justify-content: center; gap: 20px;"> <p>SENIOR CENTER IS CLOSED FOR SUMMER MAINTENANCE</p> </div>				
<p>25. GREEN PEPPER CASSEROLE CUMIN & GARLIC RUBBED POTATOES CAPRI VEGGIES FRESH FRUIT</p>	<p>26. SWEET & SOUR PORK STEAMED RICE LONG BEANS PEARS WITH MANDARIN ORANGES</p>	<p>27. <u>SPECIAL LUNCHEON</u> BUILD YOUR OWN SALAD BAR! LEMON SQUARES FOR DESSERT \$7.00 PP PURCHASE TICKETS BY MON. JULY 25</p>	<p>28. CHICKEN STEW GARLIC ROASTED POTATOES MIXED VEGGIES APPLESAUCE CUP</p>	<p>29. CHEESE OMELET ROASTED POTATOES GREEN BEANS & DICED TOMATOES FRUIT COCKTAIL</p>

NAME _____

MSCA TRAVEL WITH KAY

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

TRIPLE LOBSTERS AT 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.**

There are 6 seats left.

SUNDAY, SEPTEMBER 25th—SCALLOP FEST

We will be heading to the Scallop Festival at the Cape Cod fairgrounds. New England's #1 Festival! Package includes: motor coach, scallops or herb roasted chicken, all the amenities at the Fair (entertainment, rides & all exhibits) and a drive gratuity for **\$76 pp.**

Final payment is due by August 25. 6 spaces left!

OCTOBER 21ST-31ST—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, driver gratuity 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 COMMITTEE

WE NEED YOUR HELP!

If you use a smartphone or tablet of ANY kind, computers, laptops or other electronic devices, we are looking for **YOU!**

Do you have skills working with our current technology such as downloading apps, using GPS, email, texting, Skyping your friends, navigating Facebook or YouTube, etc.? If so, you could be very helpful to seniors or anyone else who may ask for assistance!

There are many ways to help—working one-on-one with a senior, regularly or as needed, being available for a help session, teaching or assisting a group, leading a user's group, or joining our Computer Committee and more!

Please contact Michael Palmer at (860) 429-1474 or m.palmer@charter.net or Helen Collins at (860) 429-4557 or hjcollins216@gmail.com. Thanks!

COMPUTER CLASSES

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.



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!

SEE YOU THERE!

~ JULY SPECIAL EVENTS ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



THE MANSFIELD SENIOR & WELLNESS CENTER IS CLOSED FOR MAINTENANCE THE WEEK OF JULY 18TH—22ND.



Foodshare is scheduled as normal and we also have two trips that are going out. However, the building will not be open for use during that week.

1.
10:00 PHOTO CLUB

4. 
SENIOR CENTER IS CLOSED

5.
2:30 COMPUTER COUNCIL MTG.
NO PWR. OF AGING

6. 11:00 LUNCH: CAPT. SCOTT TRIP
11:00 ANTHEM PRES.
11:30 BLOOD PRESSURE
1:00 INTRO TO FACEBOOK
NO TAP CLASS

7.
9:00 REIKI
11:30 FOODSHARE
NO PWR. OF AGING

8.
10:00 SLATER TRIP
11:00 UCONN RESEARCH STUDY

11.
9:00 MINI SPA
10:00 QUILTING
12:00 MASONICARE
COOKOUT & FUNDRAISER

12.
10:00 GENEALOGY
*SHOPPING & LIBRARY VAN RUN
11:00 DISCUSSING LYME DISEASE
5:30 TIGER'S TRIP

13.
9:00 MASSAGE & REFLEXOLOGY
10:00 INTERNET & SKYPE
12:45 WRTD PRES.
3:00 CAREGIVERS SUPPORT GROUP

14.
11:00 HEARING CLINIC
11:00 LUNCH: MAINE ATTRACTION TRIP

15.
10:00 PHOTO CLUB
12:45 DUP. BRIDGE
5:00 SUMMER SERIES WITH ROGER TINCKNELL

18.

19.
9:00 ESSEX TRIP

20.

21.
11:00 FOODSHARE
4:30 HOP RIVER TRIP

22.

25. 9:30 THIMBLE ISLAND TRIP
10:00 QUILTING
12:45 RECYCLING PRESENTATION
1:00 MOVIE: "GOOD WILL HUNTING"

26.
*SHOPPING & LIBRARY VAN RUN
1:00 CRAFT: PRESSED FLOWER BOOKMARKS

27.
12:00 SPECIAL LUNCH WITH WILLIMANTIC QUINTEBRASS
1:00 VNA EAST

28.
10:00 BUTTONWOOD FARM TRIP

29.
9:00 GLASS MUSEUM TRIP
1:00 RADIO MYSTERY

JULY WEEKEND TRIPS:

SATURDAY, JULY 9TH FROM 9:30AM-4:30PM: "Sailfest" in New London, CT. Trip details on page 8.

SUNDAY, JULY 31ST FROM 4-10PM: "Happy Birthday US Coast Guard!" in New London, CT. Trip details on page 8.

SAVE THE DATE FOR THESE TRIPS:

FRIDAY, SEPTEMBER 16TH: The Nordic Lodge, Charlestown, RI—This truly unique dining experience is like none other! An all you can eat buffet including specialties of lobster, crab, prime rib, filet mignon, steak tips, scallops, shrimp, oysters, soups, salads & desserts! Start fasting now! **Price: \$91/person**

THURSDAY, AUGUST 25TH: The Goodspeed Opera House, East Haddam "Bye Bye Birdie". Put on a happy face! Come along and discover we've got a lot of livin' to do! **Ticket: \$90-\$100/person and this includes lunch at the Gelston House.**

~ DAILY ACTIVITIES ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 SR. AEROBICS 9:00 WALKING DVD 10:00 PC HELP 10:00 WII BOWLING 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. 11:00 YOGA 12:00 CAUSERIES 12:00 LUNCH 1:00 FUND. OF TAP	9:00 STRENGTH & STABILITY 10:00 WII BOWLING 12:00 PWR. OF AGING 12:00 LUNCH 1:00 BRIDGE 1:00 JEWELRY 3:15 SR. AEROBICS	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 1:00 ART STUDIO

IT'S PARTY TIME



JULY BIRTHDAY LUNCH

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

~ JULY 6TH AT NOON ~

REGISTER BY FRIDAY, JULY 1ST

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.

OPEN EXERCISE ROOM AVAILABILITY

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

MONDAYS 1:00PM-4:00PM
FRIDAYS 1:00PM-4:00PM

DIAL-A-RIDE TRANSPORTATION is available for Mansfield residents. Please call 860-456-1462 at least **24 hours in advance**. This service is provided by the Windham Regional Transportation District.

★ **TAKE A LOOK AT** **OUR TRANSPORTATION SERVICES!**

SHOPPING AND LIBRARY RUNS

We are offering our routed shopping and library runs again this month for Mansfield residents. Transportation will be provided by reservation only. Runs occur every 2nd and 4th Tuesday of the month.

****Runs will take place on 7/12 and 7/26****

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 events:

- * Summer Series: Dinner & Performance with Roger Tincknell on July 15th.
- * Special Luncheon with Mansfield's Quintebrass Band on July 27th



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



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.**