

# SENIOR SPARKS

## *Mansfield Senior & Wellness Center Newsletter*

~ AUGUST 2016 ~

### **Summer Series—It's a Luau Party!**

We are pleased to welcome the Kahana Hula Hawaiian Duo as our performers for this family friendly event! The main goal of Kahana Hula is to perpetuate the culture for future generations as well as to share the Aloha Spirit (traits of character that express the charm, warmth and sincerity of Hawaii's people) with audiences across New England.

**Friday, August 26th**  
**Dinner at 5pm**  
**Dancers at 5:45pm**  
**Cost: \$7.00 pp**

*Win a prize in  
our Hula Hoop  
Contest!!*

**Menu:** Pineapple Chicken Kabobs, Cucumber Salad,  
Mini Egg Rolls and Pineapple Cupcakes

***We ask that you please pay ahead at the  
Senior Center by Monday, August 22nd.***



### **Horse Races**

**Wednesday, August 10th**  
**beginning at 12:45pm**



We are once again hosting our own horse races at the Mansfield Senior Center! Light refreshments will be provided, along with lots of fun for all!

Come cheer on the horses and place bets if you'd like. Each bet on a horse costs a quarter, and the winner(s) of each race wins all the money! There will be multiple races to win!

Please sign up at the Front Desk so we know how many to expect.

**No admission charge!**  
(Just bring quarters for betting.)

### **Open Mic Party**

**Wednesday, August 31st**  
**from 10:30am—11:30am**

We had so much fun in March, we've decided to hold another event to showcase the talents of our friends!

Dance, sing, play an instrument, tell jokes or sit back to listen and applaud everyone that's participating.

Light refreshments provided. Please sign up at the Front Desk so we know how many to expect and to let us know if you have a talent you want to display!

**No admission charge!**



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



## **MANSFIELD SENIOR & WELLNESS CENTER**

**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**

**taylor@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**

## **WELLNESS PROGRAMS**

### **Herrmman Blood Pressure Clinic**

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

**August 3rd 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.

**August 4th from 9:00-11:00am**

### **Podiatrist**

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

**August 16th and 30th 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.

**August 17th from 9:00am-3:00pm**

### **VNA East Adult Health Screenings**

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

**August 31st 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.

**September 12th from 9:00am-12:00pm**

### **Hearing Clinics**

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

**November 10th from 11:00am-2:00pm**

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





## MSCA TRANSITION COMMITTEE UPDATE



Over 40 years ago a group of Mansfield citizens became concerned about the need for services to the elderly. With the help of the Director of Social Services, they found space for themselves in corners of town buildings, surveyed seniors about what kind of services they wanted, raised money for a bit of furniture, and formed themselves into the Mansfield Senior Center Association, Inc. They received 501(c)(3) status, applied for grants, began to run programs, and established a Wellness Center.

As time passed, the number of seniors needing services increased, and town government increased. Staff were hired and paid for by the town. A new building and funds for its operation and maintenance were supplied. New programs were asked for and added. It became obvious that the range of services and programs needed by seniors could not be provided by the Association alone.

As the role of the town increased, the role of the Association changed. Fund raising became difficult, state regulations became more complicated, grant money lessened, the excitement of the early years died down, and the number of volunteers dwindled. We were no longer living up to our purposes as they were stated in the bylaws. The time had come to reassess how the Association might best serve its seniors, and in 2016 a Transition Committee was formed for this purpose.

Fortunately, examples of successfully accomplishing this kind of change were available from other senior centers and from several groups here in Mansfield. Over the past seven months the Transition Committee has been examining the bylaws of such groups; visiting other senior centers to talk with people who have been through this transitional process; drafting revisions of our current bylaws; consulting with lawyers, who contributed their time and advice in order to protect our 501(c)(3) status; improving our financial system and modernizing the process through which we will accomplish the Association's goals. In short, we will be changing from a business model to a fund development/advocacy model.

In its new role the Association will continue to support the Senior Center. We will do it through volunteer activities, by helping to secure materials beyond the Senior Center's budget, and by heightening awareness of the services offered by the Mansfield Senior Center.

We can't answer all your questions in this limited space. To do that the committee held one open session on July 28th, and has scheduled another for August 15th at 1:00 p.m. Members of the committee will be there and we hope you will be, too. If you have any questions or suggestions about the bylaws, you can find our names listed below or in any past issue of *Sparks*. In addition, copies of the proposed new bylaws will be available at the receptionist's desk.

Our goal is to present the proposed new bylaws and a slate of officers for your approval at the September meeting of the Association. Once adopted we can all look forward to continuing with a new focus and renewed energy.

~Marie Hakmiller, Betty Savage, Bettejane Karnes, Joan Doiron; and Co-chairs Joan Terry and Rita Braswell

### 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

**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](http://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!



# 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

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**  
3 classes—\$15 R/\$18 NR

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

**Fridays 9:30-10:30**  
2 Classes—\$10 R/\$12 NR  
**\*NO CLASS: 8/15, 8/17, 8/19,  
8/22, 8/24 & 8/26\***



## SENIOR AEROBICS

This high energy class provides a complete cardio workout with a combination of standing exercises and mat work.



**Pre-registration is required.**

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

**Thursdays 3:15-4:15pm**  
3 Classes—\$15 R / \$18 NR  
**\*NO CLASS: 8/8, 8/11 & 8/15\***



## 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**

## \*COMING SOON\*

### 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**  
4 Classes—\$20 R / \$24 NR

**Thursdays 12:00-1:00pm**  
4 Classes—\$20 R / \$24 NR  
**\*NO CLASS: 8/16\***

## 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**  
**\*NO CLASSES IN AUGUST\***

### 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 August\*\***

**For more information on class registration, please see page 10,  
or call Senior Center Receptionist Kathy Yaffee at 860-487-9870**



# New in August



## **Estate Planning Presentation** with Eric Judge from Edward Jones Tuesday, August 2nd at 11:00am

This presentation will give an overview of Account Registration, Beneficiary Designation, Wills, Trusts, Important Tax Information, Life Insurance and Transfer on Death. Please join us for this informational presentation.

**Register by Monday, August 1st at 860-487-9870**

## **Benefits Check-Up** with Senior Resources Friday, August 5th



Appointments are available from 9:00am-3:00pm

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.

**Register by Wednesday, Aug. 3rd at 860-487-9870**

## **Alzheimer's & Dementia** with Liberty Homecare Options, LLC Tuesday, August 9th at 11:00am

This presentation will help you to understand dementia, identify common causes and describe behavioral interventions that may help to prevent or reduce difficult care situations. You will cover challenges that relate to caregiver stress and learn some reduction techniques. You'll also receive a certificate of attendance in the seminar.

**Register by Wednesday, Aug. 8th at 860-487-9870**



## **Conversations with Betty** August 4th, 11th, 18th and 25th from 1:30pm-3pm

Come join us in the Conference Room at the Wellness Building for some great "round-table" discussion! Subject matter will be topics of interest to those who attend.

## **Diabetes Care Presentation** Jaime Bonafine, Pharmacist at Price Chopper Tuesday, August 23rd at 11:00am

Diabetes affects many body systems from the eyes to the feet. Let's discuss what you can do on a daily basis to take care of all your diabetic needs in the best, most practical ways. Presentations are informal and highly interactive. Please join us for a casual session on Diabetes Care.

**Register by Friday, August 26th at 860-487-9870**

## **UCONN Research Study** with Richard Jeongg Wednesday, August 31st at 11:00am-1:00pm

Richard will be conducting a survey on Pain Management among older adults. He'll have a table set up outside the dining area for conversing. Please stop by if you're willing to help!

## **TRANSITION COMMITTEE** **Information Hearing**

**Monday, August 15th at 1:00pm**

Committee members will be available to answer any questions you may have about the proposed revisions to the bylaws.

## **CRAFTY CREATIONS**

**Raffia Baskets begins at 1pm**  
**Tues. August 30th**  
Limit of 12 people  
**Cost: \$3.00**  
**(gets you two baskets)**



This is a simple self-guided craft that practices the art of weaving. There is a basic shape provided that forms the base of the basket and has prongs for you to weave the raffia through. This is a colorful and useful craft as you can store loose change, jewelry, etc. in them once complete! Please allot one hour for completion of this craft.

**Register by Thursday, August 25th 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, August 1st 10:00am-4:00pm**

**Monday, August 15th 10:00am-4:00pm**

**Monday, August 29th 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](http://www.mysticcarvers.com).

**Wednesdays at 9:30am**

### Jewelry

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

**Thursdays at 1:00pm**

### Knitting & Crocheting

Come 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

### 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 households established annually by the Town.

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](mailto:humanservices@mansfieldct.org)

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

### Please Note:

-Residents who are 60 or older **do not need** a Mansfield bus pass to ride the public bus at no cost. The WRTD program is fare free for seniors. They will need to show their Medicare card. If they do not have a Medicare card, they can get a Transit/Reduced Fare Photo ID Card by calling the CT Transit Senior/Disabled representative at (860) 522-8101.

***"There shall be eternal summer in the grateful heart."***

***~Celia Thaxter***



## 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 **August 9th** 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.  
**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.

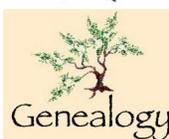
We hope to see you there!

**Wednesdays at 10:00am**

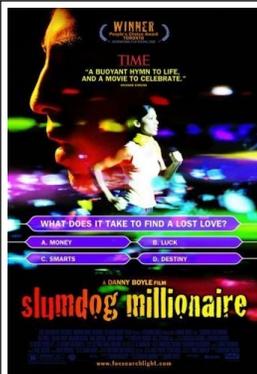
### Causeries en Français

Parlez-vous Français? Bring along a bag lunch and join us for an hour of great conversation en français!

**Wednesdays at 12:00pm**



## MOVIE DISCUSSION GROUP



Join us for "Slumdog Millionaire", a movie about a Mumbai teenager who flashes back on his upbringing as he takes part in the Indian version of "Who Wants to be a Millionaire?"

Refreshments will be provided.

~ August 22nd at 1:00pm ~

### Attention Wii Bowlers:

We had a great time this June celebrating the 2015/2016 season and talking about some details regarding this upcoming season.

We came to a group decision to start scrimmaging with other local Senior Centers and anyone who wants to play us, keeping up with a match each month but not signing up to be part of the Bristol League this season. This way, we can play with however many bowlers show up, not having to adhere to strict guidelines and play within our means while having a great time.

We are also looking at ordering our team shirts, thanks to a generous donation from an unnamed giver. Looking forward to a lot of fun ahead of us!

Wii Bowling is Mon., Tue., Thur. & Fri.  
at 10:00am



### 10 Fun Facts

1. You can't wash your eyes with soap.
2. You can't count your hair.
3. You can't breathe through your nose with your tongue out.
4. You just tried no. 3.
6. When you tried no. 3 you realized it is possible, only you look like a dog.
7. You're smiling right now because you were fooled.
8. You skipped no. 5.
9. You just checked to see if there is a no. 5.
10. Share this with friends so they can have some fun, too!

Ha Ha Ha  
Ha Ha Ha



# AUGUST DAY TRIPS



## **LUNCH BUNCH: POINT BREEZE RESTAURANT, WEBSTER, MA**

**WEDNESDAY, AUGUST 3RD 11AM-3PM** Enjoy a glorious summer day on the deck of this New England seafood restaurant on the banks of Webster Lake!

## **LUNCH BUNCH: WRIGHT'S CHICKEN FARM, HARRISVILLE, RI**

**THURSDAY, AUGUST 11TH 10:30AM-3:30PM** Chicken family-style is an all-you-can-eat meal of roasted chicken, salad, pasta, potato, and rolls. \$13/person all inclusive.

## **CT TIGER'S BASEBALL, NORWICH**

**FRIDAY, AUGUST 12TH 5:30-10PM** Due to the overwhelming response last month, we will travel to see the Tigers for military appreciation night! All veterans may purchase a ticket, hot dog, chips & soda for JUST \$7! **Must present proof of military service.** A wonderful fireworks display will conclude the evening! General admission \$10/person.

## **ARGIA SAILING ADVENTURE, MYSTIC**

**TUESDAY, AUGUST 16TH 8:30AM-4:30PM** Set sail on a unique half-day trip aboard the schooner Argia. The cruise includes snacks and lemonade. We will stop for lunch at the Dog Watch Café in Stonington following our cruise before heading home. Cruise: \$46/person. **Pre-paid reservation no later than Wednesday, August 10th.**

## **DAY AT THE SHORE: OCEAN BEACH, NEW LONDON**

**FRIDAY, AUGUST 19TH 9AM-4:30PM** Come spend the day at the beach with friends. This is a true beach day — there is a board walk but not really any little shops and/or restaurants. Bring a cooler and a picnic basket and enjoy a lovely summer day! \$3/person parking fee.

## **ROYAL LIPIZZANS AT ROSELAND COTTAGE, WOODSTOCK**

**SUNDAY, AUGUST 21ST 11AM-5PM** The Royal Lipizzan Stallions are among the last horses capable of executing the dramatic "Airs Above the Ground" leaps and plunges that were developed as aggressive battle maneuvers in the sixteenth century. This hour-and-a-half program takes place on the beautiful grounds of the Historic Roseland Cottage! We'll stop at the Vanilla Bean Café for lunch before our arrival at performance. Admission is \$13/person. **Pre-paid reservation no later than Friday, August 12th**

## **"BYE-BYE BIRDIE" AT THE GOODSPEED, EAST HADDAM**

**THURSDAY, AUGUST 25TH 10AM-5PM** Put on a happy face! This wonderful musical has extended it's stay! We will stop for lunch at The Wheatmarket Grill on our way. Tickets \$70/person (side orchestra). Lunch at own expense. **Pre-paid reservation no later than Friday, August 12th.**

## **CROSS SOUND FERRY LIGHTHOUSE CRUISE, NEW LONDON**

**SUNDAY, AUGUST 28TH 10:30AM-5PM** This 2-hr cruise will bring you right up close to a dozen lighthouses! You will board the sea jet, a smooth sailing catamaran. We will stop for an early dinner on our way home at Texas Roadhouse following our cruise. Cruise: \$28/person. **Pre-paid reservation no later than Friday, August 12th.**

## **LUNCH BUNCH: CAPTAIN SCOTTS LOBSTER DOCK, NEW LONDON**

**TUESDAY, AUGUST 30TH 11AM-3PM** Enjoy a summer day by the water! Rumor has it ice cream might even be available during our trip!!

## **THIMBLE ISLANDS BOAT CRUISE & LUNCH, STONY CREEK**

**WEDNESDAY, AUGUST 31ST 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 \$13/person—**cash only please.**

### **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. Participants on the active trip list will receive a confirmation call 24-48 hours prior to trip departure. Those still waitlisted will not receive a call. 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  
**August 11th and 25th**  
**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. We are 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.

**August 17th from 3:00-4:00pm**

## **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, September 12th 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.**

For more information on  
Connecticut Legal Services,  
Visit: [www.ctelderlaw.org](http://www.ctelderlaw.org)

**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

**MANSFIELD SENIOR & WELLNESS CENTER**

303 MAPLE ROAD, MANSFIELD, CT 06268

**AUGUST 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
<b>MON</b>		SENIOR AEROBICS / 9AM-10AM	NO CLASS 8/8,8/15	RES-\$15, NON-RES \$18
		QUILTING/ 10AM-4PM	MON. AUGUST 1	RES-\$30, NON-RES \$35
		QUILTING/ 10AM-4PM	MON. AUGUST 15	RES-\$30, NON-RES \$35
		QUILTING/ 10AM-4PM	MON. AUGUST 29	RES-\$30, NON-RES \$35
		YOGA / 1:30PM-2:30PM	NO CLASS 8/15,8/22	RES-\$15, NON-RES \$18
<b>TUES</b>		STRENGTH & STABILITY / 9AM-10AM	5 CLASSES	RES- \$25, NON-RES \$30
		POWER OF AGING / 11AM-12PM	NO CLASS 8/16	RES- \$20, NON-RES \$24
<b>WED</b>		YOGA / 11AM-12PM	NO CLASS 8/17,8/24	RES -\$15, NON-RES \$18
		BEGIN TAP / 1PM-2PM	5 CLASSES	RES- \$25, NON-RES \$30
<b>THUR</b>		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/ 3:15PM-4:15PM	NO CLASS 8/11	RES- \$15, NON-RES \$18
<b>FRI</b>		YOGA/ 9:30AM-10:30AM	NO CLASS 8/19,8/26	RES- \$10, NON-RES \$12
		<b>SPECIAL PROGRAMS</b>		
		<i>CRAFTY CREATION: RAFFIA BASKET</i>	8/30 AT 1:00PM	COST: \$3.00
		<i>SUMMER NIGHT LUAU EVENT</i>	8/26 AT 5:00PM	COST: \$7.00
<b>TRIPS</b>		POINT BREEZE LUNCH	WED. AUGUST 3	11AM-3PM
		WRIGHT'S CHICKEN FARM LUNCH	THURS. AUGUST 11	10:30AM-3:30PM
		TIGER'S BASEBALL GAME	FRI. AUGUST 12	5:30PM-10PM
		ARGIA SAILING ,MYSTIC	TUES. AUGUST 16	8:30AM-4:30PM
		DAY AT THE SHORE	FRI. AUGUST 19	9AM-4:30PM
\$13 PP		ROYAL LIPIZZANS STALLIONS	SUNDAY, AUGUST 21	11AM-5PM
\$70 PP		GOODSPEED-BYE BYE BIRDIE	THURS. AUGUST 25	10AM-5PM
\$28 PP		LIGHTHOUSE CRUISE	SUNDAY, AUGUST 28	10:30AM-5PM
		CAPTAIN'S SCOTT LUNCH	TUES. AUGUST 30	11AM-3PM
		THIMBLE ISLAND	WED. AUGUST 31	9:30AM-4:30PM

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

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

Signature \_\_\_\_\_ DATE: \_\_\_\_\_

# ~ TVCCA SENIOR CAFÉ AUGUST MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. TUSCAN BAKED CHICKEN RICE PILAF ITALIAN BLEND SUGAR COOKIE GRAPE JUICE	2. CUBAN BRAISED PORK LOIN YELLOW RICE & BLACK BEANS VEGGIE MEDLEY PEACH CUP	3. MEATBALL GRINDER WITH ROLL & MOZZARELLA ITALIAN VEGGIES PEARS WITH MANDARIN ORANGE	4. SHEPHERD'S PIE PEAS & ONIONS CARROTS PINEAPPLE CUP	5. STUFFED SOLE *WITH CRAB MEAT SEASONED RICE ITALIAN VEGGIES FRESH ORANGE
8. CHICKEN TERIYAKI STEAMED RICE ORIENTAL MIX PEARS WITH MANDARIN ORANGE	9. MEXICAN COD SPANISH RICE VEGGIE MEDLEY PINEAPPLE TIDBITS	10. GLAZED HAM SCALLOPED POTATO GREEN BEANS FRESH BANANA	11. HOT DOG WITH ROLL BAKED BEANS COLESLAW PINEAPPLE CUP	12. CHICKEN CORDON BLEU GARLIC MASHED POTATOES PEAS
15. CHEESE MANICOTTI WITH MARINARA GARLIC BREAD WAX & GREEN BEANS OATMEAL COOKIE GRAPE JUICE	16. BREADED PORK CHOP YELLOW RICE & BLACK BEANS VEGGIE MEDLEY FRUIT COCKTAIL	17. PUB BURGER WITH ROLL ROASTED POTATOES MIXED VEGGIES PEACH CUP	18. SOUTHWESTERN CRUSTED COD RICE PILAF BROCCOLI & CAULIFLOWER FRESH PEAR	19. CHICKEN PARMESAN PENNE LONG BEANS APPLESAUCE CUP
22. SALISBURY STEAK WITH GRAVY MASHED POTATOES STEWED TOMATOES FRESH APPLE	23. PINEAPPLE GLAZED HAM SCALLOPED POTATO GREEN BEANS PEACH CUP	24. CHICKEN ALFREDO WITH PASTA PEAS & CARROTS CUPCAKE ORANGE JUICE	25. GREEN PEPPER CASSEROLE CUMIN & GARLIC RUBBED POTATOES CAPRI VEGGIES PINEAPPLE CUP	26. BBQ PULLED PORK WITH ROLL BAKED BEANS SNAP PEAS FRESH BANANA
29. BEEF & BEAN CHILI EGG NOODLES MIXED VEGGIES RAISINS	30. CHICKEN CACCIATORE BUTTERED SHELLS GREEN BEANS DANISH CRANBERRY JUICE	31. MEATLOAF WITH GRAVY GARLIC MASHED POTATOES GREEN BEANS & DICED TOMATOES FRESH ORANGE	<p><b>For Special Luncheons:</b> Please sign up with Kathy Yaffee. There are none in August. <b>THANK YOU!</b></p> <hr/> <p style="text-align: center;">  <b>1% milk &amp; whole grain bread are served with each meal. Menu is subject to change without notice.</b>  </p>	

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

**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.**

**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 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

### **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](mailto:m.palmer@charter.net) or Helen Collins at (860) 429-4557 or [hjcollins216@gmail.com](mailto:hjcollins216@gmail.com).

Thanks!

### **COMPUTER CLASSES**

#### **WORKING THE CALENDAR APP**

**THURSDAY, AUGUST 25TH AT 10:00AM**

Adam Delaura from the Mansfield Public Library will lead this 90 minute session. You will receive a brief overview of the calendar app, how to create and edit events, share them with others, set reminders, and more. There will also be time for individual questions at the end of the class.

### **TECH HELP**

**EVERY MONDAY**

**AT 10:00AM**



Free computer, Apple products, digital camera help & MORE is available with some of the Computer Council's talented consultants.

Stop by with your gadgets & questions for some one-on-one assistance!



**We are proud to offer free WIFI for your convenience.**  
**Simply sign in as:**  
**MnsfldGuest**

# ~ AUGUST SPECIAL EVENTS ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1.</b> 10:00 QUILTING</p>	<p><b>2.</b> 11:00 ESTATE PLANNING CLASS</p>	<p><b>3.</b> 11:00 POINT BREEZE 11:30 BLOOD PRESSURE <b>*POINT BREEZE WITH KAY</b></p>	<p><b>4.</b> 9:00 REIKI 1:30 CONV. BETTY</p>	<p><b>5.</b> 9:00 BENEFITS CHECK UP 10:00 PHOTO CLUB</p>
<p><b>8.</b> <b>NO SR. AEROBICS</b></p>	<p><b>9.</b> <b>*SHOPPING &amp; LIBRARY VAN RUN 11:00 ALZHEIMER &amp; DEMENTIA CARE *HU-KE-LAU WITH KAY</b></p>	<p><b>10.</b> 12:45 HORSE RACES</p>	<p><b>11.</b> <b>10:30 WRIGHT'S CHICKEN FARM</b> 11:30 FOODSHARE 1:30 CONV. BETTY <b>NO SR. AEROBICS</b></p>	<p><b>12.</b> 1:00 RADIO MYSTERY <b>5:30 CT TIGER'S</b></p>
<p><b>15.</b> 10:00 QUILTING 1:00 TRANSITION COMMITTEE INFO. HEARING <b>NO SR. AEROBICS NO YOGA</b></p>	<p><b>16.</b> <b>8:30 ARGIA SAIL</b> 9:00 PODIATRIST 10:00 GENEALOGY <b>NO PWR. OF AGING</b></p>	<p><b>17.</b> 9:00 MASSAGE &amp; REFLEXOLOGY 3:00 CAREGIVERS SUPPORT GROUP <b>NO YOGA</b></p>	<p><b>18.</b> 1:30 CONV. BETTY</p>	<p><b>19.</b> <b>9:00 OCEAN BEACH</b> 10:00 PHOTO CLUB 12:45 DUP. BRIDGE <b>NO YOGA</b></p>
<p><b>22.</b> <b>NO YOGA</b></p>	<p><b>23.</b> <b>*SHOPPING &amp; LIBRARY VAN RUN 11:00 DIABETES CARE</b></p>	<p><b>24.</b> <b>NO YOGA</b></p>	<p><b>25.</b> <b>10:00 BYE BYE BIRDIE</b> 10:00 iOS CALENDAR COMPUTER CLASS 11:30 FOODSHARE 1:30 CONV. BETTY</p>	<p><b>26.</b> 5:00 LUAU DINNER &amp; HULA DANCERS <b>NO YOGA</b></p>
<p><b>29.</b> 10:00 QUILTING</p>	<p><b>30.</b> 9:00 PODIATRIST <b>11:00 CAPT. SCOTT'S</b> 1:00 CRAFTY CREATIONS</p>	<p><b>31.</b> 9:00 VNAEAST <b>9:30 THIMBLE ISLAND</b> 10:00 RESEARCH STUDY 10:30 OPEN MIC</p>		

## WEEKEND TRIPS:

**SUNDAY, AUGUST 21ST 11AM-5PM:** Royal Lipizzan's at Roseland Cottage, Woodstock. Trip details on page 8.

**SUNDAY, AUGUST 28TH 10:30AM-5PM:** Cross Sound Ferry Lighthouse Cruise, New London. Trip details on page 8.

## AROUND TOWN EVENTS:

**Emergency Preparedness Family Fun Day: Saturday, September 10th from 1pm-4pm.** Bring your grandkids to the Community Center to play games, learn important safety skills, meet fire & emergency personnel & participate in touch-a-truck!

**Friends of the Mansfield Library Book Sale: Saturday, Sept. 10th and Sunday, Sept. 11th from 9am-4pm.** This is a large sale held in the attached auditorium. Hardcover & paperbacks are priced at \$1 and pocket-sized paperbacks are just 50 cents!

# ~ DAILY ACTIVITIES ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 SR. AEROBICS 9:00 WALKING DVD 10:00 TECH TIME 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 CHAIR YOGA 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 WII BOWLING 11:00 BRAIN AERO. 11:00 TAI CHI DVD 12:00 LUNCH 1:00 ART STUDIO

## IT'S PARTY TIME



### AUGUST BIRTHDAY LUNCH

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

~ AUGUST 3RD AT NOON ~

**REGISTER BY MONDAY, AUGUST 1ST**

### 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 A 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.

**FRIDAYS FROM 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.

### *INTRODUCING* **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 8/9 and 8/23\*\***

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:

\* Summer Series: Dinner & Performance by the Kahana Hula Hawaiian Duo on Friday, August 26th.

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](mailto: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**  
**depending upon volunteer availability.**



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