

# SENIOR SPARKS

## *Mansfield Senior & Wellness Center Newsletter*

~ OCTOBER 2016 ~

### Lunch & Variety Show by the Cameo Club of CT!



Wednesday, October 5th  
Lunch at 12pm ~ Performance at 1pm  
Meal & Entertainment: \$7.00  
Entertainment Only: \$3.00

Singing—Dancing—Comedy!  
Country—Ballads—50's—Broadway!  
Something for everyone!

**Menu:** Pot roast with vegetables,  
buttermilk biscuits & apple pie!

**We ask that you please pay ahead at the  
Senior Center by Friday, September 28th.**

*Transportation is available, please let us  
know when you register if you need a ride.*

### Lunch & Performance by Tony Memmel!

Friday, October 7th  
Lunch at 12pm ~ Performance at 1pm  
Meal & Entertainment: \$7.00  
Entertainment Only: \$3.00

This unique singer/songwriter was born  
without a left forearm yet taught himself  
how to play the guitar!

**Menu:** Butternut Squash Soup, Chicken  
with sautéed mushroom, Green Beans,  
Autumn Greens & Cookies

**We ask that you please pay ahead at the  
Senior Center by Monday, October 3rd.**

*Transportation is available, please let us  
know when you register if you need a ride.*

### Performance by The SPARKETTES!

Monday, October 24th  
Performance at 11:00am  
Light refreshments provided.



**We ask that you please sign up ahead at  
the Senior Center by  
Wednesday, October 19th.**

*Transportation is available, please let us  
know when you register if you need a ride.*

### FREE Dinner & movie screening of Gen Silent



Thursday, October 13th  
Light Dinner at 5:30pm  
Screening at 6:00pm  
Panel led discussion to follow

This film shares the stories of LGBT  
older adults in Greater Boston dealing  
with challenges & hopes of growing  
older. This is an ALL AGES event.

Please call **1-866-923-8300** or visit  
[https://aarp.cvent.com/  
CTGENSILENT1013](https://aarp.cvent.com/CTGENSILENT1013) to register.

**Must register by Friday, October 7th.**

*Transportation is available, please let us  
know when you register if you need a ride.*

Mansfield Senior & Wellness Center  
303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 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:**

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**860-487-9870**

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### **SITE SERVER:**

**SHARON CARON**

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**carons@mansfieldct.org**

### **SOCIAL WORKER:**

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### **OUTREACH WORKER:**

**SARAH DUFRESNE**

**860-487-9875**

**dufresnes@mansfieldct.org**

## **MANSFIELD SENIOR CENTER ASSOCIATION**

### **A note from MSCA President Marie Hakmiller:**

On September 21, 2016, the Mansfield Senior Center Association moved into a new phase of its existence. Many thanks are extended to the Transition Committee who provided a new set of by-laws and to the many Members who attended the meeting and passed them into action. A new slate of officers was also elected. With great enthusiasm we, your Board of Directors, look forward to advocating for all services provided by the Senior Center. Fund-raising efforts will be put into place so the Association can support programming and other needs that will be identified. Membership will be developed. Good things are and will continue to happen. We are all excited about getting to the business of the Association. We will appreciate your comments, ideas and on-going support.

Join us for our first Board meeting under the new by-laws which will be held Wednesday, November 2, 2016 at 2:00pm at the Senior Center. We have lots to talk about!

Call us at 860-429-0262 or e-mail us at [mcsa3@yahoo.com](mailto:mcsa3@yahoo.com) or come visit with us in the newly decorated Association lounge.

-Marie Hakmiller

### **MANSFIELD SENIOR CENTER ASSOCIATION BOARD MEMBERS:**

<b>PRESIDENT:</b>	MARIE HAKMILLER
<b>VICE-PRESIDENT:</b>	JOAN DOIRON
<b>SECRETARY:</b>	CANDACE BRYAN
<b>TREASURER:</b>	MARIE PATULAK
<b>MEMBER AT LARGE:</b>	EMILE POIRIER
<b>MEMBER AT LARGE:</b>	JUDY BIGL
<b>MEMBER AT LARGE:</b>	ALMA MALDONADO-CORDNER

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

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



## WELLNESS PROGRAMS

### Herrmman Blood Pressure Clinic

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

**October 5th 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.

**October 6th from 9:00-11:00am**

### Massage Therapy & Reflexology

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

**Massage note from Deb:** Posture, as in rounded back, is the result of years or decades of leaning inward—since most of what we do is in front of us! Anterior muscles are stuck short & posterior muscles are stuck long. Let's talk about ways to release tension, increase flexibility & improve our posture.

**October 12th from 9:00am-3:00pm**

### Podiatrist

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

**October 25th from 9:00am-12:00pm**

### VNA East Adult Health Screenings

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

**November 2nd from 1:00-3:00pm**

### 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**

### Mini Spa

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.

**November 14th from 9:00am-12:00pm**

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.

**November 15th from 1:00pm-3:00pm**

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

## WAYS YOU CAN HELP

Are you looking for a chance to meet new people and make some new friends? Perhaps you want to try something new, gain experience in a different role or simply lend a helping hand. Come volunteer for us at the Senior Center in a variety of enjoyable ways!

We need helpers for:

Kitchen set up/clean up  
Meals on Wheels Drivers  
Computer Help  
Medical Transportation  
SPARKS collating  
Special Events

If you have interest in any of these areas, please contact Cara Webb at [webbcj@mansfieldct.org](mailto:webbcj@mansfieldct.org) or 860-487-9872.

Thank you for your consideration!

## MANSFIELD VETERANS

Invitations to the Veterans Day Luncheon at the Community Center have been mailed out.

If you are a Mansfield Veteran or the spouse of a Mansfield Veteran and have not received your invitation by October 12th, please contact Karen Taylor at [taylorkl@mansfieldct.org](mailto:taylorkl@mansfieldct.org) or 860-429-3315.



# Focus on Fitness

## **\*NEW\* PILATES FOR POSTURE**

Help to counter the effects of daily activities that often lead to rounded shoulders, strained backs & other imbalances. We will focus on connecting breathing with strengthening movements that are performed on the floor.

**Pre-registration is required.**  
**Thursdays 2:00-2:45pm**  
 4 Classes—\$14 R / \$18 NR  
**\*FIRST 2 CLASSES FREE\***

## **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.**  
**Mon, Wed and Fri 9-9:40am**

## **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—\$28R / \$32 NR  
**Thursdays 9:00-10:00 am**  
 4 Classes—\$28R / \$32 NR

## **GENTLE YOGA**

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. Yoga is open to students of all levels.

**Pre-registration is required.**  
**Mondays 1:30-2:30pm**  
 4 classes—\$28 R/\$32 NR  
**Wednesdays 11:00am-12:00pm**  
 4 Classes—\$28 R/\$32 NR



## **CARDIO COMBO**

Increase your strength, endurance, flexibility and balance in this total body workout! Combination of standing and floor work.

**Pre-registration is required.**  
**Mondays 9:00-10:00am**  
 4 Classes—\$28 R / \$32 NR  
**\*NO CLASS 10/10\***  
**Thursdays 3:15-4:15pm**  
 4 Classes—\$28 R / \$32 NR



## **TAI CHI COOPERATIVE GROUP**

Join us for this cooperative, self-led group! Practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

**There is no fee for this class and no need to pre-register.**  
**Wednesdays 10:00-11:00am**  
**Fridays 11:00-12:00pm**

## **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 10:45am-11:45pm**  
 4 Classes—\$28 R / \$32 NR  
**Thursdays 12:00-1:00pm**  
 4 Classes—\$28 R / \$32 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—\$40 R/\$48 NR  
**\*NO CLASS ON 10/10\***



## **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 & footwork.

**Pre-registration is required.**  
**Wednesdays 1:00-2:00pm**  
 3 Classes—\$21 R / \$24 NR  
**\*NO CLASS ON 10/12\***

## **TAI CHI FOR A BALANCED LIFE**

We will learn an 8-movement Tai Chi form, shown in studies to improve balance & reduce falls. We will also practice classic Tai Chi principles that make these centuries-old movements a form of "internal martial art" & "moving meditation."

**Pre-registration is required.**  
**Tuesdays 4:45-6:00pm**  
 4 classes—\$28 R/\$32 NR



## **GENTLE YOGA DANCE**

This class combines mindful breathing and stretches with a guided, gentle practice that takes yoga postures into natural movement & increases flexibility.

**Pre-registration required.**  
**No Fee—bring water bottle.**  
**Wednesdays, October 5, 12, 19 & 26 from 2:15-3:15pm**

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

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

# New in October

## AARP Smart Driver Course

Monday, October 3rd  
8:30am-12:30pm  
\$15.00 for AARP members  
\$20.00 for non members



Come take the AARP SmartDriving Course and get a refresher on the rules of the road.

Register by Friday, September 30th  
at 860-487-9870

## Flu Clinic

Monday, October 3rd  
1:00-3:00pm

You must bring insurance card and drivers license in order to receive the flu vaccine. They'll accept Medicare, ConnectiCare Medicare Adv. Plans, and Aetna Medicare Adv. Plans

Register by Friday, September 30th  
at 860-487-9870

## Crafty Creations: Spooky Decorations

Tuesday, October 11th  
1:00-2:30pm  
Cost: \$2.00



Join us in the craft room for some spooky fun creating decorations for our Masquerade Day here at the center! You will also be able to take home a decoration or two that you helped create.

Register by Friday, October 7th  
at 860-487-9870

## Masquerade Day!

Wednesday, October 19th  
12:00-2:00pm  
Cost: \$7.00



Wear your best costume—prizes for scariest and most creative! We will decorate spooky cupcakes, enjoy a delicious home cooked meal (see pg. 11 for menu) and have a few harvest season games!

Register by Friday, October 14th  
at 860-487-9870

## Pain Free Body: Tap into Your Bodies Healing Potential

Presentation and Demo with Steve Munn  
Friday, October 21st  
11:00am-12:00pm

Tapping is a self-help tool that can quickly release physical and emotional pain by addressing unresolved emotions and energy blocks within the body. Come join us and learn about the history of Tapping, what it is, how to apply and also experience the benefits.

Register by Wednesday, October 19th  
at 860-487-9870



Veterans Social  
Thursday, October 27th  
9:00-10:00am

Join us for our first monthly Veterans Social! A place and time for Veterans and their spouses to come together and share life stories, create new bonds and gather resources & benefits information.

Light refreshments will be provided.

Register by Tuesday, October 25th  
at 860-487-9870

## Sharpening Services

Monday, October 31st  
9:00am-1:00pm



Bladesmith, Bill Hoffman will be here to sharpen your knives and scissors!

Rotary Cutters; \$1.50-\$2.00  
Scissors: \$7.50; left-handed \$8.50  
Pinking Shears: \$9.00; left-handed \$1.00

Knives will be collected and returned, see Bill the day of your appt. for information.

Register by Friday, October 21st  
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, October 17th 10:30am-4:30pm**

**Monday, October 31st 10:00am-4:00pm**

**Pre-registration is required with receptionist  
\$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

### Information on Absentee Ballots:

Absentee ballots are available now!

You can get an application for an absentee ballot:

- at the Town Clerk's office at the Town Hall
- by calling the Town Clerk's office at 860 429-3302 ext 4 OR
- by printing the application on the "Town Clerk" page at [www.mansfieldct.org](http://www.mansfieldct.org)

The application lists the legal reasons for absentee voting.

Mail the completed application to the Town Clerk or designate a relative or caregiver to deliver it to the Town Clerk.

The Town Clerk will mail you an absentee ballot.

Fill out the ballot and mail it to:

Mansfield Town Clerk  
4 South Eagleville Rd.  
Mansfield, CT 06268

Your completed ballot must be delivered to the Town Clerk's office by November 8th (election day).



### ~WALKTOBER IN CONNECTICUT~

WITH MORE THAN 100 FREE-GUIDED WALKS, HIKES, PADDLES, AND PEDALS, PLUS MORE THAN 40 SPECIAL EVENTS, WALKTOBER HAS SOMETHING FOR EVERYONE DURING THE MOST VISUALLY INTOXICATING TIME OF YEAR IN THE LAST GREEN VALLEY. ENJOY MANSFIELD'S FARMLAND FOREVER WALK ON SATURDAY, OCTOBER 15TH OR EXPLORE THE MOSS SANCTUARY ON SUNDAY, OCTOBER 16TH AND MUCH MORE IN OUR AREA!

**VISIT [WWW.THELASTGREENVALLEY.COM](http://WWW.THELASTGREENVALLEY.COM)  
FOR MORE INFORMATION!**

### LIFE IS BETTER WITH A LITTLE LAUGHTER!

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Grandpa, I wish I'd gotten to know you a lot sooner!"

## 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 **October 11th** and get inspired!

We will also start a beginners Genealogy Group if we have enough participant interest. Please contact Helen Collins at 860-429-4557. See you there!

### 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 sing and perform soprano/alto/tenor/bass music? You don't have to be a "senior" or professional singer to join! **Mondays from 1:00-3:00pm**

### Writing Group

Come tell your secrets with pad and pen, discuss your life from way back when. A good friend found, now in the "loop," come and join our writing group.

We hope to see you there!

**Wednesdays at 10:00am**

### Causeries en Français

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

**Wednesdays at 12:00pm**



## MOVIE DISCUSSION GROUP



**Join us for a viewing of  
Shawshank Redemption on  
Monday, October 17th at 12:30pm**

This is an incredible story about overcoming life's circumstances and though one's body may be locked away, the spirit can never be truly imprisoned.

Light refreshments provided.

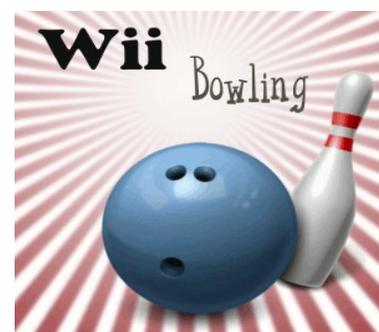
## ATTENTION WII BOWLERS:

We had a great time with Colchester Senior Center last month! We have another scrimmage lined up in our own local league at the Windham Senior Center on

**Tuesday, October 4th!**

We will leave the center at 9:30am, arrive around 10am, bowl for two hours and join them for lunch! Let Cara know if you can travel with us!

**860-487-9872**



## DUPLICATE BRIDGE SCORES

**FRIDAY, SEPTEMBER 16TH**

### NORTH/SOUTH

1. 59.13 74.50 A-5 Dutta Duttaahmed/Judy Senkbeil
2. 55.16 69.50 A-1 David Markowitz/George Waller
3. 53.17 67.00 A-4 Athene Von Hirschberg/Jerry Shaffer

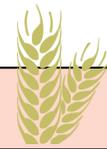
### EAST/WEST

1. 66.27 83.50 A-3 Nola Hoss/ Bill Hoss
2. 55.56 70.00 A-7 Mary Ann Fodor/Joe Fodor
3. 54.37 68.50 A-2 Paula Tate/ Mary Shinoski





# OCTOBER DAY TRIPS



## **FALL FOLIAGE & LUNCH AT GOULD’S SUGAR HOUSE ~ SHELBURNE FALLS, MA**

**OCTOBER 6TH 9AM - 4:30PM** Come and experience the beautiful fall foliage along the Vermont border of Massachusetts! See the lovely Bridge of Flowers in historic Shelburne Falls. We will have lunch at Gould’s Sugar House and have a little time to take in some shops in the downtown area.

## **MET OPERA: *TRISTAN UND ISOLDE* ~ RAVE CINEMAS, MANCHESTER**

**OCTOBER 8TH 9:30AM—4:30PM** Come and experience the Met Opera live on screen! We will make a breakfast stop at Vernon Diner prior to the performance. Admission \$22 pp

## **LUNCH BUNCH: FORD’S LOBSTERS ~ NOANK**

**OCTOBER 12TH 11AM-3PM** Enjoy an early autumn day by the water! Rumor has it, ice cream might even be available during our trip!!

## **ESSEX STEAM TRAIN & RIVERBOAT CRUISE ~ ESSEX**

**OCTOBER 14TH 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 and cruise admission \$26 pp

## **US COAST GUARD BAND CONCERT, COAST GUARD ACADEMY ~ NEW LONDON**

**OCTOBER 16TH 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.

## **SCRANTON’S SHOPS, WOODSTOCK ORCHARDS, AND LUNCH ~ WOODSTOCK**

**OCTOBER 20TH 11AM-4PM** Enjoy charm of an early New England blacksmith shop housing the finest antiques, country and primitive items, pottery, collectibles, gifts & unique merchandise. We will then stop by Woodstock Orchards to get some apples, jams-whatever your fancy! We will then stop at The Vanilla Bean Café for lunch.

## **HOLMBERG ORCHARD AND WINERY & LUNCH ~ GALES FERRY**

**OCTOBER 21ST 10:30AM-3:30PM** A fourth-generation family-run farm located in the picturesque hills of Gales Ferry. The orchards and wine tasting room are available for your pleasure! The farm market is freshly stocked with fruits and vegetables, homemade baked goods, and tempting specialty foods. We will stop for lunch at Olde Tymes Restaurant before returning home.

## **MET OPERA: *DON GIOVANNI* ~ RAVE CINEMAS, MANCHESTER**

**OCTOBER 22ND 10:30AM—4:30PM** Come and experience the Met Opera live on screen! We will make a lunch stop at Rein’s Deli prior to the performance. Admission \$22 pp

## **FLORENCE GRISWOLD MUSEUM “WEE FAERIE VILLAGE” ~ OLD LYME**

**OCTOBER 25TH 10AM-4PM** Come experience *A Flutter in Time* — all ages marvel at the detail and craftsmanship as they visit pyramids, ancient temples, medieval cottages, and Victorian mansions scattered throughout the 13-acre campus. Admission includes all exhibits housed within the Griswold Museum as well. Lunch available at Café Flo. Admission \$14 pp

## **FALL FOLIAGE CRUISE ON THE CT RIVER AND LUNCH ~ EAST HADDAM**

**OCTOBER 26TH 9:30AM-4PM** During our 90-minute cruise you will have an opportunity to see many of the very beautiful sights on the lower Connecticut River. We will stop for lunch at the Wheat Market Grill following our cruise. Admission \$20 pp. **Prepaid reservation no later than Friday, October 14th.**

### **PLEASE NOTE:**

**A signed registration form AND payment (if applicable) are required to register for upcoming trips. We will no longer accept reservations over the telephone or by email. Mansfield Residents aged 60+ are eligible to register immediately on a first-come, first-served basis. Non-Mansfield residents aged 60+ will be placed on a waitlist — one week (7 days) prior to the trip, the list will open for non-residents.**

**Upon registering, participants will receive a confirmation receipt detailing trip specifics. Confirmation calls will no longer be made before each trip. If you are placed on the waitlist, you will receive a call only if you are moved to the active trip list. 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  
**October 13th and 27th**  
from 11:30am-12:00pm

**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](http://www.ctelderlaw.org)



### Support Groups

Dealing with Low Vision?  
Join our **Low Vision Group**  
for support, friendship and helpful tips.  
**October 12th from 11:00am-12:00pm**

Caring for a parent, spouse  
or disabled adult child?  
Join our **Caregiver's Group** for support  
and confidential conversation  
with peer caregivers.  
**October 19th from 3:00-4:00pm**

## COMMISSION ON AGING

The Commission on Aging welcomes Carol Phillips as the representative from Glen Ridge!

The Commission is pleased to report that the Community Center has extended the sidewalk from the upper parking lot down the hill to make it more accessible to the entrance. Two additional handicapped parking spaces were gained.

As stated before, the Commission members and community representatives want to hear from you. Please feel free to contact anyone if you have questions or concerns.

Also, you are invited to attend any meeting. The next Commission on Aging meeting is **Monday, October 17th, 2016.**

### COMMISSION MEMBERS:

Wilfred T. Bigl (Chair)	860-429-0180
Laurie G. McMorro (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
Carol Phillips for Glen Ridge	860-429-1409

Open to Residents & Non-Residents  
Ages 55 and up!



**MANSFIELD SENIOR & WELLNESS CENTER**

303 MAPLE ROAD, MANSFIELD, CT 06268

**OCTOBER 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>		CARDIO COMB/ 9AM-10AM	NO CLASS 10/10	RES-\$28, NON-RES \$32
		QUILTING / 10AM-4PM	MON. OCT.17	RES-\$30, NON-RES \$35
		QUILTING / 10AM-4PM	MON. OCT. 31	RES-\$30, NON-RES \$35
		SPARKETTES / 10:15-11:15AM	NO CLASS 10/10	RES-\$40, NON-RES \$48
		YOGA / 1:30PM-2:30PM	NO CLASS 10/10	RES-\$28, NON-RES \$32
<b>TUES</b>		STRENGTH & STABILITY / 9AM-10AM	4 CLASSES	RES-\$28, NON-RES \$32
		POWER OF AGING / 10:45-11:45	4 CLASSES	RES-\$28, NON-RES \$32
		TAI CHI / 4:45-6:00PM	4 CLASSES	RES-\$28, NON-RES \$32
<b>WED</b>		YOGA / 11AM-12PM	4 CLASSES	RES-\$28, NON-RES \$32
		BEGIN TAP / 1PM-2PM	NO CLASS 10/12	RES-\$21, NON-RES \$24
<b>THUR</b>		STRENGTH & STABILITY /9AM-10AM	4 CLASSES	RES-\$28, NON-RES \$32
		POWER OF AGING/ 12PM-1PM	4 CLASSES	RES-\$28, NON-RES \$32
		CARDIO COMBO/ 3:15PM-4:15PM	4 CLASSES	RES-\$28, NON-RES \$32
		PILATES / 2:00PM-2:45PM	6 & 13 FREE CLASSES	RES- \$14, NON-RES \$18
<b>EVENTS</b>		LUNCHEON & CAMEO CLUB @ NOON	WED. OCT. 5TH	COST: \$7.00
		LUNCHEON & TONY MEMMEL @ NOON	FRI. OCT. 7TH	COST: \$7.00
		LUNCHEON & MASQUERADE DAY	WED. OCT. 19TH	COST: \$7.00
		CRAFTY CREATIONS @ 1:00PM	TUES. OCT. 11TH	COST: \$2.00
<b>TRIPS</b>		FALL FOLIAGE TRIP	THURS. OCT. 6TH	
		MET OPERA: <i>TRISTAN UND ISOLDE</i>	SAT. OCT. 8TH	
		FORDS LOBSTER LUNCH	WED. OCT. 12TH	
		ESSEX STEAM TRAIN & RIVER BOAT	FRI. OCT. 14TH	
		US COAST GUARD BAND CONCERT	SUN. OCT. 16TH	
		SCRANTON SHOPS & ORCHARD	THURS. OCT. 20TH	
		HOLMBERG ORCHARD & WINERY	FRI. OCT. 21ST	
		MET OPERA: <i>DON GIOVANNI</i>	SAT. OCT. 22ND	
		FLORENCE GRISWOLD MUSEUM	TUES. OCT. 25TH	
		*FALL FOLIAGE CRUISE CT RIVER	WED. OCT. 26TH	*PREPAY TICKET \$20.00 BY 10/14

**PLEASE NOTE:** Effective September 1st, a signed registration form *and* payment are required to register for classes and activities. We will no longer accept registrations over the phone. Registration forms are available in the newsletter, at the Senior Center and online at [www.mansfieldct.org](http://www.mansfieldct.org) >Seniors. Please understand that we cannot offer refunds unless your spot is filled prior to the event.

**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 MAY videotape and/or take 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 OCTOBER MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3.</p> <p>STUFFED SHELLS WITH MARINARA GREEN BEANS DICED CARROTS PINEAPPLE CUP</p>	<p>4.</p> <p>BEEF STROGANOFF BUTTERED NOODLES MIXED VEGGIES FRESH ORANGE</p>	<p>5.</p> <p style="text-align: center;"><u>CAMEO CLUB</u> POT ROAST VEGGIE MIX BUTTERMILK BISCUIT APPLE PIE</p> <p style="text-align: center;">COST: \$7.00 REGISTER BY 9/28</p>	<p>6.</p> <p>CHEESEBURGER NOODLE CASSEROLE BROCCOLI CARROT COINS PEACH CUP</p>	<p>7. <u>TONY MEMMEL</u> BUTTERNUT SQUASH SOUP CHICKEN WITH SAUTEED MUSHROOMS GREEN BEANS AUTUMN GREENS CHOC. CHIP COOKIES COST: \$7.00 REGISTER BY 10/3</p>
<p>10.</p> <p>SENIOR CENTER CLOSED</p> <div style="text-align: center;">  </div>	<p>11.</p> <p>CRISPY COD PATTY MACARONI &amp; CHEESE BROCCOLI FRUIT COCKTAIL</p>	<p>12.</p> <p>MEATBALL GRINDER ITALIAN VEGGIES DESSERT</p>	<p>13.</p> <p>BROCCOLI STUFFED CHICKEN ROASTED POTATOES MIXED VEGGIES PINEAPPLE CUP</p>	<p>14.</p> <p>CHEESE OMELET HASH BROWN POTATOES STEWED TOMATOES FRESH FRUIT</p>
<p>17.</p> <p>SWEDISH MEATBALLS BUTTERED NOODLES WINTER VEGGIES FRUIT COCKTAIL</p>	<p>18.</p> <p>LEMON GARLIC CHICKEN RICE PILAF MIXED VEGGIES PEARS WITH MANDARIN ORANGE</p>	<p>19.</p> <p style="text-align: center;"><u>MASQUERADE DAY</u> SARAH D'S AWARD WINNING CHILI! SEASONAL SALAD BAKED POTATO CORNBREAD</p> <p style="text-align: center;">COST: \$7.00 REGISTER BY 10/14</p>	<p>20.</p> <p>CHICKEN TERIYAKI STEAMED RICE ORIENTAL MIX GRAPE JUICE DESSERT</p>	<p>21.</p> <p>SALISBURY STEAK WITH GRAVY MASHED POTATOES GREEN BEANS DICED TOMATOES APPLESAUCE CUP</p>
<p>24.</p> <p>WESTERN OMELET ROASTED POTATOES MIXED VEGGIES FRESH FRUIT</p>	<p>25.</p> <p>GLAZED HAM SCALLOPED POTATOES GREEN BEANS DESSERT ORANGE JUICE</p>	<p>26.</p> <p>CUBAN BRAISED PORK LOIN YELLOW RICE &amp; BLACK BEANS MIXED VEGGIES PINEAPPLE CUP</p>	<p>27.</p> <p>CHICKEN CACCIATORE PENNE PASTA PEAS &amp; PEARL ONIONS PEACH CUP</p>	<p>28.</p> <p>MEXICAN COD SPANISH RICE CAPRI VEGGIES FRUIT COCKTAIL</p>
<p>31.</p> <p>CHICKEN CORDON BLEU GARLIC MASHED POTATOES STEWED TOMATOES PINEAPPLE CUP</p>	<div style="text-align: center;">  <p>seniornutrition</p> </div>		<p><b>For Special Luncheons:</b> Please sign up with Kathy Yaffee by date listed. <b>THANK YOU!</b></p> <hr/> <p><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

### FRIDAY, OCTOBER 7TH—OCTOBERFEST

Student Prince & The Fort, Springfield's premier landmark restaurant since 1935. Trip includes bus, luncheon, German entertainment, outdoor heated beer garden with Spätzle Demo & German Polka Dance Band, one beer or wine ticket, and driver gratuity. Choice of Roast Pork, Student Prince's Famous Baked Haddock or Chicken Schnitzel. **\$84 pp**

### 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! A trip to remember! **\$928 pp.**

### MONDAY, NOVEMBER 4TH— ST. PAUL'S BOYS

**CHOIR.** Sacred Heart Church, Springfield, MA. Trip includes luncheon at the Log Cabin Banquet and Meeting House, bus, afternoon boys Choir at Sacred Heart Church featuring the only Catholic boys Choir School in the U.S., donation to Sacred Heart Church and driver gratuity. Luncheon of Chicken Florentine Supreme or Mt. Tom Sirloin. **\$90.00 pp.**

### THURSDAY, DECEMBER 8TH— JIMMY STURR

**CHRISTMAS SHOW** featuring Jimmy Sturr and his orchestra with special group, The Four Aces. Trip includes lunch at the Aqua Turf, bus, matinee show w/Jimmy Sturr and the Four Aces, The Polka Today Dancers, The Jimmy Sturr singers, and driver gratuity. Meal is turkey with stuffing or baked scrod. **\$86 pp.**

**We have a trip to Sunny Portugal through Collette Vacations from November 11-20, 2016. Please call the number below with questions!**



**COME & SEE WHERE WE ARE GOING NEXT YEAR!**

Kay's Travel Fair

**Wednesday, November 9th**

1:00pm at the Senior Center

Door prizes & light refreshments provided!



*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**

#### **Research & Shop for Devices**

**Thursday, October 20th**

**10:00-11:00am**

Adam Delaura from the Library will be in to discuss some techniques and ideas for researching and shopping for the right device for you.

There are so many options out there, it's important to take your time while you decide.

### **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**

# ~ OCTOBER SPECIAL EVENTS ~

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**3.**  
8:30 AARP SAFE  
DRIVING COURSE  
1:00 FLU CLINIC

**4.**  
9:30 WII BOWLING  
TO WINDHAM

**5.**  
11:30 BLOOD PRESS.  
12:00 LUNCH WITH  
CAMEO CLUB

**6.**  
9:00 REIKI  
**9:00 GOULD'S SUGAR  
HOUSE**

**7.**  
10:00 PHOTO CLUB  
12:00 LUNCH WITH  
TONY MEMMEL  
**\*OKTOBERFEST  
TRIP WITH KAY\***

**10.**  
  
SENIOR CENTER  
CLOSED FOR  
COLUMBUS DAY

**11.**  
10:00 GENEALOGY  
12:30 BRIDGE  
1:00 CRAFTY  
CREATIONS  
2:30 COMP.  
COUNCIL MTG  
**\*SHOPPING TRIP\***

**12.**  
9:00 MASSAGE &  
REFLEXOLOGY  
11:00 LOW VISION  
**11:00 FORD'S  
LOBSTERS**

**13.**  
11:30 FOODSHARE  
5:30 *GEN SILENT*  
VIEWING & DINNER

**14.**  
**9:00 ESSEX TRAIN &  
RIVER CRUISE**

**17.**  
9:30 COA MTG.  
10:30 QUILTING  
12:30 MOVIE:  
*SHAWSHANK  
REDEMPTION*

**18.**

**19.**  
12:00 MASQUERADE  
PARTY  
3:00 CAREGIVEERS  
SUPPORT GROUP

**20.**  
10:00 COMPUTER  
CLASS  
**11:00 WOODSTOCK  
ORCHARDS & SHOPS**

**21.**  
10:00 PHOTO CLUB  
**10:30 HOLMBERG  
ORCHARD**  
11:00 PAIN FREE  
BODY PRESENTATION  
12:45 DUP. BRIDGE

**24.**  
11:00 SPARKETTES  
PERFORMANCE

**25.**  
9:00 PODIATRIST  
**10:00 FLORENCE  
GRISWOLD  
MUSEUM**  
12:30 BRIDGE

**26.**  
**9:30 FALL FOLIAGE  
RIVER CRUISE**

**27.**  
9:00 VETERANS  
SOCIAL  
11:30 FOODSHARE  
**\*SHOPPING TRIP\***

**28.**  
1:00 RADIO MYSTERY

**31.**  
9:00 SHARPENING  
SERVICES  
10:00 QUILTING

### SAVE THE DATE:

**Wednesday, November 2nd**—Don't miss our Veterans Tribute Luncheon with performance by Karen Wagner and a WW2 re-enactor in uniform with restored 1942 Ford GPW Jeep! Veterans & their spouses eat free. The MSCA Board meeting will also be held this day at 2:00pm.

**Wednesday, November 16th**—Enjoy a Thanksgiving Luncheon with us.

**Wednesday, November 23rd**—Share what you're grateful for with us at our Thankful Gathering.

### WEEKEND TRIPS:

**Saturday, October 8th from 9:30am-4:30pm**—Met Opera: Tristan und Isolde at Rave Cinemas, Manchester

**Saturday, October 16th from 11:30am-5pm**—US Coast Guard Band Concert in New London

**Saturday, October 22nd from 10:30am-4:30pm**—Met Opera: Don Giovanni at Rave Cinemas, Manchester

### AROUND THE CORNER:

We have met with Harvey Felder, Assoc. Professor of Music at UConn and he is excited to partner with us as a performance space for various ensembles this school year! We hope to offer two to three performances this semester so stay tuned!

# ~ DAILY ACTIVITIES ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 CARDIO COMBO 9:00 WALKING DVD 10:00 TECH TIME 10:00 WII BOWLING 10:15 SPARKETTES 12:00 LUNCH 1:00 CHORUS 1:00 MAHJONGG 1:30 YOGA	9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:00 SCRABBLE 10:45 POWER OF AGING 12:00 LUNCH 1:00 BINGO 4:45 TAI CHI	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 2:15 YOGA DANCE	9:00 STRENGTH & STABILITY 10:00 WII BOWLING 10:15 SPARKETTES 12:00 POWER OF AGING 12:00 LUNCH 1:00 BRIDGE 1:00 JEWELRY 2:00 PILATES 101 3:15 CARDIO COMBO	9:00 WALKING DVD 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 WII BOWLING 11:00 BRAIN GAMES 11:00 TAI CHI DVD 12:00 LUNCH 1:00 ART STUDIO

## IT'S PARTY TIME



~ OCTOBER 5TH AT NOON ~

Special Luncheon this month with entertainment by Cameo Club of CT!

**REGISTER BY MONDAY, OCT. 3RD  
IF IT'S YOUR BIRTHDAY MONTH!**

*Please call our site server, Sharon Caron at 860-487-9876 if you would like your birthday or anniversary shared so that we can celebrate with you!*

### 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.

**FRIDAYS FROM 1:00PM-4:00PM**

### ***MANSFIELD SENIOR CENTER 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 10/11 & 10/27\*\***

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:

**Lunch & Cameo Club on October 5th  
Lunch and Tony Memmel on October 7th  
Gen Silent Movie & Dinner on October 13th  
Masquerade Day on October 19th**



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!**

### **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.

# NEWSLETTER SPONSORS

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1734 STORRS ROAD  
860-377-4333

**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!**

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**SENIOR SPARKS NEWSLETTER**  
**Mansfield Senior Center**  
**303 Maple Road**  
**Mansfield, Connecticut 06268**

**POSTMASTER: DATED MATERIAL**  
**PLEASE DELIVER PROMPTLY**

PUT LABEL  
IN THIS BLOCK

### **NOW AVAILABLE THROUGH EMAIL!**

If you'd like to receive an electronic version of our *SPARKS* newsletter, please email Program Coordinator, Cara Webb at **[webbcj@mansfieldct.org](mailto:webbcj@mansfieldct.org)**.

We will add your email to a distribution list and send our newsletter out as soon as it's available! We can assure that your email will not be made public and only used for our own communication of Senior Center events.

Hard copies will still be available at the Senior Center, Library, Community Center and Town Hall.

You may also find the newsletter at **[www.mansfieldct.org](http://www.mansfieldct.org)** under the "Seniors" link. Past editions are also posted there, as well as our monthly Registration Forms.

