

# SENIOR SPARKS

## MANSFIELD SENIOR CENTER NEWSLETTER

April 2026



Hop on by -  
there's lots to try!

303 MAPLE ROAD, MANSFIELD, CT 06268  
TEL: 860-429-0262  
WEBSITE: [WWW.MANSFIELDCT.GOV/SENIORS](http://WWW.MANSFIELDCT.GOV/SENIORS)



**MANSFIELD**  
SENIOR CENTER

# Welcome April

303 MAPLE ROAD,  
MANSFIELD  
860-429-0262

[WWW.MANSFIELDCT.GOV/SENIORS](http://WWW.MANSFIELDCT.GOV/SENIORS)

**Hours:**

Monday through Friday  
8:30AM to 4:30PM

**Senior Center Supervisor:**

Jessica Tracy  
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**Program Coordinator:**

Kimberly Rontey  
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**Nutrition Coordinator:**

Jessica Vega  
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VegaJ@mansfieldct.org

**Kitchen Assistant**

Sylvia Gott

**Drivers:**

Patricia Elliot  
Dave Ignatowicz

Springtime at the Mansfield Senior Center is brimming with excitement and opportunities for engagement!

This season, we're offering discounted fitness classes throughout the month, with a new trial drop-in rate option for those who'd like added flexibility.

Our creative events promise to inspire, featuring the return of Paint Night, a new fun class to create spring flower suncatchers, a chance to express yourself through spoken word performance, and the introduction of a meet-up time for watercolor enthusiasts.

For music lovers, we have the UCONN Piano Club and the lively singer Nicky D gracing us with their performances.

Our enriching trips this month include visits to the CT State Police Museum, the Katherine Hepburn Cultural Arts Museum, and Halfinger Farms, where you can enjoy the simple pleasure of picking your own daffodils.

Prefer a taste for adventure from the comfort of your chair? Our armchair travel session will transport you to the "Land Down Under", Australia.

Join us and make the most of this vibrant season!



MANSFIELD SENIOR CENTER RESPECTS THE DIVERSITY OF OUR PARTICIPANTS. YOU WILL FIND A WARM WELCOME HERE, REGARDLESS OF SEX, AGE, RACE, ETHNICITY, NATIONAL ORIGIN, RANGE OF ABILITIES, SEXUAL ORIENTATION, GENDER IDENTITY, FINANCIAL MEANS, EDUCATION AND POLITICAL PERSPECTIVE.

**CHECK US OUT  
ON FACEBOOK!**



**CHECK US OUT  
ON INSTAGRAM!**



[mansfieldct.gov/seniors](http://mansfieldct.gov/seniors)

**CHECK OUT OUR MANSFIELD SENIOR CENTER FACEBOOK PAGE FOR INTERESTING STORIES, PROGRAM & EVENT INFORMATION, PICTURES AND AN OPPORTUNITY TO CONNECT WITH LOCAL RESOURCES AND ORGANIZATIONS FOR SENIORS!**

# April 2026

## Senior Center Closings

Please note that the Mansfield Senior Center will be closed on Friday, April 3rd.



## FREE UCONN PIANO CLUB MUSIC PERFORMANCE



We look forward to welcoming more talented musicians from UCONN volunteering their time to perform for...you!  
Mark your calendar and don't miss this wonderful piano concert!

**Wednesday, April 8<sup>th</sup> 3:00 - 4:00 PM**  
**Cost: FREE, No RSVP required.**

## UCONN AIRFORCE RESERVE OFFICER TRAINING CORPS VISIT



Enjoy a Cafe lunch as you connect and visit with members of UConn Air Force ROTC.

**Friday, April 10th, 11:30 a.m.**

## FREE MUSIC PERFORMANCE BY NICKY D!



Get ready for a fun-filled afternoon with great music provided by Nicky D.! Nicky's sure to "wow" you with his lively and interactive performance of songs you know and love - think Sinatra, Dean Martin, Tony Bennett & friends, The Platters, Drifters, 5 Satins, Elvis, Tom Jones, Engelbert, Neil Diamond, and MORE!  
Come grab a café lunch & stay to be entertained.

**Friday, April 17th 12:45 to 1:45 PM**  
**No RSVP required.**

## TRIVIA & TREATS

*Free snacks and fun facts!*

Come Join us for: "Opposite Day Lunch & Trivia" and have a "terrible time" with Mansfield Center for Nursing staff!

**Monday, April 6<sup>th</sup>**  
**12:00-1:00PM**

**Cost: FREE, RSVP required by 4/2**  
sponsored by our friends from



## **COME TO OUR APRIL CAFÉS!**



**Friday, April 10<sup>th</sup>**  
11:30 AM-1:00 PM  
w/ UConn AFROTC Visit

**Friday, April 17<sup>th</sup>**  
11:30 AM-1:00 PM  
w/ free music performance by Nicky D.!

**Friday, April 24<sup>th</sup>**  
10:00 AM-11:30 AM  
Breakfast cafe

### **What is the Maple Road Café?**

No advance orders needed and open to all ages. The Café offers an a la carte menu, while supplies last. Prices vary. Food may be eaten in or taken to go, unless otherwise noted.

# NEW IN APRIL

## APRIL SHOWERS BRING SPRING FLOWERS!

*with Amy Lopez of Bloom Where Planted*

Explore the colorful world of flowers as we delve into why flowers are colorful and why they have certain shapes. We will learn how to press flowers and create beautiful rainbow suncatchers using real pressed flowers.



**TUESDAY, APRIL 28<sup>TH</sup> FROM 10:30AM-11:30AM**

**\$15 PER PERSON; PRE-REGISTRATION ON THE PG. 15 FORM BY 4/21 REQUIRED.**

## ARMCHAIR TRAVEL DESTINATION: AUSTRALIA

**WEDNESDAY, APRIL 22<sup>ND</sup> 2-4 PM**

G'day, Mate! Join MSC staff on our next armchair adventure to "The Land Down Under"!

We'll cook a delicious and historical Australian recipe and enjoy a travel documentary to discover the beautiful landscape. Are you brave enough to try some Vegemite???

Have you traveled to Australia yourself? Or share ancestral connections? Bring a souvenir or heirloom to share!

**\$5 materials fee due at registration. Register by April 16th.**



## SEE PG. 9 FOR NEW FITNESS OPPORTUNITIES!

- Drop in options
- Discounted Full Month Reg.
- New Classes - Gentle Yoga & Chair Yoga
- Updated Strength & Stability class 
- Free "Box & Bop" class

## PAINT NIGHT

Celebrate spring by painting your very own bright, beautiful bouquet of flowers! This month we'll use bright colors on a black canvas for some extra "pop"! The talented Scott Ginter returns to guide you through the easy steps to create a masterpiece. No experience is necessary to join in the fun.

Light refreshments will be served.

**Tuesday, April 21<sup>ST</sup> 4:00 - 6:00 PM**

**Please note:** This class starts one hour later than our February Paint Night.

**Cost: \$15 pre-registration required; seats limited.**



# CELEBRATING THE MSC COMMUNITY

## GROWING THE MSC GARDENS!

The gardens surrounding the Mansfield Senior Center can use some additional helping hands.

This may include clean-up days, planting, weeding, and more!

**Email Kim at [ronteykb@mansfieldct.org](mailto:ronteykb@mansfieldct.org)** to be connected with other MSC gardening members through email (your email address will be shared). Please include your general recurring availability, and if you're a newbie, experienced gardener, or something in between.



## Birthday Lunch

**Celebrate your birthday with us on**

**April 14<sup>th</sup>**



Use the lunch menu on page 15 and **sign up by Noon on Friday, April 10<sup>th</sup>** if you would like to attend.

If you are celebrating a birthday this month, please let us know by checking the box on the menu!

## COMMISSION ON AGING

**NEXT MEETING**

**APRIL 13<sup>TH</sup> 9:30 AM**

The Commission shall advise the Town Council, the Town Manager, and the Director of Human Services as to needs and concerns of the Senior Citizens of the Town of Mansfield.



## CARING COOKIE

We would like to congratulate **April's "Caring Cookie" recipient,**

**Dave Ignatowicz!**



If you've ever gone on one of our MSC trips, there is a good chance you've met our driver, Dave.

Dave was nominated (multiple times!) for his excellent skills as a driver, which include taking good care of his passengers and also acting as a comedian to entertain his riders!

Check out the "Caring Cookie Brag Board" to read Dave's many nominations this month.

Is there someone at the senior center that you want to acknowledge with a shout-out?

Nominate that special person for our monthly **"Caring Cookie" award** using a nomination slip found in the Dining Room.



## HUMAN RIGHTS COMMISSION

### MONTHLY DISCUSSION:

**Talking With Your Grandchildren (and other young people):**

**What matters? What's Difficult?**

**How do you overcome misunderstandings?**



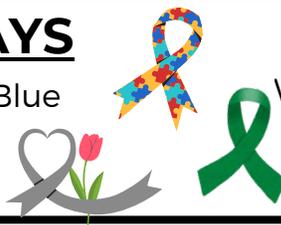
Everyone is invited to share stories of good conversations and difficult conversations they have had with young people. What have we learned about cross-generational communication with people we care about?

Join representatives from the Mansfield HRC the **first Wednesday of each month at 1:00 PM** for conversation and feedback on local issues.

**April 1<sup>st</sup> at 1:00 PM**

## APRIL AWARENESS DAYS

- **AUTISM AWARENESS (4/2)** - Wear Blue
- **WORLD HEALTH DAY (4/7)**
- **PARKINSONS AWARENESS (4/11)**
  - MSC OBSERVING ON 4/10



Watch for informational pamphlets/flyers regarding these awareness campaigns.

# CREATIVE ARTS

All are welcome to these drop-in programs,  
including beginners.



## MAKER SPACE/OPEN STUDIO

**Fridays 1:00-4:00 PM**

Dabble in a variety of creative arts during our open studio hours. There are countless art supplies at your disposal. Bring your own projects to work on or start a new one in our craft room. Come make your messes here!

## **NEW!** Last Friday Watercolor Meet-up

**April 24th, 1:00-3:00 PM**

Do you love to paint with watercolor? Enjoy the company of others to share tips and ideas as you work on your own piece. Bring your own reference materials and supplies. Kathy Lindner (former watercolor instructor) would love to share this collaborative time with you.

## FOLK SINGING GROUP

**Mondays at 1:00 PM**

This fun group is led by Sandy Hall, who is experienced in group singing and acoustic guitar. No vocal ability needed, just a love of singing music from the 1960's. Songbooks are provided.

## WRITING GROUP

**Tuesdays from 10:00-11:00 AM**

You're invited to share your creativity in writing in a relaxed group with no criticisms. The only requirement is the love of writing!

## JEWELRY GROUP

**Thursdays from 1:00-3:00 PM**

Join this group to get input on your projects. New members are welcome! Please note, the jewelry group is not accepting tutoring or repair requests at this time.

## QUILTING GROUP

**Mondays at 1:00 PM**

All levels welcome to this cooperative group. Bring your unfinished projects & sewing supplies. We'll sew, share tips, and "Show and Tell" our recent projects!

## WOOD CARVING

**Wednesdays from 9:00 AM-12:00 PM**

Try your hand at this ancient art with members of the Mystic Carvers Club! Bring your supplies and the project you're working on and enjoy some company while you carve!

## YARNIVORES

**Fridays from 10:00 AM-12:00 PM**

Come join us for knitting, crocheting, and more, in a relaxing and fun environment. Work on your project while you enjoy a chat with friends!

## RELIVE THE 60S & 70S THROUGH SONG

**Tuesday, April 21<sup>st</sup> at 1:00 PM**

Join our singing group the third Tuesday of each month as we revisit a great era of music. We use karaoke-style backing tracks with lyrics as well as live instrumentation, depending upon the song. This group's focus is to have fun!



## **NEW!** National Poetry Month - "Open Mic"/Dramatic Reading Event!

**Thursday, April 23<sup>rd</sup> at 11 AM**

Join us on Shakespeare's birthday (observed) for an engaging afternoon dedicated to spoken word.

Read or recite a few lines from your favorite poem, prose, song lyrics, original creation, or other spoken word piece. Topics should be appropriate for a variety of audience members and remain respectful. Performers can take the stage for up to three minutes.

If writing or performing isn't your thing, we warmly invite you to come and listen to your fellow members and friends share.

**Please register by 4/21 on the pg. 15 form  
Indicate if you are performing or spectating.**



# FUN AND GAMES



## MONDAYS

11 AM - Open Game Time  
Bring Your Own Game or Use  
One of Ours & Make Friends

## TUESDAYS

10 AM - Scrabble  
1 PM - BINGO

## WEDNESDAYS

1:30 PM - Setback

## THURSDAYS

11:15 AM - Bridge

## FRIDAYS

9 AM - Wii Bowling

10 AM - Scrabble

1 PM - \*American Mahjongg (4/17)

**Note:** Mahjongg will not meet on 4/3

\*Mahjongg beginners are welcome on the first session of each month. It may also be helpful to try to familiarize yourself with the tiles and cards.

**SAVE THE DATE: NEXT MIX & MINGLE IS MONDAY, 5/4, 12 P.M.**

# SOCIAL LEARNING

All are welcome to these drop-in programs, including beginners.

## GENEALOGY

Past to Present

10AM-11AM, Monday, April 13<sup>th</sup>

(2<sup>nd</sup> Monday Each Month)



The group will discuss tips on how and where to find ancestral information, both in person and online, guidance for beginners, genealogy news, show and tell, building family trees, and ways to stay organized.

**Making Time for Building Our Trees**

10AM-12PM, Monday, April 27<sup>th</sup>

(4<sup>th</sup> Monday Each Month)

Organize old files, untangle your family tree, label those mystery photographs. Bring your project, settle in— work at your own pace with good company and shared purpose.

**Genealogy Book Discussion**

Monday, April 13<sup>th</sup> 11:00 AM - 12:15 PM

*Hidden Valley Road:*

*Inside the Mind of an American Family*

By Robert Kolker - Non-Fiction

The poignant story of The Galvin family in which six of their twelve children were diagnosed with schizophrenia, highlighting the genetic roots of the disorder through their extraordinary case study.



## SCIENCE & TECH CLUB

Wednesday, April 15<sup>th</sup> at 1:00 PM

Bring your curiosity! This group tackles a new science topic each month. New members are always welcome!



## SPANISH CONVERSATION GROUP

Wednesdays at 10:30 AM

A "sit & chat" setting that welcomes all levels of Spanish speakers.



## FRENCH CONVERSATION GROUP

Wednesdays at 12:00 PM

Parlez-vous Français? Meet with this group for an hour of conversation en Français!

## MSC BOOK CLUB

Please join us at the MSC book club! Generally meets the 4<sup>th</sup> Monday of each month at 2:00 p.m. Reach out to your local library to obtain books. **No RSVP required.**

**April 27th,**

discussing:

*The Midnight Library*  
by Matt Haig

**May 26th,**

discussing:

*None of This is True*  
by Lisa Jewell

# Lifelong Learning

Please register/RSVP for the following programs as indicated:



## CLASSICAL MUSIC CLUB

WITH DR. CHARLES HOUMARD

(FORMERLY MUSIC & MONARCHS)



“Without music, life would be a mistake”-Nietzsche. Big ideas alongside superficial pleasures are the ingredients of classical music. Politics, art, literature and philosophy are some of the topics we explore as we listen to familiar music from the great classical composers throughout history.

**THURSDAYS AT 11 AM**

**APRIL 9<sup>TH</sup>, 16<sup>TH</sup>, 23<sup>RD</sup>, 30<sup>TH</sup> (NO 4/2)**

**FEE: \$32 PER PERSON**

**Zoom link emailed on 4/8 to pre-registered participants.**

*Available in-person or on zoom.*

## LUNCH & LEARNS



**A LITTLE BIT OF LEARNING & A LIGHT LUNCH**

**FREE; RSVP REQUIRED FOR EACH DATE BY THE FRIDAY PRIOR TO 860-429-0262**

**Monday, April 27<sup>th</sup>, 12 p.m.**

**Financial Literacy:**

**Wealth & Estate Planning**

Presented by American Senior Benefits

This seminar is designed to help adults age 55+ feel more confident about their financial future regarding making prepared and informed choices. We will cover important retirement topics such as understanding pension options, planning for social security, smart asset allocation, creating reliable retirement income, estate planning basics, and navigating required minimum distributions.

**Call 860-429-0262 now to reserve your one-on-one hour with Bob:**

**Thurs., April 16<sup>th</sup> & 30<sup>th</sup>** Appointments are limited.

## TECH TIME



Did you know the Mansfield Senior Center offers free tech assistance? Tech Guru, Bob, is here to answer questions about your computer, cell phone, or tablet with one-hour appointments!

## YOUR PEACE OF MIND PLANNER

One of the greatest gifts you can leave behind is access to your information and affairs for your loved ones. Your contacts, health, financial affairs, instructions... Let Bob help you establish your “planner” (or review one you’ve already started). This appointment is not an offer of any advice beyond how to keep and compile valuable and practical information for your loved ones.

## WELLNESS PROGRAMS

**Appointments are required for all wellness services. Please call 860-429-0262 to make an appointment or to cancel.**

### Haircuts



Lynn Shea has 25 years of experience cutting hair. **Haircuts are \$20 cash**, payable directly to Lynn at appointment.

**Friday, April 10<sup>th</sup>, 8:45 AM - 12:00 PM**

### Hearing Clinic

Noelle Davis, from the UConn Speech and Hearing Clinic, provides consultations, including hearing tests and hearing aid checks **free** of charge.

**Next Clinic: April 17<sup>th</sup>, 9:00 AM - 12:00 PM**

**Congratulations, Pam Brundage on your retirement!**

We are actively seeking a new massage provider. Stay tuned!

## Foot Care

Kylie Putis, RN from Foundations Foot Care, LLC provides foot care at the senior center.

Specializing in elder care and persons with disabilities, some services include:

- Nail & Foot Assessment and Care
- Diabetic Foot Health & Nail Care
- Ingrown Nail Care
- Callus/Corn Care
- Prevention Education
- Wound Prevention
- Fall Prevention -and much more!



**Tuesday, April 21<sup>st</sup> 9:30 AM-3:30 PM**

**Cost: \$40 cash or check per 30-minute appointment, payable directly to provider**

# FOCUS ON FITNESS



Drop-in and full-session options currently available. All attendees must register and pay **prior to** attending.

All programs are one hour unless otherwise indicated.

All levels welcome; modifications available in instructor-led programs.

**Mondays**

**9:30 AM**  
**TAI CHI DVD GROUP**  
No fee/No pre-registration

**Tuesdays**

**9:30 AM STRENGTH & STABILITY**   
Pre-registration is required.  
April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>  
Fee: \$20

**1:30 PM MOVEMENT WITH MUSIC**   
Pre-registration is required.  
April 7<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> (NO 4/14)  
Fee: \$15

**Wednesdays**

**9:30 AM**  
**TAI CHI DVD GROUP**  
No fee/No pre-registration

**NEW! 11:00 AM CHAIR YOGA**   
**W/ HALEY PROTO**  
Pre-registration is required.  
April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>  
Fee: \$25

**Thursdays**

**NEW TIME! 9:30 AM**   
**STRENGTH & STABILITY**  
Pre-registration is required.  
April 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> (NO 4/9)  
Fee: \$20

**Fridays**

**9:30 AM**  
**TAI CHI DVD GROUP**  
No fee/No pre-registration

**NEW! 11:30 AM GENTLE YOGA**   
**W/ HALEY PROTO**  
Pre-registration is required.  
April 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>  
Fee: \$15

**DISCOUNTED PROGRAM RATES IN APRIL!**  
You read that right! For a limited time, fitness class rates have been reduced, giving you more opportunity to see if a class is a good fit. April rates listed with program date information to the left. Full-month registration required or drop-in rates apply.

**NEW DROP-IN OPTION!**  
On a trial basis, fitness classes will have a drop-in option at \$10 per class if space allows.  
**Day-of pre-payment with office staff is required prior to attending** that day's class. Submit receipt to instructor at start of class.

**FREE Class! Box and Bop Thursday, April 9<sup>th</sup> 9 a.m.** **SEATS LIMITED; REGISTER BY 4/8**  
Box and Bop is a University of Connecticut Physical Therapy Student led class combining upbeat light boxing movements, strengthening, stretching, and more. No boxing experience is needed as this class involves easy to follow guided exercises for all fitness levels. Modifications can be made to do exercises in sitting or in standing to ensure safety and comfort. Come join us for a dynamic and high energy class helping to improve strength, coordination, balance, and more!"

**CHAIR YOGA**   
Chair Yoga is a gentle and accessible practice designed to support mobility, balance, and overall well-being. Using a chair for seated and standing support, this class offers simple stretches, mindful movement, and light strengthening exercises to help improve flexibility, reduce stiffness, and ease tension. Breathwork and relaxation techniques are woven throughout to promote calm and clarity. This class is perfect for all levels, including those with limited mobility or anyone looking for a supportive, low-impact practice.

**STRENGTH & STABILITY**   
This class uses weights and bands to focus on full body strengthening. A small lightweight ball will be used for range of motion exercises. Balance and stability work are included using a chair or barre for support if needed.

**GENTLE YOGA**   
Gentle Floor Yoga is a slow-paced class focused on mindful movement, stretching, and relaxation. This class includes poses to improve flexibility, build strength, and support joint health. Movements offer plenty of options to modify. The class incorporates breath awareness and guided relaxation, leaving you feeling balanced, comfortable, and at ease.

**MOVEMENT WITH MUSIC**   
Have fun working out while dancing! Join Amber for a fun class incorporating strength, cardio, dance and rhythmic exercises!

**CLASS DESCRIPTIONS!**





# OUTREACH & TRANSPORTATION SERVICES

**OUTREACH & TRANSPORTATION COORDINATOR:** Amy Garganese

860-487-9875

GarganeseA@mansfieldct.org

## SHOPPING & ERRANDS

Shopping and errand trips run the first four Tuesdays of each month.

### 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays:

- **Big Y & East Brook Mall: 10:00 AM - 12:00 PM**
- **Price Chopper: 12:00-2:00 PM -note new time!**

### 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays: 10:00 AM - 12:00 PM

- **Big Y**
- **East Brook Mall**
- **Walmart**
- **Aldi's**

Transportation for errands to the pharmacy, bank and/or other local grocery stores is available by request. Please let us know when scheduling your ride your choice of destination. 7 days notice required for pick-up from home.



## MOBILE FOODSHARE



**Thursday, 11:30 AM**

**April 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup>**

Pick-up in the Wright's Way parking lot.

Transportation to FoodShare is available upon request for residents age 55+.

**2026 Foodshare Schedule and Locations:**  
<https://mobilefoodpantry.ct.gov/foodshare.org/>

## MEDICAL APPT. TRANSPORTATION

Rides to local medical appointments are free, accessible and available to Mansfield residents age 55+

Monday through Friday between 8:30 AM-4:30 PM

Please remember to make your request at least 7 days prior to your appointment.

**For more information** or to request a ride/rider form, please call our Outreach Coordinator, Amy Garganese at 860-487-9875.

## YOU HAVE CHOICES

Are you in need of free and unbiased Medicare counseling? We have a certified CHOICES counselor on staff that can provide you with one-on-one benefits counseling, enrollment assistance, plan comparisons, eligibility screening, application assistance and so much more. Please contact Yamil at 860-487-9873 or Amy at 860-487-9875 to make an appointment.

## CAREGIVER SUPPORT GROUP

**Tuesday, April 14<sup>th</sup>, 3:00-4:30 PM**

Caring for a loved one in need can take a physical and mental toll. Having a safe space to talk with others in similar situations can provide invaluable support and validate your feelings. For more information or to RSVP call Amy at 860-487-9875.

## ADDITIONAL RESOURCES

Additional caregiver resources including books, brochures, information on local agencies and more are available.

Please contact Amy at 860-487-9875.

## PTSD SUPPORT GROUP

**Monday, April 27<sup>th</sup>, 2:00 PM**

The Mansfield Senior Center PTSD Support Group will focus on coping. Please come to share your challenges, your tips and learn some skills to use. RSVP to Yamil at 860-487-9873



## VETERANS BENEFITS DISCUSSION

**Thursday, April 16th 4:30-6:00 PM**  
**Senior Center Dining Room**

Come talk all things VA Healthcare & Veteran Benefits.

Alex Spears & Veteran Benefits Rep. will be here to answer any questions you may have.

## BEREAVEMENT SUPPORT GROUP

**Thursday, April 9<sup>th</sup>, 10:00 AM**

Experiencing a loss changes our world. This group offers an outlet to share stories, gather strength, healing and understanding from peers in a confidential environment.

RSVP to Yamil at 860-487-9873.



# APRIL DAY TRIPS

**PLEASE NOTE: Staying on the bus during trip activity is not permitted**

Due to the nature of booking group trips, museum passes & coupons cannot be used.

If you are a Mansfield resident, we may be able to pick you up and drop you off right at home when Dial-A-Ride or the local bus are unavailable. If you would like to use this service, please let us know when registering for a trip. A signed registration form *and* payment (if applicable) are required to register for upcoming trips. Due to limited seating, Mansfield residents aged 55+ are eligible to register immediately on a first-come, first-served basis. Non-Mansfield residents aged 55+ will be placed on a waitlist; one week (7 days) prior to the trip, those on the waitlist will be moved to the active trip list in the order in which they registered if seats are available. Trips are subject to cancellation based on registration.

**All participants on the trip list will receive a confirmation call prior to the trip. You must confirm to retain your spot.**

Should you need to cancel a reservation, request as early as possible. Refunds cannot be guaranteed, see page 15 for more info.

## Lunch Bunch: Tullis Taphouse, Griswold



**Monday, April 6<sup>th</sup>, 11:00 AM – 2:00 PM**

Tullis Taphouse is a Gastropub and has your cravings covered! Offering a variety of apps, salads, burgers, sandwiches and main dishes...something for everyone! Daily specials available too.

(Wheelchair accessible)



## Slater Memorial Museum, Norwich



**Monday, April 20<sup>th</sup>, 9:15 AM- 3:00 PM**

Located on the campus of Norwich Free Academy, the Slater Museum awakens visitors to the richness and diversity of the human experience through art & history. Join us for a guided tour of their diverse exhibits. Lunch to follow at Roberto's Log Cabin

(Wheelchair Accessible)

**Admission: \$8.00 payable at the museum.**



## Halfinger Farms & Dancing Daffodils, Higganum



**Monday, April 13<sup>th</sup>, 9:30 AM – 3:30 PM**



Springtime is here! Imagine yourself under the warm spring sun, surrounded by thousands and thousands of beautiful daffodils trying to decide which ones to pick. Halfinger Farm is a family-owned & operated hidden gem waiting for you to experience their PYO farm and greenhouses loaded with fresh plants. Come see what they have growing this time of year. Lunch to follow at Wood 'N Tap, Rocky Hill (Wheelchair Accessible)

## Katherine Hepburn Cultural Arts Museum, Old Saybrook



**Friday, April 24<sup>th</sup>, 9:15 AM- 3:00 PM**

The Katharine Hepburn Museum is the only museum of its kind dedicated to the famed actress and Old Saybrook resident. It offers an authentic view of the cultural and historical impact of Miss Hepburn and her family through letters, photos, home movies, costumes, personal wardrobe items, and other memorabilia. We will have lunch at Smash Burger after the museum.

(Wheelchair accessible)

**\$10 prepaid registration required; includes docent-led tour & private viewing of documentary.**



## CT State Police Museum, Meriden



**Wednesday, April 15<sup>th</sup>, 9:00 AM – 3:00 PM**

Through displays, photos, and videos, the Connecticut State Police Museum displays the rich history of the CT State Police Department. Trace the department's history from its inception in 1903 with only a handful of troopers, to today's modern department staffed with more than 1,400 sworn state troopers and dedicated civilian support personnel. Visitors will also learn about the history of law enforcement in Connecticut from its early days through the present. After visiting the museum, we will stop at the vintage car garage that houses police vehicles from the 1940s - 2011.

Lunch to follow at Bella Luna Pizzeria. (Wheelchair Accessible)

## Museum of Natural History, Providence



**Monday, April 27<sup>th</sup>, 9:00 AM- 3:00 PM**

The museum was founded in 1896 to house a donation of mammal and bird specimens from John Steere, a former Providence resident. It features natural history exhibits (plants, animals, geology) and features stunning grand French chateau-style architecture, recent renovations, and upgrades. We will stop for lunch at the Governor Francis Inn (Wheelchair Accessible)

**Admission: \$2.00 payable at the museum**



## Magic Wings, Deerfield, MA



**Wednesday, April 29<sup>th</sup>, 9:00 AM -4:00 PM**

Come and see all of the magic that Magic Wings has to offer! Walk through beautiful tropical gardens filled with butterflies, waterfalls, koi fish, and so much more. We will stop for lunch at Pete's Seafood Restaurant. (Wheelchair accessible)

**Admission: \$15.00 payable upon arrival at the gift shop.**

NOTE: Admission is free, however donations are gratefully accepted.

# HUMAN SERVICES UPDATES

## HUMAN SERVICES STAFF

**JESSICA ST. LOUIS**

**Director**

StLouisJ@mansfieldct.org

**CATHY POMERLEAU**

**Administrative Specialist**

PomerleauCR@mansfieldct.org

**YAMIL FIGUEROA**

**Adult Services Social Worker**

Figueroay@mansfieldct.org

**AMANDA GARDINER**

**Human Services Outreach Worker**

Phone: 860-487-9871

GardinerA@mansfieldct.org

## SERVICES WE OFFER

- Emergency financial assistance
- Food pantry and food assistance
- Eligibility and screening for public programs
- Case management, counseling and referrals
- Outreach and resources
- Fee Waiver Program application
- Housing Rehabilitation Program
- Utility Assistance
- Renters Rebate
- And so much more...



**For More Information please  
call 860-429-3315**

## Energy Assistance Program

Worried about paying your Energy bills?

We are here to help!

Our Services include:

- Energy assistance applications
- Assistance with Eversource plans
- Connection to resources
- Other support opportunities



The last day to apply for benefits is May 29, 2026.  
For more information, contact Yamil Figueroa:  
860-487-9873

## FOOD ASSISTANCE PROGRAMS

If you are in need of food resources, we can help.

Call us at 860-429-3315 or visit

[mansfieldct.gov/1896/Food-Programs](https://mansfieldct.gov/1896/Food-Programs) to learn more.

**FOOD PANTRY** The Town Food Pantry is open to residents in need during regular business hours:

Mon–Wed: 8:00 AM–5:15 PM

Thurs: 8:00 AM–6:30 PM

Households may visit twice per month. If you have dietary and/or transportation restrictions, let us know—we'll do our best to accommodate.

**Satellite Pantry also available at Mansfield Public Library.**

**MEAL KITS** The Human Services Department has a food program that provides meal kits for eligible households. If you currently qualify for our food pantry, you are automatically eligible for this program. Please watch for flyers with request deadline and pick-up date-specific details.

**APRIL KIT: CHICKEN ALFREDO**  
**April meal kit registration CLOSES on April 16<sup>th</sup> at 12 noon; Pick-up on April 23rd**



## Renters Rebate

State of Connecticut Elderly and Totally Disabled Renters Tax Relief Program

**Applications open April 1 – September 30, 2026**

Basic eligibility qualifications for this program are:

- You must be 65 by Dec. 31, 2025
- Your gross income in 2025 FROM ALL SOURCES was no more than \$56,500
- for married/civil-unionized couples or \$46,300 if single.
- You rent an apartment, house or mobile home lot and do not file under the Homeowner's Tax Credit program.
- You resided in the State of Connecticut during 2025 and presently reside in Mansfield.
- You are under age 65 and are totally and permanently disabled, receiving Social Security Disability or SSI.

## SENIOR CENTER TRIP ASSISTANCE PROGRAM

The Town of Mansfield Human Services Office is currently administering a Senior Trip Scholarship program derived from private contributions intended to provide assistance to seniors (age 55+) wishing to access Senior Center Trips. These funds are used only for the cost of the trip (i.e. tickets, admission, entry fees, etc), and do not include items such as lunch, food, personal items, etc or other Senior Center programs. Criteria for assistance includes: financial hardship, history of assistance, residency and other available private/public financial resources.



Please contact the Human Services office for an application.

# NAME(S)

LIST NAMES OF INDIVIDUALS REQUESTING A MEAL ABOVE. INDICATE MEAL QUANTITY BELOW.

To cancel or change your lunch order, call 860-487-9876 by 11:00AM day of. Leave a message. Change requests submitted after 11AM day of cannot be honored.

# APRIL 2026 MAPLE ROAD LUNCH MENU

SIGN UP BY 12:00PM ON FRIDAYS FOR THE NEXT WEEK. SUBMIT YOUR MENU AT THE CENTER OR CALL 860-487-9876.

## Tuesday

## Wednesday

## Thursday

<p><b>MARCH 31<sup>st</sup></b> Grilled Ham &amp; Cheese Tomato Soup Salad Dessert Please Circle Dine In or Take Out</p>	<p>1. Fish Sticks Mac n' Cheese Veg du Jour Dessert Please Circle Dine In or Take Out</p>	<p>2. <b>LUNCH SERVED @ 12:30</b> Baked Pork Chop Spanish Rice &amp; Beans Veg du Jour Dessert Please Circle Dine In or Take Out</p>
<p>7. Veggie Burger w/Cheese French Fries  Pickle Dessert Please Circle Dine In or Take Out</p>	<p>8. Passover Inspired Herb Baked Chicken Roasted Potatoes Veg du Jour Dessert Please Circle Dine In or Take Out</p>	<p>9. Pasta w/Meat Sauce Veg du Jour Cheesy Garlic Bread Dessert Please Circle Dine In or Take Out</p>
<p>14. <input type="checkbox"/> IT'S MY BIRTHDAY! Stuffed Chicken w/Stuffing Mashed Potatoes Veg du Jour Dessert Please Circle Dine In or Take Out</p>	<p>15. Tomato Basil Fish Rice Pilaf Veg du Jour Dessert Please Circle Dine In or Take Out</p>	<p>16. <b>LUNCH SERVED @ 12:30</b> Hot Dog Tater Tots Baked Beans Dessert Please Circle Dine In or Take Out</p>
<p>21. French Toast Hash Brown Patty Bacon Dessert Please Circle Dine In or Take Out</p>	<p>22. Chicken Cordon Bleu Casserole Salad Dessert Please Circle Dine In or Take Out</p>	<p>23. Cheeseburger Onion Rings Cole Slaw Dessert Please Circle Dine In or Take Out</p>
<p>28. Beef Stew Salad Dessert Please Circle Dine In or Take Out</p>	<p>29. Cheese Tortellini Veg du Jour  Garlic Bread Dessert Please Circle Dine In or Take Out</p>	<p>30. <b>LUNCH SERVED @ 12:30</b> Crispy Chicken Sandwich French Fries Pickle Dessert Please Circle Dine In or Take Out</p>



EACH MEAL IS \$5.00 PER PERSON FOR AGES 55+ ONLY AND SERVED AT 12:00PM.

LUNCHES ARE COOKED ON-SITE. ALL DINE-IN MEALS COME WITH MILK AND A DESSERT.

TAKE-OUT MEALS INCLUDE LUNCH AND DESSERT ONLY; PICK UP BETWEEN 12:30PM-4:00PM.

BEFORE PLACING YOUR ORDER, PLEASE INFORM THE KITCHEN IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.



= VEGETARIAN

\*SEE PAGE 3 FOR MORE DETAILS ON THE MAPLE ROAD CAFE\*



# APRIL

## EVENTS CALENDAR

All programs are ages 55+ unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1.</b> 9:00 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 11:00 CHAIR YOGA 12:00 FRENCH 12:00 LUNCH 1:00 HRC FEEDBACK: COMMUNICATING WITH YOUNGER GENERATIONS 1:30 SETBACK	<b>2.</b> 9:00 AARP TAX APPTS 9:30 STR & STABILITY 11:15 BRIDGE 11:30 FOODSHARE <b>12:30 LUNCH/IPM TAKEOUTS</b> 1:00 JEWELRY GROUP   AUTISM AWARENESS WEAR BLUE	<b>3.</b> <i>Closed</i> 
<b>6.</b> 9:30 TAI CHI DVD 11:00 LUNCH BUNCH: TULLIS TAPHOUSE 11:00 OPEN GAME TIME 12:00 TRIVIA & TREATS W/MCNR 1:00 FOLK SINGING 1:00 QUILTING	<b>7.</b> 9:30 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 BINGO 1:30 MOVEMENT WITH MUSIC   WORLD HEALTH DAY	<b>8.</b> 9:00 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 11:00 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 1:00 CSEA 1:30 SETBACK 3:00 UCONN PIANO CLUB PERFORMANCE	<b>9.</b> 9:00 BOX & BOP 9:00 AARP TAX APPTS 10:00 BEREAVEMENT SUPPORT GROUP 11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS	<b>10.</b> 8:45 HAIRCUTS 9:00 WII BOWLING 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:30 MAPLE ROAD CAFE + UCONN AFROTC 11:30 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO   PARKINSON'S AWARENESS DAY (4/11)
<b>13.</b> 9:30 COMMISSION ON AGING 9:30 TAI CHI DVD 9:30 HALFINGER FARMS TRIP 10:00 GENEALOGY: PAST/PRESENT 11:00 GENEALOGY BOOK DISCUSSION 11:00 OPEN GAME TIME 1:00 FOLK SINGING 1:00 QUILTING	<b>14.</b> 9:30 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 BIRTHDAY LUNCH 1:00 BINGO 3:00 CAREGIVER SUPPORT GROUP	<b>15.</b> 9:00 CT STATE POLICE MUSEUM TRIP 9:00 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 11:00 CHAIR YOGA 12:00 LUNCH 12:00 FRENCH 1:00 SCIENCE CLUB 1:30 SETBACK	<b>16.</b> 9:00 TECH TIME/PEACE OF MIND PLANNER 9:30 STR & STABILITY 11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 11:30 FOODSHARE <b>12:30 LUNCH/IPM TAKEOUTS</b> 1:00 JEWELRY GROUP 1:00 CHORUS 4:30 VETERANS BENEFITS DISCUSSION	<b>17.</b> 9:00 WII BOWLING 9:00 HEARING CLINIC 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 11:30 MAPLE ROAD CAFE 11:30 GENTLE YOGA 12:45 MUSIC PERFORMANCE BY NICKY D 1:00 MAKER SPACE/OPEN STUDIO 1:00 AMERICAN MAHJONGG  
<b>20.</b> 9:15 SLATER MEMORIAL MUSEUM TRIP 9:30 TAI CHI DVD 11:00 OPEN GAME TIME (GROUP ROOM) 12:00 VOLUNTEER APPRECIATION LUNCHEON (INVITATION ONLY) 1:00 FOLK SINGING 1:00 QUILTING	<b>21.</b> 9:30 FOOT CARE 9:30 STR & STABILITY 10:00 WRITING GROUP 10:00 SCRABBLE 10:00 SHOPPING RUN 12:00 LUNCH 1:00 RELIVE THE 60S & 70S THROUGH SONG 1:00 BINGO 1:30 MOVEMENT WITH MUSIC 4:00 PAINT NIGHT	<b>22.</b> 9:00 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 11:00 CHAIR YOGA 12:00 FRENCH 12:00 LUNCH 1:30 SETBACK 2:00 ARMCHAIR TRAVEL: AUSTRALIA	<b>23.</b> 9:30 STR & STABILITY 11:00 CLASSICAL MUSIC CLUB 11:00 OPEN MIC POETRY 11:15 BRIDGE 12:00 LUNCH 1:00 JEWELRY GROUP 1:00 CHORUS	<b>24.</b> 9:00 WII BOWLING 9:15 KATHERINE HEPBURN CULTURAL ARTS MUSEUM TRIP 9:30 TAI CHI DVD 10:00 SCRABBLE 10:00 YARNIVORES 10:00 BREAKFAST CAFE 11:30 GENTLE YOGA 1:00 MAKER SPACE/OPEN STUDIO W/WATERCOLOR MEET-UP  
<b>27.</b> 9:00 MUSEUM OF NATURAL HISTORY TRIP 9:30 TAI CHI DVD 10:00 GENEALOGY: TREES 11:00 OPEN GAME TIME 12:00 LUNCH & LEARN: FINANCIAL LITERACY 1:00 FOLK SINGING 1:00 QUILTING 2:00 MSC BOOK CLUB 2:00 PTSD SUPPORT GROUP	<b>28.</b> 9:30 STR & STABILITY 10:00 SHOPPING RUN 10:00 WRITING GROUP 10:00 SCRABBLE 10:30 APRIL SHOWERS BRING SPRING FLOWERS 12:00 LUNCH 1:00 BINGO 1:30 MOVEMENT WITH MUSIC	<b>29.</b> 9:00 MAGIC WINGS TRIP 9:00 WOODCARVING 9:30 TAI CHI DVD 10:30 SPANISH 11:00 CHAIR YOGA 12:00 FRENCH 12:00 LUNCH 1:30 SETBACK	<b>30.</b> 9:00 TECH TIME/PEACE OF MIND PLANNER 9:30 STR & STABILITY 11:00 CLASSICAL MUSIC CLUB 11:15 BRIDGE 11:30 FOODSHARE <b>12:30 LUNCH/IPM TAKEOUTS</b> 1:00 JEWELRY GROUP 1:00 CHORUS	

# APRIL 2026 CLASSES & EVENTS REGISTRATION FORM

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address/Town: \_\_\_\_\_ Email: \_\_\_\_\_  
 Emergency Contact & Phone: \_\_\_\_\_

	CLASS/TRIP/EVENT	DAY/DATE	FEE
<b>Classes</b>	<b>Strength &amp; Stability</b>	<b>Tuesday</b>	\$20.00
	<b>Movement with Music</b>		\$15.00
	<b>Chair Yoga</b>	<b>Wed.</b>	\$25.00
	<b>Strength &amp; Stability</b>	<b>Thurs.</b>	\$20.00
	<b>Classical Music Club</b>		\$32.00
	<b>Gentle Yoga</b>	<b>Friday</b>	\$15.00
<b>Events</b>	<b>Box &amp; Bop</b>	<b>April 9<sup>th</sup></b>	FREE
	<b>Paint Night</b>	<b>April 21<sup>st</sup></b>	\$15.00
	<b>Armchair Travel: Australia</b>	<b>April 22<sup>nd</sup></b>	\$5.00
	<b>April Showers &amp; Spring Flowers</b>	<b>April 28<sup>th</sup></b>	\$15.00
	<b>Open Mic Poetry</b>	<b>April 23<sup>rd</sup></b>	FREE
	<b>Sharing</b>		
	<b>Spectating</b>		
<b>Trips</b>	<b>Lunch Bunch: Tullis Taphouse</b>	<b>April 6<sup>th</sup></b>	
	<b>Halfinger Farms &amp; Dancing Daffodils</b>	<b>April 13<sup>th</sup></b>	
	<b>CT State Police Museum</b>	<b>April 15<sup>th</sup></b>	
	<b>Slater Memorial Museum</b>	<b>April 20<sup>th</sup></b>	
	<b>Katherine Hepburn Museum</b>	<b>April 24<sup>th</sup></b>	\$10.00
	<b>Museum of Natural History</b>	<b>April 27<sup>th</sup></b>	
	<b>Magic Wings</b>	<b>April 29<sup>th</sup></b>	

**Make Checks Payable to Town of Mansfield** **Total Due:** \_\_\_\_\_

↓ PLEASE REMEMBER TO SIGN THE WAIVER BELOW! ↓

**PLEASE NOTE:** Payment for each program is due in full for all dates in the month. If a class or program is canceled due to inclement weather or lack of an instructor a credit is issued to the participant's account. At the discretion of the Senior Center Supervisor and under extraordinary circumstances will any other refunds be given.

**PROGRAM/TRIP CANCELLATION POLICY:** Due to costs associated with programs and trips, refunds or credits are not always possible for cancellations or lack of attendance. Requests for cancellation should be provided in writing to Senior Center staff for review and consideration.

**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 my participation in the above listed recreational activities. I understand that participation in any recreational 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: \_\_\_\_\_



Town of Mansfield

# Memorial Day Parade & Ceremony

9:00 AM

Monday, May 25, 2026

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

*In the event of inclement weather, an abbreviated ceremony will be held in the Mansfield Middle School Gymnasium.*

On Memorial Day we pay our respect to those who died protecting and preserving the freedoms we enjoy. Please join our community in honoring our fallen.

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

We are honored to have our veterans and service personnel join us on Bassetts Bridge Road/RT 195 at 8:30 AM on Memorial Day.

Call 860-429-3336, ext. 5 for more information.

Please remember to thank those who have served our country.

## **VOLUNTEERS NEEDED FOR MEDICAL RIDES & RECEPTION DESK**

We are looking for drivers on any weekday, to help provide rides to Mansfield seniors to medical appointments. Flexible schedules available. We are looking for reception area volunteers select days and times.

If you would like to volunteer, please visit the Town of Mansfield's website at <https://www.mansfieldct.gov/jobs> to complete a form of interest.

This can be found under the "**Job Opportunities**" tab in the subcategory "**Volunteer Opportunities**"

## **Sparks Subscription**

Annual renewal required.

PLEASE PRINT

Date: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Town: \_\_\_\_\_ ZIP: \_\_\_\_\_

Renewal: \_\_\_\_\_ New Subscription: \_\_\_\_\_

**\$15 FOR 12 ISSUES**

Amount Enclosed: \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO  
TOWN OF MANSFIELD

Mansfield Senior Center  
303 Maple Road  
Mansfield, CT 06268

**Visit**

**[www.mansfieldct.gov/seniorssparks](http://www.mansfieldct.gov/seniorssparks)  
to sign-up to receive an electronic  
version of our *SPARKS* newsletter in  
your email or to view it online.**

