

ADULT Programs



Puerto Rican Kitchen

This workshop will teach ways on how to accomplish the Puerto Rican flavor without having to go through so much work. Taste is everything, but mixing the right ingredients gives you that taste. I want to share with you my recipes and give you shortcuts on how to prepare Puerto Rican dishes the authentic way. The first two classes will start with the basics Adobo and Sofrito the heart of our dishes. Then you will learn how to make three rice dishes starting with the basic white rice and beans (arroz con habicueles), rice and pigeon peas, and chicken and rice. Finally you will get to choose a main dish to make on our final class. You will be hands on with each dish using authentic cooking utensils, pots & pans and the ingredients that make our Puerto Rican flavor. Every night we will sample our meal and take home leftovers. Puen Provecho. Please bring containers.

Instructor: Yolanda Arguelles learned to cook from her mother and her grandmother over 30 years ago.

Location: CC Kitchen

Dates: Tues., Sept. 22-Oct. 20 (5 weeks)

Time: (210001-A) 6:30-8:30 p.m.

Fee: \$60 for residents/\$70 for non-residents
(There will be an additional \$30 materials fee collected on the first day of class.)

Decorative Painting & Faux Finishes for the Home (different techniques from the fall, 2008)

Using acrylic and latex paints and glazes, students will learn a new decorative painting or faux finishing technique each week: faux marble crackling, faux leather and antiquing (aging/distressing). The instructor will demonstrate the technique and then students will practice it on a demonstration board and complete a small item such as a box or picture frame, which they can take home with them. Please wear old clothes and/or wear an apron, as the paints can get messy.

Instructor: Nancy Conlan enjoys using historic decorative painting and faux finishing techniques on found objects and decorative accessories. She is an associate member of the Historical Society of Early American Decoration (HSEAD), Inc., and has been painting for over 20 years.

Location: CC Arts and Crafts Room

Days: Tues., Oct. 27-Nov. 17 (4 classes)

Time: (210005-A) 10:30 a.m.-noon

Time: (210005-B) 6:30-8 p.m.

Fee: \$40 for residents/\$50 for non-residents
(There will be an additional \$15 for materials payable to the instructor on the first night of class.)

New Let's Try Metal Enameling (grade 7-adult)

Would you like to make something unusual for a special friend? Try making a personalized piece of jewelry by enameling (melting colored glass) onto a metal shape. This fascinating process involves a high temperature (1500 degrees) kiln and a steady hand to produce a masterpiece. This is a wonderful activity for a parent and older child

Instructor: Sue Harrington

Location: CC Arts and Crafts Room

Days: Sat., Nov. 21

Time: (210003-A) 10 a.m.-noon

Fee: \$15 for residents/\$25 for non-residents

(There will be a \$2 materials fee collected at the first class)



American Red Cross Infant and Child CPR

This course provides participants with the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in infants and children until advanced medical personnel arrive. Participants who pass the course will receive an American Red Cross certificate, which is valid for one year. The course fee includes all course materials and certification costs. Participants must attend both classes.

Instructor: TBA

Location: CC Community Room

Day: Sun., Sept. 20

Time: (260001-A) 9 a.m.- 3 p.m.

Fee: \$50 for members/\$60 for non-members

Looking For Help

Do you have a talent that you'd like to share in the form of a program for Mansfield Parks & Recreation? We're always looking for new ideas and ways to add class offerings to our program schedule.

Please call Bette at 429-3015 ext. 106 or email SternBD@MansfieldCT.org with your ideas.

ADULT Programs

American Red Cross Adult CPR

This course provides participants with the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until advanced medical personnel arrive. Participants who pass the course will receive an American Red Cross certificate, which is valid for one year. The course fee includes all course materials and certification costs.

Instructor: TBA
Location: CC Arts and Crafts Room
Day: Wed., Oct. 14
Time: (260002-A) 5-9 p.m.
Fee: \$40 for members/\$48 for non-members

Combination Safe Boating/Personal Watercraft Certification in a Day!

A complete, basic safe boating certification course taught in one 8-hour day. Successful completion will allow you to obtain a Connecticut Certificate of Personal Watercraft Operation from the State of CT (for an additional charge). This course is approved by the State, NASBLA, and recognized by the U.S. Coast Guard. Designed for ages 12+. Get certified while the weather is still good for boating and be prepared for summer, 2010! This course is designed to teach you what you need to know to get certified by the State of CT

Instructor: Professional Marine Education
Location: CC Community Room
Day: (210060-A) Sat., Sept. 19,
(210060-B) Sat., Oct. 17
Time: 8:30 a.m.-4:30 p.m. (bring a lunch)
Fee: \$75 for residents/\$85 for non-residents

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to **register early**.

But there are also reasons to **register early** for classes that don't usually fill up. All of our classes are self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about 3 days before the program is due to start) that a program must be canceled if there aren't enough people registered. Very often people register after the program has been canceled. If the registrations were done earlier, in many cases, the program would have run. All programs require a high level of coordination often including facility scheduling, staffing, and purchasing of supplies. So, if you know you want to take a class, **please register early**. Then everyone will get a chance to participate.

5th Annual Father/Daughter Overnight Backpacking Trip

(fathers and their daughters ages 11 and up)

See page 11 for details.

Hike Leader: Dr. David Kloss
Location: Hike part of the Appalachian Trail in Massachusetts (about 2.5 hr. drive)
Days: Required planning, informational meeting Sept. 12, 10 a.m.-noon (MCC during KYTF)
Overnight Trip, Sept. 26 and 27 (trip is rain or shine)
Time: (280001-A) Van leaves the CC at 6 a.m. on Sat. and returns approximately 6 p.m. on Sun.
Fee: \$15 per family group (father and daughter(s)) for residents/\$25 for non-residents
In addition there will be an approximate \$30 per person fee for food, fuel, etc. This fee will be less if you bring your own food and stove (to be determined at the mandatory pre-hike meeting.)

Beginning French

This course is dedicated to learn the French language through the study of French literature, poetry, songs and cuisine.

Instructor: Ethel Collignon-Courtin is a native French speaker and has been tutoring students and adults privately for many years.
Location: The classroom portion will be held at MMS. There will be two classes devoted to French cuisine that will be held in the Community Center kitchen. (see below)
Day: Tues., Sept. 22-Dec. 1 (10 classes)
(11/3 and 11/24 will be held at the CC kitchen)
(no classes on 10/13)
Time: (210011-A) 6:30-8 p.m.
Fee: \$95 for residents/\$105 for non-residents
(There will be an ingredients fee, not to exceed \$10 payable directly to the instructor in advance of the 2 cuisine dates.)

Shotokan Karate (ages 13+)

Traditional Shotokan Karate Instruction including basic and combination techniques involving blocking, punching, striking, kicking, dynamics of movement in stance, artistry of Kata (form), and no contact sparring. No experience necessary. All skill levels welcome.

Instructor: Margaret Thomas (see description under Shotokan Karate I)
Location: CC Gym
Days: (210051-A) Wed., Sept. 16-Dec. 16 (12 weeks)
(no class on 11/11 or 11/25)
Time: 6:30-7:30 p.m.
Fee: \$80 for residents/\$90 for non-residents.

ADULT Programs



Modern Latin Dance I (Beginners)

Did you get excited about the TV contest *Dancing with the Stars* and wished that you were a part of it? OR is your desire to become a potential dance competitor in *So You Think You Can Dance*? Then this is the class for you. You will learn how to master sensual and hot Latin rhythms such as Salsa and Merengue (first session) and Salsa and Bachata (second session). You don't need a partner to participate in this class.

Instructor: Oswaldo Tirano is a native of Bogota, Colombia. He came to this country in 1998 to study artistic skills at the Puppet Arts Program at UConn. He learned Latin dance as part of his cultural heritage and studied theatre, puppetry, dance and voice at the National University and National School of Dramatic Arts in Colombia

Location: CC Dance/Exercise Studio

Day: (210040-A) Fri., Sept. 18-Oct. 23 (6 classes)
(210040-B) Fri., Oct. 30-Dec. 11 (6 classes) (no class on 11/27)

Time: 7:15-8:15 p.m.

Day: (210040-C) Sat., Sept. 19-Oct. 24 (6 classes)
(210040-D) Sat., Nov. 7-Dec. 12 (6 classes)

Time: 5-6 p.m.

Fee: \$69 for residents/\$79 for non-residents

Modern Latin Dance II (Advanced Beginners)

This class is for those who feel strong with Latin foot work and know basic turns with their partners. I will teach how to become a strong leader and attentive follower. You will learn a large variety of turns and footwork combinations for Salsa and Bachata rhythms. You don't need a partner to participate in this class. Please wear shoes that will not mark or dent the dance floor.

Instructor: Oswaldo Tirano (see description under Latin Dance I)

Location: CC Dance/Exercise Studio

Day: (210041-A) Fri., Sept. 18-Oct. 23 (6 classes)
(210041-B) Fri., Oct. 30-Dec. 11 (6 classes) (no class on 11/27)

Time: 6-7 p.m.

Day: (210041-C) Sat., Sept. 19-Oct. 24 (6 classes)
(210041-D) Sat., Nov. 7-Dec. 12 (6 classes)

Time: 6:10-7:10 p.m.

Fee: \$69 for residents/\$79 for non-residents

New Modern Latin Dance III (Intermediate)

Would you like to become a dance performer no matter where you go? Update and diversify dance routines by taking this class. Master fancy and spicy Latin dance turns/dips. Learn how to become a strong leader and attentive follower and take one more step: Learn how to respond to music when creating the "dance Momentous."

Instructor: Oswaldo Tirano (see description under Latin Dance I)

Location: CC Dance/Exercise Studio

Day: (210042-A) Fri., Sept. 18-Oct. 23 (6 classes)
(210042-B) Fri., Oct. 30-Dec. 11 (6 classes) (no class on 11/27)

Time: 8:30-9:30 p.m. (with practice after that)

Fee: \$69 for residents/\$79 for non-residents



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Intro to Swing I

In this class you will be introduced to the fun world of swing dancing. The goal is to learn a basic 6-count step pattern with beginner turn combinations. Since swing encompasses many different genres of music: big band, blues, rock and roll and country to name a few, we will learn how to adapt the same basic pattern to these different styles of music. We will work mostly in East Coast single and triple step. Lead and follow, as well as styling techniques will be an emphasis. Most importantly you will be given solid tools to help you get out on the social dance floor and start dancing. Partners are welcome but not required.

Instructor: Kelly Madenjian teaches social ballroom and Latin dance based workouts in CT. She has danced, choreographed, acted and performed throughout New England in various community events, theaters, festivals, schools and studios.

Location: Senior Center
Day: Mon., Sept. 21-Nov. 16 (8 classes) (no class 10/12)
Time: (210043-A) 6:30-7:30 p.m.
Fee: \$89 for residents/\$99 for non-residents.

Intro to Swing II

If you've had some basic swing instruction, we will continue and expand upon a basic 6-count step pattern with beginner turn combinations. We will also add 8 count step variations. As we build our swing dance vocabulary we will add more styling and continue to grow as confident leaders and followers. By practicing to different genres of music we will expand our confidence in recognizing and then adapting our swing moves on the social dance floor. Partners are welcome but not required.

Instructor: Kelly Madenjian (see description under Intro to Swing I.)

Location: Senior Center
Day: Mon., Sept. 21-Nov. 16 (8 classes) (no class 10/12)
Time: (210044-A) 7:45-8:45 p.m.
Fee: \$89 for residents/\$99 for non-residents.

Intro to Social Ballroom I-Waltz

The Waltz is considered to be the most fundamental experience of ballroom dancing. Whether you want to enjoy more dancing at the next wedding you go to or want to swirl around a ballroom dance floor the waltz is a perfect dance to learn. The study of this most classical ballroom dance will give you the fundamental steps to launch you into the ballroom experience.

Instructor: Kelly Madenjian (see description under Intro to Swing I.)
Location: Senior Center
Day: (210045-A) Tues., Sept. 22-Oct. 27 (5 weeks) (no class 10/20)
Time: 6:30-7:30 p.m.
Fee: \$59 for residents/\$69 for non-residents.

Intro to Social Ballroom I-Samba

This festive, fun and energetic Brazilian dance will quickly become one of your favorite dances. It's combination of progressivesteps like the other smooth ballroom dances and the sexy party like moves of the salsa will get you moving in ways you never thought you could. Everyone finds something to like about Samba. Come and enjoy the party.

Instructor: Kelly Madenjian (see description under Intro to Swing I.)
Location: Senior Center
Day: (210045-B) Tues., Nov. 3-Dec. 8 (5 weeks) (no class 11/17)
Time: 6:30-7:30 p.m.
Fee: \$59 for residents/\$69 for non-residents.

Intro to Social Ballroom II-Cha Cha

Upon request here is the exciting and versatile Cha Cha. Some of the most popular songs in history and certainly pop radio right now are Cha Cha rhythms. This rhythmical dance is playful and sexy. Some experience in Cha Cha, basic Rumba or Salsa is helpful. As always not only will we learn new steps and figures but also we will continue to build upon lead and follow techniques.

Instructor: Kelly Madenjian (see description under Intro to Swing I.)
Location: Senior Center
Day: (210046-A) Tues., Sept. 22-Oct. 27 (5 weeks) (no class 10/20)
Time: 7:45-8:45 p.m.
Fee: \$59 for residents/\$69 for non-residents.

Intro to Social Ballroom II-Waltz

Whether you have just taken Ballroom I Waltz and want to continue or you already have some Waltz experience come and learn how to take your waltz to the next level. Swirling around a beautiful dance floor to the romantic sounds of a waltz is truly a wonderful experience. We will work on floor craft, technique and musicality.

Instructor: Kelly Madenjian (see description under Intro to Swing I.)
Location: Senior Center
Day: (210046-B) Tues., Nov. 3-Dec. 8 (5 weeks) (no class 11/17)
Time: 7:45-8:45 p.m.
Fee: \$59 for residents \$69 for non-residents.



Adult Programs

Adult/Teen Ballet

Ballet is a great way to develop flexibility, strength and body awareness. The level of difficulty will be adjusted to suit the experience of the students. All ability levels are welcome.

Instructor: Arlene Albert
Location: SC Exercise Room
Day: Wed., Sept. 16-Dec. 9 (11 weeks) (no class 11/11 or 11/25)
Time: (210047-A) 6-7:30 p.m.
Fee: \$80 for residents/\$90 for non-residents

Line Dancing Level I

Line Dancing isn't just country anymore. It's now being done to all forms of music: old time rock and roll, Latin, Scottish, jazz, and Broadway hits. Come join us for a no-partner-needed way to dance, learning from the basic steps to getting on the floor and tapping your feet to the music. It's great exercise and a new way to meet new friends.

Instructor: Sandra Burbage owned and operated her own dance studio and has taught dancing for over 30 years.
Location: CC Community Room
Day: (210048-A) Mon., Sept. 21-Nov. 2 (6 classes) (no class 10/12)
(210048-B) Mon., Nov. 9-Dec. 14 (6 classes)
Time: 6:30-7:30 p.m.
Fee: \$45 for residents/\$55 for non-residents

Line Dancing Level II

Come dance to the next session of lines, where we will be doing some of the latest and greatest new tunes, and some of the old ones, so we can improve our dance steps and tone up our bodies with extra arm and body movements. Its great exercise for the mind and body while having great fun, meeting new people, and going out for road trips together.

Instructor: Sandra Burbage (see level I description)
Location: CC Community Room
Day: (210049-A) Mon., Sept. 21-Nov. 2 (6 classes) (no class 10/12)
(210049-B) Mon., Nov. 9-Dec. 14 (6 classes)
Time: 7:45-8:45 p.m.
Fee: \$45 for residents/\$55 for non residents



New Jyoti Meditation

"Imagine you are carrying a private retreat around inside you. A sanctuary you can visit whenever modern life gets too much. Imagine contentment and freedom from fear-whenver you wish it." Rajinder Singh. Whether you are already meditating or a complete beginner, this class has something to offer you. Learning meditation begins a journey of personal transformation, which brings inner peace into our lives.

Instructor: Clare Vidich has been offering meditation classes for over 20 years. She is the director of a medication center in Ashford, which holds regular meditation retreats and workshops.

Location: CC Teen Center
Day: Wed., Oct. 7-28 (4 classes)
Time: (210023-A) 6:30-7:30 p.m.
Day: Tues., Oct. 6-27 (4 classes)
Time: (210023-B) 11 a.m.-noon
Fee: \$28 for residents/\$38 for non-residents



Understanding the Secrets of College Admissions and Student Financial Aid

Choosing a college and paying for it is a major decision and challenge for most students and their families. In this workshop, you will learn about the college admissions process, and how to apply for financial aid and scholarships. Strategies for selecting the right college or university will be discussed, along with tips for reducing college costs.

Instructor: Dr. Heather Ricker-Gilbert, is an educational consultant who counsels young people on all aspects of the college selection and admissions process.

Location: CC Arts and Crafts Room
Day: Thurs., Oct. 1
Time: (210030-A) 7-8:30 p.m.
Fee: \$12 for residents/\$22 for non-residents

Estate Planning: We Can't Live Without It

Learn what makes a foundational estate plan and whether yours is protecting your family and loved ones properly in this one-night course. We will cover: Avoiding Probate and Estate Taxes, Wills vs. Living Trusts, Powers of Attorney, and Living Wills.

Instructor: Attorney Andrew Ewalt
Location: CC Arts and Crafts Room
Day: Thurs., Oct. 15
Time: (220031-A) 7-9 p.m.
Fee: \$15 for residents/\$25 for non-residents

Starting Your Own Business

Learn about writing a business plan, forms of ownership-sole proprietorships, partnerships, LLCs, S and C Corps; federal and state filings, financing, marketing, tax issues, employment issues and more.

Instructor: Attorney Andrew Ewalt
Location: CC Arts and Crafts Room
Day: Thurs., Oct. 29
Time: (220032-A) 7-9 p.m.
Fee: \$15 for residents / \$25 for non-residents

Series of Important Seminars for Parents of Toddlers to Teens

Sponsored by <http://www.iParentnetwork.org> Sign up for one seminar or the entire series of parenting seminars! Co-sponsored by the Tri-town Coalition to Reduce Underage Drinking with the help of a grant from the CT Department of Mental Health and Addiction Services.

Bullying - Addressing the Issue from a Parent's Perspective.

Learn ways that you can open the door to healthy conversations in speaking with your kids about what they are experiencing in school. Also learn how to help your child if he/she is a victim of bullying. Hand-outs and lively conversation provided.

Seminar Leader: John Boiano/facilitator is the iParentnetwork's chairperson, Ashford resident and independent consultant on school culture.
www.crossingthemiddleground.com

Location: CC Community Room
Date: Wed., Sept. 23
Time: (210033-A) 6:30-8 p.m.
Fee: \$5 for residents/\$15 for non-residents

Help for Parents:

I Think My Child May Be Using Drugs or Alcohol

"28% of 12- to 20-year-olds report drinking alcohol in the past month; 19% of underage drinkers were binge drinkers and 6% were heavy drinkers." These are frightening statistics. This seminar will assist parents in becoming familiar with the signs and symptoms of alcohol and drug use, identify drugs that are commonly used, and most importantly provide tips on how to talk to your child about this serious issue.

Seminar Leader: Kevin Grunwald is the Director of Human Services for the Town of Mansfield, and the parent of a teenager and a post-teen. He holds a Master's degree in Social Work, and has worked as a professional in the field for more than 30 years, assisting families and individuals

Location: CC Community Room
Date: Wed., Sept. 30
Time: (210034-A) 6:30-8 p.m.
Fee: \$5 for residents/\$15 for non-residents

Parenting in a Connected World - Social Networking 101 for parents

An amazing 49% of teens are posting personal information online and 65% of teens are either on Facebook, My Space or another social networking site. The way teens connect today has changed dramatically from when parents were kids. This is not your typical Internet safety seminar. You'll learn specific ways you can begin to build a bridge across that digital divide between you and your child by learning about Facebook and how it works.

Seminar Leader: Barbara Casey is a marketing consultant with 28 years of experience and an expert on what is now called Web 2.0. Barbara is a parent of two technology savvy teens and the Chief Marketing Evangelist behind the creation and launch of iParentnetwork.

Location: CC Community Room
Date: Wed., Oct. 7
Time: (210035-A) 6:30-8 p.m.
Fee: \$5 for residents/\$15 for non-residents

Positive Parenting - Beyond Praise and Punishment

Do you sometimes think you are too strict or too easy? Do you sometimes wish there was a better way? This workshop will provide specific behavior management strategies that improve cooperation, parent-child connections and self-worth among children. Open to all parents and others who care for children; couples encouraged to attend together.

Seminar Leader: Ruth Freeman has taught Positive Parenting skills to hundreds of parents from all walks of life for the past 25 years. Ruth is the Coordinator for the Tri Town Coalition to Reduce Underage Drinking and The EASTCONN Family Services Coordinator. With honesty, humor, and compassion, Ruth shares her insightful knowledge of parenting as well as her real-life blunders, challenges, and successes as a parent, stepparent, foster parent, and grandparent.

Location: CC Community Room
Date: Wed., Oct. 14
Time: (210036-A) 6:30-8 p.m.
Fee: \$5 for residents/\$15 for non-residents

IMPACT Teen Driving Safety Program -

ADULT Programs

For Parents And Their Teens

Mourning Parents Act, Inc., also known as IMPACT, is a non profit organization whose members have either lost teenage children, siblings, or friends in automobile accidents. They have developed a teen driving safety program in which members share their experiences in a powerfully emotional presentation that not only has an immediate effect on students and parents, but also makes a lasting impression on them. Parents should attend with their teen(s). For more information, visit www.MourningParentsAct.org

Seminar Leader: Sherry Chapman has actively promoted safe teen driving since the death of her teenage son, Ryan, as a result of a car crash in December of 2002. Sherry is co-founder and President of Mourning Parents Act, Inc. (IMPACT), a nonprofit organization whose mission is to eliminate tragedies caused by inexperienced drivers through awareness, education and legislation. Sherry is currently writing a memoir with the working title, "Unfathomable Loss: A Mother's Grief Journey."

Location: CC Community Room
 Date: Wed., Oct. 21
 Time: (210037-A) 6:30-8 p.m.
 Fee: \$5 for residents/\$15 for non-residents

Understanding Your Teenager

A discussion of important normal developmental needs, issues, and themes in the lives of teenagers and their families. We'll discuss common stressors and pressures confronting teens as we try to find a way to guide, support, love, communicate with, our teenagers.

Seminar Leader: Frank Christison-Lagay. Frank, or Dr. C-L, as he is known at the high school, is a long time resident of Mansfield and a practicing school psychologist who has worked with children-at all levels-and families of Mansfield and the region for 30 years.

Location: CC Community Room
 Date: Wed., Oct. 28
 Time: (210038-A) 6:30-8 p.m.
 Fee: \$5 for residents/\$15 for non-residents

Special Needs Social Club

(for individuals ages 15-30 with developmental disabilities) This social activity program is designed for those ages 15-30 with developmental/cognitive disabilities. The drop-in program meets bi-weekly on Saturdays, 6-8pm. Participants will have the opportunity to enjoy a variety of activities and field trips while meeting new friends in an informal, drop in program. Registration form must be completed and a responsible adult guardian must accompany participant unless waived by activity leader. Open to residents and non-residents.

Instructor: Adrienne Levine
 Location: CC Arts and Crafts Room and Teen Center
 Dates: Sept. 19, Oct. 2 and 17, Nov. 7 and 21, Dec 5 and 19
 Time: 6-8 p.m.
 Fee: \$5 per person per night



Artists Welcome to Apply for Display Space at the Mansfield Community Center

Local artists are welcome to submit an application form to the Mansfield Arts Advisory Committee (AAC) for review. If selected artists will negotiate the display period for art exhibits at the Mansfield Community Center (MCC). Exhibits will normally run for three months: January 15 to April 14; April 15 to July 14; July 15 to October 14; or October 15 to January 14. Applications to exhibit will be judged by the AAC on the basis of originality, artistic quality, and suitability for a family setting.

An application form and the art display policy is available on line at the Mansfield Community Center reception desk or http://www.mansfieldct.org/town/current/recreation/art_online; applications may be left at the desk or sent to AAC, c/o MCC, 10 S. Eagleville Rd., Storrs, 06268.

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