

April 2021



## *Chaplin Senior Center*

132 Chaplin Street  
Chaplin, CT 06235  
860-455-1327

*Lisa Kegler, Director*  
*Bob Grindle & Dawn Gilbert, Kitchen*  
*Ann Lewis, Municipal Agent*

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**Spring has sprung, I hope.** With the nice weather here, it will be great to be able to get out and enjoy the outdoors. Be sure to check out the details for our Saturday morning walking club inside the newsletter.

**Municipal Agent for the Elderly** - As of March 9th Ann Lewis will be resuming office hours at the Chaplin Senior Center on the 2nd and 4th Tuesday each month from 10:00am until 1:00. We are still closed to the public, but you can contact Ann by calling 860-455-1327 during those hours. You could call any other time and leave a message, and Ann will call you back. If you prefer to meet in person to discuss a question you may have, call to schedule a time when you could meet, socially distanced with masks, at the Senior Center.

**Veterinary Care for your pets** - There is a new program available to help cover costs of veterinary care for pets. It is through the Connecticut Veterinary Medical Foundation and is available to people with low incomes in Chaplin and other towns. To qualify, pet owners must be receiving some sort of public assistance. If you're eligible you will receive a voucher for up to \$125 worth of veterinary care at a participating veterinary hospital. If you'd like to apply, please email [president@petsafetyct.org](mailto:president@petsafetyct.org) or contact our Municipal Agent at 860-455-1327 for assistance in applying.

**Aging in Chaplin** - We would like to organize a roundtable discussion group to discuss various topics such as:

Affordable Senior Housing options and needs, services, activities, vision for aging in place, house adaptations and other concerns. We are reaching out to Chaplin seniors looking to engage with other seniors in town to express their concerns as they address their changing needs as they grow older. Through this networking and cooperation, it is possible we can strategize innovative ways for our friends and neighbors to meet these challenges together. Please join us! To sign up call the Chaplin Senior Center at 860-455-1327.

# **CURBSIDE PICKUP LUNCHES**

## **CHAPLIN SENIOR CENTER**

Every Monday and Wednesday

\$5.00 a meal for members and \$7.00 a meal for non-members.

Pickups will be from 11:45 till 12:15

You must call in your order on the Thursday before by 2:00pm for Monday lunch and call in on the Monday before for Wednesday lunch.

**860-455-1327**

### **April 2021 Menu**

**Monday April 5<sup>th</sup> – Rosemary Roasted Pork Loin w/ Mashed Potatoes, Vegetable, Roll and Pineapple Upside Down Cake**

**Wed. April 7<sup>th</sup> - Pasta w/ Meatballs, Garden Salad, Garlic Bread and Dessert**

**Monday April 12<sup>th</sup>- Stuffed Chicken Breast, Rice Pilaf, Vegetable, Homemade Bread and Dessert**

**Wed. April 14<sup>th</sup> - Salisbury Steak, Mashed Potatoes, Gravy, Vegetable, Roll and Dessert**

**Monday April 19<sup>th</sup>- Beef or Vegetarian Lasagna, Garlic Bread, Salad And Dessert**

**Wed. April 21<sup>st</sup> - Chicken Parmesan, Mashed Potatoes, Vegetable, Garlic Bread and Dessert**

**Monday April 26<sup>th</sup>- American Chop Suey or Vegetarian Chop Suey, Cole Slaw, Dinner Roll and Dessert**

**Wed. April 28<sup>th</sup> - Chicken & Dumplings, Vegetable, Homemade Bread and Dessert**

# **Fisherman's Breakfast**

**At the Chaplin Senior Center**

**SATURDAY APRIL 10TH**

**Curbside Pickup Only**

**6:00am - 8:30am**

**BREAKFAST SANDWICH, HOME FRIES AND  
BLUEBERRY COFFEE CAKE!**

**ONLY \$5.00**

**Please call the center at 860-455-1327**

**To pre-order by 2:00pm on Thursday April, 8th.**



We're looking forward to the future, when the Chaplin Senior Center finally re-opens. We are hoping for some input from all 50 years or older as to what kinds of activities and programs you would like offered at the center. To become a member of the Chaplin Senior Center just call the center at 860-455-1327 to sign up. The annual membership dues for Chaplin residents is \$10.00 and non-residents is \$ 15.00.

We would like to know when it would be most convenient for you to use the center for activities.  Weekdays  Evenings  Weekends

Please check off any activities below that may interest you.

- Watercolor Class  Cards/Poker  Pool  Quilting
- Podiatry Care  Line Dancing  Potluck Dinners
- Wellness Nurse  Art Exhibits  Crafts
- Massage  Ice Cream Social  Ancestry  Exercise Class
- Trips:  Music Cruise  NYC Museums & Shows  Ski Trip
- Kayak/Canoe  Fall Foliage & Turkey Dinner Trip
- All you can eat Lobster  Berry Farm flower arranging and berry picking  Northern New England Maple Sugar House Tour
- Sports Games  Mystic  Boston Sightseeing

Please use the space below to submit any other ideas you may have for trips and activities that you would like to see offered at the center \_\_\_\_\_

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In the space below please let us know if you would like to lead a program or activity at the center \_\_\_\_\_

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Thank you for your input and we look forward to your ideas to make our senior center the most welcoming and exciting it can be. Please email your ideas to [seniorcenter@chaplinc.org](mailto:seniorcenter@chaplinc.org) or mail them to Chaplin Senior Center, 132 Chaplin Street, Chaplin, CT 06235. You can also give input via Facebook messenger.

## **What's Happening at The Chaplin Senior Center?**

**HORIZON WINGS - The Secret Lives of Owls. Saturday April, 10th at 11:00. A wonderful program you won't want to miss. Check back page for details.**

**Zoom Sit and Stretch with Mary Landeck. Every Tuesday and Thursday mornings 9:00 - 9:45. This is a great exercise class that will keep you limber and moving, and it's free right now! So give us a call with your email address and sign up now!!**

**Zoom TAI CHI for Health and Better Balance! Every Tuesday morning 10:00 - 11:00. Known as "moving meditation", and also proven to promote healthy heart rate, mind-body coordination and enriched breathing. This class is only \$25.00 for a 4 week session, beginning every month. Call the center with your email address to sign up.**

**Zoom Gentle Yoga with Jennifer. Monday mornings at 11:00am. This class can be done from the floor or a chair. If your energy is high or low, yoga will connect to you. Call Jennifer Nucci with your email address and for more information at 860-617-4476.**

### **Craft Classes with Mary and Lisa**

**Thursday April 8th at 10:00 - We will be making some super cute bird's nests using little bits of nature I found along the way on our morning walks. The perfect spring accent for inside or out! Cost \$3.00**

**Thursday April 22nd at 10:00 - In this class we will be creating adorable chunky yarn birds. These will look great in the little nests we are making in the previous class. This class is free!**

**Please call the center at 860-455-1327 to sign up!!**



**Plant and Grinder Sale**  
**Chaplin Senior Center**



**Saturday May 8th 10:00am till 12:30**

**We will have a nice assortment of plants to purchase including  
Vegetable, Herbs, Annuals and houseplants!**

**This will be held outside, where we can practice social  
distancing, and all must wear masks.**

**We will also be selling grinders and a cookie  
for \$8.00 curbside pick up.**

**We will be offering Turkey, Ham, Italian Combo and Vegetarian  
with a variety of veggies.**

**All grinders can be made with lettuce or cabbage, tomato and  
provolone cheese. (No condiments)**

**Please call the center at 860-455-1327**

**By 2:00 on Wednesday May 5th to place your order.**



# Saturday Morning Walking Club

(Weather Permitting)

This could be a fun way to visit with people and still stay safe. We will meet at the destination at 9:30am.

April 3rd - Garrison Park in Chaplin. Park in the large lot behind the Chaplin Town Hall. I thought we could start off with a fairly easy walk that a lot of you may be familiar with. This is a small gravel walking track around the edges of the ball fields, that is around a half mile long. This walk can be extended by hiking along the edge of the Hubbard Sanctuary that leads to a short loop around Darling Pond and back to Garrison Park.

April 10th - NO WALK, instead we will be hosting the Fisherman's Breakfast!! Don't forget to call the center to pre-order yours. Then you will want to mark your calendars for a very special program at 11:00am. You won't want to miss HORIZON WINGS!! Check back page for more details.

April 17th - Bujak Lane in Chaplin. Right off of Tower Hill Road past the Russ Cemetery. Park along the side of the road in front of the Bernard Church Woods sign. This is a nice relaxing walk down a quiet country road with very little incline. This walk can be extended by continuing down the road where it turns to dirt. It's all downhill to get to a nice body of water with possible wildlife sightings. But.... What goes down must come up, and there are some pretty good inclines to get back up.

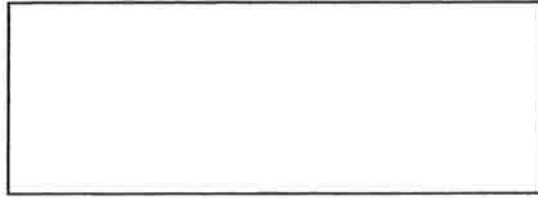
April 24th - Mansfield Hollow. Park in the new parking lot on the left across from the park heading towards Rt. 195 on Bassetts Bridge Road. This walk is mostly on dirt roads, down along the water, and a few grassy areas leading up to the dam and back to the parking area.





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**Horizon Wings: The Secret Lives of Owls**

**Saturday, April 10<sup>th</sup> – 11:00am**

**Library Lawn (raindate April 17<sup>th</sup>)**

It seems that owls have always been surrounded by an air of mystery, probably because most are nocturnal and not easily spotted in the wild. This is your chance to be only a few feet away from a Northern Saw-Whet Owl, an Eastern Screech Owl, a Barred Owl, a Barn Owl and a Great-Horned Owl! Discover the extraordinary features of owls, including exceptional eyesight, hearing, and ability to fly silently. Join Horizon Wings for this outdoor event on the library lawn. Masks and social distancing required. All ages welcome!