

June 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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**Grinder and Plant Sale** - Our 1st annual grinder and plant sale was a huge success, thanks to so many of you who came out to support the Chaplin Senior Center. I would like to give a big shout out to our amazing senior center team, Bob and Lin Grindle and Dawn Gilbert along with our many volunteers, Mary Landeck, Irene Schein, Ruth Swift, Crystal Gebhardt, Cathy Dietrichsen, Ann Lewis, Pete Kegler and Bill Gilbert. I would also like to give a special thank you to our crafty crew, Sally Whitehouse, Jane Hughes, Marilyn Burdick and Shirley Rakos for making all the adorable gifts and baskets which were a big hit!! Thanks to all who donated plants. I could never have pulled it off without you all, and you made it seem so effortless. Thank you from the bottom of my heart.

**Long time coming** - Seems like it has been forever, but we finally got the OK to open the Senior Center. Masks will be required for anyone unvaccinated. We will offer limited activities for the month of June, but will have a full calendar starting in July!! So please feel free to come on by and hang out!!

**Outdoor Sitting Area** - We have created an outdoor sitting area on the left side of the Senior Center. It has three picnic tables and some chairs. We have planted the garden with flowers that with a little time will fill out and look beautiful, I hope. So I hope you will come by and check it out.

**We received a donation of hearing aid batteries size 312 with a use by date of March 2025. Please call and let me know if these are something you could use.**

## Check out what's happening at The Chaplin Senior Center!



**Thursday June 10th - Craft class with Lisa at 10:30am. All things Americana! We will all be making super cute patriotic gnomes, and then I hope you will help me with some patriotic seasonal décor for the center. This class will be in person in the craft room. Don't forget to bring your glue guns if you have one from the center. Give me a call to sign up. 860-455-1327**

**Sit and Stretch with Mary Landeck. We are offering this class in person in the function room and on Zoom. Every Tuesday and Thursday mornings 9:00 - 9:45. This is a great exercise class that will keep you limber and moving. So come on down and join us in the center or give us a call with your email address and sign up on Zoom.**

**TAI CHI for Health and Better Balance! Zoom or in person in the Library meeting room every Tuesday morning 9:30 - 10:30. Known as "moving meditation", and also proven to promote healthy heart rate, mind-body coordination and enriched breathing. The cost is \$5.00 a class. Call the center with your email address to sign up or sign in upon arrival at the front desk of the senior center.**

**Gentle Yoga with Jennifer - Mondays 11:00 - 12:00 in the Library meeting room and on Zoom. This class includes chair, standing and floor yoga, but no hand or knee moves. The cost will be \$8.00 a class for members and \$10.00 a class for non-members. Call 860-617-4476 to sign up with Jennifer Nucci if you will be joining on Zoom.**



## HOW DO YOU KNOW IF IT'S A SCAM OR NOT?

Please come and join us in the function room of the Senior Center for a discussion with Chaplin's new permanent **Resident Trooper, Officer Shaun Tucker.**

He will have lots of great information about various scams and how to avoid them. You will also have the opportunity to talk with him about any other concerns you may have.

Monday June 7th 10:30 to 11:30, right before curbside lunch pick up. Please feel free to enjoy your lunch here at the center!

**HOPE TO SEE YOU ALL HERE !!**



# **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**

### **June 2021 Menu**

**Wed. June 2<sup>nd</sup> – Turkey or Italian Combo Grinder, Potato Chips, Cole Slaw and Apple Pie**

**Monday June 7<sup>th</sup> - Baked Meatloaf, Mashed Potatoes and Gravy, Dinner Roll, Vegetable and Dessert**

**Wed. June 9<sup>th</sup> - Grilled Kielbasa with Pasta Salad, Fruit Salad and Strawberry Pie**

**Monday June 14<sup>th</sup> - Chicken Parmesan with Mashed Potatoes, Vegetable, Dinner Roll and Dessert**

**Wed. June 16<sup>th</sup> - Bacon Cheeseburger on a Bulkie Roll with Oven Baked Fries, Cole Slaw and Ice Cream**

**Monday June 21<sup>st</sup> – Spinach Stuffed Chicken Breast, Jasmine Rice Pilaf, Vegetable, Fresh Bread and Rhubarb Custard Cake**

**Wed. June 23<sup>rd</sup> - Grilled Pork Chops, Potato Salad, Applesauce, Cornbread and Dessert**

**Monday June 28<sup>th</sup> – Homemade Vegetable or Pepperoni or Hamburger Pizza, Tossed Salad and Dessert**

**Wed. June 30<sup>th</sup> - Cheese and Spinach Stuffed Shells, Italian Stir Fry Vegetables, Garlic Bread and Dessert**



**THE CHAPLIN TAX COLLECTOR WILL BE AT THE  
CHAPLIN SENIOR CENTER**

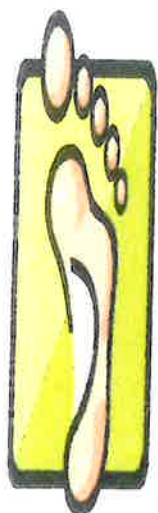
**For your convenience, the Chaplin Tax Collector will be at the Senior Center on Thursday, July 15th from 10:00am till 12:00pm.**

**If you are unable to make it on that day, you can mail a check payable to Chaplin Tax Collector to P.O. Box 944, Willimantic, CT 06226, along with a copy of your tax bill. You can also make payments online at [www.chaplin.org](http://www.chaplin.org) with a credit or debit card. You can go into the office at 979 Main Street, Willimantic to pay in person. Please call the Tax Office at 860-465-3029 with any questions.**

**Dr. Morgan the  
Colchester Foot Specialist**

**Thursday, July 15th, 2021 from 1-2:30pm.**

**Dr. Morgan will be here at the Chaplin Senior Center for your footcare needs every 10 weeks. He is available by appointment ONLY. Appointments are every 15 minutes, please call to schedule your appointment.**



**Podiatry**

**860-455-1327**

**FREE INTEGRATED WOMAN'S HEALTH CARE PROGRAM FOR  
UNINSURED AND HIGH DEDUCTIBLE INSURED WOMEN WITH  
ABNORMAL MAMMO OR PAP RESULTS**

**\*\*ELIGIBILITY IS BASED ON GROSS INCOME GUIDELINES BELOW FOR ALL  
PARTICIPANTS**

Family Size	Annual Income	Monthly Income	Weekly Income
1-person family	\$31,225.00	\$2,602.08	\$600.48
2-person family	\$42,275.00	\$3,522.92	\$812.98
3-person family	\$53,325.00	\$4,443.75	\$1,025.48
4-person family	\$64,375.00	\$5,364.58	\$1,237.98
5-person family	\$75,425.00	\$6,285.42	\$1,450.48
6-person family	\$86,475.00	\$7,206.25	\$1,662.98
7-person family	\$97,525.00	\$8,127.08	\$1,875.48
8-person family	\$108,575.00	\$9,047.92	\$2,087.98
For each additional family member, add:	\$10,800.00	\$900.00	\$207.69

- ANNUAL WOMEN'S HEALTH OFFICE VISITS
- SCREENING AND DIAGNOSTIC MAMMOGRAMS
- CARDIOVASCULAR HEALTH SCREENINGS
- PAP TESTS

**CONTACT:**

**MORGAN CLARK, COMMUNITY HEALTH NAVIGATOR - 203-814-2369**

**OR**

**DAWN HIPPERT, RN-BSN CLINICAL & HEALTH SYSTEMS NAVIGATOR**

**860-963-3864**

**DAY KIMBALL HEALTHCARE, INC., 320 POMFRET STREET, PUTNAM, CT  
06260**



# **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 9:00am.**

**June 5th - Southeast School. Park at Southeast Park on Route 89 in Mansfield. This walk is a fairly uneven hike down a path through the woods down to Mansfield Hollow and then back up to the school.**

**June 12th - Airline State Park Trail Goodwin Forrest - This hike begins a few hundred feet north of the Goodwin Center on Potter Road. There is parking off the road at the entrance to trail. A former railroad bed, the trail is graveled and level which makes it ideal for hiking. We will walk as long as all would like and then turn around and walk back to our cars.**

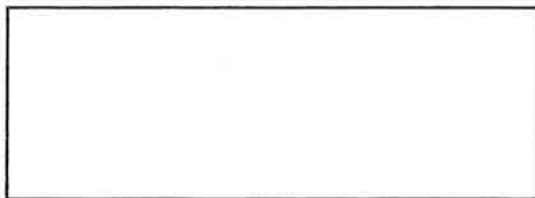
**June 19th - Bujack Lane in Chaplin. Right off Tower Hill Road past the Russ Cemetery. Park along the side of the road in front of the Bernard Church Woods sign. This is a nice easy walk down a quiet country road. This walk can be extended down the dirt road, with some pretty good inclines to come back up.**

**June 26th - Airline Trail Hampton - Take a left off of route 97 in Hampton onto Station Road. Follow Station Road about ¼ mile, and just past New Hill Road you will see the trail with parking on the right. We will be walking down the trail on the left hand side of Station Road.**



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For information call  
860-455-1327



#### Things To Do Today

Smile – easily  
Laugh – frequently  
Give – joyfully  
Think – kindly  
Speak – gently  
Listen – carefully  
Win – humbly  
Lose – genuinely  
Forgive – completely  
Act – thoughtfully  
Love – always  
Sleep - peacefully