

May 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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**Plant and Grinder Sale** - Be sure to come by and check out our Plant and Grinder Sale on Mother's Day weekend, Saturday May 8th from 10:00 till 12:30. Not only will we have a nice variety of plants, we will also have some super cute handmade gifts, created by some of our members that Mom will just love. Place your order ahead of time for your grinders by calling the center at 860-455-1327.

**Medical Equipment** - Don't forget when you find yourself or someone you know in need of medical equipment, we have quite a wide variety of items including, walkers, and clip on walker baskets, shower chairs, commodes, raised toilet seats, crutches and canes. We also have compression stockings and many sizes of personal protective underwear to give away.

**Seeking volunteers ages 55 and older** - The Retired and Senior Volunteer Program (RSVP) of Thames Valley Council for Community Action is looking for senior volunteers to help meet the needs of seniors, children, and veterans in eastern Connecticut. So if you may be interested in providing phone reassurance to other seniors or being a socially-distant grocery shopper for isolated seniors and veterans, or maybe delivering for meals on wheels visit their website at [tvcca.org](http://tvcca.org) or call 860-774-9286 and ask for Sherry Main, Program Coordinator.

**Chaplin's Bicentennial** - The town's Bicentennial celebration will be here before you know it. Wouldn't it be fun to put together a cookbook of favorite recipes from your youth and some that have been passed down from your parents or grandparents. Please take a look through your family recipe box, and send any you find to the center with a little information about them. Let's see if we can gather enough to create a Chaplin Bicentennial cookbook!

We would also like to set up a display of old photographs at the center for the Bicentennial. So pull out those old boxes of pictures and see what you can find that you may want to share. Maybe some school pictures or some from different activities that happened back in the day.

**Sit & Stretch Exercise Class**  
**at the Chaplin Senior Center**  
**in person or on Zoom**

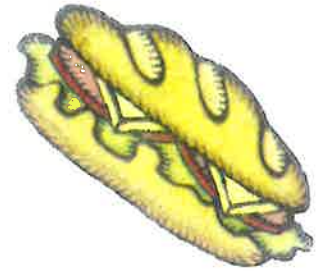
This class is led by Mary Landeck who has 25 years of experience teaching this class. The program was designed by a physical therapist at Windham Hospital for the elderly. It is designed to hit all the major joints and muscle groups. No one is too old or too young to benefit from this program. Mary has even had a member who never missed a class at the age of 100! The neck and shoulder exercises are particularly good for those of you that are still driving. Basically this is a class that covers all the bases of strengthening, balance and coordination and is for all ages and abilities.

So.... Come and join us in person outside with masks (weather permitting) or on Zoom every Tuesday and Thursday mornings from 9:00am till 10:00 am for a great start to your day. It's easy to sign up and best of all this class is FREE! Just call the center at 860-455-1327 with your email address to join on Zoom and to schedule a time to pick up your exercise equipment, also give us a call if you would like to join us in person so we can be sure to have enough chairs set up outside.





## **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!**

**We will also have some super cute handmade gifts to  
purchase for Mom this Mother's Day!!**

**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.**



# Be on the Lookout: Contact Tracing Scams

Contact tracing is key to slowing the spread of COVID-19 and helps protect you, your family, and your community by:

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19,
- Helping people who may have been exposed to COVID-19 get tested, and
- Asking people to self-isolate or self-quarantine to reduce the risk of spreading COVID-19 infection to others.

## Green flags

- Contact tracers will:
  - Be state or local Department of Health employees or their contractors,
  - Ask about your personal symptoms to gauge for possible COVID-19 infection,
  - Ask about others you may have come into contact with recently,
  - Be able to refer you to other medical and social resources, and
  - Ask whether you have insurance so they can connect those who are not insured with resources.

## Red flags

- Be cautious of anyone who:
  - Asks for specifics about your health insurance, like your Medicare number,
  - Claims they need a credit card or cash to pay for a COVID-19 test, or
  - Wants your personal information to help you set up a COVID-19 test.

## Four signs that it's a scam -

1. Scammers PRETEND to be from an organization you know.
2. Scammers say there's a PROBLEM or a PRIZE.
3. Scammers PRESSURE you to act immediately.
4. Scammers tell you to PAY in a specific way.

Don't give your personal or financial information in response to a request that you didn't expect. Legitimate organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.



# **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**

### **May 2021 Menu**

**Monday May 3<sup>rd</sup> – Homemade Cheese or Pepperoni Pizza,  
Tossed Salad and Chocolate Cream Pie**

**Wed. May 5<sup>th</sup> - Baked Meatloaf, Mashed Potatoes, Roll and Gravy,  
Vegetable and Dessert**

**Monday May 10<sup>th</sup> – BBQ Chicken w/ Potato Salad, Cole Slaw,  
Corn Bread and Dessert**

**Wed. May 12<sup>th</sup> - 4 Cheese Macaroni and Cheese, Vegetable,  
Bread and Dessert**

**Monday May 17<sup>th</sup> – Shepherds Pie, Cole Slaw, Fresh Bread  
And Dessert**

**Wed. May 19<sup>th</sup> - Pasta w/ Meatballs, Garden Salad, Garlic Bread  
and Ice Cream**

**Monday May 24<sup>th</sup> – 2 Grilled Hot Dogs on Buns, Baked Beans  
Potato Chips and Apple Pie**

**Wed. May 26<sup>th</sup> - Grilled Hamburger on a Bulkie Roll w/ lettuce and  
Tomato, Pasta Salad and Strawberry Shortcake**

**Monday May 31<sup>st</sup> - No Lunch, Closed for Memorial Day!**

# 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.

May 1st - NO WALK

May 8th - NO WALK - Instead we will be holding the Grinder and Plant Sale, 10:00 am till 12:30. Don't forget Mom this Mother's Day. Come down and check out all the beautiful plants and handmade gifts we will have for sale.

May 15th - Garrison Park in Chaplin. Park in the large lot behind the Chaplin Town Hall. This can be an easy walk around the gravel track that surrounds the ball fields, or you can make it a little more difficult by extending it with a hike along the edge of the Hubbard Sanctuary that leads to a loop around Darling Pond and back to Garrison Park.

May 22nd - CT Air Line Trail. Chewink Road West to North Windham Road. Park at the intersection of Chewink and Lynch Roads. The length of this hike is 2.2 miles from point to point, but we will walk as far as all would like and turn around and come back. 99.5% of this trails surface is stone dust and firm.

May 29th - Bujak 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 quite country road. This walk can be extended down the dirt road, with some pretty good inclines to come back up.





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

### Craft Classes with Lisa



Thursday May 13th - Come join us for a container garden party at 10:30am!! Bring your favorite planter or two. We will have plants you can purchase to create beautiful container gardens and the center will supply the potting soil. This will be held outside where we can practice social distancing. Rain date Tuesday May 18th.

Thursday May 27th - We will be making an adorable decorative bee skep at 10:30am. This is a fun and easy craft class. I think you will be surprised at how cute they come out. This class can be done in person outside or on Zoom. The cost for this class is \$3.00



Please call Lisa at 860-455-1327 to sign up for these classes, so I can be sure to have enough supplies.

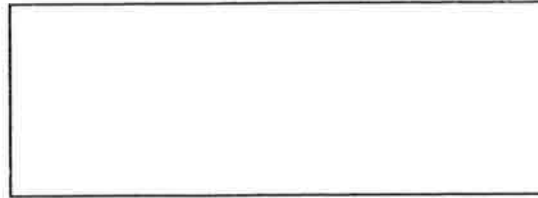
Sit and Stretch with Mary Landeck. Every Tuesday and Thursday mornings 9:00 - 9:45. This is a great exercise class that will keep you limber and moving, and it's free right now! So give us a call with your email address and sign up now!!

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 will now be \$5.00 a class, beginning in May. Call the center with your email address to sign up.

Zoom Yoga with Jennifer - Mondays at 11:00. Call 860-617-4476 to sign up with Jennifer Nucci.

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For information call  
860-455-1327



Infoline - 2-1-1

**Call Infoline**  
**2-1-1**  
We'll help you find answers  
to life's toughest questions.

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, childcare, after school programs, elder care, crisis intervention, Covid-19 vaccinations and much more. 2-1-1 is always ready to assist you in finding the help you need. Dial 2-1-1 or search online. If you are outside Connecticut or have a problem using 2-1-1 number, dial 1-800-203-1234.