

November 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

Talking Turkey – I can't believe we are talking about Thanksgiving already. Boy does time fly, no pun intended. I would like to say how thankful I am for our wonderful crew here at the center, Bob Grindle, Dawn Gilbert and now our new Assistant Director Linda "Lin" Grindle, along with our incredible volunteers that make the center the warm and welcoming place that it is. Last but not least I am thankful for each and every one of you for your friendship, ongoing support and kind words. It means the world to me! Wishing you all a very Happy Thanksgiving spent with family and friends and those you love most!

Ancestry.com – Exciting News!! The center now has an Ancestry.com subscription. So come by and get your family tree going. If you would like some help navigating the process, just give us a call and we can schedule a time for you to work along with Rick Nichols (our ancestry expert) on how it all works.

Genealogy Program – Mark your calendars for Monday, Nov. 15th at 12:30 for a presentation with Genealogist Seema Kenney. See inside newsletter for more details.

Nebulizer – We have received a donation of a Philips Respironics Aerosol delivery nebulizer system with proven Sidestream technology. Compact and easy to use. Please call 860-455-1327 if interested.

Mahjong Lessons – Who wants to learn how to play Mahjong? Call the center to sign up, and we will get you together with some of our veteran Mahjong players that will have you well on your way to playing in no time.

Quick Fix Haircuts – Cindi will be here only once a month starting on November 18th, from 9:00am till 2:00pm. Call for an appointment.

Watercolor Class – We will be having just one class in November, on the 4th at 10:00am. But for any of you who would like to come in on Nov. 18th at 10:00am, I will have the space set up for you so you can come and practice your techniques at no charge of course.

Massage – Carlie will be here on Thursdays, Nov. 4th and 18th from 10:00am till 1:00pm. Call to schedule your appointment. \$30 for a half hour and \$50 for an hour.

Medicare Checkups – Don't forget to review and renew your Medicare plan with Ken from Long View on Tuesday, Nov. 23rd from 10am – 2pm.
Please see inside newsletter for more details.

Exercise Class – I am sad to say that after more than 16 years as our exercise instructor, Mary Landeck has resigned. We will be offering a new in person exercise program "Fit & Fun" every Tuesday and Thursday at 9:00am. This class is for all abilities. Hope you can join us!!

Submitted by The Chaplin Senior Center Memoir Group

A day along the Alaskan Russian River

By Ellen F. Gillon

It was truly a unique experience. Eight tents clustered before a treed area in front of a mountain range. Behind this rose a panorama of purple mountains. I was on a two week camping trip which included two nights in Denali National Park. It was late in July 1996 on the great Alaskan frontier. The trees were not large in diameter but were very tall indeed. From the campsite I faintly heard the sound of water coming from a nearby river-it beamed to me. On the ridge high above the river I noticed several clumps of moose droppings, but didn't see any moose. In the river below I observed large fish, even from that distance. I wondered what the moose had thought as he gazed over the same scene. Equipped with a soda and a book, I ventured forth.

I took the descending trail and heard splashing water, the disturbance getting louder as I neared the river. I was cautious as I didn't know who or what was causing the noise. Luckily the river was not too far, and I soon discovered a clear flowing river with a lot of undergrowth. With berry bushes along its banks, I saw no humans, so what had made the splashing noise? I soon discover it was the fish themselves in the shallow water "kicking up their heels" frolicking with glee, probably happy to be returning to their "homeland". I found a spot to rest with my book while absorbing the wonders of this Alaskan frontier. Several birds flittered in the nearby thicket, enjoying the river with me. It was very peaceful as I watched the fish swim by. I was reminded of my 5th grade Social Studies book. It had said the Indians stood with a spear at the river and chose a fish for dinner. With this river I could easily see how that could happen!

Feeling in tune with nature I scanned a few pages of my book. Two fishermen appeared from around the bend. I watched as they quietly stood in the stream wearing waders. It seems the count of fish numbers was down so regulations forbid the catching of the red salmon that week to let the fish spawn up river. Luckily campers were exempt, so the crowds who usually fill the parking lots were not there due to the restriction. Yea! We had the river to ourselves!

I arose and followed the meandering river and discovered even greater sounds of rushing water. I had arrived at the heart of some rapids, the river churning and the loud ruckus of the water making it difficult to converse with others who had gathered to watch the fish spawning. Across the middle of the river were about ten stationary logs, allowing those brave enough to catch a closer look at the activity around. The salmon were fascinating to watch, acrobatic in their jumps up the river. Some fish would stop in a calm side pool before trying to advance. It seemed to me they paused to gather up courage to blast out of the water and jump as far as they could to reach the next pool of water. If the fish missed his target he might flop back and be pulled in reverse by the current, losing ten to twenty feet in the process. The park rangers had built a fish ladder on the far side of the river, so some fish were able to progress more easily. I felt like cheering for the fish in the mainstream, doing it the old-fashioned way!

Time passed and the orb of the sun was disappearing so I decided to return to camp. Later there was an eerie brightness about me. When packing for this trip the first item I had included was a flashlight-- Little did I know I would never need it as daylight continued all through the night. I could read my book in my tent with no artificial light! But alas I was tired, and my day along the Russian River had come to an end. I closed my eyes and went to sleep a happy camper!

Chaplin Senior Center and Public Library

Genealogy Program with Seema Kenney



Monday, November 15th

12:30 - 1:30pm at the Senior Center

Join Genealogist Seema Kenney to learn how to get started or break down a brick wall in your genealogical research. Starting with pen and paper and introducing the “proper” genealogical forms, Seema will explore how and where to research your family history. She will also talk about Internet research for genealogy as well as things you can do now to help others in your family who are researching their ancestors. Along the way, she will discuss family lore, historical fact, tracking your sources, and interviewing living relatives. There will be handouts for all and time for your questions.

Seema Kenney is an experienced software instructor and a professional genealogist, as well as a wife, mother of 3, and entrepreneur. Based on over 20 years of research, her known roots are deep in New England as well as England, Germany, and Sweden. DNA research has now added a line from The Netherlands. She has a certificate in Genealogical Research from BU, completed ProGen and is an active member of several societies and part of the NERGC planning committee. Seema is also certified as a Guided Autobiography Consultant and a Legacy Planner.

To register, please call the senior center at 860-455-1327. The senior center is located at 132 Chaplin St.

CURBSIDE PICKUP OR DINE IN LUNCHESES

CHAPLIN SENIOR CENTER

Every Monday and Wednesday

\$5.00 a meal

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 Monday before for Wednesday lunch.

860-455-1327

November 2021 Menu

- Monday Nov. 1st - Cheese & Spinach Stuffed Shells, Tossed Salad, Garlic Bread and Chocolate Cream Pie**
- Wed. Nov. 3rd - Salisbury Steak, Scalloped Potatoes, Gravy, Vegetable, Dinner Roll and Dessert**
- Monday Nov. 8th - Stuffed Chicken Breast, Rice Pilaf, Vegetable, Homemade Bread and Dessert**
- Wed. Nov. 10th - Sweet & Sour Kielbasa over Rice, Vegetable, Corn Bread and Dessert**
- Monday Nov. 15th - American Chop Suey or Vegetarian Chop Suey, Cole Slaw, Homemade Bread and Dessert**
- Wed. Nov. 17th - THANKSGIVING MEAL – Turkey w/ Stuffing, Mashed Potatoes and Gravy, Vegetable, Dinner Roll and Apple Pie**
- Monday Nov. 22nd - Homemade Pizza – Cheese, Pepperoni or Hamburger, Tossed Salad and Lemon Bars**
- Wed. Nov. 24th - NO LUNCH - SENIOR CENTER CLOSING AT NOON!!**
- Monday Nov. 29th - Roast Pork w/ Fresh Applesauce, Scalloped Potatoes, Vegetable, Dinner Roll and Pineapple Upside Down Cake**



Kenneth Huffine Insurance Advisor

Medicare Check Ups with Ken Huffine from Long View

It's time to review and renew your Medicare plan. Sign up to make your appointment with Ken on Tuesday, November 23rd, from 10:00am till 2:00pm. You will need to bring a list of your physicians and medications when signing up for your appointment so it can be submitted in advance to Ken.



Dr Morgan the

Colchester Foot Specialist

Wednesday Dec. 1st, 2021 from 1:00 - 2:30pm.

He is available by appointment ONLY.

Appointments are every 10 minutes, please call the center at

860-455-1327 to schedule your appointment.

BE SURE TO BRING YOUR INSURANCE CARD!!

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.

Nov. 6th - NO WALK

Nov. 13th - Allanach-Wolf Woodlands. 171 Back Road, Windham, CT. From Windham Center, follow Route 14 toward Scotland. Take the second left onto Back Road. Go 0.25 mile to the preserve entrance on the left. Please park in the designated area on the left side of the driveway after turning off Back Road. There is a kiosk with a trail map just to the left of the gated entrance.

Nov. 20th- 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.

Nov. 27th - NO WALK



Chaplin Senior Center Monthly Calendar

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 Tai Chi 11:00 - Yoga 11:45-12:15 LUNCH see Menu	2 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg	3 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 Lunch see Menu	4 8:00 - 9:00 Coffee Hour w/ Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00 Poker /Cards 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 10:00 - Watercolor Class
8 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 - Tai Chi 11:00 - Yoga 11:45-12:15 LUNCH see Menu	9 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00 - 1:00 Municipal Agent 10:00 Craft Class Pinecone Flowers & Arrangements	10 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 Lunch see Menu	11 Veteran's Day Senior Center Closed
15 9:30 Wii Bowling 9:30 -11:30 Pickleball 9:30 Tai Chi 11:00 - Yoga 11:45-12:15 LUNCH see Menu 12:30 - 1:30 - Genealogy Program w/ Seema Kenney	16 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg	17 9:30 - 11:30 Pickleball 9:45 -11:45 Bingo 11:45-12:15 LUNCH see Menu	18 8:00 - 9:00 Coffee Hour With Continental Breakfast 9:00- 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 10:00 Poker/ Cards 9:00 - 2:00 Haircuts w/ Cindi 10:00 Watercolor Class
22 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 -Tai Chi 11:00 Yoga 11:45-12:15 LUNCH see Menu	23 9:00 - 10:00 Fit & Fun 10:00 - 2:00 Medicare Check Ups. Call to schedule Apt. 10: 00 Memoir Group 10:00 - Mahjongg 10: 00 - 1:00 Municipal Agent 10: 00 Craft Class Pinecone Flowers & Arrangements	24 9:30 - 11:30 Pickleball 9:45-11:45 Bingo No Lunch - Senior Center Closing at Noon	25 
29 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 - Tai Chi 11:00 - Yoga 11:45-12:15 LUNCH see Menu	30 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00- 2:00 Mahjongg		

**Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235**

**For information call
860-455-1327**



Holiday Closings – Please note the center will be closed on Thursday Nov. 11th for Veteran’s Day. The center will be closing at noon on Wed. Nov. 24th (the day before Thanksgiving) and closed on Thursday Nov. 25th for Thanksgiving Day.