

September 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



Chaplin Ukulele Band – I hope you will all come out and join us for a very festive performance and sing a long, with Chaplin's own Ukulele Band on Wed. Sept. 15th at 12:30 under the big tent, right after lunch.

Yoga – I'm sorry to say that there will be no yoga classes in the month of September. Jennifer will be back on October 4th.

Watercolor Class – We have had a wonderful turnout for watercolor classes with Jim. This is a fun, laid-back class for all skill levels. Classes will be held Thursdays September 9th and 23rd, 10:00am – 12:00pm. The cost is \$5.00 a class. Call 860-455-1327 to sign up.

Massage Therapy – Carlie will be here at the center on Thursday Sept. 2nd and Sept. 16th, 10:00am till 1:00pm. \$50.00 for an hour, and \$30.00 for a half hour. Call 860-455-1327 to schedule your appointment. Please bring your own linens.

Haircuts with Cindi – We will be offering haircuts and more on Thursday Sept. 9th and the 23rd, from 10:00am till 1:00pm. Call to schedule your appointment.

Food Pantry – The Willimantic-based Access Community Action Agency has announced that it will be expanding its food pantry to Eastford. The pantry will be open on Mondays Sept. 13th and 27th at Bowen Field at 162 Eastford Road from 11:00am to 1:00pm. Please bring your own bags to receive approximately one week's worth of food.

Agent for the elderly – Our Municipal Agent, Ann Lewis will be at the center on Tuesday Sept. 7th and Tuesday Sept. 28th from 10:00 till 1:00.

Trips – Due to the uptick in COVID, we are sorry to say that the trips to Hampton Beach and the Hudson River have been cancelled. We hope to be able to still offer the trip to the Newport Playhouse on Dec. 8th.

Flu Shot Clinic coming October 14th, so mark your calendars.

The Center will be closed for Labor Day Monday, Sept. 6th.



Dr. Morgan the Colchester Foot Specialist

Wednesday Sept. 22nd, 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 860-455-1327 to schedule your appointment.

BE SURE TO BRING YOUR INSURANCE CARD!!



Craft Class with Lisa

Thursday September 16th, at 10:00am

Fall Welcome Wreath
(See sample at the front desk)

Cost for this class will be \$3.00

Please call 860-455-1327 to sign up.

CURBSIDE PICKUP OR DINE IN LUNCHES

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

September 2021 Menu

Wed. Sept. 1st - Footlong Hot Dog or Chili Dog, Potato Salad, Corn on the Cob and Dessert

Monday Sept. 6th - Labor Day – No Lunch

Wed. Sept. 8th - Roast Pork, Oven Browned Potatoes, Applesauce, Vegetable, Roll and Dessert

Monday Sept. 13th - Vegetable or Meat Lasagna, Tossed Salad, Garlic Bread and Dessert

Wed. Sept. 15th - Chicken & Noodles, Vegetable, Corn Bread and Dessert

Monday Sept. 20th - Ham & Beans w/ Fresh Biscuit, Roasted Carrots and Apple Pie

Wed. Sept. 22nd - Hamburger or Cheeseburger on a Bulky Roll w/ Lettuce & Tomato, Oven Fries, Dill Pickle and Dessert

Monday Sept. 27th - 4 Cheese Macaroni & Cheese, Vegetable, Roll and Dessert

Wed. Sept. 29th - Beef Stew w/ Fresh Biscuit, Tossed Salad and Dessert

THE GATHERING TIME

By Eva Aubert

There comes a time in the the fall when you awaken and you know in your bones that it's begun, the gathering time.

Fall has always been my favorite time of the year as far back as I can remember. I always refer to it as "the gathering time", the time we would be gathering the last remnants of the vegetable garden, putting potatoes, carrots, turnips, and beets in bins of sand in the old root cellar with even a hole lined with straw to layer in the watermelons.

It was a time for butchering, usually a couple of pigs and a beef cow. I won't go into this process, since it is a whole memoir in itself.

The hay was all stacked in the barn for the oncoming winter. The wood would be gathered, thin split, and stacked to ensure a toasty night during the long winter ahead.

Leaves were gathered and put around the foundation of the house, this being called "Yankee Insulation". In later years when the sills had to be replaced because the leaves had caused rotting there were a few choice words said, as in "What were they thinking?"

I knew that any day now my mother would make a great show of sniffing the air and saying, "Do you smell the burning leaves, a touch of frost? Smells like fruit cake weather to me!"

To other people around the planet this sentence of my mother's probably wouldn't mean very much, but as a child I felt excitement from my head right down to my toes. It meant the beginning of holiday preparations, Thanksgiving, Christmas, oh my!

The first thing I knew we would do was to go walking through our woods until we came upon an old Colonial road lined with hickory trees. It was here that we gathered nuts for the scrumptious fruitcakes that my mother would put together after we had gathered all the ingredients.

I remember that there was always a drying-out process for the nuts, to make sure they were no longer green. After they had dried came my father's job. Sitting around the kitchen, he would have a chunk of wood and a hammer and always bragged about his skills in retrieving a whole nut from its shell. At this time my mother started candying orange peels and lemon peels that would go into the fruitcake. Pineapple and last fall's cherries had also been candied.

The only two ingredients that had to be bought in a store were the cheesecloth and a bottle of brandy. The cheesecloth was needed to wrap the finished fruitcakes in, and the brandy was for moistening them at intervals.

Today's young homemaker doesn't have any idea of such a procedure as she gaily throws ingredients into her basket at Walmart. Yet as an old timer I smile and realize that this young mother is making memories for her little ones, perhaps in a different way, but their memories will be just as cherished as the ones my mother gave to me so long ago.



Kenneth Huffine Insurance Advisor

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Questions about the future of Medicare?

Are you aware of all your Medicare options?

Want to know more about your health insurance?

Join Kenneth Huffine and learn the Basics of
Medicare!

Join us September 13th at 10:30AM

Location: Chaplin Senior Center

Topics of Discussion:

1. **Learn the Basics of Medicare and the changes that apply to you!**
2. **What is the difference between a Supplement and an Advantage plan?**
3. **Learn how the Prescription Drug Plan rules apply to you!**
4. **Are you taking advantage of all the benefits offered to you?**

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.

September 4th - We will start our walking club back up with a special guided walk of The Quiet Corner Hop Farm! We will meet at the Bedlam Four Corners in Chaplin, and park at the big barn. This could be a walk filled with uneven surfaces and be a challenge for some. With any luck we may have a chance to visit with the resident goats.

September 11th - CT Airline Trail. Chewink Road in Chaplin. Park at the intersection of Chewink and Lynch Roads. This time we will go the opposite direction towards Hampton. This is a nice level walk with a gravel surface.

September 18th - NO WALK

September 25th - 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 challenging inclines to come back up.



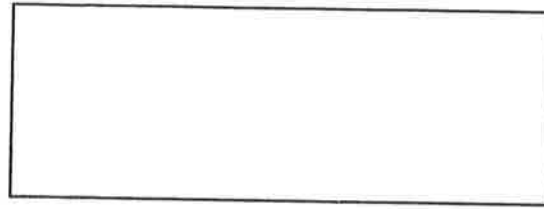
Chaplin Senior Center Monthly Calendar

September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<p>1 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 Lunch see Menu</p>	<p>2 8:00 - 9:00 Coffee Hour w/ Continental Breakfast 9:00 - 10:00 Sit & Stretch 10:00 Poker /Cards 10:00-1:00 Massage Therapy by appt. Call 860-455-1327</p>
<p>6 Senior Center Closed for Labor Day</p>	<p>7 9:00 - 10:00 Sit & Stretch 10:00 Memoir Group 10:00 Mahjongg 10:00 - 1:00 Municipal Agent</p>	<p>8 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 Lunch see Menu</p>	<p>9 8:00 - 9:00 Coffee Hour w/ Continental Breakfast 9:00 - 10:00 Sit & Stretch 10:00 Poker/ Cards 10:00 Watercolor Class 10:00-1:00 Haircuts by appt. Call 860-455-1327</p>
<p>13 9:30 Wii Bowling 9:30 -11:30 Pickleball 9:30 Tai Chi 10:30 Medicare Discussion 11:45-12:15 LUNCH see Menu</p>	<p>14 9:00-10:00 Sit & Stretch 10:00 Memoir Group 10:00 Mahjongg</p>	<p>15 9:30 - 11:30 Pickleball 9:45 -11:45 Bingo 11:45-12:15 LUNCH see Menu 12:30 Ukulele Band under the tent.</p> <div data-bbox="938 1108 1123 1264" data-label="Image"> </div>	<p>16 8:00 - 9:00 Coffee Hour With Continental Breakfast 9:00- 10:00 Sit & Stretch 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 10:00 Poker/Cards 10:00 Craft Class Fall Welcome Wreath</p>
<p>20 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 -Tai Chi 11:45-12:15 LUNCH see Menu</p>	<p>21 9:00 - 10:00 Sit & Stretch 10: 00 Memoir Group 10:00 - Mahjongg</p>	<p>22 9:30 - 11:30 Pickleball 9:45-11:45 Bingo 11:45 - 12:15 LUNCH see Menu 1:00-2:30 Podiatry by appt. Call 860-455-1327</p>	<p>23 8:00 - 9:00 Coffee Hour With Continental Breakfast 9:00 - 10:00 Sit & Stretch 10:00-1:00 Haircuts by appt. Call 860-455-1327 10:00 Poker/Cards 10:00 Watercolor Class</p>
<p>27 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 - Tai Chi 11:45 - 12:15 LUNCH see Menu</p>	<p>28 9:00 - 10:00 Sit & Stretch 10:00 Memoir Group 10:00 Mahjongg 10:00-1:00 Municipal Agent</p>	<p>29 9:30 - 11:30 Pickleball 9:45- 11:45 Bingo 11:45 - 12:15 Lunch see Menu</p>	<p>30 8:00- 9:00 Coffee Hour with Continental Breakfast 9:00-10:00 Sit & Stretch 10:00 Poker/ Cards</p>

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Chaplin, CT 06235**

**For information call
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**Poet Laureate Reception
Friday, September 10th, 6pm
Under the Tent**

Join the Library Board of Trustees as we honor the new Chaplin Poet Laureate, Adelaide Northrop, and the Honorable Mention Poet, Susan Powers. Light refreshments will be served. All are welcome!

