

September 2023

Chaplin Senior Center

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

Lisa Kegler, Director
Linda Grindle, Asst. Director
Bob Grindle & Dawn Gilbert, Kitchen
Shirley Rakos, Municipal Agent



SENIOR CENTER WILL BE CLOSED ON THURSDAY September 7TH!!!

Croquet - Bring back some childhood memories and join us every Thursday at 9:45am under the tent of a game of croquet. This is a 7 wicket court and will only take 30 minutes for a game. We will start with a refresher lesson on the rules of the game, so no worries if you don't know how to play.

Mexican Train - We will be playing Mexican Train the first Wednesday of each month at 12:30, beginning Sept. 6th. If you have never played this fun game of dominoes before, we are willing to teach you how. We will see how it goes and maybe it will become a weekly activity.

Seed Library - The friends of the Chaplin Public Library are starting a seed library. So start saving your seeds and join us on October 28th, 10:00am till 1:00pm in the Library for our first annual **SEED SWAP!!**

Medicare - Ken Huffine from Long View will be here on Monday, October 9th at 10:00am to answer all of your questions about Medicare and let you know any changes that may apply to you.

Psychic Medium - Julie will be taking appointments on Monday September 11th, 10:00 till 11:00 for personal readings. \$20.00 for 20 minutes. Call 860-455-1327 to book your appointment.

Quick Fix Haircuts - Cindi will be at the center on Thursday Oct. 5th for all your hair care needs. Call 860-455-1327 to schedule your appointment.

Don't forget the Senior Center will be closed on Monday Sept. 4th for Labor Day

CURBSIDE PICKUP OR DINE IN LUNCHES

CHAPLIN SENIOR CENTER

Every Monday and Wednesday. \$6.00 for members and \$8.00 for non-members. Pickups will be from 11:45 till 12:15. Dining in starts at noon. 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.

September 2023 Menu

- Mon. Sept. 4th - LABOR DAY – SENIOR CENTER CLOSED**
- Wed. Sept. 6th - Chicken Parmesan w/Noodles, Vegetable, Garlic Bread and Dessert**
- Mon. Sept. 11th - Beef or Cheese Burrito, Guacamole, Sour Cream Spanish Rice, Taco Chips and Dessert**
- Wed. Sept. 13th - Meat Lasagna, Tossed Salad, Garlic Bread and a Cookie**
- Mon. Sept. 18th - Grilled Hot Dog on a Bun, Baked Beans, Cole Slaw and a Brownie**
- Wed. Sept. 20th – Meatball Grinder w/Mozzarella Cheese, Potato Salad and Lemon Bars**
- Mon. Sept. 25th – Baked Chicken Quarter, Macaroni Salad, Corn Bread and Dessert**
- Wed. Sept. 27th – Cheeseburger on Bulkie Roll, Lettuce, Tomato, Cole Slaw, Potato Chips and Dessert**

Chaplin Day



Saturday, September 9th
Garrison Park - Events start at 12pm

BANDS

Fresh Apples 1:30pm
Mack Truck Mary 3:30pm
The Paul Leonard Band 6:00pm

EVENTS

Lawnmower Races
Cornhole Tournament
Bounce House
Little Treasures Farm
Dunk Tank
Fire Department Demonstrations
games & more...

VENDORS

Sawmill Pottery
Bluebird Country Quilting
The Scentress
Face Painting
Nature's Remedy
Mrs. Sew & Sew
BioDogDesigns
Bbomb Disk
Pork Hill Plasma
Cheryl's Crafts
Rad Treats & much more!

FOOD

Rec Concession Stand
Hide-A-Way Steaks & Stuff
Angels Mexican Food
Ice cream and more...

Thats not it folks.....

**Chaplin Rec & sponsored local businesses would like to
say THANK YOU and give back to our community!**

TETHERED HOT AIR BALLOON RIDES ON US FOR FREE!!

Chaplin Senior Center Monthly Calendar

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 Senior Center Closed for Labor Day!	5 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg	6 9:00 - 12:00 Pickleball 11:45 - 12:15 LUNCH see Menu 12:30-2:00 Mexican Train NO BINGO	7 Senior Center Closed !!
11 9:00-10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 10:00-11:00 Psychic Medium Call 860-455-1327 for Appt. 11:00 Yoga 11:45-12:15 LUNCH see menu	12 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	13 9:00 - 12:00 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu	14 8:00 Continental Breakfast 9:00 -9:45 Fit & Fun 9:45 Left Center Right Dice Game 9:45-11:45 Croquet 10:00-1:00 Massage Therapy Call 860-455-1327 for Appt. 1:00-2:00 Qigong
18 9:00- Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu	19 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	20 9:00 - 12:00 Pickleball 9:45 -11:45 Bingo 11:45-12:15 LUNCH see Menu	21 8:00 Continental Breakfast 9:00-9:45 Fit & Fun 9:45 Left Center Right Dice Game 9:45-11:45 Croquet 1:00-2:00 Qigong
25 9:00 -10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu	26 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00-2:00 Mahjongg	27 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	28 8:00 Continental Breakfast 9:00-9:45 Fit & Fun 9:45 Left Center Right Dice Game 9:45-11:45 Croquet 10:00-1:00 Massage Therapy Call 860-455-1327 for Appt. 1:00-2:00 Qigong

CHAPLIN DAY

Saturday, Sept. 9th starting at Noon.

You won't want to miss the Senior Center/ Library

Dunk Tank !!!

LONG VIEW

Kenneth Huffine Insurance Advisor

281 Hartford Turnpike Suite 316

Vernon, CT 06066

(860) 871-7055

ken@longviewwm.com

**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 October 9th at 10:00AM

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?**

AUTUMN SURROUNDS A BARNYARD!

By Joe Novak, Jr.

My corgi dog George and I walked about on this early morning. Gee! What has happened? The Autumn Equinox has slid in to surround our barnyard. It came in over the weekend while we looked the other way. George and I love this time of year, especially an autumn morning, crisp and brilliant. The leaves are starting to change into their autumn finery. Ferns and gasses are fading. Our vegetable garden has stopped production.

The deer herd is growing winter coats of a grayish color. So are our horses, not in color but in the thickness of their coats. Ahh! Where has the summer gone?

I open the barn door and see a woolly bear caterpillar curled in the corner of the doorway, dormant in the cool morning. I pick it up to see this weather prognosticator more clearly. Country wisdom tells us that the woolly bear's color tells us how winter weather will fare. I see more black than rusty orange in its autumn, but I forget what this means. I'll have to ask George. I cup the wee creature in my hand for a moment or two until I feel movement as the it wakes to my warmth. Then I place it under a pile of leaves by the side of the barn. It should be safe there until the sun warms it later in the day.

After I turn the horses out Kimmie comes down from her hiding place in the hayloft and meows "good morning". I return the salutation and fill her Kibble bowl. I figure my chores are finished, and I start up to the house, but Kimmie follows me. I'm almost to the back deck when I hear a plaintive call. I turn to see Kimmie sitting halfway down the yard calling to me. She is becoming a demanding wench! "Hey," I call out to her, "I filled your bowl." But she meows all the louder, so I reverse my direction, walk back, and sit on a tree stump as Kimmie rubs my leg and I pet and gently rub her shoulders and neck. She purrs as I rub, telling me about her adventures of the night. She tells me about a black snake that lives in the brush pile behind the barn, a better mouser than a barn cat. Kimmie has had good hunting, but so has the snake, a four-foot blue racer, and a barn owl just outside the barn.

At last Kimmie gives me a final butt with her head, and with a wink and a nod, she walks back into the barn for her Kibble bowl and breakfast. That's the way it is on an early morning as autumn surrounds the barnyard of Harvest Home.

Written 9/25/2006

Coming in September
***Exercise for the
Body, Mind & Spirit!***



Beginners and all levels welcome

In this weekly class you'll learn and enjoy

Five Animal Frolics Qigong

A centuries-old health exercise form.

Supple movements, simple to learn, wonderful to feel

Chaplin Senior Center

132 Chaplin Street, (860)455-1327 ♦ \$5.00 per session

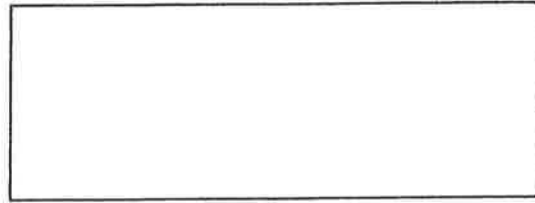
Thursdays, 1:00-2:00pm

Led by Joe Pandolfo of Ashford, certified Tai Chi & Qigong Instructor, Board Director for the CT Society of Acupuncturists, Acupuncture Detox Specialist, and certified Reiki Practitioner. Questions? contact Joe at (959) 444-3979, joeptaichi@gmail.com



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For information call
860-455-1327



Saturday Morning Walking Club

8:30am meeting time.

**For the month of September we will walk the Airline
Trail in Hampton.**

**Park at the Estabrooks Road end and walk toward
Station Road.**

**Followed by a visit to the Hampton General Store for
those who may crave an after walk treat!!**

