

May 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  
Ann Lewis, Municipal Agent



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## Artist of the Month - Irene Glynn

I always yearned to learn to paint. I spent hours, as a child, looking at paintings in art books, galleries and museums. I put my dream aside to have a family and a career as an elementary teacher.

After retirement, my husband Greg and I split our time between Marco Island, Florida and Chaplin, Connecticut. I was finally able to take time for my dream.

On Marco, I became active in the Art League. I took workshops, visited galleries, museums and outdoor art shows. I painted every day, enjoying the challenges and satisfaction of painting. During the summers in Chaplin, I joined Arnold Prince, Pat Donahue, Sonja Weber, and other local artists in an outdoor painting group that worked together weekly, painting the countryside. Greg and I are now living full time in a cabin on the banks of the Natchaug River.

I have always been amazed by the intelligence, the love, the unique personalities of the dogs I have met. I have shared my life with a regal Shepherd, a rascal Beagle, three soulful Black Labs, a rescue Coconut Retriever and currently, a happy-go-lucky beagle, Bruce. Each had a unique personality and a beautiful face. I began to paint portraits of my own dogs, and was then asked to paint portraits for friends and family.

In my portraits, I have tried to capture the personality of each of these beloved pets. Many of my portraits are of dogs that are no longer with us. Nothing pleases me more than to hear an owner say, "You have captured my dog's spirit."

**Silly Sock Day** - Wear a pair of silly socks on Wednesday, May 24th and win a prize!!!

**Ladder Toss** - Ladder Toss will now be held every Thursday under the tent at 10:30am. Come join us for a fun time for all.

# **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.**

### **May 2023 Menu**

- Monday May 1<sup>st</sup> - Baked Chicken Quarter w/ Buttered Noodles, Cranberry Sauce, Vegetable, Corn Bread & Dessert**
- Wed. May 3<sup>rd</sup> - Beef Stew w/ Fresh Biscuit, Cole Slaw and Carrot Cake**
- Monday May 8<sup>th</sup> - Pepperoni, Hamburger or Vegetable Pizza, Pasta Salad, and Caramel Brownie**
- Wed. May 10<sup>th</sup> - Roast Pork w/ Applesauce, Mashed Potatoes w/ Gravy, Vegetable, Dinner Roll & Rhubarb Custard Cake**
- Monday May 15<sup>th</sup> - Grilled Salmon w/ Roasted Potatoes, Vegetable, Dinner Roll & Chocolate Cream Pie**
- Wed. May 17<sup>th</sup> - Baked Potato Bar w/ Chili, Broccoli, Sour Cream and Cheese Sauce, Dinner Roll and Cookie**
- Monday May 22<sup>nd</sup> - Swedish Meatballs over Noodles, Vegetable, Dinner Roll and Dessert**
- Wed. May 24<sup>th</sup> - Cheese Ravioli w/ Homemade Sauce, Tossed Salad, Garlic Bread and Dessert**
- Monday May 29<sup>th</sup> - SENIOR CENTER CLOSED – MEMORIAL DAY**
- Wed. May 31<sup>st</sup> - Grilled Cheeseburger w/ Lettuce, Tomato & Dill Pickle, Pasta salad and Ice Cream Sundae**



# **Situational Awareness and Personal Safety Seminar**

**with Chaplin Resident Trooper**

**Shaun Tucker.**

**Monday May 8th at 10:00am.**

**Chaplin Senior Center 132 Chaplin St.**

**Please join Trooper Tucker**

**For some pointers on personal safety**

**and potential risks that may be all**

**around us!!**



# Chaplin Senior Center Monthly Calendar

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> 9:00-10:00 Fit & Fun 9:00-12:00 Pickleball 10:00-2:00 Massage by Appt. 11:00 Yoga 11:45-12:15 LUNCH see menu	<b>2</b> 9:00-10:00 Fit & Fun 10:00 Board Meeting 10:00 Memoir Group 10:00-2:00 Mahjongg	<b>3</b> 9:00-12:00 Pickleball 9:45 - 11:45 Bingo 11:45-12:15 LUNCH see menu	<b>4</b> 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 9:00-2:00 Haircuts w/ Cindi Call 860-455-1327 for Appt. 10:30-12:00 Ladder Toss 1:00-2:00 Tai Chi
<b>8</b> 9:00-10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Situational Awareness Seminar w/ Resident Trooper 10:00-11:30 Psychic Medium Call for appt. 11:00 Yoga 11:45-12:15 LUNCH see menu	<b>9</b> 9:00 - 10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	<b>10</b> 9:00 - 12:00 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu	<b>11</b> 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 10:30-12:00 Ladder Toss 1:00-2:00 Tai Chi
<b>15</b> 9:00- Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu	<b>16</b> 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	<b>17</b> 9:00 - 12:00 Pickleball 9:45 -11:45 Bingo 11:45-12:15 LUNCH see Menu	<b>18</b> 8:00 Continental Breakfast 9:00- 10:00 Fit & Fun 10:30-12:00 Ladder Toss 1:00-2:00 Tai Chi
<b>22</b> 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	<b>23</b> 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00-2:00 Mahjongg	<b>24</b> 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	<b>25</b> 8:00 Continental Breakfast 9:00-10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt, call 860-455-1327 10:30-12:00 Ladder Toss 1:00-2:00 Tai Chi
<b>29</b> Senior Center Closed Memorial Day !!	<b>30</b> 9:00-10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	<b>31</b> 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	



**DON'T FORGET THE**

**PLANT AND GRINDER SALE**

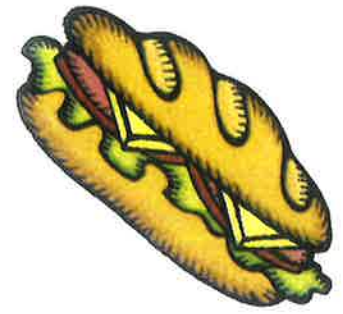
**SAT. MAY 13TH 10:00 - 12:30**





# **Plant and Grinder Sale**

## **Chaplin Senior Center**



**Saturday May 13th, 10:00am till 12:30**

**Rain or Shine!!**

**We will have a nice assortment of plants to purchase including Vegetable, Herbs, Flowers, Hanging Baskets and Houseplants!**

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

**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 10th to place your order.**

**GREAT RAFFLE  
PRIZES**



**GREAT RAFFLE  
PRIZES**



# Caregiver Support Group



Join us for a **NEW** support group open to all caregivers.

## Kick off Event Tuesday, April 25, 2023

2:50 pm Meet & Greet

3:00 pm Speaker & Meeting

Guest speaker: Kristine Johnson  
Dementia Specialist, Hartford Healthcare  
Center for Healthy Aging, Backus Hospital

**Meetings will be held the  
LAST Tuesday of each month  
at 3:00 pm**

(doors open at 2:50 pm)

 UCFS ElderCare

**Sheltering Arms**

**165 McKinley Avenue, Norwich, CT 06360**

**Parking available in lot behind building**

**Please note:** Participants are asked to wear masks and provide proof of COVID vaccination. The elevator is under renovation - a chair lift is available for those needing assistance with stairs.

### **Questions?**

Contact Lori Rygielski, Senior Resources  
860-887-3561 ext. 127

[lrygielski@seniorresourcesEC.org](mailto:lrygielski@seniorresourcesEC.org)





# **Let's Get Down And Dirty!**

## **Plant & Seed Swap Party!**

**Presented by the Chaplin Senior Center and the  
Friends of the Chaplin Public Library**

**Sat. June 17<sup>th</sup> (RAIN DATE June 24<sup>th</sup>) 11:00 to 1:00**

**Under the Big Tent !**

**132 Chaplin Street, Chaplin CT.**

**GAMES WILL BE PLAYED AND SNACKS WILL BE SERVED**

**BRING SOME PLANTS TO SHARE WITH THE GROUP**

**AND GO HOME WITH SOME NEW ONES**

**TIPS FOR FIRST TIME SWAPPERS**

**LABEL YOUR PLANTS**

**DIG PLANTS AT LEAST A FEW DAYS IN ADVANCE**

**PLANTS SHOULD BE WELL WATERED**

**AND IN CONTAINERS**





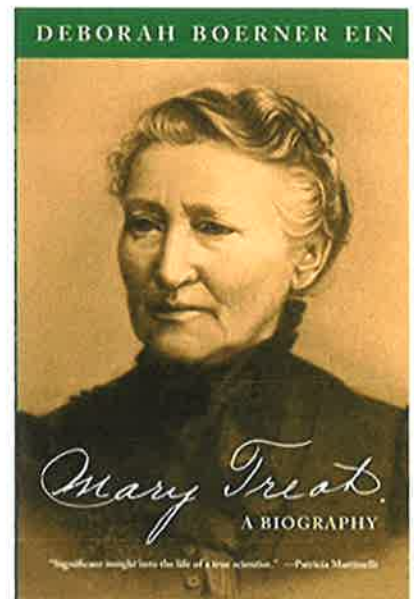
## Author Talk and Book Signing

### Mary Treat: A Biography, by Deborah Boerner Ein

#### Chaplin Public Library

Friday, May 5th - 6:30pm

Please join us to meet author **Deborah Boerner Ein**, biographer of **Mary Treat**, who novelist Barbara Kingsolver cast as a main character in her 2018 bestseller *Unsheltered*. Since then, many have sought to learn more about the 19th century naturalist whose studies coincided with those of Charles Darwin. With access to the Treat files at the Vineland Historical and Antiquarian Society, Deborah tells the story of Mary Treat through her publications and letters, which included correspondents such as prominent botanists, entomologists, and even Darwin himself. Copies of *Mary Treat: A Biography* will be available for sale and signing. Light refreshments will be served.



**Deborah Boerner Ein** attended Rutgers University where she earned a Bachelor of Science degree in forestry and natural resource management. With that background in science, as well as more than 30 years of experience as a magazine and newspaper editor, her favorite writing projects are transforming scientific topics into compelling stories that a general readership will understand and enjoy. For more information about her book, visit [www.marytreat.com](http://www.marytreat.com).

Chaplin Public Library  
130 Chaplin Street  
Chaplin, CT 06235

860-455-9424, [www.chaplinpubliclibrary.org](http://www.chaplinpubliclibrary.org)



Young people have theirs.

## Now Seniors have their own texting codes:

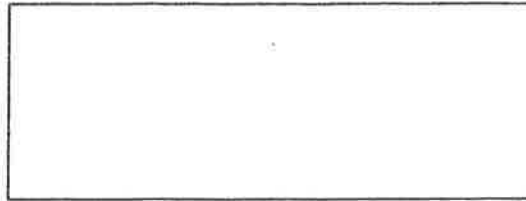
- \* **ATD** - At the Doctor's
- \* **BFF** - Best Friends Funeral
- \* **BTW** - Bring the Wheelchair
- \* **BYOT** - Bring Your Own Teeth
- \* **CBM** - Covered by Medicare
- \* **CUATSC** - See You at the Senior Center
- \* **DWI** - Driving While Incontinent
- \* **FWIW** - Forgot Where I Was
- \* **GGPBL** - Gotta Go, Pacemaker Battery Low
- \* **GHA** - Got Heartburn Again
- \* **HGBM** - Had Good Bowel Movement
- \* **LMDO** - Laughing My Dentures Out
  
- \* **LOL** - Living on Lipitor
- \* **OMSG** - Oh My! Sorry, Gas
- \* **TOT** - Texting on Toilet
- \* **WAITT** - Who Am I Talking To?

## Hope these help. GGLKI

(Gotta Go, Laxative Kicking in!)

Chaplin Senior Center  
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Chaplin, CT 06235

For information call  
860-455-1327



**Saturday Morning Walking Club (9:00am at the destination)**

**May 6th - CT Airline Trail in Hampton. Park at Estabrooks Road end and walk toward Station Road.**

**May 13th - NO WALK, Plant and Grinder Sale !!!**

**May 20th - Parker Road, off of South Brook in Hampton.**

**May 27th - NO WALK, Memorial Weekend!!!**

