

January 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

Newsletter - Beginning in March we will no longer be mailing our newsletter out to our members, **UNLESS** you call us at 860-455-1327 to request a copy be mailed to you. You will still be able to receive it by email through Googlegroups and view it on our Facebook page. Of course you can always stop by and pick one up at anytime.

Chaplin Tax Collector - It's that time of year again! Pay your Chaplin taxes at the center on Wednesday, Jan 18th from 11:00 till 1:00.

Quick Fix Haircuts - Cindi will be at the center all day on Thursday, January 26th to take care of all your hair care needs from haircuts to perms to colors and highlights. Call 860-455-1327 to schedule your appt

Podiatry - Dr Morgan the Colchester Foot Specialist will be coming to the center on Wednesday, January 25th from 1:00 till 3:00. Give us a call to get your name on the schedule.

Massage Chair - Who wants to learn more about our massage chair and what it can do for you? Call the center if you are interested in a hands on demonstration.

FREE Brother Printer Cartridges - I have 25 Brother printer cartridges that I can no longer use. These are free to anyone who can use them. They will fit these printers: MFC-J680DW, MFC-880DW, MFC-885DW. Call (860) 336-9814 if interested.

Holiday Closings - The center will be closed on Monday, January 2nd to celebrate the New Year holiday and Monday, January 16th for Martin Luther King Jr. Day.

Please Note: If there should be inclement weather on a meal day, please check cancelations on Channel 3.

**CURBSIDE PICKUP OR DINE IN LUNCHESES
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.

January 2023 Menu

- Monday Jan. 2nd - NO LUNCH – SENIOR CENTER CLOSED**
- Wed. Jan. 4th - Chicken and Noodles, Sauteed Green Beans, Dinner Roll and Dessert**
- Monday Jan. 9th - Grilled Hot Dogs on Jumbo Roll, Baked Beans, Cole Slaw, Potato Chips and Apple Pie**
- Wed. Jan. 11th - Meat Lasagna, Tossed Salad, Garlic Bread and Dessert**
- Monday Jan. 16th - NO LUNCH – SENIOR CENTER CLOSED**
- Wed. Jan. 18th - Baked Chicken Quarter, Scalloped Potatoes, Vegetable, Dinner Roll and Chocolate Cake**
- Monday Jan. 23rd - Baked Potato with Chili, Broccoli, Sour Cream & Cheese Sauce, Dinner Roll & Dessert**
- Wed. Jan. 25th - Vegetable, Pepperoni or Hamburger Pizza, Cole Slaw and Ice Cream**
- Monday Jan. 30th - Beef Stew with Fresh Biscuit, Cole Slaw and Dessert**



THE CHAPLIN TAX COLLECTOR WILL BE AT THE CHAPLIN SENIOR CENTER

For our Chaplin resident's convenience, the Chaplin Tax Collector will be at the Senior Center on Wednesday, Jan. 18th from 11:00am till 1:00pm.

ONLY CHECKS WILL BE ACCEPTED FOR PAYMENTS DURING THIS VISIT.

If you are unable to make it on this day, other options for payment are:

- * Mail it directly to: Chaplin Tax Collector, P.O. Box 944, Willimantic, CT 06226
- * Pay online at [Pay Tax Collector](#) and receive a receipt via mail
- * Drop off at office in Willimantic at the Windham Town Hall
- * Call the tax collector at (860) 456-3037 and pay with a credit or debit card for a small vender fee.

Craft Class with Lisa

Join us on Tuesday, January 17th

At 10:00am

To see what we can make out of an

Oven Mitt and Ceiling Fan Duster!!



Dr. Morgan the Colchester Foot Specialist

Will be at the Senior Center on Wednesday Jan. 25th from 1:00 till 3:00.

Call 860-455-1327 to schedule your appointment. Be sure to bring your insurance card!!

THE WAR IS OVER
By Sally Thompson

During my “working for a living” days I used to volunteer at Hartford Hospital twice a week since there was a shortage of nurses. I would take a bus from work to the hospital and serve dinner trays, sometimes feeding patients. On this particular day I listened with a patient to the President announcing the end of the war!

When I left the hospital to go home there were no buses running on Main Street in Hartford, so then I walked from the hospital to the Isle of Safety. There were hundreds of people celebrating in the streets, so there was no room for buses! Buses were, however, running east and west. Therefore, I could get home. This is a memory difficult to forget!



WINTER BEAUTY
By Verna McCullough

Winter in the Berkshires of Massachusetts was a young person’s delight. The streets and roads were snow packed. The plowed banks of snow on either side seemed to tower above us. Indeed, I have not seen as great since those wonderful high school days in the 50’s. One was never happier than walking home with good friends at night after a winning basketball game. The crisp, frosty air, a thousand twinkling stars, and the warmly lit homes along the street created an atmosphere fit for a Norman Rockwell original. One arrived at her door too soon, wishing that the winter evening would never have to end.

coming in February

Exercise for the Body, Mind & Spirit!



Beginners and all levels welcome

In this weekly class you'll learn and enjoy

***evidence-based Tai Chi movements for better balance
traditional Qigong exercises (think 'Chinese Yoga') for vitality
ancient & modern meditation techniques for a calm, clear mind***

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, joetaichi@gmail.com



Chaplin Senior Center Monthly Calendar

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY WEEKEND !!!</p>	<p>3</p> <p>9:00 - 10:00 Fit & Fun 9:30 - 11:30 Pickleball 10:00 Memoir Group 10:00 Mahjongg</p>	<p>4</p> <p>9:30-11:30 Pickleball 9:45 - 11:45 Bingo 11:45-12:15 LUNCH see menu</p>	<p>5</p> <p>8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327</p>
<p>9</p> <p>9:00 - 10:00 Fit & Fun 9:30 - 11:30 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45 -12:15 LUNCH see menu</p>	<p>10</p> <p>9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00-1:00 Municipal Agent</p>	<p>11</p> <p>9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu</p>	<p>12</p> <p>8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun</p>
<p>16</p> <p>SENIOR CENTER CLOSED FOR MARTIN LUTHER KING JR. HOLIDAY</p>	<p>17</p> <p>9:00-10:00 Fit & Fun 10:00 Crafts with Lisa 9:30-11:30 Pickleball 10:00 Memoir Group 10:00 Mahjongg</p>	<p>18</p> <p>9:30 - 11:30 Pickleball 9:45 -11:45Bingo 11:00-1:00 Chaplin Tax Coll. 11:45-12:15 LUNCH see Menu</p>	<p>19</p> <p>8:00 Continental Breakfast 9:00- 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327</p>
<p>23</p> <p>9:00-10:00 Fit & Fun 9:30-11:30 Pickleball 10:00 Wii Bowling 11:00 - Yoga 11:45-12:15 LUNCH see Menu</p>	<p>24</p> <p>9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00 Mahjongg 10:00-1:00 Municipal Agent</p>	<p>25</p> <p>9:30 - 11:30 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 1:00-3:00 Podiatry Appts. Call 860-455-14327 to schedule</p>	<p>26</p> <p>8:00 Continental Breakfast 9:00-10:00 Fit & Fun 9:00-3:00 Haircuts w/Cindi Call 860-455-1327 for Appt.</p>
<p>30</p> <p>9:00 - 10:00 Fit & Fun 9:30 - Pickleball 10:00 Wii Bowling 11:00 - Yoga 11:45-12:15 LUNCH see menu</p>	<p>31</p> <p>9:00 - 10:00 Fit & Fun 9:30-11:30 Pickleball 10:00 Memoir Group 10:00 Mahjongg</p>		

*Wishing everyone a
Healthy and Happy New Year !!*





Holocaust Remembrance Day Talk

Author Deborah Levison

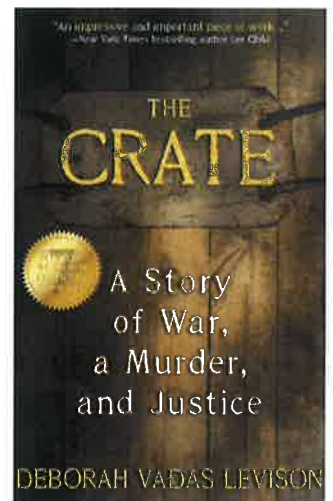
Wednesday, January 25th - 6:30pm (snowdate Feb. 1)

In honor of **International Holocaust Remembrance Day**, please join us to meet author **Deborah Levison**, a child of Holocaust survivors. Deborah will share the extraordinary account of her parents' ordeals in one of the darkest times in world history and how it led to her book **THE CRATE: A STORY OF WAR, A MURDER AND JUSTICE**. International Holocaust Remembrance Day is an international memorial day on January 27 which commemorates the tragedy of the Holocaust that occurred during the second World War.



Deborah Levison is an author and publicist. Her life has two parts: the first in Canada, where she attended University of Toronto and the Royal Conservatory of Music, and the second in Connecticut, where she lives with three children, two doodles, and one husband.

Her first book, an acclaimed nonfiction called **THE CRATE**, is a true crime story with echoes of the Holocaust. Reviewers called it “gorgeous and poetic,” “heart-wrenching,” and “a brilliant story.” The *Jerusalem Post* wrote: “exquisite.” The book won seven literary awards.



Levison's debut novel, **A NEST OF SNAKES**, is part thriller, part courtroom drama based on real-life abuse at elite New England private schools. Reviewers call it “a roller-coaster ride of surprising twists” leading to a “staggering climax and an absolutely perfect ending.” Visit her website, www.DebbieLevison.com, or find her on Facebook and Instagram: @DeborahLevisonAuthor and Twitter: @DLevisonAuthor. Both books will be available for sale and signing.

Thanks to a **Hochberg Holocaust and Human Rights Grant** that was awarded to the Chaplin Public Library in 2022, the library has purchased a new collection of Holocaust and Human Rights books for all ages. The selected books are currently on display near the front of the library.

For more information, please call the library at 860-455-9424 or visit the website at www.chaplinpubliclibrary.org. The library and senior center are located at 130 -132 Chaplin St. in Chaplin, CT.

Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



Membership Dues are due!

Just a reminder.... Membership renewals are due in January. Chaplin resident dues are \$10.00 a year and non- resident dues are \$15.00 a year. Your annual dues go a long way in supporting the many programs, services and activities we offer at the Center.

Thank you for supporting the Chaplin Senior Center.