

September 2024

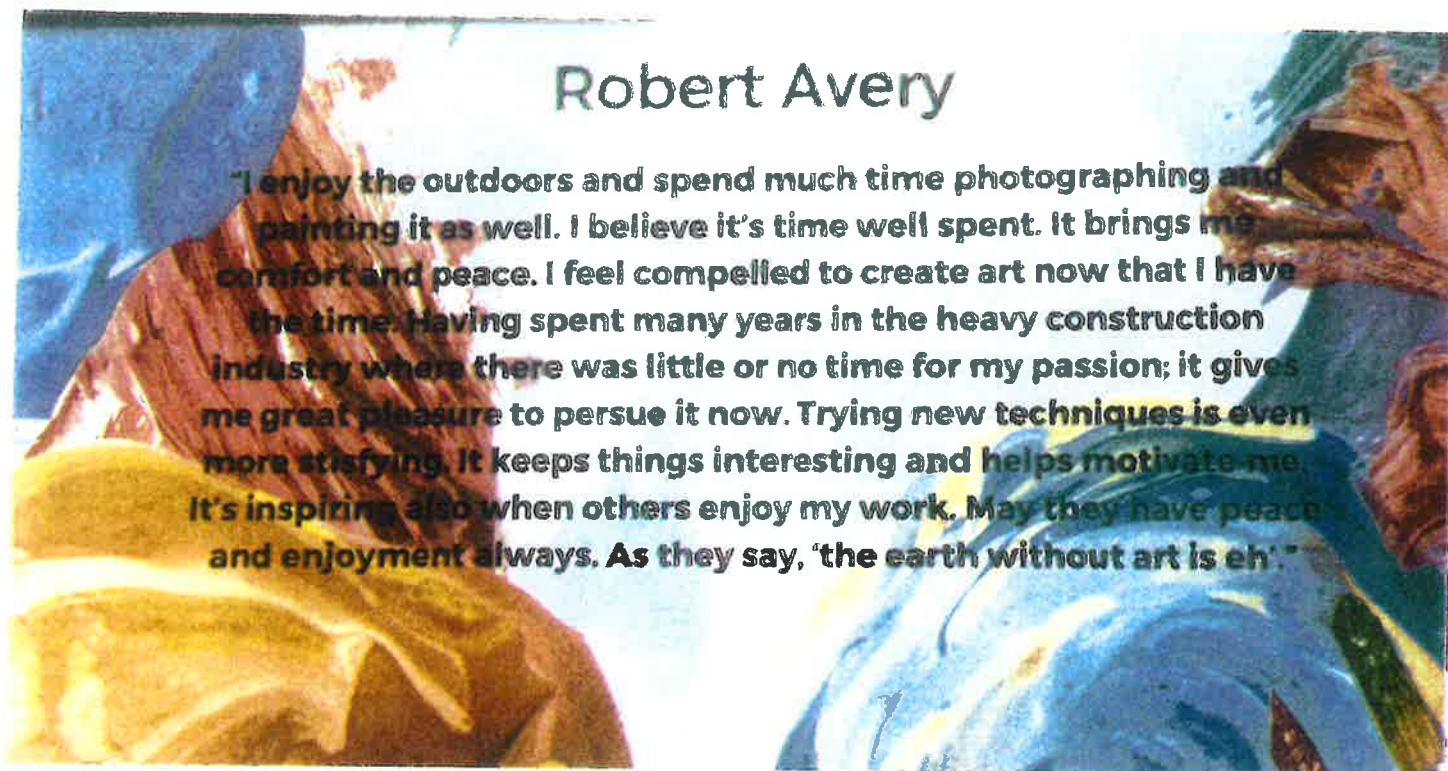


# Chaplin Senior Center

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

## Artist of the Month



**AARP Safe Driver Course - Thursday, September 12th, 2024 from 9:00AM to 1:00PM. Limited seats, so call ASAP to register.**

**No Fit & Fun on Thursday, September 12th.**

**No Breakfast Club on Thursday, September 12th.**

**Massage Therapy -** Carlie still has a few appointments available for Monday September 16th. Call 860-455-1327 to schedule your appt. \$30.00 for ½ hr and \$50.00 for an hour.

**Wii Bowling -** We have started wii bowling up again every Monday at 10:00am. Come and join the fun!!!

## **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 2024 Menu**

<b>Monday Sept. 2<sup>nd</sup> -</b>	<b>Senior Center Closed – Labor Day</b>
<b>Wed. Sept. 4<sup>th</sup> -</b>	<b>Grilled Pork Chops w/ Buttered Noodles and Gravy, Vegetable, Dinner Roll &amp; Apple Pie</b>
<b>Monday Sept. 9<sup>th</sup> -</b>	<b>Meat Lasagna, Garden Salad, Garlic Bread &amp; Brownie</b>
<b>Wed. Sept. 11<sup>th</sup> -</b>	<b>Stuffed Chicken Breast, Scalloped Potatoes, Vegetable, Dinner Roll &amp; Raspberry Cake</b>
<b>Monday Sept. 16<sup>th</sup> -</b>	<b>American Chop Suey, Vegetable, Corn Bread &amp; Banana Cream Pie</b>
<b>Wed. Sept. 18<sup>th</sup> -</b>	<b>Baked Meat Loaf w/Gravy, Mashed Potatoes, Peas, Dinner Roll &amp; Apple Crisp</b>
<b>Monday Sept. 23<sup>rd</sup>-</b>	<b>Stuffed Shells w/Sauce, Cole Slaw Garlic Bread &amp; Chocolate Cake</b>
<b>Wed. Sept. 25<sup>th</sup> -</b>	<b>Swedish Meatballs on Egg Noodles, Vegetable Dinner Roll &amp; Lemon Square</b>
<b>Monday Sept. 30<sup>th</sup> -</b>	<b>Grilled Chicken on a Bulkie Roll, Pasta Salad, Potato Chips, Carrot Cake</b>

**DRIVER  
SAFETY** 

**SAFER DRIVING  
CAN SAVE YOU MONEY**

**AARP** Real Possibilities

Take the AARP Smart Driver™ classroom course and you could save money on your car insurance! \*

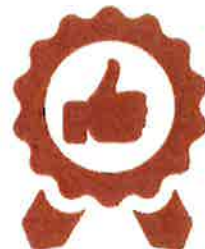
- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

**THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!**

**AARP Safe Driver course will be taught at the Chaplin Senior Center on Thursday, September 12th, 2024 from 9:00AM to 1:00PM. Please make your checks out to AARP, \$20.00 for AARP members and \$25.00 for non-members. Training materials and certificates are supplied.**

**To register call (860) 455-1327.**

**DRIVER  
SAFETY**



# Chaplin Senior Center Monthly Calendar

## September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>2</b></p> <p><b>Senior Center Closed. Labor Day!!</b></p>	<p><b>3</b></p> <p>9:00-9:45 Fit &amp; Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg</p>	<p><b>4</b></p> <p>9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu <b>12:30-2:00 Mexican Train</b></p>	<p><b>5</b></p> <p>8:00 Breakfast Club 9:00-9:45 Fit &amp; Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327</p>
<p><b>9</b></p> <p>9:00-9:45 Fit &amp; Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu</p>	<p><b>10</b></p> <p>9:00 - 9:45 Fit &amp; Fun 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent</p>	<p><b>11</b></p> <p>9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu</p>	<p><b>12</b></p> <p><b>NO BREAKFAST CLUB !!</b> <b>NO FIT &amp; FUN</b></p> <p><b>9:00-1:00 AARP Safe Drivers Coarse</b></p>
<p><b>16</b></p> <p>9:00-9:45 Fit &amp; Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 10:00-2:00 Massage Therapy by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu</p>	<p><b>17</b></p> <p>9:00-9:45 Fit &amp; Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg</p>	<p><b>18</b></p> <p>9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu</p>	<p><b>19</b></p> <p>8:00 Breakfast Club 9:00-9:45 Fit &amp; Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 9:15-2:00 Haircuts w/ Cindi by appt. Call 860-455-1327</p>
<p><b>23</b></p> <p>9:00-9:45 Fit &amp; Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu</p>	<p><b>24</b></p> <p>9:00 - 9:45 Fit &amp; Fun 10:00 - Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent</p>	<p><b>25</b></p> <p>9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu</p>	<p><b>26</b></p> <p>8:00 Breakfast Club 9:00-9:45 Fit &amp; Fun</p>
<p><b>30</b></p> <p>9:00-9:45 Fit &amp; Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu</p>			



CHAPLIN RECREATION COMMISSION

# CHAPLIN DAY

Join us for a day of fun in the park!

Saturday September 14th

1-8pm

**LIVE BANDS ALL DAY!  
CORNHOLE TOURNAMENT!  
FAMILY ACTIVITIES!  
FOOD AND MORE!**

Heartland 1-2:30pm

Nick Bosse and The Northern Roots

3-5pm

and

Three57 5:30-8pm



Questions? Call or text Amie (302)264-1104

Vendors welcome!



**FREE 1.5-hour Mindfulness Seminar:  
Unlocking the Potential of Mindfulness for Health  
Saturdays, September 21<sup>st</sup> or 28<sup>th</sup>  
10:30am -12:00pm (register for either date)**

*Prioritize health. Participate in being alive. Enrich the life you live.*



*Explore how integrating mindfulness practice into your routine unlocks resilience, open-mindedness, & a richer understanding of what it means to be human with seasoned Mindfulness Based Stress Reduction (MBSR) instructor:*

**Jeanne J. Chadwick, MPH, MS, PhD.**

Mindfulness instructions often emphasize not getting caught up in thoughts about the past or the future. **Instead, just stay in the moment!**

However, this advice can be *unhelpful*. It can promote the idea that the present moment is a dreamy state of joy where no thoughts of the past or future are allowed. This is honestly impossible! If we had no *thoughts of the past*, we could not remember where we live. If we had no *thoughts of the future*, we could not make plans for vacations or appointments.

The problems emerge when thoughts carry us out of our bodies & off to a space where we imagine we are in the past or the future rather than forming thoughts *about the past or the future*. In this seminar, we'll dig into this since healthy doses of hindsight and foresight are part of incorporating mindfulness into daily life.

**Dr. Chadwick's** passion to empower people through Mindfulness has spanned the past 20 years. As an author/therapist, epidemiologist, and professor, she has dedicated herself to helping people live a more fulfilling and passionate life through the art and science of Mindfulness. Trained in 2001 at the UMass Center for Mindfulness, she has summarized the most important aspects of UMASS's MBSR course. She uses the tools from this course to dispel misconceptions & myths about how to use mindfulness to manage stress. Dr. Chadwick's published academic research on the mechanisms of mindfulness informs this discussion by linking these to greater emotional health and higher productivity.

**For more information or to register for either date, contact: [mindbody0701@gmail.com](mailto:mindbody0701@gmail.com)**

Chaplin Public Library  
130 Chaplin Street, Chaplin, CT 06235  
[www.chaplinpubliclibrary.org](http://www.chaplinpubliclibrary.org)  
860-455-9424



# Your Four Pillars

introduction to

# Chinese Astrology



Ryan Moulton

**Free talk**

**Monday, September 30<sup>th</sup>, 6:30 pm**  
**Chaplin Public Library**  
130 Chaplin St, 860-455-9424

***Did you know...***

- ◆ This Year of the Dragon is specifically the *Wood Dragon*?
- ◆ You have zodiac animals for your birth year, *month* and *hour*?
- ◆ These birth times carry energy from various family generations?

***Join us and learn more about this fascinating traditional system!***

with Joe Pandolfo, local Tai Chi & Qigong Instructor, Reiki Practitioner,  
Acupuncture Detox Specialist and Board Director for the CT Society of Acupuncturists  
Questions? (959) 444-3979 - email: [joepataichi@gmail.com](mailto:joepataichi@gmail.com)



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## **Saturday Morning Walking Club**

**8:30am meeting time.**

**We will be walking 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!!**

