

March 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. Marcia Donofrio

Marcia is a resident of Chaplin and has been an artist for many years. Her expressions are created from her love of the mystery of nature and the inner worlds. Her work is eclectic, ranging from oil and acrylic, mixed media, and ceramic sculpting. Although she began her journey as a self taught artist, she further developed her skills through training in a blend of varied art courses at ECSU, numerous art workshops, and many adventures of glitches and glories. "Plein Air was especially humbling!"

Working from an inner lens, Marcia likes to create her images through the process of allowing the canvas to inform her of what wants to be revealed. Her moonscape series, a mix of acrylic and mixed media, give a sense of that juxtaposition of the seen and the unseen worlds. Her longing as an artist is to capture the meditative poses of witnessing the outer world in its stillness and beauty.

"For me, to be an artist is to deeply listen and to learn to surrender"

And therein lies the joy.....

Do you have leftover medications that you need to dispose of? Ask Lisa for a free drug deactivation system. It will deactivate drugs safely, conveniently and effectively.

Chaplin Community Harmony Chorus will take a break, but resume in April. Music has the potential to be a powerful healing tool in a variety of ways and pervades every aspect of our existence.

Quick Fix Hair Care - Cindi will be at the center on Thursday March 28th from 9:15 till 2:00 for all your hair care needs. Call 860-455-1327 to schedule your appointment.

**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.

March 2024 Menu

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|---------------------------------------|---|
| Monday March 4th - | Stuffed Shells w/Fresh Tomato Sauce, Tossed Salad, Garlic Bread and Brownie |
| Wed. March 6th - | Baked Meatloaf w/ Mashed Potatoes & Gravy Peas and Carrots, Dinner Roll & Dessert |
| Monday March 11th - | Baked Stuffed Chicken Breast, Scalloped Potatoes, Vegetable, Dinner Roll & Dessert |
| Wed. March 13th - | Corned Beef and Cabbage w/ Boiled Potatoes and Carrots, Fresh Bread & Key Lime Pie |
| Monday March 18th - | Sweet and Sour Kielbasa, Macaroni & Cheese, Cole Slaw, Corn Bread and Dessert |
| Wed. March 20th - | Bacon or Vegetable Quiche, Stir Fry Potatoes, Cheese Biscuits and Crumb Cake |
| Monday March 25th - | Meat Lasagna, Tossed Salad, Garlic Bread and Dessert |
| Wed. March 27th - | Baked Ham w/ Roasted Potatoes and Carrots, Fresh Biscuits & Pineapple Upside Down Cake |



YEE-HAW !!

Who is up for some Line Dancing?

Thursdays 10:30 - 11:45am

Chaplin Senior Center

Beginning March 7, 2024

Discover the joy of line dancing with our beginner-friendly classes! You'll grasp the essential steps and patterns that form the foundation of line dancing, all while having a great time! Our dance sessions feature a diverse selection of music genres, including pop, big band, oldies, Latin and R&B in addition to country. Designed specifically for beginners, the class offers introductory level dances. Join us in this delightful dance journey!

You must commit and pay in advance for a 4 week session at \$24.00

Call 860-455-1327 to sign up !!

Chaplin Senior Center Monthly Calendar

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	5 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00 Board Meeting	6 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-2:00 Mexican Train 12:30-1:30 Qigong	7 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 10:30-11:45 Line Dancing
11 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00-2:00 Massage Therapy by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu	12 9:00 - 9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	13 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 ST. PATTY'S DAY LUNCH see menu 12:30 Dixieland Jazz Band 12:30-1:30 Qigong	14 8:00 Breakfast Club 9:00 -9:45 Fit & Fun 10:00-1:00 Massage Therapy By appt. call 860-455-1327 10:30-11:45 Line Dancing
18 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	19 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg 10:15 Craft Class w/ Lisa	20 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-1:30 Qigong	21 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 10:30-11:45 Line Dancing
25 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	26 9:00 - 9:45 Fit & Fun 10:00 - Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	27 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-1:30 Qigong	28 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:15-2:00 Haircuts w/ Cindi Call 860-455-1327 for Appt. 10:00-1:00 Massage Therapy by Appt. call 860-455-1327 10:30-11:45 Line Dancing

Don't Forget To Mark Your Calendars For

Saturday March 9th 3:00-4:30

Irish & Scottish Music by GOODBYE IRENE

Chaplin Public Library



IRISH & SCOTTISH MUSIC

**Soodoye
Irene**

**CHAPLIN PUBLIC
LIBRARY
SATURDAY MARCH 9TH**

3:00PM-4:30PM

130 CHAPLIN ST, CHAPLIN, CT 06235



SNOW DATE: MARCH 23RD

“SAP’S A-RUNNIN’!”

By Eva Aubert

When I was a child the first sign of Spring was heralded in by cold nights but warm days, which meant exactly as my title says in old Yankee vernacular, “Sap’s A-Runnin’, Aye-uh!” Wahmah weatha’s right around the cahna!” You see my whole family talked this way as well as our neighbors and friends.

Anyway I digress. One of my fondest childhood memories involved “Sugarin’ Time” or maple syrup time. This was before fancy sugar houses came along. It was the only time throughout the whole year when I was allowed to stay up half the night at the farm across the field from our home.

The reason for this was that our task was to keep a blazing fire going in an outside fireplace upon which sat a huge vat of sap, boiling down gradually into maple syrup. This farm belonged to the Gamache family, a family of five children, two about my age. As long as we kept throwing logs on the fire we could run around, play hide-and-seek, kick-the-can or any number of games. I remember the clear, starry nights, and a chill in the air. Just the excitement of being up late was an aphrodisiac in itself.

Can you imagine all of this by today’s standards? A huge, outside fire pit with boiling contents sitting on it, and no adult supervision would bring the D.C.F. knocking at our door!

The gathering of sap was a fun time also. The Gamache family owned a huge dog, a Great Dane or a Newfoundland; Mr. Gamache made a harness for the dog to pull the wagon or sled (if there was snow on the ground.) The pails were taken from the maple trees, dumped into the big kettles on the sled and then the pails were re-hung on the trees. There was no plastic tubing from tree to tree in those days!

The wagon or sled was then pulled into the yard by the fire pit, and usually had to be picked up by an adult or an older boy and poured into the boiling sap on the fire.

Those were giddy evenings for us kids. We were exempt from all chores as long as we kept that fire going.

As the years passed we found ourselves in our early teens, and the ante went up a notch. We were really getting into the game of hide-and-seek now, but the excitement was of a different kind. Who was hiding where? I remember Mr. Gamache getting us all together and saying, “No more hiding in the barn!” As an adult in later years, I thought Mr. Gamache made a very wise decision!

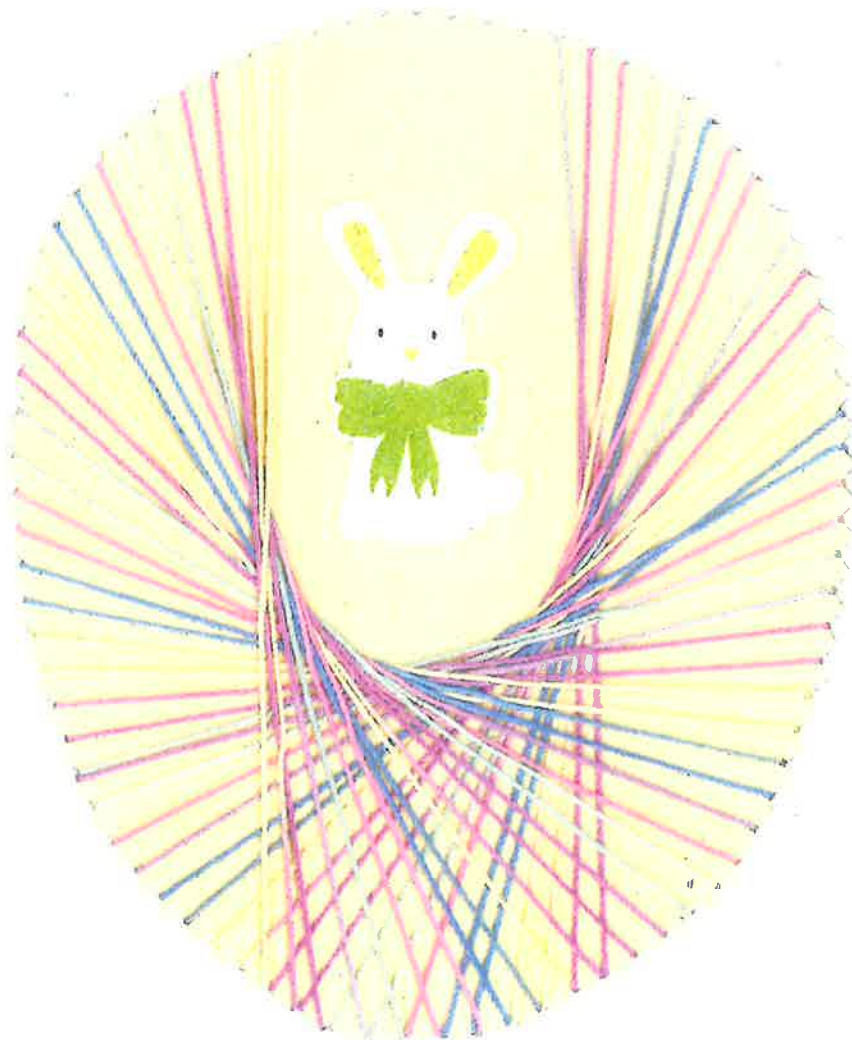
Craft Class with Lisa

Come and learn the fun of String Art!!

Tuesday March 19th at 10:15

Materials will be provided at no charge.

(If you have a pair of pinking shears, please bring them)



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For information call
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*Wishin' you a pot o' gold,
And all the joy your heart can hold.*

