

March 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

Fisherman's Breakfast - Mark your calendars for the Chaplin Senior Center annual Fisherman's Breakfast on Saturday April 22nd. See inside for more details.

Celebrating Chaplin Artist, Terese Ridgeway (1936-2022) Saturday, March 11th at 1:00pm at the Chaplin Public Library. (snow date March 18th)

Samsung Tablets - We have received a very generous donation of two Samsung tablets. So if you are in need of a tablet please call the center at 860-455-1327.

Quick Fix Hair Care - Cindi will be at the center on Thursday March 30th from 9:00 till 2:00 for all your hair care needs. Call 860-455-1327 to schedule your appointment.

Massage with Carlie- Massage therapy appointments can be scheduled in March for the Thursday March 2nd, Monday March 6th, Thursday March 16th and Thursday March 30th. \$30.00 for ½ hour and \$50.00 for an hour. Call the center to schedule your appointment.

Podiatry - Dr. Morgan the Colchester Foot Specialist will be coming to the center on Wednesday, April 5th from 1:00 till 3:00. Give us a call to get your name on the schedule.

Please Note: If there should be inclement weather, please check for cancelations or delays on Channel 3.

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 2023 Menu

Wed. March 1st – Stuffed Chicken Breast, Jasmine Rice, Vegetable, Dinner Roll and Dessert

Mon. March 6th – American Chop Suey, Cole Slaw, Garlic Bread and Dessert

Wed. March 8th - Quiche w/ Country Sausage, Home Fried Potatoes, and Apple Crumb Cake

Mon. March 13th -Pepperoni, Hamburger or Vegetable Pizza, Garden Salad and Brownie

Wed. March 15th- Corned Beef and Cabbage w/ Boiled Potatoes & Carrots, Fresh Bread and Dessert

Mon. March 20th– Pasta and Meatballs, Tossed Salad, Garlic Bread and Dessert

Wed. March 22nd- Baked Chicken Quarter w/Mashed Potatoes and Cranberry Sauce, Vegetable, Corn Bread & Dessert

Mon. March 27th- Grilled Kielbasi w/ Macaroni & Cheese, Vegetable, Dinner Roll and Dessert

Wed. March 29th- Shepherd's Pie, Vegetable, Dinner Roll & Dessert



Opening Reception
Celebrating Chaplin Artist
Terese Ridgeway (1936-2022)
Saturday, March 11 – 1:00pm

(snowdate March 18)



Please join us at the Chaplin Public Library for an opening reception to celebrate the work of longtime Chaplin resident and acclaimed weaver Terese Ridgeway. Light refreshments will be served. The Ridgeway exhibit will be on display in the library through Saturday, April 8th. The library is open Monday and Wednesday 10am-6pm, Friday 2-6pm, and Saturday 10am-1pm.

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



Struggling to pay your electric or heating bill? We have programs to help.

For more information on these assistance programs, scan the QR code below, visit Eversource.com/BillHelp or call us at **800-286-2828**. We'll work with you one-on-one to find the best program for you.

Protection from Shutoff for Hardship Customers

For qualifying gas or electric customers experiencing financial hardship, service cannot be turned off between November 1 and May 1.

Medical Protection

If you or a member of your immediate household has a serious or life-threatening medical condition, you may be eligible for protection from service disconnection for non-payment. Please call us at 800-286-2828 to learn more or enroll.

Matching Payment Program *(For electric heating and gas heating customers)*

Reduce your past due balance with affordable monthly payments.

Call us at **800-286-2828** or visit **211ct.org** to find your local community action agency to enroll and apply for state energy assistance funds.

Once enrolled, Eversource will match your payments, plus the amount of energy assistance you receive on your account, down to a zero balance.

If you receive public assistance benefits, your payments can be reduced to as low as \$50.

New Start *(for electric customers)*

Have your outstanding balance eliminated in as little as 12 months.

We'll establish a monthly budget payment for you based on your usage.

Make your scheduled New Start monthly payment, and a portion of your past-due balance will be eliminated or "forgiven," reducing the amount you owe each month.

Home Energy Solutions

Whether you rent or own your home, save money and energy with an in-home energy efficiency evaluation and service at no cost. Please call 1-877-WISE USE (947-3873) or visit Eversource.com/BillHelp for an application.

To be eligible for income-based assistance programs, your household income must be at or below 60% of the State Median Income:

Household Size	1	2	3	4	5	6	7	8
Income Level	\$39,027	\$51,035	\$63,044	\$75,052	\$87,060	\$99,069	\$101,320	\$103,572
Household Size	9	10	11	12	13	14	15	16
Income Level	\$105,823	\$108,075	\$110,326	\$112,578	\$114,830	\$117,081	\$119,333	\$121,584

Other Help: Operation Fuel: **860-243-2345**, Operationfuel.org/gethelp
United Way Infoline: **211**
Public Utilities Regulatory Authority: **800-382-4586**

Scan here for more information



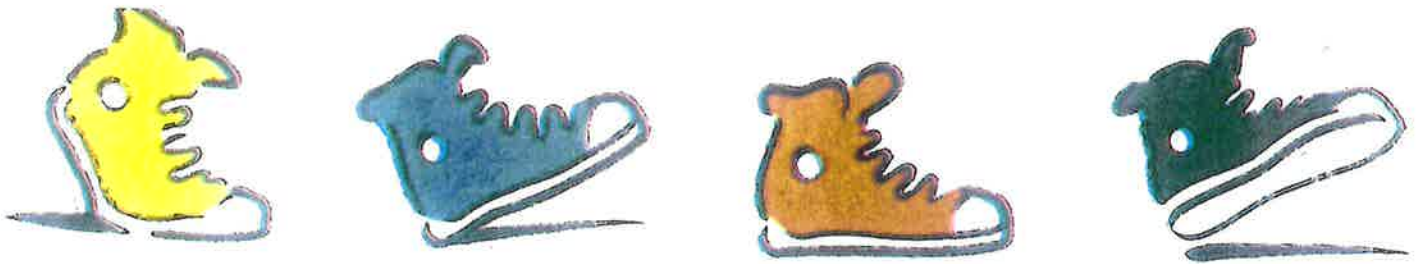
Saturday Morning Walking Club (9:00am at the destination)

March 4th - Ct Airline Trail in Hampton. Park at the Estabrooks Road end and walk toward Station Road.

March 11th - Ct Airline Trail, Rt. 203 in North Windham.

March 18th - Ct Airline Trail, Chewink Rd. toward Hampton. Park at the intersection of Chewink and Lynch Roads.

March 25th - Bujack Lane. Right off Tower Hill Rd. just past the Russ Cemetery. Park along side of the road in front of the Bernard Church Woods sign.



FIT & FUN

EXERCISE CLASS WITH LISA

Every Monday, Tuesday and Thursday


In our multi function room at 9:00am.

This class is a combination of balance and strengthening, perfect for all abilities.

There is no charge for this class.

Chaplin Senior Center Monthly Calendar

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:00-12:00 Pickleball 9:45 - 11:45 Bingo 11:45-12:15 LUNCH see menu	2 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 1:00-2:00 Tai Chi
6 9:00 - 10:00 Fit & Fun 9:00 - 12:00 Pickleball 10:00 Wii Bowling 10:00-2:00 Massage by appt. 11:00 Yoga 11:45 -12:15 LUNCH see menu	7 9:00 - 10:00 Fit & Fun 10:00 Board Meeting 10:00 Memoir Group 10:00 Mahjongg	8 9:00 - 12:00 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu	9 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 1:00-2:00 Tai Chi
13 9:00- Fit & Fun 9:00-12:00 Pickleball 10:00 -11:30 Psychic Medium call for appt. 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu	14 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00-1:00 Municipal Agent	15 9:00 - 12:00 Pickleball 9:45 -11:45Bingo 11:45-12:15 LUNCH see Menu	16 8:00 Continental Breakfast 9:00- 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 1:00-2:00 Tai Chi
20 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	21 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00 Mahjongg	22 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	23 8:00 Continental Breakfast 9:00-10:00 Fit & Fun 1:00-2:00 Tai Chi
27 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	28 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00-1:00 Municipal Agent	29 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	30 8:00 Continental Breakfast 9:00-10:00 Fit & Fun 9:00-2:00 Haircuts w/Cindi Call 860-455-1327 for Appt. 10:00-1:00 Massage Therapy By appt. Call 860-455-1327 1:00-2:00 Tai Chi



Fisherman's Breakfast

At the Chaplin Senior Center 7:00am - 9:00am

Chaplin Rec. Fishing Derby

At Darling Pond Garrison Park 8:00am - 10:00am

Saturday April 22nd

Come by the Senior Center and grab breakfast
to go before heading to the park!

**BREAKFAST SANDWICH, HOME FRIES, FRESH
FRUIT AND BLUEBERRY COFFEE CAKE!**

ONLY \$6.00

Curbside Pickup Only

Please call the center at 860-455-1327 to preorder by 2:00pm on
Thursday April, 20th.

Three Divisions

5 years old and under

6-10 years old

11-15 years old

Prizes for the

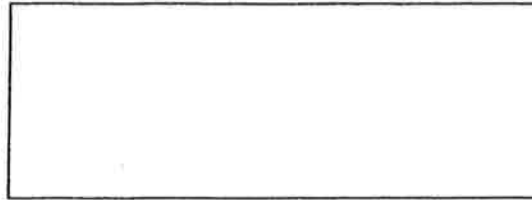
Biggest fish

(weight) in each division



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Chaplin, CT 06235

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

