

October 2021



Chaplin Senior Center

132 Chaplin Street
Chaplin, CT 06235
860-455-1327

Lisa Kegler, Director
Bob Grindle & Dawn Gilbert, Kitchen
Ann Lewis, Municipal Agent

The Center will be closed for Columbus Day, Monday Oct. 11th.

Just a reminder – Masks are required in the senior center for everyone. While eating and drinking please practice proper social distancing.

Flu Shot Clinic – We will be hosting a flu shot clinic on Thursday October 14th from 9:30 till 11:00. Please call 860-455-1327 to sign up. See inside newsletter for more details.

Need a Quick Fix? – Haircuts and more with Cindi on Thursday Oct. 14th and Oct 28th, from 10:15am till 1:00pm. Call to schedule your appt.

Crafts with Lisa – Tuesday Oct. 12th at 10:00am, we will be making a tealight pumpkin and other assorted fall crafts. Thursday Oct. 21st at 10:00am we will be starting our pinecone flower arrangements.

Watercolor Class – Classes will be held on Thursdays Oct. 7th and 21st. The cost is \$5.00 a class. Call the center to sign up.

Massage Therapy – Carlie will be here at the center on Thursdays Oct. 7th and Oct. 21st, 10:00am till 1:00pm. \$50.00 for an hour, and \$30.00 for a half hour. Please call 860-455-1327 to schedule your appt.

Medicare Appointments – For your convenience, Ken Huffine from Long View will be coming to the center on Tuesday Nov. 23rd to help you with your Medicare needs. You will need to call the center to schedule your appointment.

Who doesn't want a good night sleep? – Join us on Monday, Oct. 4th at 12:30 – 1:30pm under the tent, for a discussion about strategies on getting a good night's rest. See inside newsletter for more details.

Acupressure Workshop – Back by popular demand, join Joe in the Function Room on Oct. 18th at 12:15 for an interactive workshop on ear acupressure and more. Joe will guide you through simple techniques that can ease our every day stress.

THE HUNKERIN' DOWN TIME

By Eva Aubert

My last memoir was about the “gathering time”; this one is about “hunkering down”, an old Yankee term meaning bending forward, hunched over and ready to meet the stormy gales that were to come, or in other words bracing oneself for the winter ahead.

All the gathering of things important to winter survival had been completed outside; now there was an inside check for cracks and crevices that needed to be caulked, so the old house would be warm and toasty, not cold and drafty. Chimneys on the wood stove and the fireplaces must be cleaned out. Oil lamps had to be filled with oil and the wicks clipped.

Grandma would remove the heavy quilts from the cedar chest and hang them outside for “airing out” as she would say!

Fall baking began in earnest. The fruitcakes were finally assembled, wrapped in cheesecloth and put in tins to await the holidays to come. They would be basted weekly with brandy, not only to enhance the flavor, but for a much moister cake. Then the fruitcakes were stored in the “buttery”, another old Yankee term for pantry. That old pantry was a memory in itself; before Thanksgiving the shelves were loaded with apple pies, pumpkin and berry pies. Lining the walls on the floor were crocks of salt pork, sauerkraut, dill pickles, and homemade farmer’s cheese, and also honey brought to us from the old man down the road. He gave us honey and we gave him wood. The barter system was alive and well back then.

The dark was coming earlier each day after the Autumn Equinox. We knew it meant the “hunkering down time” had arrived. Out came the puzzles, the checkerboard, and the good books we had been waiting to read. There were Christmas presents to be made. Oh my!

As we settled into a new routine for the winter we were well aware that this too was a special time, a time of loving each other and being thankful, even at a young age, of the security our parents gave us.

As Granny would say, “Darlin’, we are Blessed !!!”



Chaplin Public Library and Senior Center

A Good Night's Rest

with Susan Powers



Monday, October 4th

12:30 - 1:30pm Under the Tent
(or indoors if bad weather)

Join psychologist Susan Powers for strategies on getting a good night's sleep. What is happening to your brain and body as you sleep? Learn about the sleep cycle and dream periods as well as the benefits of good sleep to your mental and physical health. Susan will discuss strategies for initiating and maintaining good sleep. Very small changes in one's lifestyle can have a huge impact on sleep quality and duration. The most common sleep disorders will be reviewed. Bring your questions and learn a few tips for a good night's rest!

Susan Powers earned a BA from the University of Michigan, a Masters in English Literature from Ohio University, a Masters in Human Sciences and a doctorate in Clinical Psychology from the Saybrook Institute. Her research interests are in the areas of dissociation and consciousness.

For more information, please call the library at 860-455-9424. The library is located at 130 Chaplin St. in Chaplin, CT.

Chaplin Senior Center Monthly Calendar

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 Tai Chi 11:00 - Yoga 11:45 - 12:15 LUNCH see Menu 12:30 - 1:30 A Good Nights Rest	5 9:00 - 10:00 Exercise Class 10:00 Memoir Group 10:00 Mahjongg	6 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 Lunch see Menu	7 8:00 - 9:00 Coffee Hour w/ Continental Breakfast 9:00 - 10:00 Exercise Class 10:00 Poker /Cards 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 10:00 Watercolor Class
11 Senior Center Closed for Columbus Day	12 9:00 - 10:00 Exercise Class 10:00 Craft Class 10:00 Memoir Group 10:00 Mahjongg 10:00 - 1:00 Municipal Agent	13 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 Lunch see Menu 5:00 - Cookbook Club Under the Tent	14 8:00 - 9:00 Coffee Hour w/ Continental Breakfast 9:30- 11:00 Flu Shot Clinic 10:00-1:00 Haircuts by appt. Call 860-455-1327
18 9:30 Wii Bowling 9:30 -11:30 Pickleball 9:30 Tai Chi 11:00 - Yoga 11:45-12:15 LUNCH see Menu 12:15 Acupressure Workshop	19 9:00-10:00 Exercise Class 10:00 Memoir Group 10:00 Mahjongg	20 9:30 - 11:30 Pickleball 9:45 -11:45 Bingo 11:45-12:15 LUNCH see Menu	21 8:00 - 9:00 Coffee Hour With Continental Breakfast 9:00- 10:00 Exercise Class 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 10:00 Poker/Cards 10:00 Craft Class 10:00 Watercolor Class
25 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 -Tai Chi 11:00 Yoga 11:45-12:15 LUNCH see Menu	26 9:00 - 10:00 Exercise Class 10: 00 Memoir Group 10:00 - Mahjongg 10: 00 - 1:00 Municipal Agent	27 9:30 - 11:30 Pickleball 9:45-11:45 Halloween Bingo with prizes 11:45 - 12:15 LUNCH see Menu	28 8:00 - 9:00 Coffee Hour With Continental Breakfast 9:00 - 10:00 Exercise Class 10:00-1:00 Haircuts by appt. Call 860-455-1327 10:00 Poker/Cards

FLU IMMUNIZATION CLINIC

**Coming to the
Chaplin Senior Center**

**132 Chaplin Street
For all 50 years or older.**



**Thursday, October 14th
9:30am till 11:00**



Please Call 860-455-1327 to sign up.

Please bring your ID and insurance card with you.

Hartford Healthcare will accept the following insurance:

Medicare, Medicare advantage plans for Aetna, Anthem, Connecticare and CarePartners. They also accept Cigna, Aetna, Anthem, and Connecticare for those not on Medicare or Medicare advantage plans.

Please wear a short sleeve shirt under your sweater or jacket.

CURBSIDE PICKUP OR DINE IN LUNCHES

CHAPLIN SENIOR CENTER

Every Monday and Wednesday

\$5.00 a meal

Pickups will be from 11:45 till 12:15

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.

860-455-1327

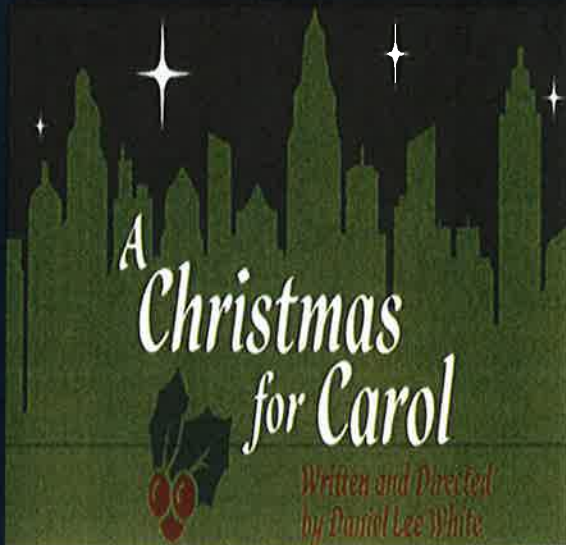
October 2021 Menu

- Monday Oct. 4th - Chicken Pot Pie w/Dinner Roll, Cole Slaw and Dessert**
- Wed. Oct 6th - Spaghetti and Meatballs w/ Garlic Bread, Tossed salad and Dessert**
- Monday Oct. 11th - NO LUNCH Closed for Columbus Day!!**
- Wed. Oct. 13th - Chicken Parmesan w/ Pasta, Broccoli, Dinner Roll and Dessert**
- Monday Oct. 18th - Grilled Pork Chops, Roasted Vegetables & Potatoes, Fresh Applesauce and Dessert**
- Wed. Oct. 20th - Baked Meatloaf, Mashed Potatoes w/ Gravy Vegetable, Homemade Bread and Dessert**
- Monday Oct. 25th - Roast Chicken Quarter w/ Jasmine Rice, Vegetable, Roll and Dessert**
- Wed. Oct. 27th - Philly Cheesesteak w/ Onions & Peppers on a Toasted Roll, Cole Slaw, Potato Chips & Dessert**

Chaplin Senior Center, Windham Senior Center presents:



December 8, 2021
Wednesday
"A Christmas for Carol"



Come see the World Premiere of this hilarious Christmas Comedic Farce! During the holiday season, Carol tends to take Christmas too far at work with decorations, presents, and overbearing traditions that not everyone celebrates in the office. Her co-workers love Carol, but this time of year she gets on everyone's last nerve, so they formulate a plan for the company party that night. With wacky office hijinks, pranks, an office romance, and even people caught in their underwear, will they be able to help Carol remember the true meaning of Christmas?

This unique dinner theatre is a favorite for locals & visitors since 1983.

The Newport Playhouse will now offer a *staff-served* buffet with a variety of hot entrees, salads, veggies, dessert, fruit and beverages.

After dining, take your reserved seats in the theater. When the Play is over, return to the dining room for the Cabaret Show. Dining & Theatre seating will be appropriately distanced.

COST: \$135.pp based on 25-30 passengers

Depart: 10:00am Beckish Senior Center, 188 Route 66

Estimated Return: 5:30pm Columbia

Reservations: Beckish Senior Center contact Bernadette Derring 860-228-0759
Andover Senior Center contact Georgia O'Brien 860-742-9947
Chaplin Senior Center contact Roxanne 860-455-1327
Windham Senior Center contact Kate Cox 860-423-4524
Checks Payable to: Town of Columbia

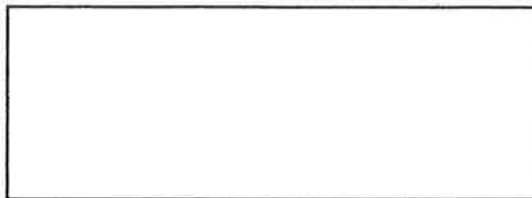


FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

This package is subject to our full terms and conditions which can be found on our website at www.friendshiptours.net/tour-policies. Paper copies are available upon request. By signing up to participate in the tour, you are agreeing to be bound to these terms and conditions. Therefore, you must read the terms and conditions in their entirety. By signing up for the tour, making a payment and continuing to use our services, you are agreeing to be bound by the Terms and Conditions. Should you disagree with any of the terms you must speak with us before signing up for a tour.

Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



Saturday Morning Walking Club (9:00am)

Oct. 2nd – Chaplin Street, Chaplin. We will meet at the Senior Center at 9:00am for a brisk walk around the block, followed by a guided tour of the Chaplin Street Homes of 1822, from 10:00am – 11:00am.

Oct. 9th – Natchaug Forest, take Morey Rd off of Rt 198, go over the bridge and take the second left (dirt road). Park alongside off road.

Oct. 16th – Airline Trail, Goodwin Forest. Park on Potter Rd at the entrance to the trail, a few hundred feet north of Goodwin Center.

Oct. 23rd – **NO WALK**

Oct. 30th – Bujack Road in Chaplin. Right off Tower Hill Rd. just past the Russ Cemetery. Park along the road in front of the Bernard Church Woods sign.