

October 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
Shirley Rakos, Municipal Agent



Senior Center Renovations - The Senior Center will be undergoing some renovations beginning Monday, October 9th. We will be suspending lunches and Bingo during this time. There will be no lunches Oct. 11th through Nov. 1st. There will be no Bingo Oct. 11th through Nov. 1st. Lunches will start up on Nov. 6th and Bingo will start up on Nov. 8th. **All other activities will continue as usual !!**

Thursday Morning Breakfast Club - We will be suspending Thursday morning breakfast temporarily until further notice.

Medicare Seminar - Please note that the Medicare seminar with Ken Huffine from Longview will be on Monday Oct. 2nd at 10:00am.

Farmers Market Cards - We still have a few farmers' market cards available to those who fall within the income guidelines. These cards are good through November 30th.

Flu Shot Clinic - We will be holding a flu shot clinic at the center on Wed. Oct. 25th, 9:00am - 10:30am. All insurance accepted.

Psychic Medium - Julie will be taking appointments on Monday October 16th, 10:00 till 11:00 for personal readings. \$20.00 for 20 minutes. Call 860-455-1327 to book your appointment.

Massage Therapy - Carlie still has 1 time slot left on Thursday, Oct. 12th at 12:15. \$30.00 for ½ hr or \$50.00 for an hour. Call the center if interested.

Qigong - Five Animal Frolics Qigong will be held on Wednesdays starting in October in The Library meeting room 12:30 -1:30.

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.

October 2023 Menu

Mon. Oct. 2nd - Ham & Beans, Corn Bread, Cole Slaw & Dessert

Wed. Oct 4th - American Chop Suey, Tossed Salad, Garlic Bread and Dessert

Mon. Oct. 9th - SENIOR CENTER CLOSED

Due to renovations of the Senior Center

We will be suspending lunches

October 11th through November 1st.

Lunches will start up again on

November 6th.

LONG VIEW

Kenneth Huffine Insurance Advisor

281 Hartford Turnpike Suite 316

Vernon, CT 06066

(860) 871-7055

ken@longviewwm.com

**Questions
about the
future of
Medicare?**

Are you aware of all your Medicare options?

Want to know more about your health insurance?

Join Kenneth Huffine and learn the Basics of
Medicare!

Join us **October 2nd** at 10:00AM

Location: Chaplin Senior Center

Topics of Discussion:

- 1. Learn the Basics of Medicare and the changes that apply to you!**
- 2. What is the difference between a Supplement and an Advantage plan?**
- 3. Learn how the Prescription Drug Plan rules apply to you!**
- 4. Are you taking advantage of all the benefits offered to you?**

Chaplin Senior Center Monthly Calendar

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Medicare Discussion 11:45-12:15 LUNCH see Menu	3 9:00-9:45 Fit & Fun 10:00 Board Meeting 10:00 Memoir Group 10:00-2:00 Mahjongg	4 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	5 9:00-9:45 Fit & Fun 9:00-2:00 Haircuts with Cindi Call 860-455-1327 for Appt. 9:45 Left Center Right Dice Game
9 Senior Center Closed !! Columbus Day.	10 9:00 - 10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg	11 9:00 - 12:00 Pickleball NO BINGO NO LUNCH 12:30-1:30 Qigong	12 9:00 -9:45 Fit & Fun 9:45 Left Center Right Dice Game 10:00-1:00 Massage Therapy Call 860-455-1327 for Appt.
16 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00-11:00 Psychic Medium 11:00 Yoga NO LUNCH	17 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	18 9:00 - 12:00 Pickleball NO BINGO NO LUNCH 12:30-1:30 Qigong	19 9:00-9:45 Fit & Fun 9:45 Left Center Right Dice Game
23 9:00 -9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga NO LUNCH	24 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00-2:00 Mahjongg	25 9:00 - 12:00 Pickleball 9:00-10:30 Flu Shot Clinic NO BINGO NO LUNCH 12:30-1:30 Qigong	26 9:00-9:45 Fit & Fun 9:45 Left Center Right Dice Game 10:00-1:00 Massage Therapy Call 860-455-1327 for Appt.
30 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga NO LUNCH	31 9:00-9:45 Fit & Fun 10:00- Memoir Group 10:00-2:00 Mahjongg		

History of Tower Hill Preserve

Saturday, September 30th – 1:00 PM

Chaplin Senior Center

Presented by local Historian

Warren Church

Chaplin Senior Center Flu Clinic

Wednesday, Oct. 25th 9:00 - 10:30am

Chaplin Senior Center

132 Chaplin St. Chaplin Ct.

Please call 860-455-1327 to sign up.

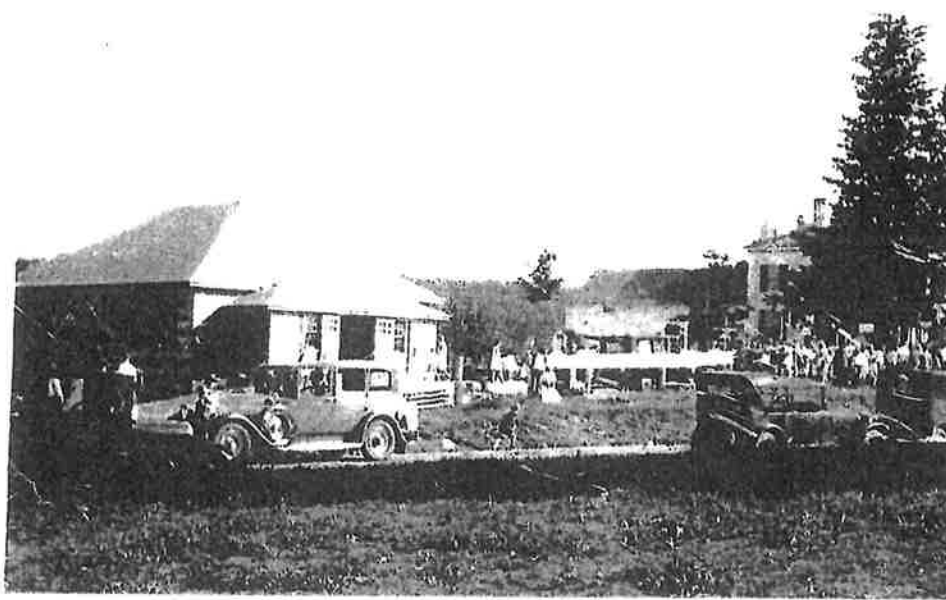
All Insurances accepted.

Bring your driver's license or official ID and health insurance card.

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

Flu shots administered by: Griffin Health





In Loving Memory

THE GRANGE HALL IN CHAPLIN

By Charlotte Shead

In the days of Grandmother and Grandfather Burdick the Grange was an organization that had agriculture as their main focus. The hall was where they met since they were both members at that time. When I became old enough I became a Junior member.

I remember one day when I was attending a meeting I looked out a window at my home across the street and saw my father drive in the driveway with a fender on our green Chrysler car all bent. How afraid I felt until I saw him get out and stand beside the car.

The Grange put on fairs in the summer and on a big bench on the side lawn I was so happy to play Bingo and once I even won five pounds of sugar! Later on Aunt Eleanor graduated from eighth grade on the stage there. I was ill and couldn't attend, but a friend of my aunt stayed with me. I can still hear the music coming over the air and wishing I were there. The men used to put on minstrals, and the townspeople enjoyed seeing their own people perform.

When I was older I, too, stood on the same stage and graduated from eighth grade. Later I had many enjoyable evenings there square dancing. I still remember going with a bunch of girls and wondering if anyone would ask me to dance. I always came home happy. Boyfriends later took me there to dance in my later years. I also attended town meetings and other functions there.

Girl Scouts and Boy Scouts held their meetings at the Grange, as well as members of the 4-H groups. Many happy occasions took place there, including once a Burdick family reunion. Happy memories!



FREE SEED AND PLANT SWAP

Rain or Shine

SATURDAY, OCTOBER 28TH 10:00 TO 1:00

CHAPLIN PUBLIC LIBRARY - 130 CHAPLIN STREET, CHAPLIN

Swap seeds, share stories, and skills as you plan for the 2024 gardening season! Bring your favorite open pollinated or heirloom seeds, catalogues, and gardening stories to share.

Labels, envelopes, tapes, and pens are supplied but it always helps to bring your own.

Plant swap includes perennials, flowers and herbs. Please bring them in pots with appropriate identification markers.

And even if you don't have seeds to share, join in anyway, learn more about gardening and seed saving. You could go home with packets of seed or maybe even a new plant.



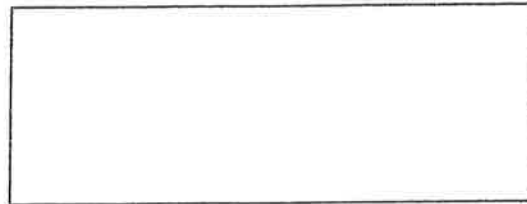
Jean Vose, certified horticulturist and Master Gardener will be available to share information about the how's and why's of saving seeds, their importance, how seed saving relates to food security, and the best sources for seed. Informational brochures will be available.

FMI or questions, please contact

Jean Vose at 860-412-9705 or at godsllove4474@gmail.com

Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



Saturday Morning Walking Club

8:30am meeting time.

**For the month of October we will walk 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!!**

