

November 2022

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

Lunches - As the number of lunches increases each week, we just want to put a few reminders out there to insure the process goes smoothly. You must call in your order on the Thursday before by 2:00pm for Monday lunch and call in on Monday before for a Wednesday lunch. Please let us know when you sign up if you will be taking it to go or dining in. Pickups do not start until 11:45, and dining in begins at noon. If you are unable to show up, please let us know as soon as possible.

Bingo - There will be no Bingo on Wed. Nov 23rd. We will be serving our **Country Breakfast** that morning and closing the Senior Center by noon.

Sharing Memories - Come meet some of the authors from our Memoir Group on Wednesday, Nov 9th at 12:30pm. Have you ever wondered what were they thinking? Come and ask your questions of the authors.

Pickleball - There will be no Pickleball on Monday Nov. 28th and Wednesday Nov. 30th. The Artist Open Studio will be set up in the community room for that week.

Quick Fix Haircuts - Cindi will be at the center on Tuesday, Nov. 29th for all of your hair care needs. Call 860-455-1327 to make your appt.

Holiday Closings - Please note the center will be closed on Monday Nov. 14th for the Veterans Day town holiday. The center will be closing at noon on Wed. Nov. 23rd (the day before Thanksgiving) and closed on Thursday Nov. 24th for Thanksgiving. Wishing everyone a wonderful turkey day filled with food, fun, family and friends!!

CURBSIDE PICKUP OR DINE IN LUNCHESES CHAPLIN SENIOR CENTER

Every Monday and Wednesday

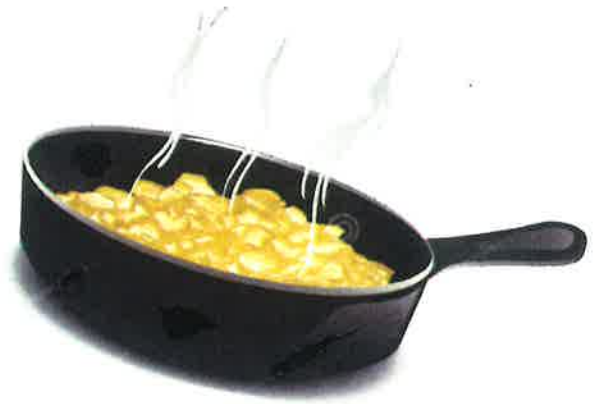
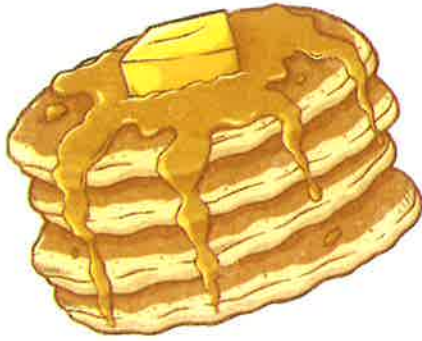
\$6.00 for members and \$8.00 for non-members

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.

November 2022 Menu

- Wed. Nov. 2nd -** Roast Pork w/Applesauce, Scalloped Potatoes, Vegetable, Dinner Roll & Pineapple Upside Down Cake
- Monday Nov 7th -** Cheese & Spinach Stuffed Shells, Vegetable Garlic Bread and Dessert
- Wed. Nov. 9th -** Swedish Meatballs over Noodles, Vegetable, Roll and Dessert
- Monday Nov. 14th -** NO LUNCH, SENIOR CENTER CLOSED
- Wed. Nov. 16th -** Turkey w/Stuffing, Mashed Potatoes w/Gravy, Cranberry Sauce, Vegetable, Dinner Roll, and Homemade Pie.
- Monday Nov. 21st -** Baked Meatloaf w/Mashed Potatoes and Gravy, Vegetable, Dinner Roll and Dessert
- Wed. Nov. 23rd -** COUNTRY BREAKFAST 8:00am till 9:30am
Applesauce Pancakes, Scrambled Eggs, Bacon, Sausage, Blueberry Coffee Cake, Juice and Coffee
DINE IN ONLY – SENIOR CENTER CLOSSES AT NOON.
- Monday Nov. 28th -** Grilled Cheeseburger w/ Dill Pickle Spear, Cole Slaw, Potato Chips and Ice Cream
- Wed. Nov. 30th -** Baked Chicken Quarter, Potato Salad, Vegetable, Dinner Roll and Dessert



COUNTRY BREAKFAST

Chaplin Senior Center



Wednesday November 23, 2022



8:00am till 9:30am

**Applesauce Pancakes, Scrambled Eggs, Bacon, Sausage,
Blueberry Coffee Cake, Coffee and Juice**

All for only \$5.00

Dine In Only

Call by Monday Nov. 21, 2022 before Noon to sign up!

860-455-1327



Chaplin Senior Center Monthly Calendar

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00 Board Meeting	2 9:30-11:30 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	3 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun
7 9:00 - 10:00 Fit & Fun 9:30 - 11:30 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45 -12:15 LUNCH see menu	8 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00 - 1:00 Municipal Agent	9 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu 12:30 - Meet the Authors of Sharing Memories 6:30PM Alpine Skiing Presentation in the Library	10 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327
14 SENIOR CENTER CLOSED VETERANS DAY TOWN HOLIDAY!!	15 9:00-10:00 Fit & Fun 9:30 - 11:30 Pickleball 10:00 Memoir Group 10:00 Mahjongg 10:00-12:00 Craft class w/ Lisa	16 9:30 - 11:30 Pickleball 9:45 -11:45Bingo 11:45-12:15 LUNCH see Menu 1:00 - 3:00 Podiatry w/ Dr. Morgan Call 860-455-1327 to schedule appt.	17 8:00 Continental Breakfast 9:00- 10:00 Fit & Fun
21 9:00-10:00 Fit & Fun 10:00 Wii Bowling 9:30-11:30 Pickleball 11:00 - Yoga 11:45-12:15 LUNCH see Menu 12:30 Music by Mark	22 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00 Mahjongg 10:00-1:00 Municipal Agent	23 8:00 - 9:30 COUNTRY BREAKFAST dine in only NO BINGO!!!! NO LUNCH!!! SENIOR CENTER CLOSING AT NOON 9:30 - 11:30 Pickleball	24 THANKSGIVING SENIOR CENTER CLOSED 
28 9:00-10:00 Fit & Fun 9:30-11:30 NO PICKLEBALL 10:00 Wii Bowling 11:00 - Yoga 11:45-12:15 LUNCH see menu	29 9:00 - 10:00 Fit & Fun 9:00 - 2:00 Hairecuts w/ Cindi Call 860-455-1327 for Appt. 10:00 Memoir Group 10:00 Mahjongg	30 9:00-3:00 Medicare Appt. w/ Ken Huffine from Longview 9:30 - 11:30 NO PICKLEBALL 9:45 - 11:45 Bingo 11:45 -12:15 LUNCH see Menu	Tea Time Book Chat Friday Nov. 18th 3:00pm In the Library

LONG VIEW

Medicare Check Ups with Ken Huffine from Longview

It's time to review and renew your Medicare plan. Sign up to make your appointment with Ken on Wed. Nov 30th, from 9:00am till 3:00pm. You will need to bring a list of your physicians and medications when signing up for your appointment so it can be submitted in advance to Ken. Call 860-455-1327.



Dr. Morgan the Colchester Foot Specialist

Will be here on Wednesday Nov. 16th, from 1:00 - 3:00pm.

Call to schedule your appointment at 860-455-1327.

BE SURE TO BRING YOUR INSURANCE CARD!!

Craft Class with Lisa

Who wants to make a Thanksgiving Turkey out of a Pumpkin?

Join us on Tuesday Nov. 15th at 10:00am.

Sign up at the front desk to participate.



Music with Mark

Sign up for lunch and stay for some entertainment on Monday Nov. 21st,
12:30pm

Thanksgiving Left-overs or Love-overs

By Ellen F. Gillon

I was working my regular shift on Thanksgiving Day. Many employees get holidays off, but not when one works in healthcare, a 24/7 entity. Today a friend arrived at my job at Windham Hospital carrying a pretty red paper/plastic plate. *I knew in an instant it was wrapped with love.* The pretty red plate was filled with turkey, sugar snap pea pods with fresh mushrooms, mashed potatoes with gravy, butternut squash, and a scrumptious fancy cranberry stuffing. It was a feast for my eyes as well as my palate. On a separate dish were two types of pie!

This reminded me of Thanksgiving past when my mother took the leftover bounty and made TV dinners. What is a TV dinner you ask? It is a meal for one person placed in a rectangular aluminum dish having three or four sections. Frozen dinners were purchased in these pans, and now the pans were being reused. My mother made certain to cook extra food to make lots of these special dinners. She would cover the kitchen table with a layer of empty containers. With the kitchen still holding the aroma of a delicious meal, she would fill the empty pans with turkey, stuffing and all the vegetables; mashed turnip, potatoes and gravy and butternut squash. A few green peas would be added for color. I can still hear the aluminum foil being swooshed out of its box by my mom, then the distinctive sound as the foil was cut by the serrated teeth on the edge of the box. The sound was krewh, swoosh-krewh, swoosh-krewh, until all the meals were covered plus an inch all around. We tucked down the outer edges that overhung the pans. You can't see through the silver aluminum foil, so my mom would label the dinners with masking tape. I can still smell the magic marker and listen to it squeak as she would write the date and the menu on each label. She would stack these dinners in the freezer to be enjoyed at a later date. We always added a bowl of cranberry sauce the day we ate the meals of chicken or turkey. Everything was ready at the same time, including the gravy! How tasty!

Homemade meals waited for us in the deep freeze. When we decided to have a no fuss meal, these dinners were placed in the oven to be reheated. This was way before microwaves were ever considered or invented! I would set hot pads on the table before each person's seat instead of a plate. The steaming meals hot from the oven were placed directly on the hot pads. We ate right from the aluminum dish while watching our favorite TV shows. Some of the shows were Daktori! Flipper, Mr. Magoo, or Daniel Boone! Maybe we were entertained by Lawrence Welk or The King Family. What fun! So, if you don't want to be stuffed on Thanksgiving, consider making a few TV dinners so you can enjoy a meal of thanksgiving fare anytime during the cold winter months ahead. Happy eating!



Chaplin Bicentennial Talk

Chaplin Homes in Fiber Art and Photos



Saturday, November 5th

1:00 pm at the Senior
Center

Presented by
Catherine Whall Smith
and Bruce Raymond



In celebration of Chaplin's bicentennial, join Chaplin residents Catherine Whall Smith and Bruce Raymond to view Bruce's photos of Chaplin homes, doors, and nature, and learn how Catherine renders photos into her fiber arts.

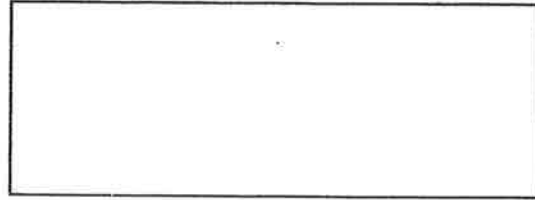
Catherine Whall Smith is a quilter living in Chaplin, CT. She designs her quilts through the process of discovery — discovery of the relationships of fabric, pattern, color, and a limited variety of shapes. All of her art quilts are traditionally hand quilted. To learn more, visit her website at <https://catherinewhallsmith.com/>.

Bruce Raymond is a photographer living in Chaplin, CT. He can often be seen walking or biking through Chaplin with his camera around his neck.

For more information, please call the library at 860-455-9424 or visit the website at www.chaplinpubliclibrary.org. The library and senior center are located at 130 -132 Chaplin St. in Chaplin, CT.

**Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235**

**For information call
860-455-1327**



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

Nov. 5th - Mansfield Hollow. Park in the new parking lot on the left across from the park heading towards Rt. 195 on Bassetts Bridge Rd.

Nov. 12th - Ct Airline Trail, Rt. 203 in North Windham.

Nov. 19th - Ct Airline Trail, Chewink Rd. toward Hampton. Park at the intersection of Chewink and Lynch Roads.

Nov. 26th - 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.

