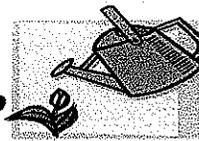


AUGUST 2014

Chaplin Senior Center



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

Roxanne St.Jean, Director
Giselle Ortiz & Bob Grindle, Kitchen Staff
Carol Palonen, Municipal Agent
Mary Hess, Wellness Nurse

Volunteers Plant The Seeds of Kindness....

The Webster's Dictionary defines a volunteer as "One who offers himself for a service of his own free will". We are very fortunate to have MANY volunteers who give of themselves selflessly expecting nothing in return. They perform many helpful duties such as serving on the Center's Board of Directors, sharing their skills and talents with fellow seniors, sitting at the front desk and answer the phone and greet each visitor with a smile. They help keep our Center beautiful inside and out. They also quilt, bake, help in the kitchen, water plants, tend to our vegetable garden, tell jokes, move tables and chairs...and the list goes on and on. They are the heart of our Senior Center and I would be lost without them.

To show our appreciation to these very special people, we will be holding a luncheon in their honor at the Senior Center on Monday, August 11th at noon. All volunteers will be our guest for a delicious lunch of Chilled Melon Soup, Caprese Salad, Stuffed Chicken Breast, Roasted Potato and Vegetable Medley and Cheesecake with fresh berries for dessert. We only ask that you please sign up at the front desk by Thursday, August 7th.

The cost of the meal for all others wishing to attend will be \$8.00. We do ask that you also sign up in advance. Please note priority seating will be given to our volunteers.

Speaking of Volunteers...

I'd like to thank more of you. What do I mean by that? Some of our volunteers have moved away or are no longer able to give of their time. If you feel like volunteering is of interest to you, stop by and see Roxanne. I'm sure together we will find the perfect enjoyable fit for you!

Sewers Needed...

Do you enjoy sewing and would like to help the Center? Our quilters are looking for help sewing items for our annual Harvest Bazaar that is held in November. Everyone is welcome!! Please call the Center for more information.

AUGUST LUNCH MENU

Lunch is served every Wednesday at 11:45 am. Reservations must be made by 2:00 Monday to attend Wednesday's meal. Cost per meal is \$4.00 unless otherwise specified.

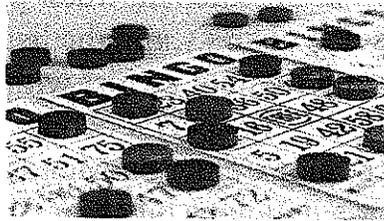
Wed. August 6: Beef Stir-fry over Rice, Garden Vegetables, Dinner Roll and Dessert.

Wed. August 13: Hamburger or Hotdog, Lettuce & Tomato from our Garden, Homemade French Fries, Pickle and Dessert.

Wed. August 20: Tuna or Egg Salad Sandwich, Cole Slaw, Chips and Dessert.

Wed. August 27: Grilled Italian Sausage over Pasta, Garden Salad, Breadstick and Dessert.

*Please Note: Menu subject to change without notice.



Grandparents' Bingo

Join us for Grandparents' Bingo on Monday, August 18th beginning at 10:00am. Bring your grandchild/children for a morning of fun and ice cream sundaes! We will have special prizes for the kids along with our usual game prizes for adults. Please sign up at the reception desk so we can plan accordingly!

FARMERS MARKET COUPONS

The Farmers Market Coupons have arrived! Enjoy fresh vegetables and fruit at your local market. To qualify you must be 60 years or older and income eligible.

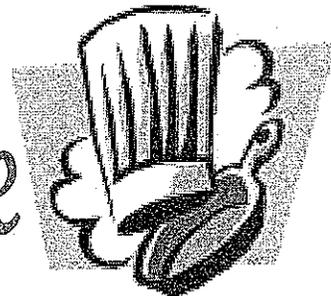
Income guidelines are \$21,590 or lower per year for single or \$29,101 for a couple. If you have not already received your coupons and fall between the income guidelines, please stop by the Center.

Please Note: Quantities are limited and will be given on a first come, first served basis.

Join CHAPLIN SENIOR CENTER on a...

A Taste of Providence

Cooking Demo & Little Italy Tour



Tuesday, October 14, 2014

Welcome to Providence a city that enjoyed a resurgence of attention following the lengthy run of the hit TV show of the same name. This little city has come a long way with a newly designed waterfront area, downtown district which is on the National Register of Historic Places, the new Providence Place Mall and award-winning restaurants. USA Today named it "one of the Top Ten Little Italys in America."

Our first stop is at **Geppetto's**, an upscale pizzeria located on DePasquale Square on Historic Federal Hill famous for its legendary pizza – grilled, oven-baked and gourmet. The chef delights and entertains the group with his table side demonstration of the techniques used in grilling the perfect pizza. He'll prepare, serve and answer food related questions while we enjoy our full-course luncheon.



Our 5-course meal includes: Mangia, Mangia! Buon Appetito!

House Salad of Mixed Field Greens with Homemade Honey Mustard Vinaigrette

Rhode Island style Calamari, lightly breaded, tender and delicious

Penne Pasta with Homemade Pink Vodka Sauce

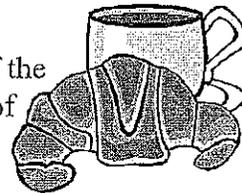
Four Varieties of Geppetto's famous Grilled Pizzas

Gianfranco's Homemade Tiramisu and Coffee, Tea or Decaf

Following luncheon, stroll across the plaza to **Venda Ravioli's Italian Food Emporium** to find gourmet pastas, fine Italian foods, olive oil, cheese, espresso, gift baskets, cook books and much more.

Then we'll meet our **Professional Guide** who will step aboard our coach for a 90 minute tour. Our guide will take us through the Little Italy section and explain how that population came directly to Providence instead of going through Ellis Island as so many immigrants did. We'll travel through the Federal Hill section, downtown and the Historic East Side and more. Enjoy extraordinary 18th and 19th century architecture along Benefit Street--a "Mile of History."

Before returning home, we'll visit **Scialo Brothers Italian Bakery** and take a mini tour of the bakery where the smell of fresh baked bread permeates the air. Then we may select a piece of pastry to enjoy with coffee or tea.



\$71 per person (taxes and gratuities included)

Make checks payable to: **Landmark Tours & Cruises**

CALL: ROXANNE ST. JEAN @ (860) 455-1327

8:00AM DEPART BECKISH SENIOR CENTER / 5:30PM APPROXIMATE RETURN

SUMMERTIME

By Eva Aubert

The last day of school was like a reprieve finally granted by a higher power. From a little old school house, a one-room school with two outdoor necessities out back, a pump in the front yard for water, and oil lamps for the dreary days of winter, we were released.

Our town fathers firmly believed they had supplied us with everything needed for the education of their children. While the adults were still struggling to work themselves out of the great depression, we as small children in grades one to four were looking forward to a carefree summer ahead, including times at Diana's Pool, England Bridge, Peck's Meadow in North Windham, and Natchaug State Forest, plus the celebration of the Fourth of July. In reality we were at this young age experiencing the last of the "hazy, lazy days of summer" as the song goes.

The older kids of grades five to eight who went to the little one-room school house called Center School at the corner of Chaplin Street and Tower Hill Road had duties to do. The girls would be canning vegetables from the gardens over a hot old wood stove. The boys would be mowing or in the hayfields. All manner of chores were waiting for us after we left the little old school of grades one to four. But I digress, it's back to the lazy days of summer. We were young and innocent, not knowing what pitfalls awaited us when we left our little school.

However, for these four precious summers we were kings of the hill, cocks of the walk; and the world was our oyster, even though most of us didn't realize that there was a world out there somewhere.

We were blessed to have been born and bred in this little town of Chaplin, Connecticut. Though it's just a dot on the map it was the whole world to us!

Chaplin Senior Center Monthly Calendar

August 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4</p> <p>11:00 Yoga</p>	<p>5</p> <p>9:15-10:00 Sit & Stretch 9:30 Board Meeting 10:00 Memoir Writing 10:00 Mahjong</p>	<p>6</p> <p>9:00-12:00 Municipal Agent 9:45-11:45 Bingo 11:45 LUNCH Beef Stir-fry over Rice, Garden Vegetables, Dinner Roll & Dessert.</p>	<p>7</p> <p>BREAKFAST 8:30 – 9:00 Scrambled Eggs, Home fries, Bacon, Toast & Juice. 9:15 – 10:00 Sit & Stretch Massage Therapy by appt. Call 860-455-1327</p>
<p>11</p> <p>12:00 Volunteer Appreciation Lunch</p>	<p>12</p> <p>9:15-10:00 Sit & Stretch 10:00 Memoir Writing 10:00 Mahjong</p>	<p>13</p> <p>9:00 Haircuts by Peg 9:45-11:45 Bingo 11:45 LUNCH Hamburger or Hotdog, Lettuce, Tomato, Homemade French Fries, Pickle & Dessert.</p>	<p>14</p> <p>BREAKFAST 8:30 – 9:00 French Toast, Bacon & Juice. 9:15 – 10:00 Sit & Stretch 11:00 Tai Chi</p>
<p>18</p> <p>10:00 Grandparents Bingo 11:00 Yoga</p>	<p>19</p> <p>9:15-10:00 Sit & Stretch 10:00 Memoir Writing 10:00 Mahjong</p>	<p>20</p> <p>9:00-12:00 Municipal Agent 9:45-11:45 Bingo 11:45 LUNCH Tuna or Egg Salad Sandwich, Cole Slaw, Chips & Dessert.</p>	<p>21</p> <p>BREAKFAST 8:30-9:00 Bacon, Egg & Cheese Sandwich, Home fries & juice 9:15-10:00 Sit & Stretch</p> <p>11:00 Tai Chi Massage Therapy by appt. Call 860-455-1327</p>
<p>25</p> <p>11:00 Yoga</p>	<p>26</p> <p>9:15-10:00 Sit & Stretch 10:00 Memoir Writing 10:00 Mahjong</p>	<p>27</p> <p>9:45 – 11:45 Bingo 11:00-12:30 Wellness Clinic 11:45 LUNCH Grilled Italian Sausage over Pasta, Garden Salad, Breadstick & Dessert.</p>	<p>28</p> <p>BREAKFAST 8:30 – 9:00 Pancakes, Sausage & Juice. 9:15 – 10:00 Sit & Stretch 11:00 Tai Chi</p>
<p>JOIN US!!!</p>			

Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



Tai Chi

A new Tai Chi Class begins Thursday, August 14th, 11:00 am to 12 noon. (If you have never tried Tai Chi before, you are more than welcome to try a class for free.) Tai Chi is a great exercise for all ages and fitness levels to improve your balance, strength and flexibility.

For more information please call the Center at 860-455-1327