

August 2022



Chaplin Senior Center

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

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

Pot Luck Picnic Lunch - Monday August 15th at 11:45 under the big tent. The center will provide the hotdogs, hamburgers, chips, drinks and an ice cream sundae bar. Call to sign up to bring a side dish of your choice. There will be games and prizes and special entertainment by **Bruce John!!**

Animal Assisted Therapy Presentation - Wednesday, August 24th at 10:30am. See inside newsletter for more details.

A huge THANK YOU to Carl Linkkila for volunteering his time to re-roof our senior center shed, and to his wife Gail for repainting the cupola. It looks great!!

Bicentennial Parade Float - We are in search of volunteers to help with our float for the Bicentennial parade on September 10th. We will meet every Tuesday in August at 10:00am to brain storm for ideas and make posters.

Watercolor Class - Watercolor classes will be held on Tuesdays, Aug. 9th and 23rd from noon till 2:00. Cost is \$5.00 a class.

Bicentennial Event - The History of Chaplin Place Names presented by Warren Church. Saturday, August 13th at 1:00. The Chaplin Library.

Quick Fix Haircuts - Cindi will be at the center on Thursday Aug. 18th for all of your hair care needs. Call 860-455-1327 to schedule your appt.

Massage Therapy - Massage therapy appointments can be scheduled for Thursdays, Aug. 4th and 18th. \$30.00 of ½ hour and \$50.00 for an hour. Call 860-455-1327 to schedule your appointment.

Podiatry - Dr Morgan the Colchester Foot Specialist will be at the center on Wednesday Sept. 7th, from 1:00 till 3:00. Call 860-455-1327 to book your appointment.

Pollinators in Our Yards Program - Wednesday, August 17th at 1:00. See inside newsletter for more details.

Ice Cream Social - Join the Chaplin Public Library under the tent for their annual ice cream party outdoors on Wednesday, August 10th, 11:00am - 12:00pm.

Yoga - There will be no Yoga on August 1st or 8th and the entire month of September.

CURBSIDE PICKUP OR DINE IN LUNCHESES CHAPLIN SENIOR CENTER

**Every Monday and Wednesday
\$5.00 a meal**

**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.**

August 2022 Menu

- | | |
|-------------------------------------|---|
| Monday Aug 1st - | Chicken Pasta Salad, Creamed Spinach, Corn Bread and Dessert |
| Wed. Aug 3rd - | Grilled Salmon, Roasted Potato & Vegetable Medley, Dinner Roll and Lemon Meringue Pie |
| Monday Aug 8th - | Taco Stuffed Tomatoes w/ Ground Beef, Cheddar Cheese, Guacamole, Pineapple Rice, Tortilla Chips and Pineapple Upside Down Cake |
| Wed. Aug 10th - | Quiche Lorraine, Homefried Potatoes, Vegetable Dinner Roll and Dessert |
| Monday Aug 15th - | POT LUCK PICNIC!! We will supply the Hotdogs, Hamburgers, Chips, Drinks and Ice Cream Sundae Bar. Sign up to bring the side dish of your choice. THIS WILL BE DINE IN ONLY, NO CURBSIDE PICK UP. |
| Wed. Aug 17th - | Cheese Ravioli, Garden Salad, Garlic Bread & Dessert |
| Monday Aug 22nd - | Baked Potato w/ Chili, Cheese & Bacon, Garden Salad And Dessert |
| Wed. Aug 24th - | Grilled Chicken Caesar Salad w/Parmesan, Tomato Focaccia Bread and Dessert |
| Monday Aug 29th - | Grilled Ham, Tomato and Cheese on Oatmeal Bread, Red Bliss Potato Salad, Cole Slaw and Dessert |
| Wed. Aug 31st - | Baked Meatloaf w/ Gravy, Mashed Potatoes, Vegetable, Fresh Bread and Dessert |



POTLUCK PICNIC LUNCH

UNDER THE TENT!

MONDAY AUGUST 15TH AT 11:45AM

ENTERTAINMENT BY



BRUCE JOHN



12:30PM - 1:30PM

SENIOR CENTER WILL PROVIDE THE BURGERS,
HOTDOGS, CHIPS AND DRINKS, YOU BRING A SIDE DISH.

MAKE YOUR OWN ICE CREAM SUNDAE BAR FOR
DESSERT.

NO CHARGE FOR MEMBERS, DINE IN ONLY.


PLEASE RSVP BY THURSDAY AUGUST 11TH.

860-455-1327



Chaplin Senior Center Monthly Calendar

August 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|--|---|
| 1 9:00 - 10:00 Fit & Fun 9:30-11:30 Pickleball 10:00 Wii Bowling 11:45-12:15 LUNCH see menu | 2 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00 Parade Float Workshop | 3 9:30 -11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu | 4 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00-1:00 Massage Therapy By appt. call 860-455-1327 |
| 8 9:00-10:00 Fit & Fun 10:00 Wii Bowling 9:30 - 11:30 Pickleball 11:45-12:15 LUNCH see Menu | 9 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00 - 1:00 Municipal Agent 10:00 Parade Float Workshop 12:00-2:00 Watercolor Class | 10 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:00-12:00 Library Ice Cream Social under the tent 11:45 - 12:15 LUNCH see Menu | 11 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun |
| 15 9:00-10:00 Fit & Fun 10:00 Wii Bowling 9:30 - 11:30 Pickleball 11:00 Yoga 11:45-1:30 Potluck Picnic Lunch with music by Bruce John | 16 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00 Parade Float Workshop | 17 9:30 - 11:30 Pickleball 9:45 -11:45Bingo 11:45-12:15 LUNCH see Menu 1:00 - Pollinator Program | 18 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 |
| 22 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 | 23 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00 Mahjongg 10:00 Parade Float Workshop 10:00-1:00 Municipal Agent 12:00-2:00 Watercolor Class | 24 9:30 - 11:30 Pickleball 9:45-11:45 Bingo 10:30 Animal Assisted Therapy Presentation 11:45 - 12:15 LUNCH see Menu | 25 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00 -1:00 Massage Therapy by appt. Call 860-455-1327 |
| 29 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 | 30 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00Mahjongg 10:00 Parade Float Workshop | 31 9:30-11:30 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu |  |

Chaplin Public Library and Senior Center

Animal Assisted Therapy Presentation

Wednesday, August 24th at 10:30am

Outside under the Tent.

Presented by Deborah Richards and Teri Carpenter
Of Cold Noses, Warm Hearts, Inc.



Cold Noses, Warm Hearts, Inc. is a non-profit, all volunteer organization, dedicated to sharing well trained registered Animal Assisted Therapy (A.A.T.) animals and Reading Education Assistance Dogs, (R.E.A.D.) in meaningful programs that provide comfort and caring through the human-animal bond.

Our services are offered in a wide variety of settings including but not limited to hospitals, extended care facilities, universities, children's centers, and other facilities where therapy animals are needed along with R.E.A.D. programs in schools and libraries. We strive to make a positive difference in all the lives we touch.

Dogs are evaluated and tested before they can become therapy dogs and are evaluated every two years thereafter. Once the team (handler and animal) pass the testing they register with an Animal Assisted Therapy group such as Intermountain Therapy Dogs or Pet Partners (formerly Delta). A.A.T. teams may include animals other than dogs such as cats, bunnies, mini horses etc.

Our team members visit in many different venues including hospitals, school, debilitation centers, assisted living, memory care units, libraries, hospices, funeral homes, prisons, and for specific requests in someone's private home. The teams visit where they and their pet are most comfortable and feel they can fulfill a need.

Visiting in Chaplin will be Cora, who is a 4-year-old Bernese Mountain Dog. Cora loves to say hi and really enjoys sitting on people's feet – so beware. Cora is also known for her fantastic ability to drool, but don't worry, her owner/handler will bring bibs and hand towels. Cora lives with her brother Finnegan a chocolate Lab and a therapy dog and Remington, a Great Dane X.

Brody, a Shetland Sheep Dog (Sheltie), will also be visiting. Brody is 10 years old and has been a therapy dog for 7 years! Brody lives with a retired therapy dog, also a Sheltie Dawson and a new sister Millie. Millie is an Aussie/Border Collie Mix. Terri Carpenter is their owner/handler and is also an evaluator for our therapy dog group, Cold Noses, Warm Hearts.

PAINT AND SIP NIGHT at the Library

Thursday, August 11 6:30-8

Create this cheery WELCOME sign which can adorn your home or become a handmade gift for someone special. Artist Linda Gebhardt will show you how to make this 14" X 20" keepsake on beautiful slate. Your \$25 covers everything- supplies, instruction, delicious treats and a fun night out. Bring your friends! No art experience or talent necessary.



Sign up at the Library ((860) 455-9424 or Senior Center [\(860\) 455-1327](tel:8604551327)
by Friday, August 5th

Space is limited

Sponsored by Friends of the Chaplin Public Library



Chaplin Public Library and Senior Center

Pollinators in Our Yards

Pamela Cooper, UConn Home and Garden Educator

Wednesday, August 17th

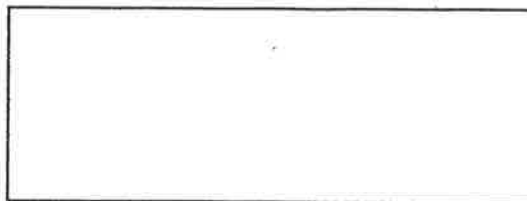
1:00 pm at the Senior Center



Join Pamela Cooper, UConn Home and Garden Educator, to learn about pollinator insects, with a focus on native bees and the plants that support them. Both native and non-native plants can be used in home landscapes for pollinators. Specific bees, their nesting sites, and other interesting facts will be covered. Many species of beetles, flies, and wasps are also effective pollinators and co-exist with native bees, sharing the same pollen and nectar sources. Sign up at the library, 860-455-9424, or Senior Center, 860-455-1327.


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132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



BUYING FOOD IS A SNAP!

WITH SNAP:

 You can stretch your food budget

 Get produce purchases **DOUBLED** at participating farmers' markets

 Help offset other monthly expenses, like medications

What is SNAP? SNAP is the Supplemental Nutrition Assistance Program; SNAP provides families and individuals with financial resources to purchase groceries.


NEW CALL CENTER HOURS
For Older Adults!
MON-FRI
8am-10am*

*Flexible hours also available 7 days/week. For more info: www.ctsnap.org

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP

Many are Surprised They Qualify - It's Quick, Easy, and Confidential!



TO APPLY CALL
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For more info: www.ctsnap.org