

August 2024

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

Artist of the Month

SUMMER EXHIBIT: A RETROSPECTIVE OF PATRICIA BROWNE (1937-2011)

Our featured artist for July and August is the late Patricia Browne. A native of England, she lived in the United Kingdom until adulthood. She studied at the Ipswich University School of Art and the Royal College of Art in London, where she received several degrees. She was also the recipient of numerous artistic awards in England and the United States after moving to New England in 1974. Her work is included in many private, corporate, and Museum collections in the United States and Europe. The majority of her work was as a watercolorist. Her subjects included the natural world, homes, porches, barns, and animals. Pat painted for everyone. She believed art should be affordable and offered many small originals at reasonable prices. She participated for many years in the Open Studio Tours and Artists in the Country and gave art lessons in her home and at various institutions. She was supported and loved by many people in our local communities of Chaplin and Hampton where she lived for many years, but particularly by her students. She was full of warmth, wit, and grace.

Senior Center Sign In - Please remember each time you come to the center, you need to sign the guest book on the right as you enter the reception area. It is important to know how many folks are coming to the center. Thank you!!

Free Blood Pressure Screening - Wednesday, August 14th, 11:00am - 1:30pm. Public health nurse will provide screenings and answer questions.

Medicare 101 - Monday, August 26th at 10:30am. Be sure you are up to date on all the changes coming in 2025!! Call 860-455-1327 to register.

Chaplin Tax Collector - For the convenience of the Chaplin residents, the Chaplin Tax Collector will be at the center on Wednesday, August 7th from 10:00am till 1:00pm.

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.

August 2024 Menu

- Monday Aug. 5th - BBQ Chicken Quarter, Potato Salad, Cole Slaw and Lemon Bar**
- Wed. Aug. 7th - Pasta and Meatballs, Tossed Salad, Garlic Bread and Fruit Cobler**
- Monday Aug. 12th - Beef or Cheese Burrito, Spanish Rice, Guacamole Sour Cream, Taco Chips and Caramel Brownie**
- Wed. Aug. 14th - Grilled Salmon, Rice Pilaf, Corn on the Cob, Dinner Roll & Rhubarb Custard Cake**
- Monday Aug. 19th - POT LUCK PICNIC – We will supply Hot Dogs, Hamburgers and Drinks. Sign up to bring a Side Dish or Dessert. Dine under the tent, NO CURBSIDE PICK UP AVAILABLE.**
- Wed. Aug. 21st - Grilled Sausage w/Onions and Peppers on a Grinder Roll, Potato Chips, Cole Slaw and Cherry Chocolate Cake**
- Mon. Aug. 26th - Chicken Parmesan w/ Fresh Mashed Potatoes Vegetable, Garlic Bread , Ice Cream Social**
- Wed. Aug. 28th - Bacon Cheeseburger w/ Lettuce & Tomato, Potato Chips, Pickles and Apple Pie**



POTLUCK PICNIC LUNCH

UNDER THE TENT!

(In case of rain, will be held in the Function Room)

MONDAY AUGUST 19TH AT 11:45AM

ENTERTAINMENT BY

BRUCE JOHN

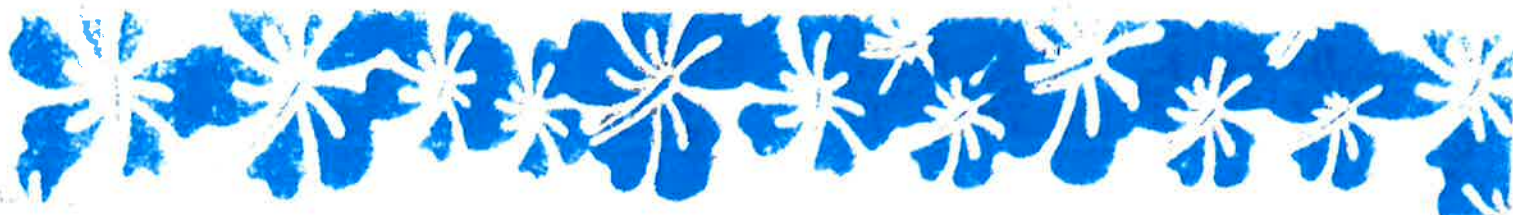


**SENIOR CENTER WILL PROVIDE THE BURGERS,
HOTDOGS AND DRINKS,
YOU BRING A SIDE DISH or DESSERT.**

NO CHARGE FOR MEMBERS, DINE IN ONLY.

PLEASE RSVP BY THURSDAY AUGUST 15th

860-455-1327



Chaplin Senior Center Monthly Calendar

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			<p>1 8:00 Breakfast Club 9:00-9:45 Fit & Fun</p>
<p>5 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu</p>	<p>6 9:00 - 9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg</p>	<p>7 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 10:00-1:00 Tax Collector 11:00-12:00 Library Ice Cream Social under the tent!! 11:45-12:15 LUNCH see menu 12:30-2:00 Mexican Train</p> 	<p>8 8:00 Breakfast Club 9:00 -9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327</p>
<p>12 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00-2:00 Massage Therapy by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu</p>	<p>13 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent</p>	<p>14 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 11:00-1:30 FREE Blood Pressure Screening w/ Public Health Nurse</p>	<p>15 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:15-2:00 Haircuts w/ Cindi by appt. Call 860-455-1327</p>
<p>19 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-2:00 Potluck Picnic lunch & Entertainment by Bruce John</p> 	<p>20 9:00 - 9:45 Fit & Fun 10:00 - Memoir Group 10:00-2:00 Mahjongg</p>	<p>21 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu</p>	<p>22 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327</p>
<p>26 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:30 Medicare 101 with Jennifer of Longview 11:00 Yoga 11:45-12:15 LUNCH see menu Followed by an Ice Cream Social</p>	<p>27 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent</p>	<p>28 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu</p>	<p>29 8:00 Breakfast Club 9:00-9:45 Fit & Fun</p>





**THE CHAPLIN TAX COLLECTOR WILL BE AT THE
CHAPLIN SENIOR CENTER**

**For your convenience, the Chaplin Tax
Collector will be at the Senior Center on
Wednesday, Aug. 7th from 10:00am till
1:00pm.**

**If you are unable to make it on that day, you
can mail a check payable to Chaplin Tax
Collector to P.O. Box 944, Willimantic, CT
06226, along with a copy of your tax bill. You
can also make payments online at
www.chaplin.org with a credit or debit card.
You can go into the office at 979 Main Street,
Willimantic to pay in person. Please call the
Tax Office at 860-465-3029 with any questions.**

MEMORIES – The CAR CAMPER

A few years and another two kids later we learned a few things along with some camping nuances. . We traded in our very small sports car for a very large station wagon. We even figured out how to make it into bunk beds with a sheet of plywood. We continued our quest to see pretty much every kiddie park in New Hampshire where no matter when we went we would have rain the entire time. Most of the time we didn't really care. It was just another adventure, but sooner or later even the best of dispositions give way and we just couldn't take it anymore. That's when we found a Sears store & bought a nice large cabin tent and used a credit card for the very first time. We had been getting soaked for three days and in a packed car with three kids & a dog it was just too much. We had also found this beautiful crystal pendant beside the road & enjoyed how pretty it was dangling from the mirror. We found out much later that crystals can be very bad luck if they are cursed or some such nonsense, which we decided ours most definitely was.

We could hardly wait to become actual campers. At that point people where I worked were planning their vacations around mine and where I was heading so they could go in the opposite direction at some other time. Apparently they didn't like rain or NH. Our first trip out was, yes again, to N. H. and yes, of course it rained all three days. If you've ever been in a tent you know you can't touch the insides of the walls in the rain or it will cause it to leak. This was of course a total come-on to the kids who drew faces & watched them start to cry. It was bittersweet that they were the ones crying when they realized how wet they were getting. The final straw was when we were awakened at 2:AM by the campground staff telling everyone to pack up ASAP and get out because the river was fast rising & flooding the camp. Turns out there's a ton of stuff to pack up with a tent family but it was all chucked willy nilly into the station wagon & we were told to follow the rest of the campers to the nearby airport where we would be safe. When we got there, however, no one was around to tell us where to go so we just rode around in circles looking for a place to stop until we realized we were actually on the runway. That did it. We headed for Connecticut instead, and on the way that beautiful aforementioned crystal was thrown out the window!

Pat Calvo-1/24



Medicare 101

With Jennifer Basto from



There are going to be a lot of changes in 2025.

Are you thinking of retiring in the not so distant future or just want to keep up to date on what's happening with Medicare, this is the discussion for you.

Monday August 26th at 10:30.

Stay for lunch, only \$6.00 followed by an ice cream social!!

Call 860-455-1327 to register.

FREE Blood Pressure Screenings

high blood pressure is a 'silent killer'; know your numbers!



WEDNESDAY, AUGUST 14TH

11am – 1:30pm

CHAPLIN SENIOR CENTER

132 Chaplin St, Chaplin, CT 06235

All are welcome!

Public health nurse will provide blood pressure screenings and answer questions.



EHHD.org 860-429-3325

Open Mic Poetry Night

Come to listen or share your own poetry!



Chaplin Public Library

Under the Tent

(indoors if raining)



Friday, August 23rd 5:00 – 6:30pm

featuring

Chaplin Poet Laureate Adelaide Northrop

and Scotland Poet Laureate Susan Powers

Join us for a lovely evening of poetry, including readings by local Poets Laureate Adelaide Northrop and Susan Powers. Come to listen or share your own poetry. All are welcome. No registration required. Light refreshments will be available.



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

Your Four Pillars

introduction to

Chinese Astrology



Ryan Moulton

Free talk

Monday Aug 19th, 6:30 pm

Chaplin Public Library

130 Chaplin St, 860-455-9424

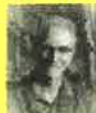
Did you know...

- ◆ This Year of the Dragon is specifically the *Wood Dragon*?
- ◆ You have zodiac animals for your birth year, *month* and *hour*?
- ◆ These birth times carry energy from various family generations?

Join us and learn more about this fascinating traditional system!

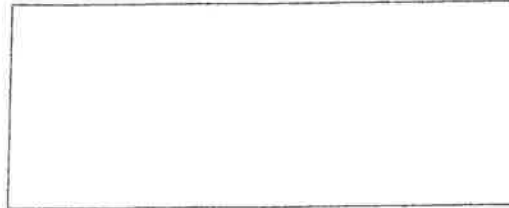
with Joe Pandolfo, local Tai Chi & Qigong Instructor, Reiki Practitioner,
Acupuncture Detox Specialist and Board Director for the CT Society of Acupuncturists

Questions? (959) 444-3979 - email: joeptaichi@gmail.com



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Saturday Morning Walking Club

8:30am meeting time.

We will be walking 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!!**

