

# Chaplin Senior Center

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

Lisa Kegler, Director  
Linda Grindle, Asst. Director  
Bob Grindle & Joyce St Lawrence, Kitchen  
Shirley Rakos, Municipal Agent



## February 2026

### Artist of the Month – Gregory Cariglia

Having been an Artist since 4th Grade, Gregory's Paintings became visible due to Technology where he was able to Showcase his pieces on FACEBOOK, often showing them as they progressed brush stroke by brush stroke.

A major turn was in 2010 when Gregory underwent Surgery for a LIVER TRANSPLANT.

This life saving surgery certainly brought on a New Perspective on Life and for the next Five Years, Threw himself into his craft. Amassing over 2,000 finished paintings.

(100's unfinished)

Gregory's ART is meant to evoke emotion. Any and all emotions. Most often POSITIVE.

Posting On Line, ART Shows, Exhibits.

Over the past 15 years I've Sold my work Nationwide.  
(Even Internationally, Canada counts, right?)

Proceeds from my Sales go to the ALF  
American Liver Foundation.

I TAKE REQUESTS, and I CAN paint anything...

**Reflexology is coming soon to the Chaplin Senior Center. Call Lisa at 860-455-1327 for details.**

**Holiday Closings** – The center will be closed on Thursday, Feb. 12<sup>th</sup> for Lincoln's Birthday and Monday, Feb. 16<sup>th</sup> for President's Day.

**Cell Phone Help** – Judy will be at the center on Tuesday, Feb. 10<sup>th</sup> at 10:00am to help you with all of your cell phone questions.

## **CURBSIDE PICKUP OR DINE IN LUNCHES**

### **CHAPLIN SENIOR CENTER**

**Every Monday and Wednesday. \$7.00 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 2:00 for Monday lunch and call in on Monday before for Wednesday lunch.**

### **February 2026 Menu**

**Monday Feb. 2<sup>nd</sup> - Ham & Bean Casserole, Macaroni & Cheese,  
Corn Bread & Oatmeal Cookie**

**Wed. Feb. 4<sup>th</sup> - Chicken Parmesan w/Pasta, Italian Vegetable  
Mix, Garlic Bread & Cream Cheese Brownie**

**Monday Feb. 9<sup>th</sup> - Bacon or Vegetable Quiche, Tater Tots, Fresh  
Fruit Mix & Fruit Cobbler**

**Wed. Feb. 11<sup>th</sup> - Valentine Lunch - **LIMIT ONE PER MEMBER**  
Roasted Prime Rib, Roasted Potatoes &  
Carrots, Dinner Roll & Cherry Chocolate  
Layer Cake, followed by music with Al**

**Monday Feb. 16<sup>th</sup>- CLOSED- President's Day**

**Wed. Feb. 18<sup>th</sup> - Grilled Salmon, Rice Pilaf, Cole Slaw, Dinner  
Roll & Lemon Meringue Pie**

**Monday Feb. 23<sup>rd</sup>- Pasta & Meatballs, Tossed Salad, Garlic Bread  
Chocolate Chip Cookie**

**Wed. Feb. 25<sup>th</sup> - Stuffed Cabbage or Stuffed Pepper, Mashed  
Potatoes, Cheese Biscuit & Spice Cake**

# **Music with Al Raebuck**

**Playing all of your favorite  
Love Songs just in time for  
Valentines Day!!**

**Wednesday, February 11th at 12:15**

**Al is a solo singer/acoustic guitarist that plays a diverse, mostly upbeat mix of very popular songs from the 50's to the 70's and beyond. Examples of artists that he covers would be Hank Williams, Elvis Presley, Buddy Holly, Everly Brothers, The Beatles, Neil Diamond, John Denver, Gordon Lightfoot and James Taylor just to mention a few.**

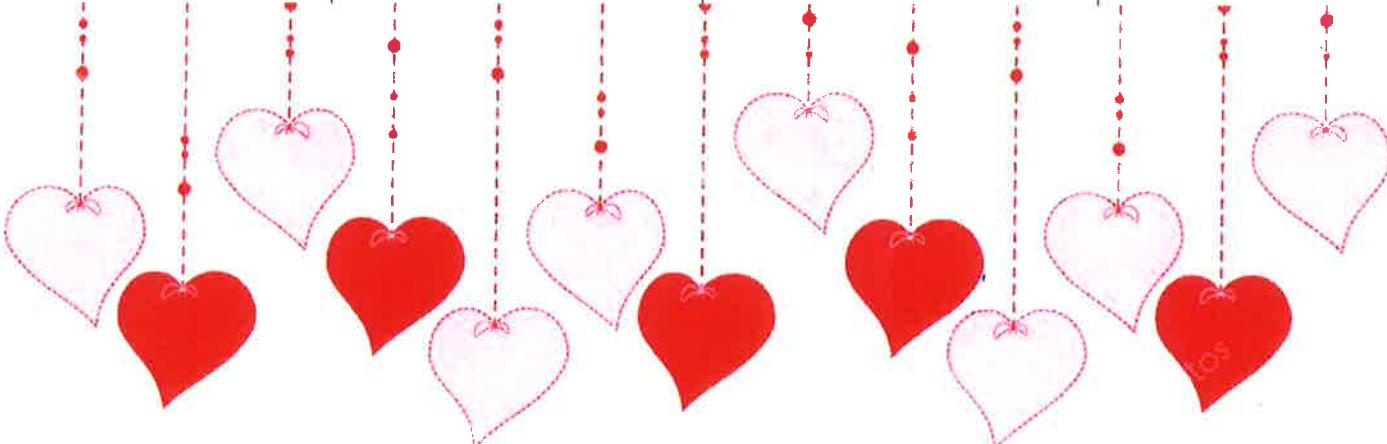
**Everyone is Welcome!!**



# Chaplin Senior Center Monthly Calendar

## February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2</b> 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 9:00-12:00 Light Therapy by appt. 860-455-1327 10:00-2:00 Massage Therapy by appt 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu	<b>3</b> 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group <b>11:00 Foot Reflexology by appt. 860-455-1327</b>	<b>4</b> 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt 860-455-1327 9:45-11:45 Bingo <b>10:00-12:00 Foot Reflexology by appt. 860-455-1327</b> <b>11:45-12:15 LUNCH see menu</b> 12:30-2:00 Mexican Train	<b>5</b> 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome
<b>9</b> 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 9:00-12:00 Light Therapy by appt. 860-455-1327 <b>11:00 Foot Reflexology by appt. 860-455-1327</b> 11:00 Yoga 11:45-12:15 LUNCH see menu	<b>10</b> 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg <b>10:00 Cell Phone help with Judy</b> 10:00-12:00 Memoir Group <b>11:00 Foot Reflexology by appt. 860-455-1327</b>	<b>11</b> 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo <b>11:00 Foot Reflexology by appt. 860-455-1327</b> <b>11:45-12:15 LUNCH see menu</b>	<b>12</b> <b>Senior Center Closed.</b> <b>Lincoln's Birthday</b>
<b>16</b> <b>Senior Center Closed.</b> <b>President's Day</b>	<b>17</b> 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group	<b>18</b> 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo <b>10:00-12:00 Foot Reflexology by appt. 860-455-1327</b> <b>11:45-12:15 LUNCH see menu</b> <b>12:15 Music with Al</b>	<b>19</b> 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 9:15-2:00 Hair Care 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome
<b>23</b> 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 9:00-12:00 Light Therapy by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu	<b>24</b> 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group	<b>25</b> 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo <b>11:45-12:15 LUNCH see menu</b>	<b>26</b> 8:00 Breakfast Club 9:00-9:45 Fit & Fun 12:30-2:00 Senior Center Band. All Welcome



# 3rd ANNUAL CHAPLIN CHILI CHALLENGE

Saturday, March 14th 5:00pm - 7:00pm

Chaplin Senior Center

132 Chaplin Street

Bring a crock pot of your favorite chili recipe (with list of ingredients) to compete for great prizes!

or just come as a taste tester.

BYOB

Senior Center will provide cornbread and dessert.

1st place prize - Bob's IGA Meat Bundle

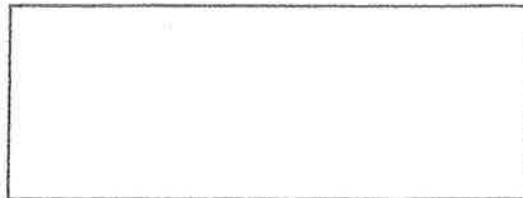
2nd place prize – Gift Card Coyote Flaco

3rd place prize – Gift Card Tractor Supply

Call 860-455-1327 for information.

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860-455-1327



**Oh no....SNOW!!!**

**If the Senior Center has to close or open late due to inclement weather, the announcement will be on Channel 3. Keep in mind that we do not always follow the schools decision. Please note that if there is a late opening on a Wednesday, there will be no BINGO that day. As always, if you have any doubt, call the Center at 860-455-1327 before heading out!!**