

# Chaplin Senior Center

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

**January 2026**

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



## Artist of the Month – Gail Miller

Nature's Bounty," the January art show features photographs, paintings, collage, and embroidery by Franklin artist, Gail Miller.

"Although I work in a variety of media, all my work focuses on the natural world, landscapes, flora, and fauna. I describe myself as 'always interested in nature' and enjoy skiing, kayaking and cycling in my leisure time.

Twenty-five years ago, I began capturing the outdoors that I love in photographs and oils. I paint rural landscapes and produce photographs of outdoor scenes as well as portraits of birds, amphibians, and a wide variety of plants and fungi. I feel that I have a natural eye for photography, and do not use AI. My photos have appeared in The Last Green Valley and the Franklin Agricultural Commission calendars.

A self taught artist, I have recently become more experimental, while still enjoying traditional media. About five years ago I began creating art using feathers, rabbit fur, leaves and other natural occurring material. The results include lively and richly colored images of birds and animals. I also do embroidery and crewel and enjoy a variety of other artful and useful fiber arts, including spinning yarn, knitting and crochet. This blend of the practical and the decorative runs through all my productions as does my love for the natural world. I collect beach stones and shells to make jewelry and art on canvas or whatever is suitable and made a patterned walkway using beach stones. I also use beads to make bracelets and necklaces.

Inspired by the natural world, I treat art and craft, photography, paints and fibers with equal pleasure and enthusiasm. I have exhibited my works at the Norwich Arts Center as well as several craft fairs.

**There will be no Chaplin Tax Collector at the center in January. Other options:**

**\*Mail Directly to: Chaplin Tax Collector, P.O. Box 944, Willimantic, CT 06235**

**\* Pay online at PayTaxCollector and receive a receipt via mail.**

**\*Drop off at office in Willimantic at the Windham Town Hall.**

**\*Call the tax collector at (860) 456-3037 and pay with a credit or debit card for a small fee.**

**Holiday Closings- The center will be closing at noon on Wednesday, Dec. 31<sup>st</sup> and closed on Thursday January 1<sup>st</sup>. We will also be closed on Monday, January 19<sup>th</sup> for Martin Luther King, Jr. Day. There will be no Yoga.**

**Oh no.....Snow – Remember if the senior center has to close or open late due to inclement weather, the announcement will be on Channel 3. As always, if you have any doubt, call the center at 860-455-1327 before heading out!!**

## **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.

### **January 2026 Menu**

- Monday Jan. 5<sup>th</sup> - Shepherd's Pie, Cole Slaw, Dinner Roll & Apple Pie**
- Wed. Jan. 7<sup>th</sup> - Baked Scrod w/ Macaroni & Cheese, Spinach Dinner Roll & Bread Pudding**
- Monday Jan. 12<sup>th</sup> - Chicken & Noodles, Sauteed Green Beans, Buttermilk Biscuit, Peach Crumb Cake**
- Wed. Jan. 14<sup>th</sup> - Sausage Grinder / Cheese, Onions & Peppers Cole Slaw, Potato Chips & Lemon Pound Cake**
- Monday Jan. 19<sup>th</sup> - Martin Luther King, Jr. – CLOSED- NO LUNCH**
- Wed. Jan. 21<sup>st</sup> - American Chop Suey, Garlic Bread, Tossed Salad & Chocolate Macadamia Nut Cookie**
- Monday Jan. 26<sup>th</sup> - Baked Potato Bar w/ Chili, Broccoli, Bacon, Cheese Sauce, Sour Cream, Butter & Lemon Square**
- Wed. Jan. 28<sup>th</sup> - Baked Chicken, Roasted Potatoes, Roasted Carrots, Corn Bread & Boston Cream Cake**

**Eastern Highlands Health  
District  
Free Blood Pressure  
Screening**

**Start the New Year Right!**

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

**January  
7th**

**From  
11-12:30pm  
no appointments  
needed**



# Chaplin Senior Center Monthly Calendar

## January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 <b>Closed New Year's Day!!</b>
5 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	6 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00 Cell Phone help with Judy 10:00-12:00 Memoir Group	7 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo 11:00 Blood Pressure Screening 11:45-12:15 LUNCH see menu 12:30-2:00 Mexican Train	8 8:00 Breakfast Club 9:00-9:45 Fit & Fun 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
12 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	13 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group	14 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	15 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-3:00 Foot Care 10:00-1:00 Massage Therapy by appt. 860-455-1327 10:00-11:00 Blood Pressure Education Class 12:30-2:00 Senior Center Band. All Welcome
19 <b>Closed. Martin Luither King Jr. Day!!</b>	20 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00 Cell Phone help with Judy 10:00-12:00 Memoir Group	21 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	22 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00-11:00 Blood Pressure Education Class 12:30-2:00 Senior Center Band. All Welcome
26 9:00-9:45 Fit & Fun 9:00-12:00 Light Therapy by appt. 860-455-1327 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	27 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group	28 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	29 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-11:00 Blood Pressure Education Class 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome



**HIGH BLOOD  
PRESSURE?**

Self-monitoring  
Education Series

**FREE!**



**TAKE CONTROL OF  
YOUR HEALTH!**

*You keep the home monitor!*

UPCOMING SESSIONS:

**January 15, 22 & 29, 2026 10am -11am**

**at the Chaplin Senior Center**

= *When and Where* = *What is offered* = *Who can attend* =  
Find all the details at **EHHD.org** in the **Hot Topics** link.

**FREE CLASSES &  
HOME MONITOR!**

**REGISTRATION REQUIRED!**

Go to **EHHD.org** '**Hot Topics**' to REGISTER & for  
other dates & details or call **860-429-3325**



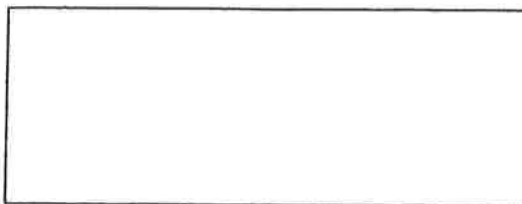
EHHD 4 South Eagleville Rd, Mansfield, CT 06268  
Andover ~ Ashford ~ Bolton ~ Chaplin ~ Columbia ~ Coventry ~ Mansfield ~ Scotland ~ Tolland ~ Willington

**Call Lisa at 860-455-1327**

**to Register**

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132 Chaplin Street  
Chaplin, CT 06235

For information call  
860-455-1327



## **Membership Dues are due!**

Just a reminder.... Membership renewals are due in January. Chaplin resident dues are \$10.00 a year and non- resident dues are \$15.00 a year. Your annual dues go a long way in supporting the many programs, services and activities we offer at the Center.

Thank you for supporting the Chaplin Senior Center.