

June 2025

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

Artist of the Month - Nora Charters

Mansfield, Ct native, Nora Lili Charters is an award winning photographer based in New England. From her early days studying documentary photography at New York University in the 90's to current day living back home in the green beauty of Connecticut she has taken pictures that try to capture the beauty of the world's ups and downs. One of her favorite topics to shoot is Mansfield's Khuyay Farm on rte 89. This small alpaca farm has become the center of a lot of her work and she is excited to have this show at the Chaplin senior center this month of June. Nora has a website as well where one can see her work photographing portraits, nature and also yoga, another favorite subject. www.noralilistudios.com

Let's all give a warm welcome and a big Congratulations to Joyce St Lawrence as our new Assistant Cook! We are thrilled to have her as part of our Senior Center family.

Fit & Fun - There will be no Fit & Fun on Thursday, June 26th. We will be offering a CPR training class that day in the multi function room.

Holiday Closing - The center will be closed on Thursday, June 19th for the Juneteenth holiday.

CPR Training - We will be holding a CPR training class on Thursday, June 26th at 10:00am. This class is \$40.00 cash. Everyone is welcome.

CURBSIDE PICKUP OR DINE IN LUNCHESES

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.

June 2025 Menu

- Monday June 2nd - Grilled Jumbo All Beef Hot Dog on a Steak Roll,
Potato Salad, Baked Beans & Carrot Cake**
- Wed. June 4th - BBQ Pulled Pork on a Bulkie Roll, Cole Slaw,
Potato Chips & Strawberry Shortcake**
- Monday June 9th - BBQ Chicken Quarter, Pasta Salad, Cranberry
Sauce & Banana Cream Pie**
- Wed. June 11th - Beef or Cheese Burrito, Spanish Rice, Guacamole
Sour Cream, Tortilla Chips & Bread Pudding w/
Caramel Sauce**
- Monday June 16th - Pork Tenderloin Sandwich on a Bulkie Roll,
Lettuce, Tomato, Pickles, Cole Slaw, Potato
Chips and Caramel Brownie**
- Wed. June 18th - Bacon or Vegetable Quiche, Home Fry Potatoes,
Fruit Salad and Crumb Cake**
- Monday June 23rd - Spaghetti & Meatballs, Tossed Salad, Garlic
Bread and Spice Cake**
- Wed. June 25th - Baked Scrod w/ Béarnaise Sauce, Macaroni &
Cheese, Green Beans and Rhubarb Custard Cake**
- Monday June 30th - Chicken Parmesan w/ Noodles, Broccoli, Dinner
Roll and Peach Cobbler**



Let's Get Down And Dirty!

Free Plant & Seed Swap Party!

**Presented by the Chaplin Senior Center and the
Friends of the Chaplin Public Library**

Sat. June 7th 10:00 to 12:00

Under the Big Tent! (Inside if Rain)

132 Chaplin Street, Chaplin CT.

GAMES WILL BE PLAYED AND SNACKS WILL BE SERVED

BRING SOME PLANTS TO SHARE WITH THE GROUP

AND GO HOME WITH SOME NEW ONES

LABEL YOUR PLANTS

DIG PLANTS AT LEAST A FEW DAYS IN ADVANCE

PLANTS SHOULD BE WELL WATERED

AND IN CONTAINERS

Please no exchanging until instructed.

Chaplin Senior Center Monthly Calendar

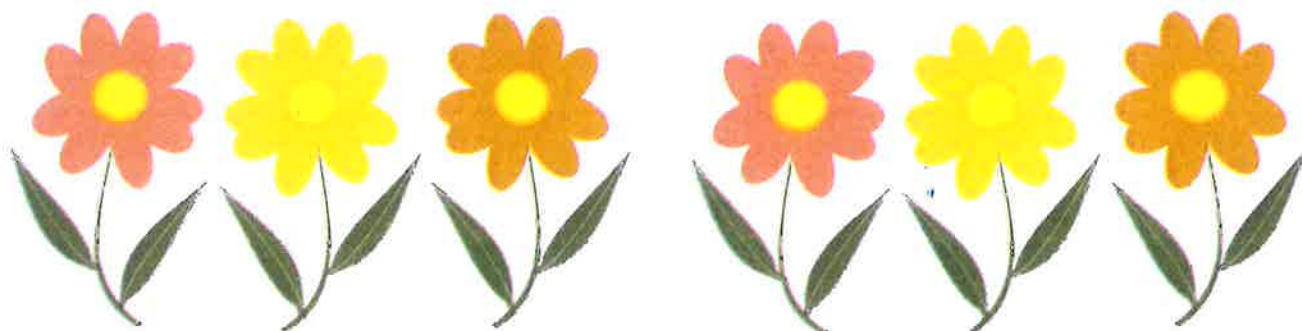
June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	3 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00 Memoir Group	4 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	5 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327
9 9:00 - 9:45 Fit & Fun 9:00 - 12:00 Pickleball 11:00 Yoga 11:45- 12:15 LUNCH see menu	10 9:00-9:45 Fit & Fun 10:00 -2:00 Mahjongg 10:00 Memoir Group	11 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-2:00 Mexican Train	12 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:15-3:00 Hair Care with Cindi 860-455-1327 for appt. 10:00-1:00 Massage Therapy by appt. 860-455-1327
16 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	17 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00 Memoir Group	18 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	19 Senior Center Closed Juneteenth Holiday !
23 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	24 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	25 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	26 8:00 Breakfast Club 9:00 - 9:45 No Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 10:00-1:00 CPR Class

Don't Forget the Plant Swap on

Saturday, June 7th 10:00-12:00

Games will be played and Snacks will be served.



CPR / AED TRAINING CLASS

At the Chaplin Senior Center

Thursday, June 26th at 10:00am

This class is designed for community and workplace and goes beyond CPR and AED for adults. It also provides the knowledge required to help you respond to cardiac arrest and choking in adults, children and infants. This class is open to everyone. The cost is \$40 cash per person. Please call or stop by the senior center to sign up.

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For information call
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Saturday Morning Walking Club

8:30am meeting time.

For the month of June we will walk 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!!

