

Chaplin Senior Center

March 2026

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

In an effort to save money, we will no longer be mailing the monthly newsletter. You can find it on the Town of Chaplin's website (chaplinct.org) or you can become a member of the Town of Chaplin's googlegroup by signing up on the town website and receive an email each month. You can always stop by the center to pick up a copy.

Artist of the Month – Linda Lascko

Linda Lascko, of Connecticut, has flourished in the world of art since early childhood. Her skills in life-like portrait drawing began at the age of six. She took lessons from local artists, including Mr. Morolla and Mrs. Almstead, in the Torrington area, before concentrating on art in high school and then at Northwestern CT Community College and the University of Connecticut. Lascko works on canvas in acrylics and oils. She paints realistically with an impressionist bent. She pushes traditional colors to create the intense feeling she picks up from nature. As a child, Linda loved climbing trees and listening to the pines. Memories of those moments shine through in the depth of her work. Lascko paints a window on creation through her love of nature. Favorite subjects include mountains, waterfalls, animals, and people. She maintains a plethora of photos of her own and from friends, as references, as she now works mostly from her home studio.

Lascko's works have been exhibited in many local venues, including several plein air exhibits at the Artist's Day at the Farm at Valley Falls, Vernon, CT. She has also given demonstrations and talks at the Hans Weiss Gallery at Manchester Community College, CT, and at the Lutz Children's Museum in Manchester, CT. Along with teaching at the Agawam Senior Center for the Tobacco Valley Artists Association. The following galleries have showcased her paintings in the past: Hall Memorial Library, Ellington, CT, South Windsor Public Library, and Manchester Town Hall. In 2026, Linda looks forward to showing her work at the Chaplin Senior Center in March and the South Windsor Public Library in December.

Artist Statement

What is an artist? "Every child is an artist. The problem is how to remain an artist once we grow up." -Pablo Picasso.

I haven't grown up!!! I am in constant awe of God's wonderful creation, and I strive to convey just that in my paintings. When I am still, I hear the wind and see beauty everywhere. As I paint, I feel like I am right there in the moment. I head out with a camera in hand to capture a scene, a story, an emotion. There once was a time when a friendly squirrel followed me around, even though I had nothing to offer him... or her (hard to tell with that big bushy tail!!). That squirrel was a great subject, resulting in several paintings. I love to develop a relationship with the animals I paint, as some are right here in my own backyard.

I would love to connect with you on art and your creative journey! I can be reached at LindaLasckoArt@gmail.com

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.

March 2026 Menu

- Monday March 2nd - Beef Stew, Cole Slaw, Dinner Roll & Peach Cobbler**
- Wed. March 4th - Grilled Pork Chop, Buttered Noodles, Peas & Carrots, Corn Bread & Apple Crisp**
- Monday March 9th - Baked Meatloaf, Mashed Potatoes w/ Gravy Corn, Dinner Roll & Turtle Cookie**
- Wed. March 11th - Baked Scrod, Scalloped Potatoes, Spinach Corn Muffin & Lemon Square**
- Mon. March 16th - St. Patrick's Day Lunch. Limit One Per Member
Corned Beef w/Cabbage, Carrots & Potatoes
Rye Bread & Mint Pistachio Cake**
- Wed. March 18th - Baked Potato Bar w/Chili, Cheese Sauce, Broccoli, Sour Cream, Bacon Bits, Butter & Oatmeal Cookie**
- Mon. March 23rd - Meat Lasagna, Tossed Salad, Garlic Bread, & Sugar Cookie**
- Wed. March 25th - Chicken Pot Pie, Cole Slaw, Dinner Roll & Spice Cake**
- Mon. March 30th - Grilled Cheeseburger on Bulkie Roll, Lettuce & Tomato, Oven Baked Potato Wedges & Carrot Cake**



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.

Chaplin Senior Center Monthly Calendar

March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2 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</p>	<p>3 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group 11:30 Foot Reflexology by appt. 860-455-1327</p>	<p>4 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt 860-455-1327 9:45-11:45 Bingo 10:00-12:00 Foot Reflexology by appt. 860-455-1327 11:45-12:15 LUNCH see menu 12:30-2:00 Mexican Train</p>	<p>5 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</p>
<p>9 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</p>	<p>10 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00 Cell Phone help w/ Judy 10:00-12:00 Memoir Group 11:30 Foot Reflexology by appt. 860-455-1327</p>	<p>11 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo 10:00-12:00 Foot Reflexology by appt. 860-455-1327 11:45-12:15 LUNCH see menu</p>	<p>12 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</p>
<p>16 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 9:00-12:00 Light Therapy by appt. 860-455-1327 10:30-12:00 Foot Reflexology by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu 12:30-1:30 MUSIC WITH BRUCE JOHN</p>	<p>17 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group</p>	<p>18 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo 10:00-12:00 Foot Reflexology by appt. 860-455-1327 11:45-12:15 LUNCH see menu</p>	<p>19 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 12:30-2:00 Senior Center Band. All Welcome</p>
<p>23 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 9:00-12:00 Light Therapy by appt. 860-455-1327 10:30-12:00 Foot Reflexology by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu</p>	<p>24 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group 10:00 Cell phone help w/Judy 10:00-12:00 Memoir Group</p>	<p>25 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo 10:00-11:30 Foot Reflexology by appt. 860-455-1327 11:45-12:15 LUNCH see menu</p>	<p>26 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:15-2:00 Hair Care w/Cindi 12:30-2:00 Senior Center Band. All Welcome</p>
<p>30 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 9:00-12:00 Light Therapy by appt. 860-455-1327 10:00-1:00 Massage Therapy by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu</p>	<p>31 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group</p>		



**It's time to break out your
green**

and get your Irish on!!

**Join us on Monday, March
16th for a St. Patrick's Day
Celebration.**

Entertainment by

Bruce John





Goodbye
Irene

GOODBYE IRENE IN CONCERT

SPONSORED BY THE
FRIENDS OF THE
CHAPLIN LIBRARY

DATE:

March, 7th

TIME:

6pm - 7:30pm

LOCATION:

Chaplin Library
130 Chaplin ST.
Chaplin, CT

**Free Admission
Bring your friends and family!**

Chaplin Senior Center is now offering

Foot Reflexology

What is it? An integrated, manual technique using a “thumb/finger” walking approach with gentle but firm pressure to the feet. This ancient practice stimulates nerve pathways and targets all the reflexes helping the body reset back to homeostasis.

It is known to increase circulation and boost energy while promoting a healthy balance. Restful sleep has also been noted to be a great benefit. Stimulating the reflexes helps the body system release toxins and revitalize energy. It also aids in the functions of organs and glands. Reflexology is a great tool for reduction of stress. It may also boost your immune system .

Some contraindications of reflexology would be high risk pregnancies, DVT, cellulitis, gangrene, blood clotting disorders, infectious skin diseases or rashes-including fungal infections and warts.

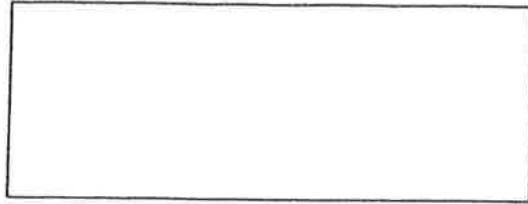
A few reactions to having a foot reflexology session might include increased urination, increased bowel movements, tiredness, and increased mucus. It is always encouraged to drink plenty of water afterwards to help flush out toxins.

You can contact your health care professional if you have any questions before you schedule a foot reflexology session.

**Call Lisa at 860-455-1327 for details and
to schedule your appointment.**

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For information call
860-455-1327



*Wishin' you a pot o' gold,
And all the joy your heart can hold.*

