

Chaplin Senior Center

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

May 2026

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



Artist of the Month

Watercolors by Lyn Johnson

Local artist Lyn Johnson has been painting and drawing since childhood. After graduating from college with a Bachelor of Fine Arts, Lyn became a full-time artist, working in oils and acrylics.

She returned to college and became a full-time teacher at Scotland Elementary School where she taught both reading and art. She later taught at Horace Porter School in Columbia.

With retirement 2 years ago, Lyn returned to painting, but this time in watercolors. She continues to explore and learn this new medium, while enjoying life with her husband John. Lyn sells her work at area art shows, as well as at the Coventry and Bozrah Farmers Markets. She and John continue to make their locally produced fudge for sale at the same markets.

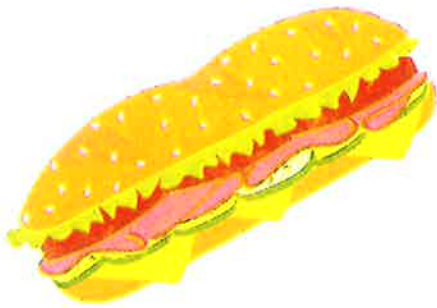
CURBSIDE PICKUP OR DINE IN LUNCHES

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.

May 2026 Menu

- Mon. May 4th -** **Homemade Tomato Basil Soup w/crackers, Tuna Melt on a Bulkie Roll, Tater Tots & Birthday Cake**
- Wed. May 6th -** **Baked Salmon, Rice Pilaf, Roasted Carrots, Dinner Roll & Banana Cream Pie**
- Mon. May 11th -** **Baked Stuffed Shells, Tossed Salad, Garlic Bread & Brownie**
- Wed. May 13th -** **Baked Chicken, Macaroni & Cheese, Baked Beans, Corn Bread & Oatmeal Raisin Cookie**
- Mon. May 18th -** **Baked Meatloaf, Mashed Potatoes w/ Gravy, Peas & Carrots, Dinner Roll & Lemon Square**
- Wed. May 20th -** **Taco Stuffed Tomato w/ Ground Beef, Cheddar Cheese, Guacamole, Sour Cream, Tortilla Chips Pineapple Rice & Bread Pudding**
- Mon. May 25th -** **SENIOR CENTER CLOSED – MEMORIAL DAY**
- Wed. May 27th -** **Bacon Cheeseburger on Roll, Lettuce & Tomato Cole Slaw, Potato Chips & Apple Pie**



Plant and Grinder Sale
Chaplin Senior Center



Saturday May 9th, 10:00am till 12:30

Rain or Shine!!

We will have a nice assortment of plants to purchase including Vegetable, Herbs, Flowers, Hanging Baskets and Houseplants!

A Raffle with a great variety of Prizes!!

**We will also be selling Grinders for \$10.00
kitchen window pick up.**

We will be offering Turkey, Ham, Italian Combo and Vegetarian with a variety of veggies. All grinders can be made with lettuce or cabbage, tomato and provolone cheese. (No condiments)

Please call the center at 860-455-1327

By 2:00 on Wednesday May 6th to place your order.



Chaplin Senior Center Monthly Calendar

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4 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>5 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group</p>	<p>6 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 12:30-2:00 Mexican Train</p>	<p>7 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:15-2:00 Hair Care by appt. 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome</p>
<p>11 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>12 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group</p>	<p>13 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</p>	<p>14 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>18 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>19 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group 10:00 Cell Phone help w/Judy</p>	<p>20 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</p>	<p>21 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-3:00 Foot Care by appt. 12:30-2:00 Senior Center Band. All Welcome</p>
<p>25 Senior Center Closed Memorial Day!!</p>	<p>26 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group</p>	<p>27 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</p>	<p>28 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome</p>



**DON'T FORGET THE
PLANT & GRINDER SALE**

Sat. May 9th 10:00am- 12:30pm

Benjamin Chaplin Cupboard Talk

Andy Belisle

Wednesday, May 20th

6:00 – 7:00 pm, Chaplin Town Hall



May 1968 newspaper article on the cupboard.

Join Furniture Restoration Expert and Chaplin resident Andy Belisle to learn about the work required to restore the cupboard that was once in Benjamin Chaplin's home. This original cupboard was gifted to the old Ross Library in 1968 and has now been restored and moved to the Chaplin Town Hall. View and learn about this interesting piece of our town's history. Light refreshments will be provided by the Friends of the Chaplin Public Library.



This event is sponsored by the Chaplin Public Library and the Town of Chaplin. For more information, please call the library at 860-455-9424 or visit the website www.chaplinpubliclibrary.org.





Naturally Natchaug Clean Water Festival

Windham Water Works
174 Storrs Rd, Mansfield

SAT.
MAY 2nd
9:30-3:00

Join us for a fun day to discover how
to keep our watershed clean and healthy!

Event Highlights:

- **Guided tours of drinking water treatment plant**
- **Hands-on educational exhibits**
- **Presentation by water experts**
- **Family-friendly activities and games**
- **Delicious food for purchase**

More
on the
Natchaug
project,
scan
QR code



All activities: 9:30 am - 3:00 pm
Presentations: 10 am & 1 pm
Tours: 12 pm & 2:30 pm



Have questions?

Contact Maura, Eastern CT Conservation District at maura.robie@comcast.net



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 13th 10:am – 12:00pm

Rain or Shine

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.



New for 2026

Fall Prevention in our Quiet Corner now offers:

A **FREE EXERCISE GROUP!**

Please join us for exercise or just watch & learn.

- ❖ Focus on balance & stability.
- ❖ Strengthen righting reactions.
- ❖ Exercises can be modified for each individual.

We welcome past program attendees & first-time registrants!

Program Date: Thursday, June 18th, 10:15 am – 11:15 am

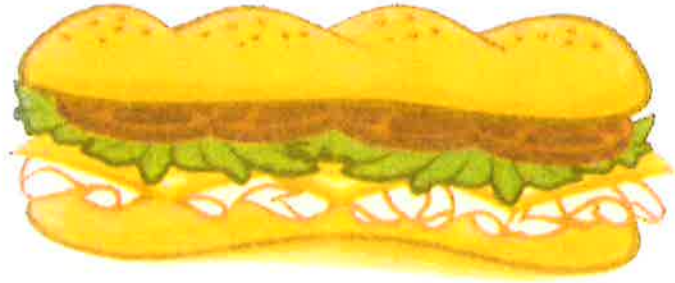
Chaplin Senior Center

Call Lisa at 860-455-1327 to register

***Facilitating empowerment to help you stay
Safe & Independent!***

Support provided by Senior Resources Agency on Aging with Title III funds made available under the Older Americans Act.





GRINDER SALE

Chaplin Senior Center

132 Chaplin Street – Kitchen Window Pick Up

Saturday May 9th 10:00am – 12:30pm

Grinder \$10.00

Choice of Turkey, Ham, Italian Combo and Vegetarian.

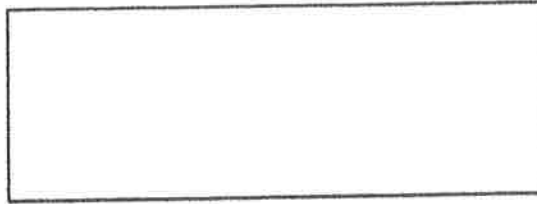
**All Grinders can be made with Lettuce or Cabbage,
Tomato and Provolone Cheese. No Condiments.**

Must Call in your order by Wed. May 6th

at 2:00pm 860-455-1327

Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



SCAM CALLS THAT TARGET SENIORS

Do not answer these numbers!!

347-437-1689 Banking Scam

301-307-4601 Post Office Scam

878-877-1402 Bank Card Locked Scam

904-495-2559 AT&T Customer Scam

863-532-7969 Debit Card Frozen Scam

858-605-9622 Banking Scam

312-339-1227 Post Office Scam