

Chaplin Senior Center

April 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

Holiday Closing – The Senior Center will be closed on Monday, April 6th. We will still have yoga, but you will have to enter through the library where you can pay and sign in.

Foot Reflexology – The center is now offering foot reflexology. Call 860-455-1327 for information and book your appointment.

Massage Therapy – We still have a couple openings for massage on April 16th and 20th. Call the center to book your appointment.

Haircare appointments – Cindi will be at the center on Thursday, May 7th to take care of all your haircare needs by appointment.

Reminder – Please remember to sign our guest book in the reception area each time you visit the senior center.



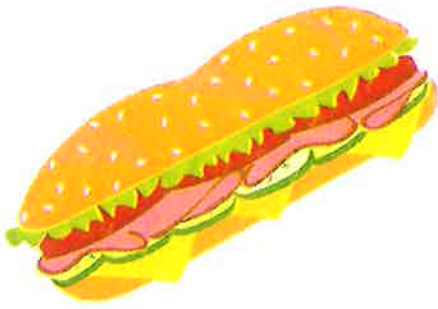
CURBSIDE PICKUP OR DINE IN LUNCHES

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.

April 2026 Menu

- Wed. April 1st - Apple Baked Ham, Scalloped Potatoes, Broccoli, Buttermilk Biscuit & Orange Zest Cake**
- Mon. April 6th - SENIOR CENTER CLOSED**
- Wed. April 8th - Pasta & Meatballs, Tossed Salad, Garlic Bread & Chocolate Chip Cookie**
- Mon. April 13th - BBQ Chicken, Potato Salad, Baked Beans, Corn Bread & Apple Spice Cake**
- Wed. April 15th - Shepherd's Pie, Dinner Roll & Cherry Pie**
- Mon. April 20th - Sweet & Sour Kielbasa over Rice, Cheese Biscuit, Cole Slaw & Lemon Cake**
- Wed. April 22nd - Chicken Parmesan w/Mashed Potatoes, Green Beans, Garlic Bread & Pineapple Upside Down Cake**
- Mon. April 27th - Beef & Bean Burrito or Cheese & Bean Burrito, Spanish Rice, Guacamole, Sour Cream, Salsa Tortilla Chips & Tapioca Pudding w/Caramel**
- Wed. April 29th - Meatball Grinder, Pasta Salad, Potato Chips & Rhubarb Custard Cake**



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!**

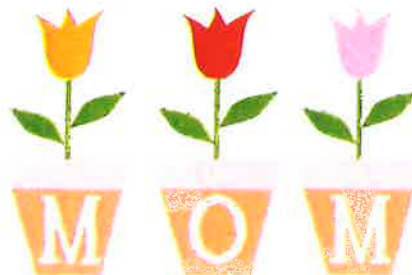
A Raffle with a great variety of Prizes!!

**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

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt 860-455-1327 9:45-11:45 Bingo 9:00-11:30 Foot Reflexology by appt. 860-455-1327 11:45-12:15 LUNCH see menu 12:30-2:00 Mexican Train	2 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
6 Senior Center Closed for Easter Weekend	7 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group	8 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo 9:00-11:30 Foot Reflexology by appt. 860-455-1327 11:45-12:15 LUNCH see menu	9 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
13 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	14 9:00-9:45 Fit & Fun 9:00-11:30 Foot Reflexology by appt. 860-455-1327 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group 10:00 Cell Phone help w/Judy	15 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo 9:30-12:00 Foot Reflexology by appt. 860-455-1327 11:45-12:15 LUNCH see menu	16 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
20 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00-1:00 Massage Therapy by appt. 860-455-1327 9:00-12:00 Light Therapy by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu	21 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group	22 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:45-11:45 Bingo 9:00-11:30 Foot Reflexology by appt. 860-455-1327 11:45-12:15 LUNCH see menu	23 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:00-11:30 Foot Reflexology by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome
27 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	28 9:00-9:45 Fit & Fun 9:00-11:30 Foot Reflexology by appt. 860-455-1327 10:00-2:00 Mahjongg 10:00-12:00 Memoir Group 10:00 Cell Phone help w/Judy	29 9:00-12:00 Pickleball 9:00-1:30 Light Therapy by appt. 860-455-1327 9:00-11:30 Foot Reflexology by appt. 860-455-1327 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	30 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:00-2:00 Senior Center Band. All Welcome

Open Mic Poetry Night

Come to listen or share your own poetry!



**OPEN
MIC
NIGHT**

Chaplin Public Library



Friday, April 24

6:00 – 7:30pm

Featuring Chaplin Poet Laureate Victoria Northrop

Join us for a lovely evening of poetry, including readings by Chaplin Poet Laureate Victoria Northrop. Come to listen or share your own poetry. All are welcome. No registration required. Light refreshments will be provided by the Friends of the Chaplin Public Library.

For more information, please call the library at 860-455-9424 or visit the website www.chaplinpubliclibrary.org. The library is located at 130 Chaplin St. in Chaplin, CT





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

CTMOM FREE DENTAL CLINIC






**NO APPOINTMENT NEEDED.
FIRST COME, FIRST SERVED.
ALL ADULTS AND CHILDREN
WELCOME.**

SERVICES PROVIDED:

**Exams
Cleanings
Fluoride Treatments
Oral Health Education
X-Rays
Extractions
Fillings
Interim Partial Dentures
(Limited)
Root Canals (Limited to Front
Teeth Only)**

THINGS TO KNOW

-  Children under 18 must be accompanied by a parent or legal guardian.
-  Take your medications as prescribed. Please bring a list of your medications with you.
-  Wait times for treatment are expected, please bring something with you to help pass the time.



**APRIL
17-18,
2026**



**E. O. SMITH
HIGH
SCHOOL**
1235 Storrs Rd
Storrs, CT 06268



**DOORS
OPEN
7:00 AM**

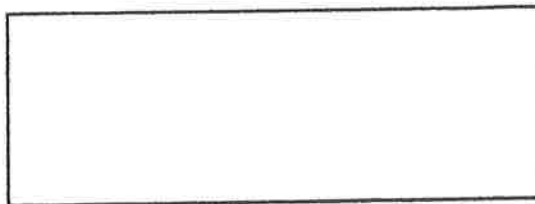
MORE INFORMATION

 (860) 863-5940
 www.cfdo.org



Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



Chaplin Public Library

JIGSAW PUZZLE CONTEST

Each team will have the
same 500 piece puzzle.
First team done, wins!

Saturday, April 11th
10:30am - 12:30pm

Register as an individual
and join a team or register
as a team at
chaplinpubliclibrary@gmail.com

Sponsored by
Friends of the Chaplin Public Library