

August 2021



Chaplin Senior Center

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

Lisa Kegler, Director
Bob Grindle & Dawn Gilbert, Kitchen
Ann Lewis, Municipal Agent

Breakfast Club – Every Thursday morning at 8:00am. We have a nice little group that gets together for coffee and breakfast treats. There is a sign-up sheet if you would like to contribute a breakfast item one morning. So come down and enjoy great conversation and laughs. It would be great to see a few more of you here bright and early.

Memoir Group – Looking for those of you who have memories to share and stories to tell! This group gets together every Tuesday morning at 10:00am. A relaxed little group who enjoys talking about the good ole days, gather in our cozy little lounge to tell stories of days gone by. Come and join in or just come to listen.

Concrete Leaves – Those of you who made the concrete leaves with us last month, we will be getting together on Thursday August 19th at 10:00am to paint and/or seal them.

Massage is back with Carlie – We will be offering massage therapy on Thursday August 19th 10:00am to 1:00pm. \$50/hr or \$30/half hr. Please call 860-455-1327 to schedule your appointment. Please bring your own linens.

Tai Chi – Has moved to Mondays at 9:30am in the library meeting room. \$5.00 a class.

Haircuts with Cindi – We will be offering haircuts and more on Thursday August 5th and 19th. Please call to schedule appointments. See details inside.

Music Appreciation – Come and enjoy a concert with the BEE GEES on the big screen, Monday August 30th, 12:30 till 2:00.

Movie and Snacks – Book Club with Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen. Four friends' lives are turned upside down when their book club tackles the infamous "50 Shades of Grey" rated PG-13. Thursday August 12th, 12:30 till 2:00.

CURBSIDE PICKUP OR DINE IN LUNCHES

CHAPLIN SENIOR CENTER

Every Monday and Wednesday

\$5.00 a meal

Pickups will be from 11:45 till 12:15

You must call in your order on the Thursday before by 2:00pm for Monday Lunch and call in on Monday before for Wednesday lunch.

860-455-1327

August 2021 Menu

- Monday Aug. 2nd - Shepard's Pie, Cole Slaw, Fresh Bread and Dessert**
- Wed. Aug. 4th - Turkey or Italian Combo Grinder, Potato Chips, Cole Slaw and Apple Pie**
- Monday Aug 9th - Chicken Parmesan, Pasta & Sauce, Tossed Salad, Garlic Bread and Dessert**
- Wed. Aug. 11th - Homemade Chicken Salad on a Bulky Roll or Knockwurst on a Steak Roll, Baked Beans, Broccoli Salad and Dessert**
- Monday Aug. 16th - Homemade Pepperoni, Vegetable or Hamburger Pizza, Tossed Salad and Dessert**
- Wed. Aug. 18th - Bacon Cheeseburger with Lettuce and Tomato, Tater Tots and Ice Cream Sundaes**
- Monday Aug. 23rd - Pot Luck Cookout! We will supply the Hotdogs and Hamburgers, Chips and Beverages, and you all can sign up to bring a Side Dish of your choice. THIS WILL BE DINE IN ONLY, NO CURBSIDE**
- Wed. Aug. 25th - BLT's on a Focaccia Roll, Pasta Salad, Deviled Eggs and Dessert**
- Monday Aug. 30th - Meatloaf, Mashed Potatoes with Gravy, Vegetable, Dinner Roll and Dessert**



Pot Luck Cookout Lunch

Monday August 23rd at 11:45 under the big tent!!

The Senior Center will provide the Hotdogs, Hamburgers, Chips and Drinks.

There is no cost for this lunch!!!

Call 860-455-1327 to sign up to bring the side of your choice.

There will be games and prizes and a special performance by Chaplin's own Ukulele Club!!

Gene the Amazing

Presented by Chaplin Public Library and Senior Center

A Family Friendly Comedy/Magic Show

Monday August 9th at 10:30 under the big tent.

EVERYONE IS WELCOME

Quick Fix

Haircuts and more by Cindi. Thursday August 5th and 19th, 10:00am till 1:00pm. Haircuts \$15.00, Perms with cut included \$70.00, Color Retouch and a cut \$60.00 Cindi has 40 years experience and only uses professional products, such as Color Matrix and Redken. She is very creative and will listen to what you're looking to achieve and do the best she can to get there. Please call 860-455-1327 to Schedule your appointment.

Ear Acupressure Workshop

Monday August 16th at 12:15 in the Function Room

Did you know your ear has hundreds of therapy points and ear-point therapy has many beneficial effects throughout your body? Get a feel for how the five ear-point treatment can ease our every day stress. Our instructor will guide you through simple acupressure techniques, including gentle tapping, circling massage, and (if you like) small stick-on ear beads.

Watercolor Class \$5.00 a class

Thursdays, August 12th and 26th, 10:00am till 12:00pm. Your instructor will set up a still life to work from. Also, please bring a picture or photo you like and want to paint. This is a laid-back class, but even if you are just starting out, you will be painting right away. He will give some basic lessons and also be there to give individual help. I think we'll have fun! Please call the center at 860-455-1327 for a list of materials you will need for this class.



Chaplin Senior Center Monthly Calendar

August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 - Tai Chi 11:00 Yoga 11:45 - 12:15 Lunch see Menu	3 9:00 - 10:00 Sit & Stretch 10:00 - Memoir Group 10:00 - Mahjongg	4 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 Lunch see Menu	5 8:00 - 9:00 Coffee Hour w/ Continental Breakfast 9:00 - 10:00 Sit & Stretch 10:00 Poker /Cards 10:00 - 1:00 Haircuts call 860-455-1327 to schedule appointment
9 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 Tai Chi 10:30 Comedy/Magic show 11:00 Yoga 11:45 - 12:15 Lunch see Menu	10 9:00 - 10:00 Sit & Stretch 10:00 Memoir Group 10:00 Mahjongg 10:00 - 1:00 Municipal Agent	11 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 Lunch see Menu	12 8:00 - 9:00 Coffee Hour w/ Continental Breakfast 9:00 - 10:00 Sit & Stretch 10:00 Poker/ Cards 10:00 Watercolor Class 12:30 - 2:00 Movie Book Club on the big screen
16 9:30 Wii Bowling 9:30 -11:30 Pickleball 9:30 Tai Chi 11:00 Yoga 11:45 - 12:15 LUNCH see Menu 12:15 - Acupressure Demo	17 9:00-10:00 Sit & Stretch 10:00 Memoir Group 10:00 Mahjongg	18 9:30 - 11:30 Pickleball 9:45 -11:45 Bingo 11:45-12:15 LUNCH see Menu	19 8:00 - 9:00 Coffee Hour With Continental Breakfast 9:00- 10:00 Sit & Stretch 10:00 Poker/Cards 10:00 - 1:00 Haircuts call 860-455-1327 to schedule appointment Massage Therapy by appt. Call 860-455-1327
23 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 -Tai Chi 11:00 Yoga 11:45 - 12:15 LUNCH see Menu POT LUCK PICNIC	24 9:00 - 10:00 Sit & Stretch 10: 00 Memoir Group 10:00 - Mahjongg 10:00 - 1:00 Municipal Agent	25 9:30 - 11:30 Pickleball 9:45-11:45 Bingo 11:45 - 12:15 LUNCH see Menu	26 8:00 - 9:00 Coffee Hour With Continental Breakfast 9:00 - 10:00 Sit & Stretch 10:00 Poker/Cards 10:00 Watercolor Class
30 9:30 Wii Bowling 9:30 - 11:30 Pickleball 9:30 - Tai Chi 11:00 Yoga 11:45 - 12:15 LUNCH see Menu 12:30 - 2:00 Music Appreciation 6:00 -8:00pm Farm to Table Night under the tent	31 9:00 - 10:00 Sit & Stretch 10:00 Memoir Group 10:00 Mahjongg		

Chaplin Public Library and Senior Center

Farm to Table Night



Monday, August 30th

6:00 – 8:00 PM under the tent

What's in your garden, and what are you making with it? Join the Senior Center, library Cookbook Club and local CSAs for a night of seasonal food. Bring a dish to share or just come to taste new recipes. Watch a cooking demonstration and try a sample. All ages welcome! This event is BYOB.

SENIOR TRIPS

Beckish Senior Center, Andover Senior Center,
Chaplin Senior Center, Windham Senior Center presents:

HAMPTON BEACH
Seafood Festival

September 11, 2021

Saturday

New Hampshire



The Hampton Beach Seafood Festival has something for everyone:

Top Seacoast's restaurants serving an abundance of mouthwatering **Seafood delicacies.**

Musical Entertainment

Arts & Crafts vendors

Ocean Boulevard merchants offering end-of-the-season Sidewalk Sales

You'll find all this and more right along the **Boardwalk** on Hampton Beach!

COST: \$ 108.pp based on 25-30 passengers

Depart: 7:00am Beckish Senior Center, 188 Route 66

Estimated Return: 7:30pm Columbia

Reservations: Beckish Senior Center contact Bernadette Derring
Andover Senior Center contact Georgia O'Brien
Chaplin Senior Center contact Roxanne
Windham Senior Center contact Kate Cox
Checks Payable to: Town of Columbia

860-228-0759

860-742-9947

860-455-1327

860-423-4524

This package is subject to our full terms and conditions which can be found on our website at www.friendshiptours.net/tour-policies. Paper copies are available upon request. By signing up to participate in the tour, you are agreeing to be bound to these terms and conditions. Therefore, you must read the terms and conditions in their entirety. By signing up for the tour, making a payment and continuing to use our services, you are agreeing to be bound by the Terms and Conditions. Should you disagree with any of the terms you must speak with us before signing up for a tour.



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SENIOR TRIPS

Beckish Senior Center, Andover Senior Center, Chaplin Senior Center, Windham Senior Center presents:



Hudson River Cruise Lunch at Shadows on the Hudson

Thursday, September 23, 2021

Enjoy a pre-cruise lunch at Shadows on the Hudson in Poughkeepsie, NY. This breathtaking waterfront restaurant is perched on a cliff of forty feet above the Hudson River with truly grand views.

MENU: Mediterranean Chicken (Sautéed chicken breast with Capers, roasted Red Peppers & Artichokes) in a lemon white wine sauce or Penne ala Vodka.

Tiramisu Dessert, Coffee, Tea, Soda

Entree choice in advance

All aboard the **Rip Van Winkle** departing from Kingston, NY heading south to Hyde Park and return.

Our narrated cruise will take us by beautiful views of Hudson River lighthouses, waterfront mansions and other amazing sites as we lazily glide along the water.



COST: \$140.pp based on 25-30 passengers

Depart: 7:30am Beckish Senior Center, 188 Route 66

Estimated Return: 8:00pm Columbia

Reservations:	Beckish Senior Center contact Bernadette Derring	860-228-0759
	Andover Senior Center contact Georgia O'Brien	860-742-9947
	Chaplin Senior Center contact Roxanne	860-455-1327
	Windham Senior Center contact Kate Cox	860-423-4524

Checks Payable to: Town of Columbia

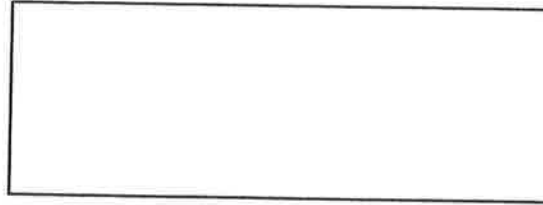


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860-243-1630 • 800-243-1630

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132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



JOSHUA'S TRUST HAS A NEW CHALLENGE

Walk to Water Challenge

- 1. Visit joshuastrust.org/walk-to-water and download the printable challenge guide.*
- 2. Explore our 14 trails with water features and find the hidden boxes.*
- 3. Unscramble the letters to discover the final property.*
- 4. Get the last stamp!*
- 5. Email a picture of your completed guide to administration@joshuastrust.org for a Joshua's Trust tote bag!*