

August 2026

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 – Scott Rhoades

Scott Rhoades was born in Houlton, Maine in 1951 and grew up in Coventry, Connecticut. When he was a junior in college he took his first art class and was hooked on artistic processes and made several paintings. After graduating from Eastern Connecticut State University in 1973 he earned his Master's degree in Art Education from Central Connecticut State University. In 1975 he began a 35 year art education career in Coventry.

Scott embraced teaching and worked with over six thousand students in grades K-8. He coached girls sports, taught a class in Developmental Stages of Child Art at Eastern and was a high school baseball umpire. His work with children was published in several magazines and his school mural program was nationally recognized as over two hundred students signed their names to painted works on school walls. Over four hundred students had drawings published in the Chronicle, a Willimantic newspaper.

Rhoades presented workshops on child art at national, state and local venues. He was a grade level coordinator, related arts team leader, and mentor teacher team leader. He designed and produced thirty school yearbooks.

As Scott approached retirement, he felt compelled to build an art studio in his back yard so that he could resume painting works of art. He has had several one man shows and his work has won many awards and has appeared in national publications.

Rhoades, who is an avid runner, has two daughters, Andrea and Summer, and four grandchildren. He lives in Storrs, Connecticut with his wife Ellie.

Artist Statement

I paint from photographs in my studio and my works are predominantly representational in style. I photograph images that attract me. Weathered barns, local historic homesteads, and nature and the wilderness hold an interest for me.

When I paint I feel connected to the subject matter as if I am revisiting and that inspires me to look closely at places in my travels.

Pickleball - There will be no Pickleball August 3rd and August 5th due to early voting in the Ferrara Community Room.

Parking Lot Project – Just a heads up. We may have to close for a few days in August while the new parking lot at the center is being completed. We are uncertain of the dates at this time but will let you know as soon as we know.

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.

August 2026 Menu

Mon. Aug. 3rd - BBQ Chicken, Potato Salad, Cole Slaw
& Blueberry Buckle

Wed. Aug. 5th - Spaghetti w/ Meatballs, Tossed Salad, Garlic
Bread & Caramel Brownie

Mon. Aug. 10th - Beef or Cheese Burrito, Spanish Rice,
Guacamole, Sour Cream, Taco Chips and
Chocolate Cream Pie

Wed. Aug 12th - Grilled Salmon, Pineapple Rice,
Corn on the Cob, Dinner Roll & Lemon Cake

Mon. Aug. 17th - Chicken Caesar Salad, Pasta Primavera, Dinner
Roll & Rhubarb Custard Cake

Wed Aug. 19th - Grilled Kielbasa, Sauerkraut, Roasted Potatoes,
Corn Bread & Apple Pie

Mon. Aug. 24th - Pot Luck Picnic – Hot Dogs, Hamburgers, Drinks
Sign Up to Bring a Side Dish or Dessert

NO CURB SIDE PICK UP

Wed. Aug. 26th - Cheese Ravioli w/Homemade Meat Sauce,
Tossed Salad, Garlic Bread & Cookie

Mon. Aug. 31st - Chicken Parmesan w/ Mashed Potatoes, Green
Beans, Dinner Roll, Banana Cream Pie

CHAPLIN HOME TOWN STREET FEST

Sponsors:
Chaplin Public
Library
&
Recreation
Commission

On Chaplin Street...

GRAB A TREAT

At the UCONN Dairy Bar truck!

REST YOUR FEET

Hay rides from Chaplin St. to Tower Hill Rd!

CATCH A BEAT

Listen to local bands at the
G.A.R. Hall!

HISTORY'S NEAT

Tour the Chaplin museum art exhibit!



AUGUST 8TH 11 - 2 PM

Chaplin Senior Center Monthly Calendar

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 NO PICKLEBALL 9:00-9:45 Fit & Fun 9:30 & 11:00 Foot Reflexology by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu	4 9:00-9:45 Fit & Fun 10:00-2:00 Mahjonn 10:00-12:00 Memoir Group	5 NO PICKLEBALL 9:00 & 11:00 Foot Reflexology by appt. 860-455-1327 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-2:00 Mexican Train	6 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
10 9:00-12:00 Pickleball 9:00-9:45 Fit & Fun 9:00 & 11:00 Foot Reflexology by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu	11 9:00-9:45 Fit & Fun 9:00 & 11:00 Foot Reflexology by appt. 860-455-1327 10:00-2:00 Mahjonn 10:00-12:00 Memoir Group	12 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	13 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
17 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 9:30-2:30 Foot Care 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	18 9:00-9:45 Fit & Fun 10:00-2:00 Mahjonn 10:00-12:00 Memoir Group	19 9:00-12:00 Pickleball 9:00 & 11:00 Foot Reflexology by appt. 860-455-1327 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	20 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
24 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 9:00 & 11:00 Foot Reflexology by appt. 860-455-1327 11:00 Yoga 11:45-1:15 POT LUCK PICNIC LUNCH & Entertainment by Al Raebuck 12:15 -1:15	25 9:00-9:45 Fit & Fun 10:00-2:00 Mahjonn 10:00-12:00 Memoir Group Car Show 5:00-7:00 	26 9:00-12:00 Pickleball 9:00 & 11:00 Foot Reflexology by appt. 860-455-1327 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	27 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
31 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu			

PICNIC



POTLUCK PICNIC LUNCH
IN THE DINING ROOM
MONDAY AUGUST 24TH AT 11:45AM

ENTERTAINMENT BY

Al Raebuck at 12:15



**SENIOR CENTER WILL PROVIDE THE BURGERS,
HOTDOGS AND DRINKS,
YOU BRING A SIDE DISH or DESSERT.**

NO CHARGE FOR MEMBERS, DINE IN ONLY.

PLEASE RSVP BY THURSDAY AUGUST 20th

860-455-1327

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.

\$60.00 for an hour appointment

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



Car Cruise

Chaplin Senior Center

At Garrison Park

495 Phoenixville Road, Chaplin

Tuesday, August 25th

50/50 Raffle

5:00pm - 7:00pm

50/50 Raffle

**FREE HAMBURGERS, HOTDOGS, CHIPS and
DRINKS**

Music of your Memories with the PO'M

This is a free and fun event and open to the
entire community.

Prizes for 1st 2nd and 3rd Place





photo by Jennifer Lee, Alamy.com, 2013/03/13

an evening of Chinese Astrology & Creative Art

with *Amy Ordóñez & Joe Pandolfo*

As we go deeper into this Year of the 'Fire Horse', join us for this unique workshop...

- ◆ look up your chart in the "Ba Zi" astrology system
- ◆ learn the basics of Ba Zi and discover the unique features in your own chart
- ◆ create an image of your personal chart with hands-on art materials & techniques

Monday August 24th, 6:00-8:00pm
Chaplin Public Library
130 Chaplin Street, 06235

This is a free event

Please pre-register to help us prepare materials:

go to: www.amy-studio13.com/book-online

Questions? contact Amy at 860-916-8612, Joe at 959-444-3979, or Library at 860-455-9424

September is

FALL PREVENTION

Awareness Month

In celebration of this very important topic,
please join us for a community wide, fun, interactive,
educational event... **THE FALL PREVENTION**

This event is
FREE!



Where: **Chaplin Senior Center**

When: **Tuesday, September 22, 2026, 1:00pm**

Check in time 1:00pm & game to begin 1:30pm

Come to play or be part of the audience.
From those that want to play, 2 teams of 5 people each,
will be randomly chosen at the time of the event.
The winning team will be awarded prizes.

Call Chaplin Senior Center to Sign up 860-455-1327

Sign ups appreciated but not required.

**Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235**

**For information call
860-455-1327**



**Don't miss the Senior Center Car Show
At Garrison Park on Tuesday August 25th at 5:00pm
Free Hotdogs and Hamburgers
Music of your Memories by The PO'M**