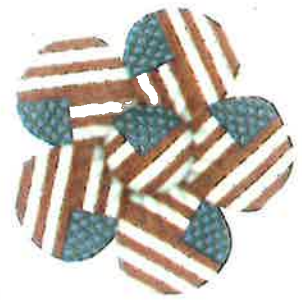


July 2022



Chaplin Senior Center

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

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

Chaplin Tax Collector - Don't forget the Chaplin Tax Collector will be at the Chaplin Senior Center on Wednesday July 20th from 11:00 till 1:00.

Watercolor Class - Watercolor classes will be held on Tuesdays, July 12th and 19th from noon till 2:00. Cost is \$5.00 a class.

Bicentennial Event - Saturday, July 2nd at 2:00. Reenactment of Chaplin's 1st Town Meeting at Chaplin Congregational Church. Watch a play, meet Chaplin's Poet Laureate and enjoy music by a local choral group, followed by the Babcock Band. Fun for Everyone!

Craft Class with Linda - Mandala Dot Painting on Rocks or Coasters. Thursday July 14th at 10:00am. Cost is \$5.00 for this class.

Quick Fix Haircuts - Cindi will be at the center on Thursday July, 21st for all of your hair care needs. Call 860-455-1327 to schedule your appt.

Massage Therapy - Massage therapy appointments can be scheduled for Thursdays, July 21st and 28th. \$30.00 of ½ hour and \$50.00 for an hour. Call 860-455-1327 to schedule your appointment.

Storyteller Carolyn Stearns - Wed. July 27th at 6:00pm. Bring a blanket and a picnic and join Carolyn Stearns on the library lawn for an evening of sea adventures. This program is for all ages!

Younger Next Year - We have two copies of the book **Younger Next Year** to lend out. An easy to read book that gives recommendations on how to possibly delay mental and physical aging. This book could change your life!

Saturday Morning Walking Club - No walks will be scheduled for the months of July and August. See you in September.

CURBSIDE PICKUP OR DINE IN LUNCHESES CHAPLIN SENIOR CENTER

Every Monday and Wednesday

\$5.00 a meal

**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 2:00pm for
Monday lunch and call in on Monday before for Wednesday lunch.**

July 2022 Menu

Monday July 4th - No Lunch, Senior Center Closed

**Wed. July 6th - Italian Grinder, Cole Slaw, Potato Chips and
Apple Pie**

**Monday July 11th – Pulled Pork Sandwich, Macaroni Salad,
Fresh Fruit Cup and Blueberry Cobbler**

**Wed. July 13th - Pasta and Meatballs, Tossed Salad, Garlic Bread
and Dessert**

**Monday July 18th – Chicken Parmesan, Mashed Potatoes, Vegetable,
Dinner Roll and Dessert**

**Wed. July 20th - Grilled Kielbasa w/Onions on a Steak Roll,
Cole Slaw and Dessert**

**Monday July 25th – Grilled Cheeseburger on a Bulkie Roll w/Lettuce,
Tomato, Pickle, Potato Salad, Deviled Eggs and
Dessert**

**Wed. July 27th - 2 Beef or Cheese Burritos, Guacamole, Sour Cream,
Spanish Rice, and Chocolate Cream Pie**



**THE CHAPLIN TAX COLLECTOR WILL BE AT THE
CHAPLIN SENIOR CENTER**

For our Chaplin resident's convenience, the Chaplin Tax Collector will be at the Senior Center on Wednesday, July 20th from 11:00am till 1:00pm

ONLY CHECKS WILL BE ACCEPTED FOR PAYMENTS DURING THIS VISIT.

If you are unable to make it on this day, other options for payment are:

- * Mail it directly to: Chaplin Tax Collector, P.O. Box 944, Willimantic, CT 06235
- * Pay online at [Pay Tax Collector](#) and receive a receipt via mail
- * Drop off at office in Willimantic at the Windham Town Hall
- * Call the tax collector at (860) 456-3037 and pay with a credit or debit card for a small vendor fee.

So come and join us for Bingo, stay for a pre-ordered lunch and pay your taxes all in one day!!



Craft Class with Linda

Mandala Dot Painting on Rocks or Coasters

Thursday July 14th at 10:00am

Come by the front desk and check out a sample.

There will be a \$5.00 charge for materials.

OLD BUT GOOD *by Angela Hawkins Fichter*

Surely, you've heard the expression, "old, but good"? The assumption in the expression is that if something is old, that means it's out of date, or worn out, yet this particular old item is still good. Hah. Maybe we should change the expression to "good because it's old." I remember when we lived in South Killingly in the mid 1970's, and I went shopping at a grocery store in the shopping center on Rt. 6 in East Brooklyn. The store had let some old women set up their table right in front of the store to sell their pies. It must have been autumn, because what they had to sell was apple pies. I walked up to the table and asked the oldest looking woman behind the table which pie she had made. She pointed to one, and I bought it. It was very yummy. Why did I ask the oldest woman? Because she would have made it from scratch from fresh apples, not canned apples. I asked the ladies which organization they were from, and the answer was the Brooklyn Episcopal Church. I had recently bought an apple pie from another church that had been made by a young woman. It had canned apples. Just not the flavor you get from fresh apples, and because the woman was young, she chose the quickest way to make a pie: buy an already made crust and put canned apples in it.

Another example that old can mean good, as in more knowledgeable, was when I lived in Greene, Rhode Island. We were renting what had been the chauffeur's apartment, which was over a 5-bay stone garage built around the time of World War I. This was on the Arnold estate, which was over several thousand acres, and had been built by an obviously successful businessman as his summer home. I believe his other home was in Providence. I fell in love with a flower I had never seen before that was planted just along the low stone wall near the big white barn. I asked the name. The answer was, "Oh, that's columbine, it was planted by the English gardener we had. His home was up there", said by Mittie Arnold, the builder's now elderly daughter, as she pointed up the hill a bit. "And if you walk down that dirt road, you can see the cranberry bog we have." The chauffeur's apartment had hardwood floors, a clawfoot bathtub, and a soapstone sink. The view of the valley from the apartment windows was lovely. This looked over the area where Mittie and her friend Margaret Thomas had planted their gardens of herbs. They had run a successful business called Greene Herb Gardens, selling little jars of herbs that you bought at their small shop, or ordered by mail, or bought at various health food stores. In the 1950's they provided the herbs to Pepperidge Farm for an herb bread that was sold at that time.

Once while we rented there, from about 1972 to 1974, I became very ill. I had a temperature of 102 to 103. I think it was the flue. I stayed in bed and felt weak and drained, plus had a fever. Since I had not been seen by the ladies for a couple days, they asked my husband if I was all right. He told them of my being in bed with a fever and not feeling well. A couple hours after he told them, Margaret showed up at my bedside with a mug of hot tea. She said drink this up, it will help you. I asked what the ingredients were. She said feverfew and explained it should reduce my fever. I obeyed and drank it up. Thirty minutes later I had no fever. I still had no energy. Took several days before I felt good again, but no more fever. Ever since then I have grown feverfew. It has small white blossoms with little yellow centers. It belongs to the daisy family. You snip off the blossoms when they are in full bloom and dry them on a paper towel in your home until they are bone dry. Then place them in a small bottle. If you get a fever, boil some water and add a spoonful of feverfew blossoms to a mug of hot water. Let them brew for several minutes. Then take the blossoms out and drink the hot tea.

Since the yummy apple pie and the effective feverfew tea were both provided by old women, who had years of experience, I think we should change the expression of old, but good into old and therefore good.

PAINT AND SIP NIGHT at the Library

Thursday, August 11 6:30-8

Create this cheery WELCOME sign which can adorn your home or become a handmade gift for someone special. Artist Linda Gebhardt will show you how to make this 14" X 20" keepsake on beautiful slate. Your \$25 covers everything- supplies, instruction, delicious treats and a fun night out. Bring your friends! No art experience or talent necessary.



Sign up at the Library ((860) 455-9424 or Senior Center [\(860\) 455-1327](tel:8604551327)
by Friday, August 5th

Space is limited

Sponsored by Friends of the Chaplin Public Library



Chaplin Senior Center Monthly Calendar

July 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|--|---|---|
| 4 Senior Center Closed for 4TH of July Holiday. | 5 9:00 - 10:00 Fit & Fun 9:30 - 11:30 Pickleball 10:00 Memoir Group 10:00 Mahjongg | 6 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu | 7 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun |
| 11 9:00-10:00 Fit & Fun 9:45 Wii Bowling 9:30 - 11:30 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see Menu | 12 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00 - 1:00 Municipal Agent 12:00-2:00 Watercolor Class | 13 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu | 14 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00 Craft Class |
| 18 9:00-10:00 Fit & Fun 9:45 Wii Bowling 9:30 - 11:30 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see Menu | 19 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 12:00 - 2:00 Watercolor Class | 20 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45-12:15 LUNCH see Menu 11:00 - 1:00 Chaplin Tax Collector | 21 8:00 Continental Breakfast 9:00- 10:00 Fit & Fun 9:00- 2:00 Haircuts w/ Cindi Call 860-455-1327 for Appt. 10:00 - 1:00 Massage Therapy By appt. Call 860-455-1327 |
| 25 9:00-10:00 Fit & Fun 9:45 Wii Bowling 9:30-11:30 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see Menu | 26 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00 Mahjong 10:00-1:00 Municipal Agent | 27 9:30 - 11:30 Pickleball 9:45-11:45 Bingo 11:45 - 12:15 LUNCH see Menu 6:00 PM Storyteller Carolyn Stearns - Sea Stories | 28 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00 - 1:00 Massage Therapy by appt. Call 860-455-1327 |



Tea Time Book Chat
Friday July 8th, at 3:00
Library meeting room



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

The Turkey Train Winnepesaukee Railroad

Tuesday, October 11, 2022

Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee in
New Hampshire. It's a Great Fall Daytrip!!



Relax on board the train as we watch the boats on the lake & enjoy the scenery as we travel roundtrip from Meredith, NH. We will make a NH Liquor Store stop prior to boarding the train.

Hart's Turkey Farm Dinner on board the Train. This is a Hart's famous home style turkey dinner, just like grandma made at Thanksgiving.

Menu: Turkey, Potato, Gravy, Stuffing, Cranberry Sauce, Rolls, Vegetable, Dessert & Beverage. YUM!

Following our train ride visit Mill Falls, a collection of shops along with Ben & Jerry's ice cream.

COST: \$138.pp based on 35-47 passengers

Depart: 7:45am Beckish Senior Center 188 Route 66

Est Return: 8:00pm Columbia

Depart: 8:15am Windham Senior Center, 1 Jillson Square

Est Return: 7:30pm Willimantic

Reservations: Beckish Senior Center contact Bernadette Derring 860-228-0759

Andover Senior Center contact Georgia O'Brien 860-742-9947

Chaplin Senior Center contact Lisa 860-455-1327

Checks payable to Town of Columbia

Windham Senior Center contact Kate Cox 860-423-4524

Checks Payable to: Town of Windham

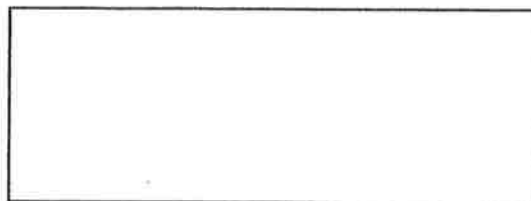
This package is subject to our full terms and conditions which can be found on our website at www.friendshiptrains.com/tourinfo.html. Paper copies are available upon request. By signing up to participate in this tour, you are agreeing to be bound to these terms and conditions. Therefore, you must read the terms and conditions in their entirety. By signing up for this 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.



FRIENDSHIP TOURS
THE SHIP SHOP
705 Blossomfield Ave, Blossomfield, CT 06032
860-243-1630 • 800-243-1630
www.friendshiptrains.com

Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



A Reminder: Chaplin's Municipal Agent for the Elderly, Ann Lewis, is available to answer any questions you may have about community resources and federal benefits. That includes things like food assistance, housing assistance, Medicare, social security, energy assistance, or in-home care needs. She is available at the Senior Center on the 2nd and 4th Tuesdays or by appointment. (860) 455-1327.