

July 2025

# 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** - The Chaplin Senior Center is looking for artists who would like to display their artwork at the center for a month. We have a very nice art hanging system in our multi function room. If you are interested or know of someone who might be interested, please call Lisa at 860-455-1327 for more information.

**October Art Show** - Do you have artwork in your home you would like to display and sell? We are planning a collaborative show in October of pieces of art that would be looking for a new home. Call the center at 860-455-1327 if you are interested.

**Fall Prevention** - We will be having a fall prevention discussion on Monday, May 28th at 11:00. Come and get some information and pointers of how to prevent falls in your homes and surroundings.

**Karaoke** - Join us on Wednesday July, 16th after lunch for karaoke with Ellen and anyone else that would like to participate. Stay to just listen or let me know what song you would like to sing so I can be sure to have it available for you.

**Piano Lessons** - Have you always wanted to learn how to play the piano? Emily would love to teach you, for only \$10.00 a lesson. Call 860-455-1327 to sign up.

## **Yoga -**

*Please join us for gentle acu-yoga this summer with Jennifer. Gentle yoga is a combination of chair yoga for breath and spinal health, stretching and increasing well being - plus some standing postures to increase your physiology of balance - plus some yoga on your back, for deep release of your back and neck and further stretch of your hips and whole body. We gently strengthen core and groundedness, physical alignment, and we honor your heart and mind with a peaceful practice that nurtures your serenity and joy for life.*

*This summer we will add acupressure point practice to our yoga. Acupressure points are tools for relieving symptoms that you can add to your self-care routine, in class and at home. Acupressure points are a gentle way to shift and support your body's best health. They give us insight into how the body works and to the interwovenness of our whole body.*

*Our practice is responsive to your needs and to your experience each time. You are deeply and warmly invited to join in.*

**\$8.00 for members and \$10.00 for non-members**

# **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.**

### **July 2025 Menu**

- Wed. July 2nd - Swedish Meatballs over Noodles, Vegetable, Dinner Roll, Strawberry Shortcake**
- Monday July 7th - SENIOR CENTER CLOSED**
- Wed. July 9th - Taco Stuffed Tomato w/Ground Beef, Cheddar Cheese, Guacamole, Sour Cream, Tortilla Chips, Pineapple Rice & Cherry Pie**
- Monday July 14th - Baked Stuffed Shells, Garlic Bread, Tossed Salad & Lemon Square**
- Wed. July 16th - Chicken Cutlet on a Roll w/ Lettuce & Tomato, Potato Salad & Rice Pudding**
- Monday July 21st- Grilled Pork Chop w/Scalloped Potatoes, Applesauce & Fruit Cobbler**
- Wed. July 23rd - Grilled Chicken Caesar Salad, Corn Bread, Oven Fries & Rhubarb Custard Cake**
- Monday July 28th - Baked Meatloaf, Mashed Potatoes w/Gravy, Vegetable, Dinner Roll & Cookie**
- Wed. July 30th - Italian or Vegetable Grinder, Potato Chips & Apple Pie**



**YEE-HAW !!**

**Line Dancing is Back !!**

**Beginning Thursday July 3rd.**

**Thursdays 10:30am - 12:00pm**

**Chaplin Senior Center**

**\$10.00 Drop In Fee**

Discover the joy of line dancing with our beginner-friendly classes! You'll grasp the essential steps and patterns that form the foundation of line dancing, all while having a great time! Designed specifically for beginners, the class offers introductory level dances.

Join us in this delightful dance journey!

# Chaplin Senior Center Monthly Calendar

## July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>1</b> 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00 Memoir Group	<b>2</b> 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu <b>12:30-2:00 Mexican Train</b>	<b>3</b> 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 <b>10:30-12:00 Line Dancing</b>
<b>7</b> <b>Senior Center Closed!</b>	<b>8</b> 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 -2:00 Mahjongg 10:00 Memoir Group	<b>9</b> 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	<b>10</b> 8:00 Breakfast Club 9:00-9:45 Fit & Fun <b>10:30-12:00 Line Dancing</b>
<b>14</b> 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	<b>15</b> 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00 Memoir Group	<b>16</b> 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	<b>17</b> 8:00 Breakfast Club 9:00-9:45 Fit & Fun <b>9:15-3:00 Hair Care with Cindi 860-455-1327</b> <b>9:30-3:30 Foot Care by appt.</b> 10:00-1:00 Massage Therapy by appt. 860-455-1327 <b>10:30-12:00 Line Dancing</b>
<b>21</b> 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00-2:00 Massage Therapy by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu	<b>22</b> 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	<b>23</b> 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	<b>24</b> 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 <b>10:30-12:00 Line Dancing</b>
<b>28</b> 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	<b>29</b> 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	<b>30</b> 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	<b>31</b> 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 <b>10:30-12:00 Line Dancing</b>





# **Car Show**

## **Chaplin Senior Center**

**132 Chaplin Street, Chaplin**

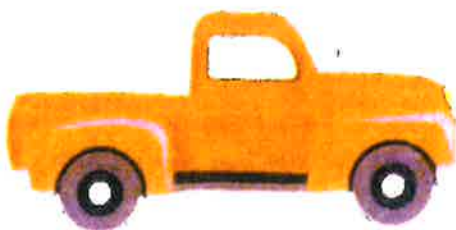
**Tuesday, August 5th (Rain Date Aug. 12th)**

**5:30pm - 7:30pm**

**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.**



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

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



### **TIPS ON GUARDING AGAINST SKIN CANCER**

- Avoid being in the sun when its rays are the strongest: between 10 AM and 4 PM.
- Wear clothes that cover as much skin as possible and wear a broad-brimmed hat.
- Use sunscreen SPF 15 or higher on exposed skin.
- Don't use ultraviolet sunlamps or go tanning; any ultraviolet light is bad for your skin.
- Most importantly, have yourself checked regularly, especially if any unusual skin changes occur.

