

MARCH 2021

# Chaplin Senior Center

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

Lisa Kegler, Assistant Director  
Bob Grindle & Dawn Gilbert, Kitchen Staff  
Anne Lewis, Municipal Agent



**It's Official!!!** I will be the new Director here at the center. I would like to thank all of you from the bottom of heart that showed me so much support. It means more to me than you will ever know. I know I have some very big shoes to fill, but I promise you all, I will work very hard to do my absolute best. I look forward to hearing any suggestions and ideas you may have for the center. Thank you all again, Lisa

**I'm 65+ & I want the Vaccine. How can I get it? Here are a few options**

Call 877-918-2224 to schedule an appointment

Register online at [ct.gov/covidvaccine](https://ct.gov/covidvaccine)

Register using VAMS - If you do register through VAMS, you can call Lisa at the Chaplin Senior Center 860-455-1327 to be placed on the on call wait list. If there are any "left over" vaccines at the end of a clinic I will call you, and you have to be able to make it to E.O.Smith High School or Mansfield Community Center within 30 to 45 minutes after I call you to receive your vaccine.

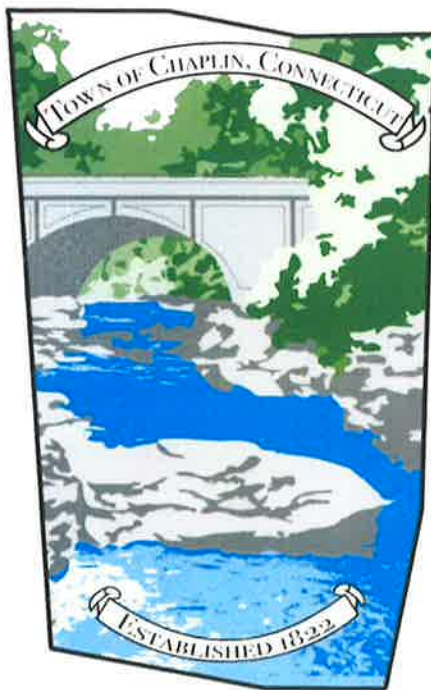
Register through Hartford Healthcare by signing up with MyChartPlus or call them at 860-827-7690.

Register through CVS.com or through the CVS Pharmacy app. For those without online access can call 800-746-7287.

**Chaplin's Bicentennial** - "The Bicentennial Committee is seeking a panel of senior citizens who grew up in Chaplin and would be willing to share their experience of what it was like "back in the day". This event would be held at the Chaplin Library sometime in 2022 so interested citizens can learn more about the history of our town from those who know it best. If you are interested in participating, or if you have stories that have been passed down from your parents or grandparents, please consider volunteering for this informal sharing session. For more information, or to submit your name, please contact Leslie Ricklin, at [ricklinl@easternct.edu](mailto:ricklinl@easternct.edu)."

**Curbside Lunches** - Please note: If there should be inclement weather on a meal day, please check cancelations on Channel 3.

As part of the town of Chaplin's  
Bicentennial Celebration, the Library  
Board of Trustees seeks applications for a  
***Chaplin Poet Laureate***



Applicants for this honorary position should submit a letter of interest, along with an original poem, to Sandra Horning, Library Director. Applications may be dropped off at the Chaplin Library, or emailed to:

**[LibraryDirector@chaplinct.org](mailto:LibraryDirector@chaplinct.org)**

Our objective in creating this position is to use poetry to celebrate the history, natural beauty, and culture of Chaplin.

***Deadline for applications: April 1, 2021***

# **CURBSIDE PICKUP LUNCHES**

## **CHAPLIN SENIOR CENTER**

Every Monday and Wednesday

\$5.00 a meal for members and \$7.00 a meal for non-members.

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 the Monday before for Wednesday lunch.

**860-455-1327**

### **March 2021, Menu**

**Monday, March 1<sup>st</sup>...4 Cheese Macaroni & Cheese,  
Vegetable, Bread, Dessert**

**Wednesday, March 3<sup>rd</sup> ...Vegetable or Beef Shepard's Pie,  
Vegetable, Garlic Bread, Dessert**

**Monday, March 8<sup>th</sup>...BBQ Chicken Quarters w/ Scalloped  
Potatoes, Cole Slaw, Roll, Dessert**

**Wednesday, March 10<sup>th</sup>...Italian Sausage w/pasta & fresh sauce  
Garden Salad, Garlic Bread, Dessert**

**Monday, March 15<sup>th</sup>...Beef Stew w/fresh baking pdr biscuit,  
Broccoli, Dessert**

**Wednesday, March 17<sup>th</sup>...Corned Beef & Cabbage w/carrots &  
Boiled Potatoes, Fresh Bread, Dessert**

**Monday, March 22<sup>nd</sup> ...Chicken Pot Pie, Cole Slaw, Dinner Roll,  
Dessert**

**Wednesday, March 24<sup>th</sup>...Sweet & Sour Kielbasa over Rice,  
Vegetable, Roll, Dessert**

**Monday, March 29<sup>th</sup>...Cheese & Spinach Stuffed Shells,  
Tossed Salad, Garlic Bread, Dessert**

**Wednesday, March 31<sup>st</sup>...Baked Meat Loaf, Mashed Potatoes,  
and Gravy, Vegetable, Roll, Dessert**

# **Fisherman's Breakfast**

**At the Chaplin Senior Center**

**SATURDAY APRIL 10TH**

**Curbside Pickup Only**

**6:00am - 8:30am**

**BREAKFAST SANDWICH, HOME FRIES AND  
BLUEBERRY COFFEE CAKE!**

**ONLY \$5.00**

**Please call the center at 860-455-1327**

**To pre-order by 2:00pm on Thursday April, 8th.**



# **TAI CHI *for Health and Better Balance!***



**Tuesday mornings 10:00-11:00am  
livestream on Zoom  
Offered by the Chaplin Senior Center**

Learn and practice a short form of traditional Tai Chi movements - shown in studies to strengthen balance, and endorsed by the CDC as an effective fall-prevention exercise.

Enjoy the relaxation and rejuvenation of this centuries-old health practice - known as 'moving meditation', and also proven to promote healthy heart rate, mind-body coordination and enriched breathing.

**More:** <https://www.consumerreports.org/alternative-medicine/benefits-of-learning-tai-chi/>

## **March session:**

**Tue Mar 2<sup>nd</sup> - try it free!**

**Tue Mar 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> - register for \$25 at the Senior Center:  
seniorcenter@chaplinct.org or call 860-455-1327**

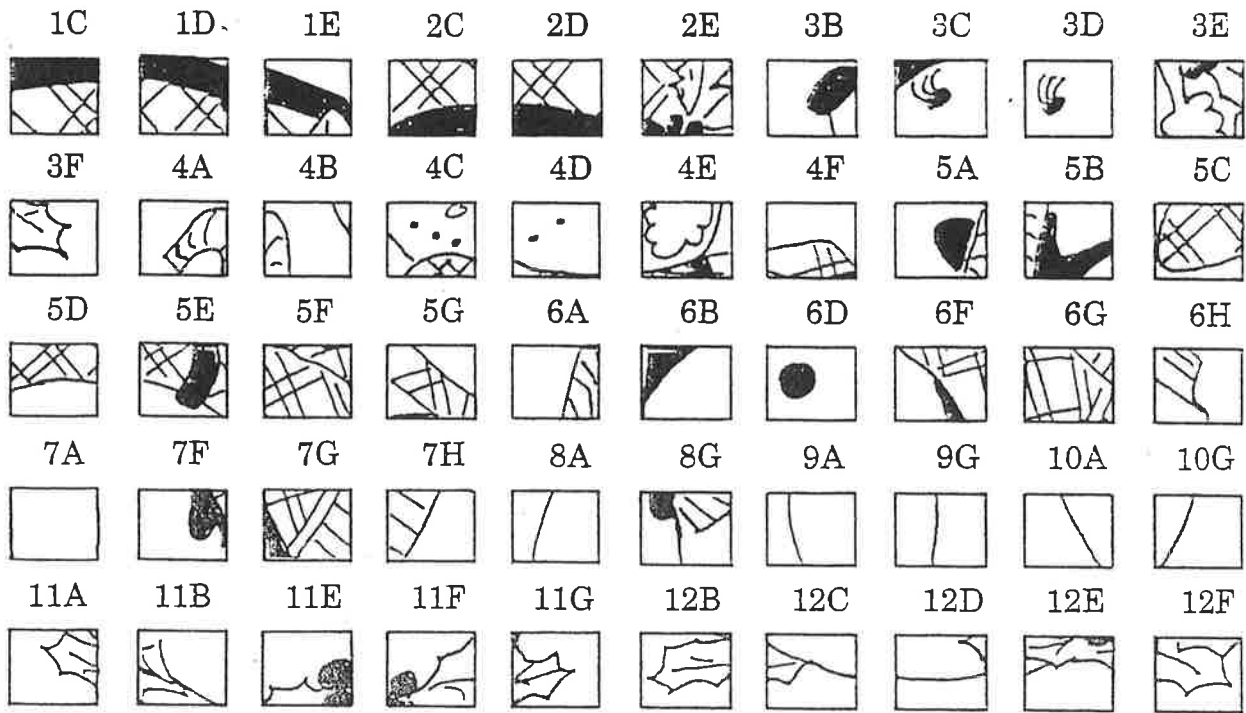


Taught by Ashford resident Joe Pandolfo, c/o Starfarm Tai & Qigong, Chaplin CT. A certified Instructor with the American Tai Chi & Qigong Association and the CDC's 'Moving for Better Balance' program, Joe has taught Tai Chi and qigong for over a decade in town centers, professional continuing ed programs, corporate and clinical exercise facilities, and holistic health centers. Joe is also a Board Director for the CT Society of Acupuncturists, and certified Acupuncture Detoxification Specialist and Reiki practitioner.

Feel free to contact Joe at [joeptaichi@gmail.com](mailto:joeptaichi@gmail.com), or (959)444-3979

# WINTERTIME FUN

You don't have to be an artist to draw a wintertime picture. Just draw each code square in the corresponding square on the grid.



	A	B	C	D	E	F	G	H
1								
2								
3								
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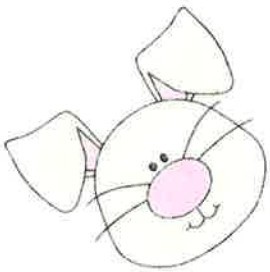
# **ZOOM CRAFT CLASSES**

**With Mary and Lisa**

**Thursday March 11<sup>th</sup> at 10:00am**

**We will be making the cutest little dollar store  
Bunny Head makeover**

**Along with the most adorable and easy little  
Easter Chick.**



**Thursday March 25<sup>th</sup> at 10:00am**

**We are going to put together a super cute  
little Easter Egg Topiary.**

**The cost for this class will be \$3.00  
to help offset the price of materials.**

**Please call the Chaplin Senior Center at 860-455-1327**

**To sign up for these classes and schedule a time to pick up your  
supplies.**