



Chaplin Senior Center

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

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

Sharing Memories - The Chaplin Senior Center has put together a book of memoirs written by our Memoir Group. This book is available to purchase at the center and at our booth the day of the Bicentennial Celebration at Garrison Park on Sept. 10th. Purchase price is \$10.00.

Chaplin Elementary School Yearbook 1960-1961

Are you here? Do you know who any of these students are?

Every student in Chaplin Elementary School grades 1 through 8 in 1960-1961 is pictured on the Senior Center bulletin board. To our knowledge, it was the only yearbook published by the Elementary School and none of the students are named. We are asking each of you to come to the Senior Center to try to find yourself and name any other students you may recognize.



Newsletter by mail - With the cost of postage going up, up, up, please let us know if you no longer want to receive a monthly copy of the senior center newsletter in the mail. Call 860-455-1327 to cancel.

Yoga - Just a reminder, there will be no yoga classes in the month of September. Jennifer will be back on Monday October 3rd.

Podiatry- Dr Morgan, the Colchester foot specialist will be coming on Wednesday, Sept. 7th from 1:00 - 3:00. Give us a call to get on the schedule.

Quick Fix Haircuts - Cindi will be at the center on Thursday, Sept. 15th for all your hair care needs. Call 860-455-1327 to schedule your appt.

Massage Therapy - Massage therapy appointments can be scheduled for Thursdays, Sept. 1st, 15th and 29th. \$30.00 for ½ hr and \$50.00 for an hour.

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, 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.**

September 2022 Menu

- Monday Sept. 5th - NO LUNCH, SENIOR CENTER CLOSED.**
- Wed. Sept. 7th - Shepherd's Pie, Cole Slaw, Dinner Roll and
Dessert**
- Monday Sept. 12th - Chicken Parmesan, Mashed Potatoes, Vegetable
Garlic Bread and Dessert**
- Wed. Sept. 14th - Roast Pork, Oven Brown Potatoes, Vegetable
Dinner Roll and Apple Pie**
- Monday Sept. 19th - Spaghetti and Meatballs, Tossed Salad,
Garlic Bread and Ice Cream**
- Wed. Sept. 21st - BBQ Chicken w/ Rice Pilaf, Vegetable,
Dinner Roll and Bread Pudding**
- Monday Sept. 26th - Chicken Pasta Salad, Cole Slaw, Corn Bread
and Dessert**
- Wed. Sept. 28th - Meat Lasagna, Tossed Salad, Garlic Bread
and Dessert**

Bicentennial Celebration

Chaplin, Connecticut

1822-2022

Schedule of Events

September 10, 2022



SCHEDULE OF ACTIVITIES



at Garrison Park

Parade Starts 10:30 at Ridge and Palmer Roads and arrives at Garrison Park 11:30

After the Parade: Student Talent show/Games for everyone:

tug of war, sack race, 3 legged race (near the playscape) Linda Caron

12:30 Chaplin Ukulele Band

12:45 Martial Arts Demonstration.....dojo?

1:00 All Levels Yoga Flow (baseball field)..... Angie Jacques

1:15 Babcock Cornet Band

2:00 WelcomeLeslie Ricklin, Chair, Bicentennial Committee

.....Juan Roman, III, First Selectman

Proclamation Susan Bysiewicz, Lieutenant Governor

Idylls of the Town Chaplin Poet Laureate Adelaide Northrop

Recognition of Past First Selectmen Juan Roman III

Recognition of Leaders from

Mansfield, Windham, Hampton..... Juan Roman III

Bicentennial Arboretum Dedication William Rose IV

3:00 Drone Photograph of Townspeople..... Brian Synnott

..... Warren Church

3:00-5:00 Branded, Country that Rocks

4:00 Wood Chopping Demonstration....Darcy Rose and UConn Friends

5:00-8:00 Paul Leonard Band

8:00 FIREWORKS!

Ongoing Events: Food Trucks and Concession Stand beginning at 11:00 am

Nature Scavenger Hunt

(information at the Bicentennial Committee booth)

Chaplin Senior Center Monthly Calendar

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00-1:00 Massage Therapy By appt. call 860-455-1327
5 SENIOR CENTER CLOSED! Labor Day !!	6 9:00 - 10:00 Fit & Fun 9:30- 11:30 Pickleball 10:00 Memoir Group 10:00 Mahjongg 12:00-2:00 Watercolor Class	7 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu 1:00-3:00 Podiatry call 860-455-1327 to schedule your appt.	8 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun
12 9:00-10:00 Fit & Fun 10:00 Wii Bowling 9:30 - 11:30 Pickleball 10:30 Medicare Discussion 11:45-12:15 LUNCH see Menu	13 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00 - 1:00 Municipal Agent	14 9:30 - 11:30 Pickleball 9:45 -11:45Bingo 11:45-12:15 LUNCH see Menu	15 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
19 9:00-10:00 Fit & Fun 10:00 Wii Bowling 9:30-11:30 Pickleball 11:45-12:15 LUNCH see Menu	20 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00 Mahjongg 12:00-2:00 Watercolor Class	21 9:30 - 11:30 Pickleball 9:45-11:45 Bingo 11:45 - 12:15 LUNCH see Menu	22 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun
26 9:00-10:00 Fit & Fun 9:30-11:30 Pickleball 10:00 Wii Bowling 11:45-12:15 LUNCH see menu	27 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00Mahjongg 10:00 - 1:00 Municipal Agent	28 9:30-11:30 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	29 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00 - 1:00 Massage Therapy By appt. Call 860-455-1327

Save the Date : September 10, 2022
(Rain Date Sept. 11th)
for the Chaplin Bicentennial Celebration!!!

LONG VIEW

Kenneth Huffine Insurance Advisor

281 Hartford Turnpike Suite 316

Vernon, CT 06066

(860) 871-7055

ken@longviewwm.com

Questions about the future of Medicare?

Are you aware of all your Medicare options?

Want to know more about your health insurance?

Join Kenneth Huffine and learn the Basics of
Medicare!

Join us September 12th at 10:30AM

Location: Chaplin Senior Center

Topics of Discussion:

1. **Learn the Basics of Medicare and the changes that apply to you!**
2. **What is the difference between a Supplement and an Advantage plan?**
3. **Learn how the Prescription Drug Plan rules apply to you!**
4. **Are you taking advantage of all the benefits offered to you?**

From the desk of Ann Lewis, Municipal Agent for the Elderly

Personal Emergency Alert Systems

Are you or a loved one concerned about falling at home and being unable to get to the phone to get emergency help? If you are at risk of falling or at risk for having a sudden medical emergency, you may benefit from having a personal emergency alert system. Such a system consists of a button that you wear on a wrist band or pendant. When you press this button a trained care specialist available 24/7 will assess what help you need. They will then send a friend, neighbor, or emergency personnel to help you. There are even personal emergency alert systems can detect a fall and automatically notify emergency services.

If you're interested in finding out more about emergency alert systems, one company that provides this service locally is Lifeline based in Massachusetts. You can contact them at 855-681-5351. The cost of standard Lifeline services is \$29.99/mo and they do not require you to sign a multi-year contract. They provide discounts for AARP members, Veterans, and those insured by Medicaid.

Some tips for homebound seniors concerned about falls or medical emergencies:

- Get a lock box to hang on your door knob to hold your house key. You can give the code on the lock box to family and friends who might need to get into your home. You can also give out the code if you ever have to call 911 with a medical emergency and can't get to the door to let someone in.
- Keep your cordless phone hand set or cell phone in your pocket in case of emergencies. Having a phone handy can also keep you from dashing to answer the phone and accidentally falling.
- If your mobility or balance has declined, have your home environment assessed by a home health physical or occupational therapist for ways you can prevent falls. Your doctor can make a referral for this type of service.

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

In The Christmas MOOD

Wednesday, December 7, 2022

THE WORLD FAMOUS
GLENN MILLER ORCHESTRA



Aqua Turf Club, Plantsville, CT

This world famous orchestra is the most popular and
sought after swing band in the world.

A FUN & LIVELY HOLIDAY SHOW

• Delicious lunch at the elegant Aqua Turf in Plantsville, CT

FAMILY STYLE MENU: Garden Salad, Pasta, Roast Turkey
& Baked Ham, Vegetable, Potato, Rolls, Dessert, Beverage

COST: \$115pp BASED ON 35-50

*Let's Listen
& Dance to...*

**Moonlight
Serenade**

Tuxedo Junction



**FRIENDSHIP TOURS
THE SHIP SHOP**
705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

Depart: 10:00am Windham Senior Center, 1 Jillson Square

Est Return: 5:30pm Willimantic

Depart: 10:15am Beckish Senior Center 188 Route 66 Est Return: 5:15pm 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 Lisa 860-455-1327

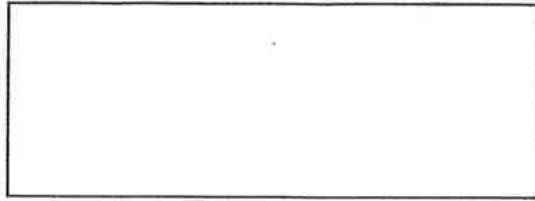
Checks payable to Columbia Senior Center

Windham Senior Center contact Kate Cox 860-423-4524

Checks Payable to: Town of Windham

Chaplin Senior Center
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Chaplin, CT 06235

For information call
860-455-1327



Flu Shot Clinic coming to the Center on

October 13th, 2022

So mark your calendars.

