

November 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

For November and December 2025, the Senior Center will be featuring a collective exhibition of the works of various local artists and crafters who have shown their pieces in our space previously. Most of the pieces will be available for purchase in advance of the holiday season.

**Bingo** - There will be no bingo on Wednesday, November 26th. We will be serving our **Country Breakfast** that morning 8:00am till 9:30am instead of lunch.

**Pickleball** - There will be no pickleball on Monday December 1st and Wednesday December 3rd. The Artists' Open Studio will be set up in the community room for that week.

**Holiday Closings** - Please note the center will be closed on Tuesday, November 11th for Veteran's Day and Thursday, November 27th for Thanksgiving. Wishing everyone a wonderful Turkey Day filled with food, fun, family and friends!!

**Trunk-or-Treat** - Come by and visit Pete & Lisa at the Senior Center's display at Trunk or Treat in Garrison Park on Sat. November 1st, starting at 5:00pm.

# **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.

### **November 2025 Menu**

**Monday Nov. 3rd - Baked Chicken Quarter, Pasta Salad, Vegetable  
Corn Bread & Spice Cake**

**Wed. Nov. 5th - Spaghetti & Meatballs, Tossed Salad,  
Garlic Bread & Double Fudge Brownie**

**Monday Nov. 10th - Baked Salmon, Roasted Potatoes, Roasted  
Carrots, Corn Bread & Chocolate Chip Muffin**

**Wed. Nov. 12th - Beef or Cheese Burrito, Spanish Rice, Guacamole  
Sour Cream, Salsa, Taco Chips & Bread Pudding**

**Monday Nov. 17th - Bacon or Vegetable Quiche, Tater Tots, Fruit Cup  
& Banana Cake**

**Wed. Nov. 19th - Pulled Pork on Ciabatta Roll, Cole Slaw, Dill Pickles  
Potato Chips, Fruit Crisp**

**Monday Nov. 24th - Roast Turkey w/Mashed Potatoes & Gravy  
Cranberry Sauce, Stuffing, Green Bean Casserole  
Dinner Roll and Apple Pie**

**Wed. Nov. 26th - COUNTRY BREAKFAST - French Toast, Scrambled  
Eggs, Bacon, Sausage & Gravy w/ Biscuits,  
Coffee Cake, Coffee & Juice all for only \$8.00**

**DINE IN ONLY**



# COUNTRY BREAKFAST

## Chaplin Senior Center



**Wednesday, November 26, 2025**

**8:00am till 9:30am**



**French Toast, Scrambled Eggs, Bacon, Sausage & Gravy  
with Biscuits, Coffee Cake, Coffee and Juice**

**All for only \$8.00**

**Dine In Only**

**Call Monday Nov. 24th, 2025 before noon to sign up!**

**860-455-1327**



# Chaplin Senior Center Monthly Calendar

## November 2025

| MONDAY                                                                                                                                                                                                      | TUESDAY                                                                                                                                          | WEDNESDAY                                                                                                                                                      | THURSDAY                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>9:00-9:45 Fit & Fun<br><b>9:00-12:00 NO PICKLEBALL</b><br>9:00-12:00 Light Therapy by appt. 860-455-1327<br>11:00 Yoga<br>11:45-12:15 LUNCH see menu                                            | <b>4</b><br>9:00-9:45 Fit & Fun<br>10:00-2:00 Mahjongg<br><b>10:00 Cell Phone help with Judy</b>                                                 | <b>5</b><br>9:00-12:00 Pickleball<br>9:00-1:30 Light Therapy by appt. 860-455-1327<br>9:45-11:45 Bingo<br>11:45-12:15 LUNCH<br><b>12:30-2:00 Mexican Train</b> | <b>6</b><br>8:00 Breakfast Club<br>9:00-9:45 Fit & Fun<br><b>9:00-12:00 Pickleball</b><br>12:30-2:00 Senior Center Band. All Welcome                                                              |
| <b>10</b><br>9:00-9:45 Fit & Fun<br>9:00-12:00 Pickleball<br>9:00-12:00 Light Therapy by appt. 860-455-1327<br>11:00 Yoga<br>11:45-12:15 LUNCH see menu<br><b>12:15 Light Therapy Presentation</b>          | <b>11</b><br><b>Senior Center Closed for Veterans Day!!</b><br> | <b>12</b><br>9:00-12:00 Pickleball<br>9:00-1:30 Light Therapy by appt. 860-455-1327<br>9:45-11:45 Bingo<br>11:45-12:15 LUNCH see menu                          | <b>13</b><br>8:00 Breakfast Club<br>9:00-9:45 Fit & Fun<br>10:00-1:00 Massage Therapy by appt. 860-455-1327<br>12:30-2:00 Senior Center Band. All Welcome                                         |
| <b>17</b><br>9:00-9:45 Fit & Fun<br>9:00-12:00 Pickleball<br>9:00-12:00 Light Therapy by appt. 860-455-1327<br>10:00-2:00 Massage Therapy by appt. 860-455-1327<br>11:00 Yoga<br>11:45-12:15 LUNCH see menu | <b>18</b><br>9:00-9:45 Fit & Fun<br>10:00-2:00 Mahjongg<br><b>10:00 Cell Phone help with Judy</b>                                                | <b>19</b><br>9:00-12:00 Pickleball<br>9:00-1:30 Light Therapy by appt. 860-455-1327<br>9:45-11:45 Bingo<br>11:45-12:15 LUNCH see menu<br><b>12:15 Karaoke</b>  | <b>20</b><br>8:00 Breakfast Club<br>9:00-9:45 Fit & Fun<br><b>10:00-3:00 Foot Care by appt.</b><br>10:00-1:00 Massage Therapy by appt. 860-455-1327<br>12:30-2:00 Senior Center Band. All Welcome |
| <b>24</b><br>9:00-9:45 Fit & Fun<br>9:00-12:00 Light Therapy by appt. 860-455-1327<br>9:00-12:00 Pickleball<br>11:00 Yoga<br>11:45-12:15 LUNCH see menu                                                     | <b>25</b><br>9:00-9:45 Fit & Fun<br>10:00-2:00 Mahjongg                                                                                          | <b>26</b><br><b>8:00-9:30 COUNTRY BREAKFAST Dine in Only</b><br>9:00-12:00 Pickleball<br>9:00-1:30 Light Therapy by appt. 860-455-1327<br><b>NO BINGO</b>      | <b>27</b><br><b>Senior Center Closed for Thanksgiving!!</b><br>                                              |

Don't forget to thank our Veterans on Veteran's Day  
for all they sacrificed for our freedom.

Remember freedom is not free!!

CHAPLIN RECREATION COMMISSION

# TRUNK *of* TREAT



**DANCE STARTS AT 4  
TRAIL OPENS AT 5  
MASSIVE BONFIRE AT 7:30  
STAY FOR A SPOOKY MOVIE!**

**Edward  
Garrison  
Park**

**SATURDAY  
NOVEMBER 1ST  
2025**



**Trunkers  
register here**

Contact Dave (860) 576-2574 or Amie (302) 264-1104

**TRUNKERS MUST BE IN PLACE BY 5**

## **"A Love Letter to a Vanishing Generation"**

If you were born between 1930 and 1946, you belong to an incredibly rare and extraordinary group - only 1% of your generation is still alive today.

You are the quiet keepers of a world that no longer exists, a bridge between candlelight and smart phones, handwritten letters and instant messages, ration books and digital wallets.

You were born into resilience. You came from the Great Depression - when every scrap of cloth, every tin can, every drop of milk mattered. You watched the world rebuild itself after war, not through noise or complaints, but through sweat, dignity, and belief in tomorrow.

You remember when the milkman's whistle meant breakfast was coming. When discipline came with love, and when neighbors truly knew each other's names.

Your imagination was your greatest gift. Without screens or gadgets, you built castles in your minds, played with marbles and sticks, and listened to the radio as families gathered close, hearts warmed by stories that painted pictures without color.

You witnessed the birth of modern technology- the first black-and-white televisions, the first commercial flights, the first men to walk on the moon. You saw the world move from horse-drawn carts to highways, from handwritten letters to the hum of the internet.

You were taught to fix things - not throw them away. To mend socks, to patch roofs, to repair hearts. You learned that work wasn't punishment, it was pride.

And now, at 77 to 93 years old, you carry stories that the world should never forget - stories of patience, strength, and quiet courage.

So today, if you are one of them - one of the few still walking this earth from the years 1930 to 1946 - hold your head high.

You lived through the best of times and the hardest of times, and wisdom is the thread that still holds our world together. You are not just history, you are living proof that grace, gratitude, and grit never go out of style. The world you came from may be gone, but the values you left behind- honesty, kindness, and hard work will always be the foundation of the generation that follows.

Author Unknown

# **Light Therapy Presentation**

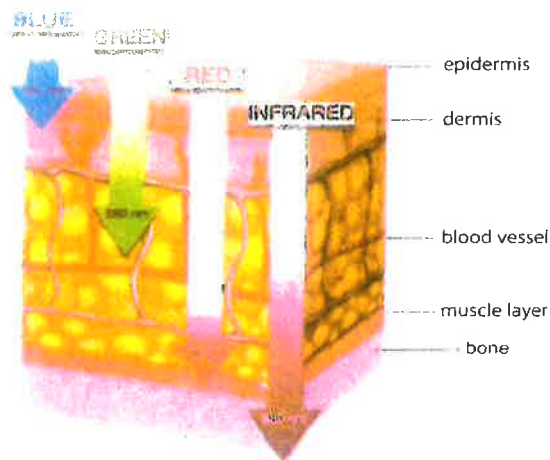
## **What is Light Therapy?**

**Monday, November 10th**

**12:15pm at the Senior Center**

## **Light Therapy Appointments**

**With Linda Roman**



**Mondays 9:00am - 12:00**

**Wednesdays 9:00am - 1:30pm**

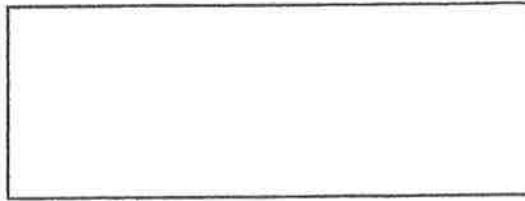
**\$45.00 for ½ hour or**

**\$100.00 for 4- ½ hr appointments**

**Call 860-455-1327 to schedule your appointment**

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

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



**Oh no.....SNOW!!!**

**If the Senior Center has to close or open late due to inclement weather, the announcement will be on Channel 3. Keep in mind that we do not always follow the schools decision.**

**Please note that if there is a late opening on a Wednesday, there will be no BINGO that day. As always, if you have any doubt, call the Center at 860-455-1327 before heading out!!**