October 2025

Chaplin Senior Center

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

Lísa Kegler, Dírector Línda Gríndle, Asst. Dírector Bob Gríndle EJoyce St Lawrence, Kítchen Shírley Rakos, Municípal Agent

Artist of the Month

For the month of October we will have an "art market" featuring works of various artists that people would like to offer for sale.

Please come by the center Mondays through Thursdays 9:00am - 2:00pm to check out the collection and see if maybe there is a piece meant for your home.

Pickleball - There will be no pickleball on Monday, Oct. 13th, because the center will be closed for Columbus Day. Instead we will be having pickleball on Thursday, Oct. 16th. There will be no pickleball on Oct. 20th, 22nd, 27th and 29th due to early voting being held in the community room.

Yoga - There will be no Yoga on Monday, Oct. 13th due to the Columbus Day holiday.

Flu Shot and Vaccine Clinic - The center will be hosting a flu shot and vaccine clinic on Wednesday, Oct 22nd from 9:00am till 11:00am.

Memoir Group - After a summer break our memoir group will be meeting again on Tuesdays 10:00am - 12:00pm. Come and share your stories and memories.

Trunk or Treat - We are looking for candy donations for Trunk or Treat at Garrison Park on Saturday, November 1st. You can drop your donations off to the center on Mondays through Thursdays from 9:00am till 2:00pm. Your donations are very much appreciated!

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.

October 2025 Menu

Wed. Oct. 1st - Shepherd's Pie, Corn Bread & Apple Pie

Monday Oct. 6th - American Chop Suey, Corn Bread, Tossed Salad &

Chocolate Chip Cookie

Wed. Oct. 8th - Grilled Hot Dog on a Grilled Bun, Calico Baked

Beans, Cole Slaw, Potato Chips & Oatmeal Raisin

Cookie

Monday Oct. 13th - SENIOR CENTER CLOSED - Columbus Day

Wed. Oct. 15th - Chicken Parmesan, Mashed Potatoes,

Green Beans & Carrot Cake

Monday Oct. 20th - Baked Meatloaf, Mashed Potatoes, Vegetable

Dinner Roll & Peach Cobbler

Wed. Oct. 22nd - Sweet & Sour Kielbasa over Noodles, Cole Slaw

Buttermilk Biscuit, Pineapple Upside Down Cake

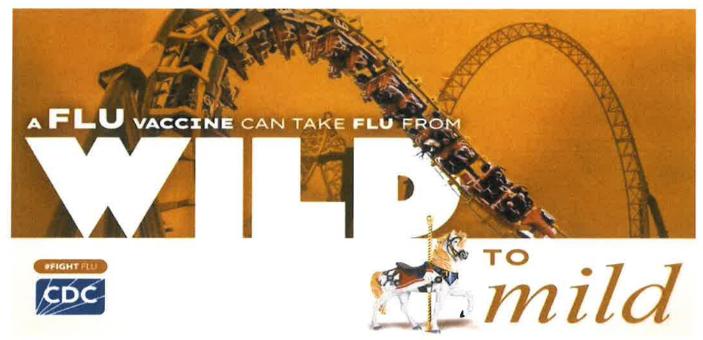
Monday Oct. 27th - Cranberry Stuffed Chicken Breast, Scalloped

Potatoes, Butternut Squash, Dinner Roll &

Raspberry Cake

Wed. Oct. 29th - Cheese or Meatlovers Pizza, Confetti Cole Slaw,

Potato Chips & Chocolate Cake



SEASONAL VACCINE CLINIC

CHAPLIN SENIOR CENTER
132 Chaplin ST.
Chaplin, CT

October 22, 2025 9-11 AM

Vaccines provided: Flu (reg & high dose), COVID-19, Pneumonia, & RSV

Eastern Highlands Health District is partnering with Beacon Prescription New Britain to provide vaccines.

PRE-REGISTRATION REQUESTED AT:

https://tinyurl.com/26kbu3xn

PLEASE BRING YOUR INSURANCE CARD

Get on board. Stay on Track. **Get Vaxed.**™

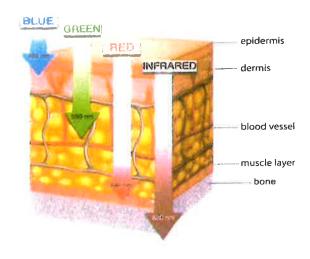


Chaplin Senior Center Monthly Calendar October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH 12:30-2:00 Mexican Train	2 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome
6 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	7 9;00-9;45 Fit & Fun 10:00 -2:00 Mahjongg	8 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:15 Karaoke	9 8:00 Breakfast Club 9:00-9:45 Fit & Fun 12:30-2:00 Senior Center Band. All Welcome
Senior Center Closed - Columbus Day	14 9:00-9:45 Fit \$ Fun 10:00-2:00 Mahjongg 10:00 Cell Phone help with Judy	15 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	16 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome
20 9:00-9:45 Fit & Fun 9:00-12:00 NO PICKLEBALL 10:00-2:00 Massage Therapy by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu	21 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg	22 9:00-12:00 NO PICKLEBALL 9:00-11:00 Flu Shot and Vaccine Clinic 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	23 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome
27 9:00-9:45 Fit & Fun 9:00-12:00 NO PIKLEBALL 11:00 Yoga 11:45-12:15 LUNCH see menu	28 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-Cell Phone help with Judy	29 9:00-12:00 NO PICKLEBALL	30 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:15-2:00 Hair Care by appt. 860-455-1327 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome

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- 1/2 hr appointments

Call 860-455-1327 to schedule your appointment



BRING A FRIEND, GET A FREE GAME FOR YOU AND YOUR FRIEND!

Stop by the center to pick up your coupon!



Chaplin Public Library Auction

Join our online auction to raise money for the Chaplin Public Library starting on Saturday, November 9th @ 10:00 AM and ending Saturday Nov. 15th at 8 PM. Items include products from local vendors, restaurants, farmers and craftspeople. This is a way to find some wonderful gifts for yourself and others and help support library programs.

If you or someone you know would like to donate an item or service to the auction or if you have any questions, email lisanadile@me.com by 11/6/2025.

You can view our auction at YourCharityAuction.com/ChaplinLibrary, or use our QR code:



Something for Everyone here at The Chaplin Senior Center!!



Monday, Tuesday & Thursday

9:00am - 9:45am

Great Exercise for all Abilities



Monday & Wednesday

9:00am - 12:00pm



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The First Wednesday of each month

12:30pm - 2:00pm



Tuesdays 10:00am -2:00pm



Monday 11:00am - 12:00pm

\$8.00 for members

\$10.00 for non-members



Memoir Group

Tuesday 10:00am - 12:00pm

Come and share your stories!!



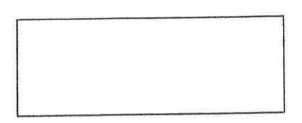
BINGO

Wednesday 9:45am - 11:45am

Win Cash Prizes!!

Chaplin Senior Center 132 Chaplin Street Chaplin, CT 06235

For information call 860-455-1327





Guided Hike at Joshua's Trust Tower Hill Preserve

October 25, 2025, 10:00 am-12:00 pm Tower Hill Preserve Between 96 & 154 Tower Hill Road, Chaplin, CT

Join Master Naturalist Deb Field for an exploration of Tower Hill Preserve. Enjoy historic rock walls and the beautiful fall foliage along this 1.3-mile trail in Chaplin, CT. This will be a leisurely walk through the woods with some stops along the way to admire the scenery. The terrain is varied with some rocks and roots, and some minor hills along the way. Appropriate hiking gear and water is recommended.