

September 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 - Shuning Wang

Shuning Wang is a visual artist and illustrator whose practice explores the intersection of ancient philosophies, contemporary art, and the materiality of paper. Currently pursuing her MFA in Studio Art at the University of Connecticut, she holds a BFA in Illustration from the School of Visual Arts. With a foundation in bookmaking, paper engineering, and visual storytelling, she creates conceptual works that reflect on nature, identity, and cultural heritage. Her work has been exhibited in group shows such as The Space We Make at the Alexey von Schlippe Gallery of Art, ÆMPIRE in Hartford, and the New York Society of Illustrators Competition Winning Exhibition. Bridging past and present, Wang's work transforms traditional paper forms into immersive visual experiences that invite reflection on personal and collective histories.

Fit & Fun - There will be no Fit & Fun on Thursday, September 11th.

Foot Care Specialist - Kylie will be at the center on Thursday, Sept. 18th. There are still a couple of appointments available. \$40.00 ½ hr.

Cell phone help - Does your smart phone make you feel not so smart? Judy (Rick's sister) will be here on Tuesday, Sept. 16th at 10:00am to help you with any cell phone issues you may be having.

Karaoke - Ellen will be having karaoke on Wed. Sept. 10th at 12:15. If you have a song you would like to sing, let Ellen know in advance.

Labor Day - Don't forget that the center will be closed on Monday, September 1st for Labor Day.

Eversource Presentation - Monday, September 29th at 10:00am. Now is your chance to get your questions answered about your electric bill.

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.

September 2025 Menu

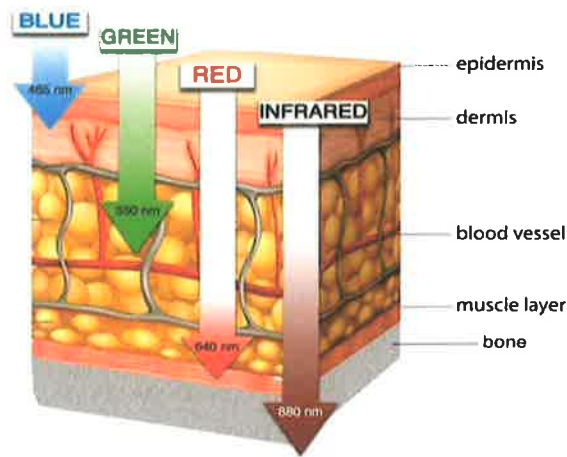
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|---------------------------------------|---|
| Monday Sept. 1st - | SENIOR CENTER CLOSED – LABOR DAY |
| Wed. Sept. 3rd - | Beef or Cheese Burrito, Spanish Rice, Guacamole
Sour Cream, Salsa, Tortilla Chips & Bread Pudding
With Caramel Sauce |
| Monday Sept. 8th - | Grilled Pork Chops, Scalloped Potatoes, Peas,
Corn Bread & Apple Crisp |
| Wed. Sept. 10th - | Swiss Steak, Mashed Potatoes w/Gravy,
Vegetable, Dinner Roll & Chocolate Cake |
| Monday Sept. 15th - | Chicken Pot Pie, Corn on the Cob, Cheese Biscuit
& Crumb Cake |
| Wed. Sept. 17th - | Baked Stuffed Shells, Tossed Salad, Garlic Bread
Cream Cheese Brownie |
| Monday Sept. 22nd - | Baked Meat Lasagna, Tossed Salad, Garlic Bread
Chocolate Chip Cookie |
| Wed. Sept. 24th - | Chicken Parmesan, Buttered Noodles, Broccoli,
Dinner Roll and Berry Cobbler |
| Monday Sept. 29th - | Baked Potato Bar, Chili, Broccoli, Sour Cream
Bacon, Butter, Cheese Sauce & Lemon Square |

What is Light Therapy?

with Linda Roman

Monday, September 22

12:15 pm at the Senior Center



Join Light Therapist Linda Roman for information and an introduction to LumiCeuticals Harmonic Light Therapy Systems. Global Research has proven the benefits in circulation, athletic performance, stress and relaxation, pain and inflammation, skin, injury recovery, cell regeneration, vision, and neuropathy.

The Science has shown that light resides at the core of energy medicine as a non-invasive and powerful tool for building cellular health. Thousands of studies have been done on light therapy and how it can positively affect our health.

PHOTOBIO-MODULATION is applying light to the body to affect positive cellular change, relieve pain and increase circulation, energize and renew, release stress and restore vitality, tune and balance. Light therapy has FDA OTC clearances for pain relief, circulation enhancement, injury recovery, acne, and anti-aging.

For more information, please call the Senior Center at 860-455-1327 or visit the library website www.chaplinpubliclibrary.org. The Senior Center and Library are located at 130-132 Chaplin St. in Chaplin.

Chaplin Senior Center Monthly Calendar

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Senior Center Closed. Labor Day!!	2 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00-2:00 Mahjongg	3 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH 12:30-2:00 Mexican Train	4 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
8 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	9 9:00-9:45 Fit & Fun 10:00 -2:00 Mahjongg	10 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:15 Karaoke	11 8:00 Breakfast Club NO FIT & FUN 10:00-1:00 Massage Therapy by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome
15 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	16 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00 Cell Phone help with Judy(Rick's sister)	17 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	18 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:30-3:00 Foot Care by appt. 860-455-1327 12:30-2:00 Senior Center Band. All Welcome
22 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 12:15 Light Therapy Presentation	23 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg	24 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:15 Music with Al	25 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:00-2:00 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
29 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Eversource Presentation 10:00-2:00 Massage Therapy by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu	30 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00-1:00 Survivor Preparedness Class		



Music with Al Raebuck

Wednesday, September 24th at 12:15

Al is a solo singer/acoustic guitarist that plays a diverse, mostly upbeat mix of very popular songs from the 50's to the 70's and beyond. Examples of artists that he covers would be Hank Williams, Elvis Presley, Buddy Holly, Everly Brothers, The Beatles, Neil Diamond, John Denver, Gordon Lightfoot and James Taylor just to mention a few.

Call and sign up for a made from scratch lunch of Chicken Parmesan w/ Buttered Noodles, Broccoli, Dinner Roll and Berry Cobbler, all for only \$7.00 or just come and join us for a fun afternoon of great music!

EVERSOURCE

"Let's Talk Energy"

Monday, September 29th at 10:00am

Eversource's Equity & Environmental Justice team will come out and break down bill components and answer questions about the business for you. Now is your chance to get your questions about your bill answered.

Putting the Garden to Bed

with William Hooper

Saturday, September 27

10:00am – 12:00 pm



The nights are getting chilly and the first frost is on the horizon. Join Chaplin resident and farmer William Hooper to discuss ways to best wrap up your garden in autumn for an easier spring restart, including winter cover crops, advanced mulching methods, and erosion control.

William is a certified permaculture designer, homesteader, and gardener of four decades. His focus is on low-maintenance, ecologically friendly methods for transforming lawns and similar spaces into productive and regenerative sources of joy.



SAVE YOUR SEEDS

The Friends of the Chaplin Library will host a seed collection on Saturday, October 4 from 10-12.

Bring your vegetable, flower and herb seeds. Take some home. The rest will be saved in our seed catalog to share with gardeners in the Spring.

CPR Alive



Health & Survival

“BE A SURVIVOR, PREPARE PRIOR”

SURVIVAL for BEGINNERS!!!

How to prepare a “Bug Out Bag”
& have a Survival Mindset!

Call 860-455-1327 to Register

Tuesday, September 30th 10:00 - 1:00

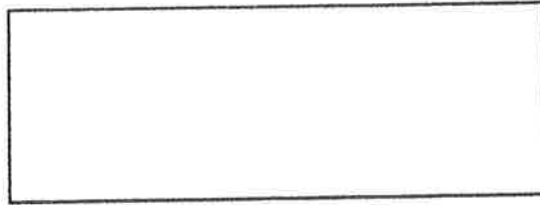
\$ Payment will be Donations Only!

This is a 3-hour course that will open your mind to the possibilities of a disaster, “Rule of 3’s” in Survival mode and how to prepare yourself in the home, workplace or if you had to go to another location!

I’ve been trained in CPR/AED and First Aid 35+ years, taught in different 6 states 13 yrs, a volunteer with the American Red Cross since Hurricane Katrina, a volunteer with the FD as an EMT, recognized by the **Heartsafe** community for saving a life with CPR/AED and full use of the details in my teaching, and a prepper for years! SHEILA CLARK 860-608-8703!

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**For information call
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10 Fun Facts

- 1. You can't see your ears without a mirror.**
- 2. You can't count your hair.**
- 3. You can't breathe through your nose, with your tongue out.**
- 4. You just tried No. 3**
- 6. When you did No. 3 you realized that it is possible, only you look like a dog.**
- 7. You are smiling right now, because you were fooled.**
- 8. You skipped No. 5**
- 9. You just checked to see if there is a No. 5**
- 10. Happy to make you smile, have a nice day!**