

April 2024

Chaplin Senior Center

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

Lisa Kegler, Director
Linda Grindle, Asst. Director
Bob Grindle & Dawn Gilbert, Kitchen
Shirley Rakos, Municipal Agent



Artist of the month

Susan Peifer

I grew up on Long Island, NY and at a young age was encouraged by my artistic mother to draw and paint and look at all things as creative material. I was fortunate to go to Hicksville High School with its excellent art department and teachers who taught the structure of art which gave me the basis to be a self-taught artist in my own style. Nature always attracted me, my family's vacations in New Hampshire brought me close to woods, water and wildflowers. In 1974, Paul and I moved to St. James, NY, a small town on the north shore close to LI sound. Soon I began showing pen & ink drawings of waterfowl and whimsical subjects at local art shows. To be closer to many of the New England art shows, we moved to Chaplin in 1987. The fields and woods of our property provided and an endless parade of subjects. My work became more colorful and my subjects more varied. Being so close to the birds and animals and planting new gardens allowed me to instill the realism I wanted in my work as well as learn the personalities of my subjects. I want viewers to see my subjects as individuals with their own thoughts and reaction to the viewer, not just as a depiction of a bird, a cat or a sheep.

After successfully exhibiting original watercolors and limited edition prints at art shows throughout New England for forty two years with Paul a key contributor by making the frames, framing the work and helping with show set up, we retired from the business in 2017. I now enjoy my many creative endeavors with all my free time.



Yoga - The Senior Center will be closed on Monday April 1st, but the Library will be open. There will be Yoga, but you will have to enter through the library.

Chaplin Community Harmony Chorus - The chorus will resume starting on Thursday, April 4th and 18th at 10:00am. Find your inner voice and join Ellen for sing-a-longs and event planning.

CURBSIDE PICKUP OR DINE IN LUNCHES

CHAPLIN SENIOR CENTER

Every Monday and Wednesday. \$6.00 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 2:00pm for Monday lunch and call in on Monday before for Wednesday lunch.

April 2024 Menu

Monday April 1st - Senior Center Closed

Wed. April 3rd - Meat Lovers or Vegetable Pizza, Pasta Salad, Carrot Cake

Monday April 8th - Baked Chicken Quarter, Potato Salad, Peas, Corn Bread and Cookie

Wed. April 10th - Beef Stew, Cole Slaw, Cheese Biscuit & Dessert

Monday April 15th – Grilled Hot Dog on a Bun, Calico Baked Beans, Cole Slaw, Potato Chips and Dessert

Wed. April 17th - Chicken Parmesan w/Mashed Potatoes, Sauteed Green Beans, Dinner Roll & Chocolate Cream Pie

Monday April 22nd – Beef or Cheese Burrito, Guacamole, Sour Cream, Spanish Rice, Tortilla Chips & Tapioca Pudding

Wed. April 24th - Grilled Salmon w/ Herb Roasted Potatoes, Broccoli, Dinner Roll and Dessert

Monday April 29th – Pasta and Meatballs, Tossed Salad, Garlic Bread and a Brownie



YEE-HAW !!

Who is up for some Line Dancing?

Thursdays 10:30 - 11:45am

Chaplin Senior Center

\$24.00 for 4 weeks

**Due to popular demand a new 4 week
session will start on April 4th.**

Discover the joy of line dancing with our beginner-friendly classes! You'll grasp the essential steps and patterns that form the foundation of line dancing, all while having a great time! Our dance sessions feature a diverse selection of music genres, including pop, big band, oldies, Latin and R&B in addition to country. Designed specifically for beginners, the class offers introductory level dances. Join us in this delightful dance journey!

Call Lisa at 860-455-1327 to sign up !!

Chaplin Senior Center Monthly Calendar

April 2024

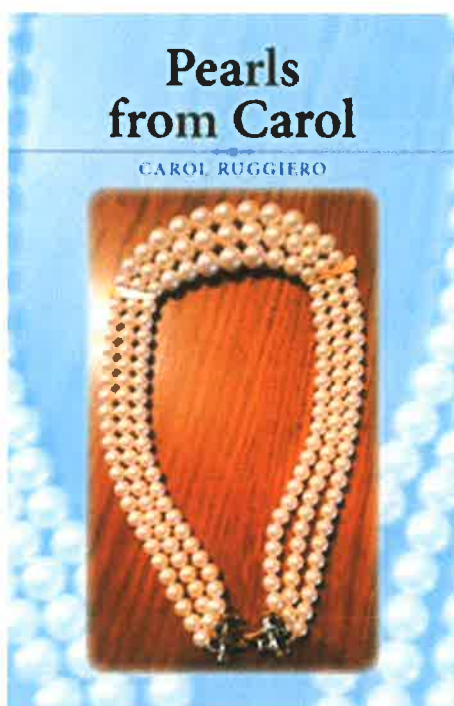
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Senior Center Closed !!	2 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00 Board Meeting	3 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-2:00 Mexican Train 12:30-1:30 Qigong	4 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 10:30-11:45 Line Dancing
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 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	10 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-1:30 Qigong 12:30-1:30 Pearls from Carol and saxophone by Albert	11 8:00 Breakfast Club 9:00 -9:45 Fit & Fun 10:30-11:45 Line Dancing
15 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	16 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	17 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-1:30 Qigong	18 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 10:30-11:45 Line Dancing
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29 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	30 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg		



Book Talk and Sing-Along with Albert Ruggiero

Wednesday, April 10th

12:30 – 1:30 pm @ Senior Center



Carol Ruggiero belonged to a writing group in Milford, CT for over twenty years. Upon her passing, her devoted husband Albert Ruggiero felt her writing deserved a bigger audience and published a collection of her work in *Pearls from Carol*. Join us to hear about Carol's life and her short, funny, and thought-provoking stories, poems, and essays. Albert will also lead a rousing sing-along as he plays his saxophone. *Pearls for Carol* will be available for purchase. All are welcome!

For more information, please call the library at 860-455-9424, the senior center at 860-455-1327, or visit the website www.chaplinpubliclibrary.org. The library is located at 130 Chaplin St. in Chaplin, CT.



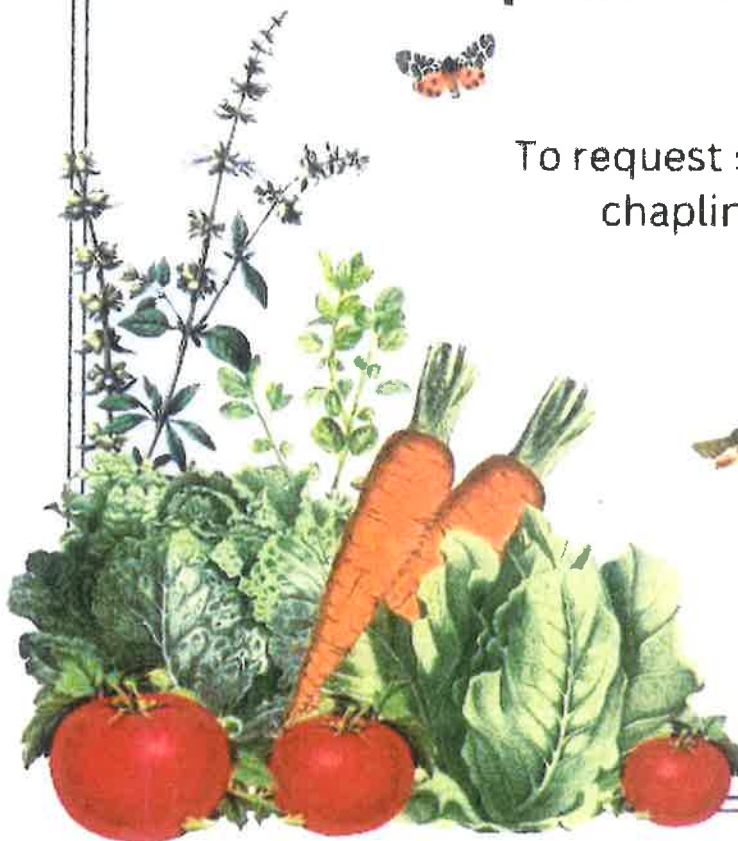


Seed Lending Library




**Chaplin's Seed Lending Library
opens on March 6, 2024.**

To request seeds or to ask questions, email
chaplinlibraryrequest@gmail.com

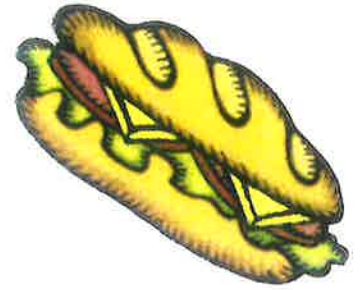


130 Chaplin Street
Chaplin, CT 0623
860-455-9424
www.chaplinpubliclibrary.org





Plant and Grinder Sale Chaplin Senior Center



Saturday May 11th, 10:00am till 12:30

Rain or Shine!!

**We will have a nice assortment of plants to purchase including
Vegetable, Herbs, Flowers, Hanging Baskets and Houseplants!**

A Raffle with a great variety of Prizes!!

**We will also be selling Grinders for \$10.00
curbside pick up.**

**We will be offering Turkey, Ham, Italian Combo and
Vegetarian with a variety of veggies. All grinders can be made
with lettuce or cabbage, tomato and provolone cheese. (No
condiments)**

Please call the center at 860-455-1327

By 2:00 on Wednesday May 8th to place your order.



“SPRING IS IN THE AIR”

By: Eva Aubert

I remember my grandfather standing in the front yard, breathing deeply, and then asking me, “Don’t you smell it, Punk?” “Punk” was the nickname that my grandfather tacked on me very early, short for, “Pumpkin”, but not “Punk”. My dad always called me “Jim” so it’s a wonder that I knew my given name at all. Of course to please my grandfather, whom I loved with all my heart, I would nod, “yes, yes I do.” I believe that the first time gramps took me with him on one of his field trips I was about six years old. We were off to pick the first greens of springtime. Cowslips, which some people call “marsh marigolds”, were growing in marshy areas all over New England. They are small green plants with tiny, yellow flowers. They are delicious when cooked with bacon and served up with a little butter and vinegar. Next came the fiddle heads, beautiful, small fern fronds, just starting to uncurl. When steamed and covered with butter, they taste much like asparagus. Then came the dandelions, picked before they flowered or they would be much too bitter.

You have to understand that we, here in Chaplin in the 1930’s, were still very much an agrarian society. Our winter fare consisted of canned vegetables, canned meat and canned fruit. There was no running to Wal Mart every day. We lived through a whole winter without fresh greens of any kind.

In later years when Don and I were stationed in Charleston, South Carolina, our old maid, Noreen, remarked that the closest thing in heaven on earth was a big mess of greens and pot liquor. The difference was that her greens were always collard greens.

In the 1930’s we were in the middle of the Great Depression, but here in Chaplin life went on as usual, living off the land; as had our forefathers before us.

As I closed my eyes that night, after the excursion with my grandfather, I heard the peepers for the first time. I thought, “Spring is really here”, and I’m sure that I had dreams of many more field trips with my beloved grandpa.

And that’s the way it was in our Last Green Valley that we call: home.



Chaplin Cleanup Day

April 20, 2024 (Saturday)

Our annual town cleanup day is here again. We hope you will participate and encourage your friends and neighbors to participate in making Chaplin an even better place to live. For the most up-to-date information, please view our web site at

<http://chris.komuves.org/cleanup/>

Our goal is to have as many people as possible clean up a section of road or other public area in Chaplin. Here's how to participate:

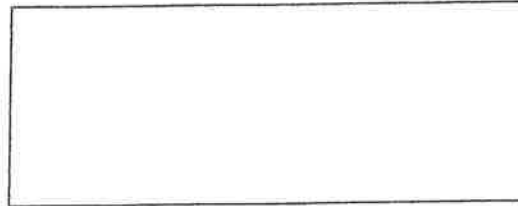


1. Go to the website and choose an area that you or your household / organization are willing to clean up.
2. Email a note to cleanup@komuves.org with the following:
 - ✓ Your Name(s)
 - ✓ The area you'll be cleaning up (if part of a road, give intersections or house numbers of ends)
 - ✓ (Limited Availability) You can also request to borrow a trash pickup tool or high visibility safety vest (include size of S, M, L, XL, XXL). If you do, please also provide your phone number. You can pick these up outside from my home on Bedlam Rd.
3. On or before April 20, perform the cleanup. Plastic trash bags and gloves will be available at the Chaplin Town Hall. If you come across anything too large for you to manage, let us know, and we'll ask the town to deal with it. For the weekend of April 20, there will be a dump truck at the Town Hall parking lot, into which you can deposit trash from the cleanup (please do NOT bring personal trash).
4. After the cleanup, send any comments, reports, or photos that you want to share about what you found to cleanup@komuves.org. These will be published on the cleanup web page.

For questions or comments, contact Chris Komuves at cleanup@komuves.org or (860) 455-9839.

Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



Saturday Morning Walking Club

8:30am meeting time.

**For the month of April we will walk the Airline Trail in
Hampton.**

**Park at the Estabrooks Road end and walk toward
Station Road.**

**Followed by a visit to the Hampton General Store for
those who may crave an after walk treat!!**

