

February 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 - Pat Donahue

Pat is a local artist residing in Hampton, who wintered for many years on Fort Meyers Beach in Florida. She also traveled widely out of our country. She studied art at U-CONN taking all of their art workshops. Her work reflects her travels and her environment.

Chaplin Senior Center Board of Directors - The Chaplin Senior Center Board is in search of an alternate board member. You must be a Chaplin resident and be able to attend board meetings the first Tuesday of each month at 10:00am. We do not meet in Jan. and July. Please call Lisa at 860-455-1327 if you are interested.

AARP Tax Assistance - Please call the tax assistance site locator at 1-888-227-7669 to find a location near you to schedule your appointment for in-person or virtual tax assistance free of charge.

Quick Fix Hair Care - Cindi will be at the center on Thursday Feb. 22nd from 9:15 till 2:00 for all your hair care needs. Call 860-455-1327 to schedule your appointment.

Massage with Carlie - We have table and chair massage available by appointment. \$30.00 for ½ hr. and \$50.00 for an hour. Call 860-455-1327 for appointment.

Stay Tuned with Ellen - Quote by Jane Austin: "Without music, life would be a blank to me". Music has the ability to deeply affect our mental states and raise our mood. When we need it, music gives us energy and motivation. When we're worried, it can soothe us; when we're weary, it can encourage us; and when we're feeling deflated, it can re-inspire us.

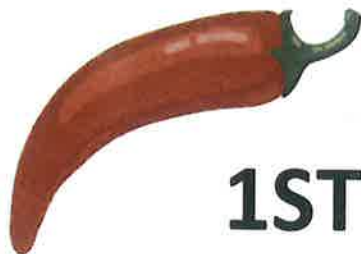
Remember Thursdays at 10:00am come enjoy music with Chaplin Community Singers.

**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.

February 2024 Menu

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|------------------------------------|--|
| Mon. Feb. 5th - | Shepherd's Pie w/ Mashed Potatoes and Corn,
Dinner Roll and Carrot Cake |
| Wed. Feb. 7th - | Chicken Parmesan, Pasta, Homemade Sauce
Garlic Bread and Dessert |
| Mon. Feb. 12th - | SENIOR CENTER CLOSED – Lincoln's Birthday |
| Wed. Feb. 14th - | VALENTINE'S LUNCH – Grilled Roast Beef
Tenderloin, Mashed Potatoes with Pan Gravy,
Asparagus, Dinner Roll and Sex in a Pan (this
was a very popular dessert in the 70's !!) |
| Mon. Feb. 19th - | SENIOR CENTER CLOSED – President's Day |
| Wed. Feb. 21st - | Chicken Pot Pie, Cole Slaw, Cheese Biscuit and
Fruit Cup |
| Mon. Feb. 26th - | Beef Stroganoff over Noodles, Peas, Dinner Roll
and Dessert |
| Wed. Feb. 28th - | Roast Pork Loin w/Scalloped Apples, Oven
Roasted Potatoes, Vegetable, Corn Bread and
Dessert |



1ST ANNUAL

CHAPLIN CHILI CHALLENGE



Saturday, Feb. 24th 5:00pm - 7:00pm

Chaplin Senior Center

132 Chaplin Street



**Bring a crock pot of your favorite chili recipe to
compete for great prizes
or just come as a taste tester!**



BYOB

Senior Center will provide cornbread and dessert.

1st place prize - 17" Blackstone Grill

2nd place prize - Bob's IGA Meat Bundle



3rd place prize - KICKIN Chili & Cornbread Meal Kit



Call 860-455-1327 for information.



Chaplin Senior Center Monthly Calendar

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:45 Left Center Right Dice Game 10:00 Chaplin Community Singers
5 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu 3:00-5:00 Letter Writing in the Library.	6 9:00 - 9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	7 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-1:30 Qigong 12:30- 2:00 Mexican Train	8 8:00 Breakfast Club 9:00 -9:45 Fit & Fun 9:45 Left Center Right Dice Game 10:00-1:00 Massage Therapy By appt. call 860-455-1327 10:00 Chaplin Community Singers
12 Senior Center Closed. Lincoln's Birthday	13 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	14 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-1:30 Qigong	15 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:45 Left Center Right Dice Game 10:00 Chaplin Community Singers
19 Senior Center Closed. President's Day	20 9:00 - 9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 - Memoir Group 10:00-2:00 Mahjongg	21 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-1:30 Qigong	22 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:15-2:00 Haircuts w/ Cindi Call 860-455-1327 for Appt. 9:45 Left Center Right Dice Game 10:00-1:00 Massage Therapy by Appt. call 860-455-1327
26 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu	27 9:00-9:45 Fit & Fun 10:00- Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	28 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-1:30 Qigong	29 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:45 Left Center Right Dice Game 10:00 Chaplin Community Singers



YEE-HAW !!

Who is up for some Line Dancing?

Thursdays 10:30 - 11:45am

Chaplin Senior Center

Beginning March 7, 2024

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!

You must commit and pay in advance for a 4 week session at \$24.00

We will need a minimum of 20 people to make this work, so call 860-455-1327 to sign up as soon as possible.

Stay Alert to Scams

During this time of year, we see an increase in scam activity. Scam artists use sophisticated and intimidating tactics and can be hard to detect. Inform yourself about the tactics used and protect your information.

Common Scams



Shut-off Scare Tactic: Scammers will impersonate Eversource and call without prior notification demanding immediate payment to avoid shut off. Customers scheduled for disconnection due to nonpayment always receive written notice via the U.S. mail, which includes actions to maintain service. Be wary any time someone tries to convince you that you must act immediately.

Overpayment Scam: Scammers call claiming that you overpaid your utility bill and request your personal bank account or credit card information to give you a refund.

Phishing Scam: Scammers, pretending to be from Eversource, will send an email or text message requesting personal or financial information.

Protect Yourself

Verify the caller is legitimate by asking for basic information. Our representatives will always be able to provide the name on the account, the account address and the exact past due balance, if applicable.

Never immediately pay, regardless of what the caller knows about your account or offers as an incentive. We also do not accept and will not ask for payment via gift card, pre-paid debit card or bitcoin.

Don't click on links or call numbers that appear in unexpected emails or texts. If you click on a link, your computer could become infected with malware, including viruses that can steal your information and compromise your computer. Always go through the Eversource mobile app or website when seeking customer service or to make changes to your account.



Monday, Feb. 5th
3:00-5:00pm

Join us for letter writing to
individuals in need of a hopeful
letter during this sometimes
challenging time of year.

We will have some supplies. Please bring any
items you love - pens, washi tape, stickers,
stationary, envelopes and postage stamps.

We look forward to writing in community

All Welcome! Children need an adult to help them with their letters



Chaplin Public Library
130 Chaplin Street
Meeting Room

More Love Letters
www.moreloveletters.com
860-455-9424

Winter Fun

By Eva Aubert

As the years have gone by I look back and muse about winter fun times. After the holidays were over we had a long spell of winter to deal with until the first robin appeared. When I was young my playmates were limited, the two Ouillette boys and a boy named Emil Antolik, neighbors of ours. Today I thank them for making me into a tough little kid. Rules like, as a girl I should be at the front of the sled, because girls go first! So who hits the stone wall first when we miss the barway that led to the meadow? Me.

Then there was ice skating. "Of course it's safe. If you weren't a dumb girl we'd let you test it." "I'm not a dumb girl; I'm smarter than any dumb boy!" As I proceed onto, yes, you guessed it, through the ice I went! I remember screaming, "Get me out" and I watched those evil boys laughing at me. Standing up, I discovered that the lake edge was shallow, only waist deep. They did give me a hand and pulled me out. Don't you know, those boys got in trouble for that one. I remember Mrs. Ouillette and my mother telling them, "Now you boys have to watch out for her. She's a girl." And, of course, they would seek revenge any way they could.

Isn't it odd the way we have selective memory? I look back now on those snowy days of winter with fond memories of sliding, skating, building snow forts and so forth. I might add that at that point of my life, being an only child I looked upon those boys as brothers. I thank them today for putting the many challenges in my way that me to try harder at everything and excel. This was because, you see, I never wanted to be called a "dumb girl"!





Book Launch and Library Benefit V. Penelope Pelizzon

A Gaze Hound That Hunteth By the Eye

Saturday, February 24

(snowdate March 2)

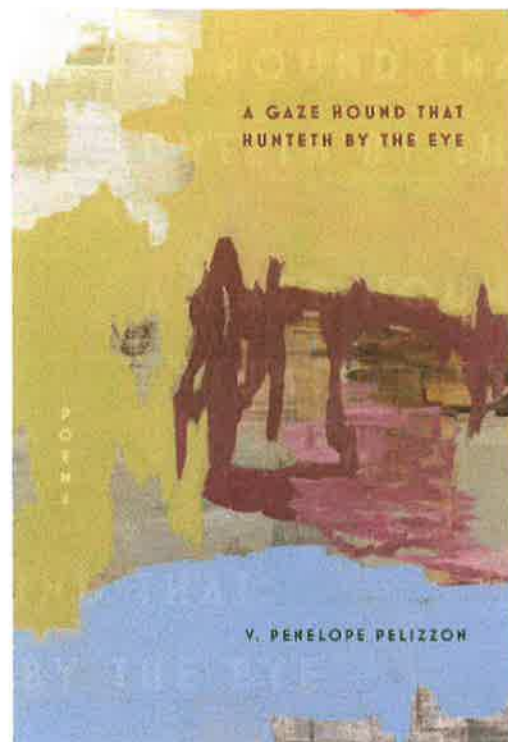
1:00 pm

Chaplin Public Library

Please join us for an afternoon with poet V. Penelope Pelizzon for the release of her new book *A Gaze Hound That Hunteth By the Eye*.

The event will include a reading and Q& A, with a special welcome by Chaplin Poet Laureate Adelaide Northrop. Light refreshments and book signing to follow. Copies of Penelope's new book will be available to purchase, and proceeds will go to the library.

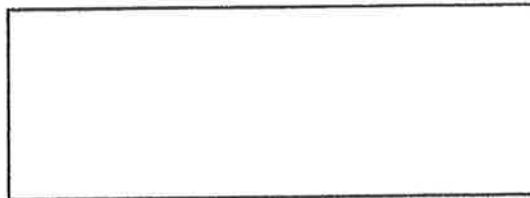
Chaplin resident and UConn Professor V. Penelope Pelizzon is the author of *Nostos*, which won the Hollis Summers Prize and the Poetry Society of America's Norma Farber First Book Award, and *Whose Flesh Is Flame, Whose Bone Is Time*, which was a finalist for the Anthony Hecht Poetry Prize. She is also the coauthor of *Tabloid, Inc.*, a critical study of film, photography, and crime narratives. Her recognitions include a Hawthornden Fellowship, the Amy Lowell Traveling Scholarship, a Lannan Foundation Writing Residency Fellowship, and a "Discovery"/The Nation Award. A diplomat's spouse, she has spent the past two decades living and working part-time in Syria, Namibia, South Africa, Italy, and the United States. To learn more, visit the University of Pittsburgh Press website: <https://upittpress.org/books/9780822967217/>



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

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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!!