

March 2025

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

Paul Ramsey is a life-long landscape and wildlife photographer. He took the first film production course at Wesleyan University, and went on to study photography and cinematography. His photos have appeared in galleries, exhibitions, newspapers and magazines. He has lived and shot photos on a small lake and wildlife refuge in Columbia for over four decades.

Artist's Statement:

I am an old-school photographer. I compose carefully in the camera and try not to waste shots as if I were still using Kodak film. I try to capture the visual image I have before me in the camera; I do not rely on Photoshop to bring it together afterwards.

I am still amazed by the beauty that surrounds us. I have many times slammed on my brakes while driving, to stop and capture a stunning image. It will not last. The light and perspective will only last for a moment. It has been my good fortune to be there to capture it.

Paul will be holding an art reception on Monday, March 10th at 12:15pm. He will be giving a talk about his landscape photography.

Let's make music together!!

Did you enjoy playing a musical instrument a while ago? Or you would like to learn how to play one now? Let the Chaplin Senior Center know if you might enjoy playing again in a welcoming setting. All levels including beginners are welcome. There are no auditions to join the group, just an interest in making music together.

If the string, wind or brass instrument that you played in high school has been idle for the past 40 years, you might have it checked (perhaps lubricated!) to insure it will play properly and not frustrate you.

Contact Peggy Church at peggychurch2@gmail.com if you would like to explore this possibility.

Lunches - Just a heads up, in order to continue to break even on our lunch expenses we will be raising the price of lunch to \$7.00 a meal for members and non-members will remain at \$8.00 starting in April.

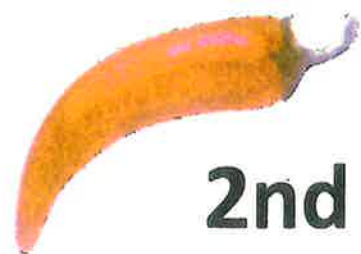
CURBSIDE PICKUP OR DINE IN LUNCHES

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.

March 2025 Menu

- | | |
|---------------------------------|--|
| Monday March 3 rd - | Chicken & Noodles, Sauteed Green Beans, Dinner Roll and Spice Cake |
| Wed. March 5 th - | Grilled Salmon, Rice Pilaf, Corn Bread, Roasted Carrots and Banana Cream Pie |
| Monday March 10 th - | Baked Meat Loaf w/Gravy and Mashed Potatoes, Vegetable, Dinner Roll and Brownie |
| Wed. March 12 th - | Grilled Pork Chop w/ Scalloped Potatoes, Spinach, Dinner Roll and Apple Cobbler |
| Monday March 17 th - | St. Patrick's Day Lunch – \$8.00
Corned Beef & Cabbage w/ Potatoes & Carrots
Dinner Roll and Pistachio Cake |
| Wed. March 19 th - | Chicken Cutlet on a Bulkie Roll w/Lettuce & Tomato, Corn Chowder w/Crackers and Chocolate Cream Pie |
| Monday March 24 th - | Pasta & Meatballs, Garden Salad, Galic Bread and a Cookie |
| Wed. March 26 th - | Chicken Pot Pie, Corn Bread & Bread Pudding |
| Monday March 31 st - | Grilled Cheeseburger w/Lettuce & Tomato, Cole Slaw, Potato Chips and Lemon Cake |



2nd ANNUAL

CHAPLIN CHILI CHALLENGE



Saturday, March 8th 5:00pm - 7:00pm

(Snow Date March 15th)

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



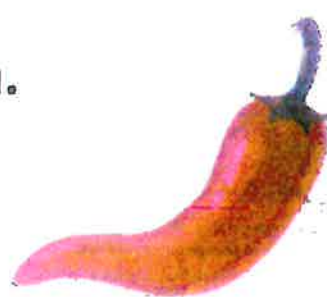
Senior Center will provide cornbread and dessert.

1st place prize - Bob's IGA Meat Bundle

2nd place prize - Lodge Cast Iron Dutch Oven

3rd place prize - Margarita Gift Basket

Call 860-455-1327 for information.



Chaplin Senior Center Monthly Calendar

March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	4 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00 Memoir Group	5 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30 Mexican Train	6 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327
10 9:00 - 9:45 Fit & Fun 9:00 - 12:00 Pickleball 11:00 Yoga 11:45- 12:15 LUNCH see menu	11 9:00-9:45 Fit & Fun 10:00 -2:00 Mahjongg 10:00 Memoir Group 10:00-1:00 Municipal Agent	12 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	13 8:00 Breakfast Club 9:00-9:45 Fit & Fun
17 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	18 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	19 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	20 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt 860-455-1327
24 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	25 9:00-9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	26 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	27 8:00 Breakfast Club 9:00 - 9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327
31 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu			



Chaplin Senior Center

Foundations Foot Care, LLC.

PUTTING YOU FIRST, ONE STEP AT A TIME

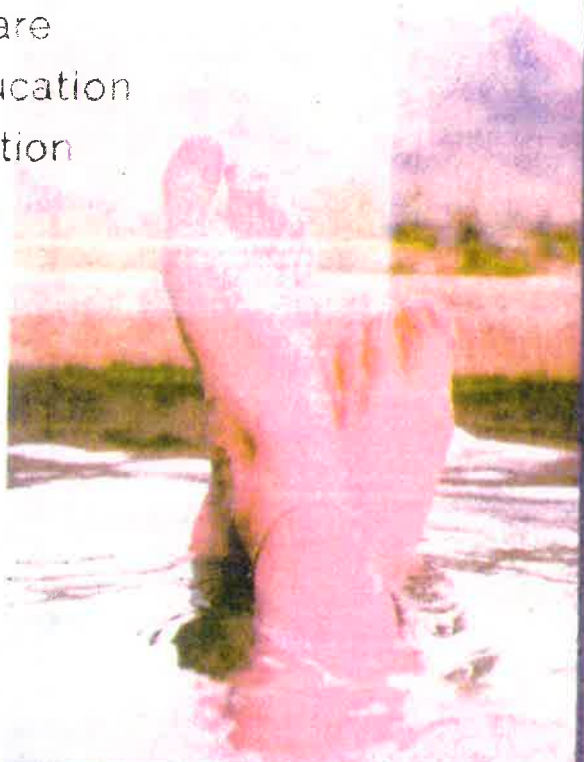
- Nail & Foot Assessment
- Diabetic Foot Health & Nail Care
- Ingrown Nail Care
- Callus/Corn Care
- Prevention Education
- Wound Prevention
- Fall Prevention
- & Much More!

Thursday, Mar. 20th

10am - 2PM

\$40.00 CASH

30 Minute Appt.



*Specializing in elder care
& persons with disabilities*

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

THE GOLDEN YEARS

Some well-meaning younger idiot asked me one day if I was enjoying my "Golden Years". That got me wondering, who invented that expression and why was it "golden" to them? So I did some research on the subject. Ok, so I Googled it.

The "golden years" is a phrase that describes the period of retirement, usually after age 65. It's a time when people can enjoy leisure and relaxation after working their whole lives. Also it explained that it was the late years in someone's life : the time of life when someone is old as in my grandparents were active well into their golden years.

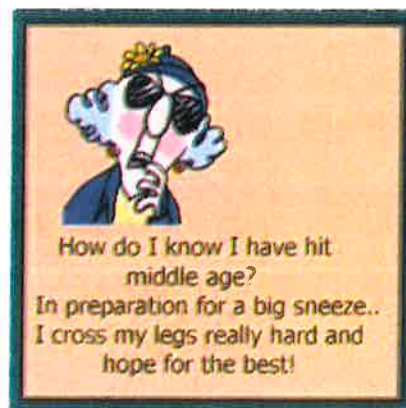
Somehow I think that may have changed since it was written. Today most people can't afford to retire at age 65. Maybe at 72-75 if they're lucky, if they were smart enough to have enough money to pay off all the stuff they couldn't when they were younger; if they don't have a house full of "returned children" who can't manage their own lives and unfortunately you have a big house. Or maybe you're working till you're 75 because it's a nice getaway for you as in your golden years I suppose.

I had a bucket list at one time but now not only is my bucket a bit rusty and leaking, so am I. I was fortunate enough to have my "golden years" when I was young enough to enjoy them. That was when my kids were little and we had all those terrible camping adventures. They were golden memories. Every smile and giggle at Halloween or Thanksgiving or Christmas get-togethers that wore me out were 100% golden years. Watching my children and their children grow and have families of their own were golden years.

Those two times that we took the motorhome and went across our beautiful America and saw all 50 states were in our golden years. Point being don't wait till you're too old to do it whatever IT is. Whatever is stopping you will still be there when you get back, as will the golden years.

Pat Calvo

1/25



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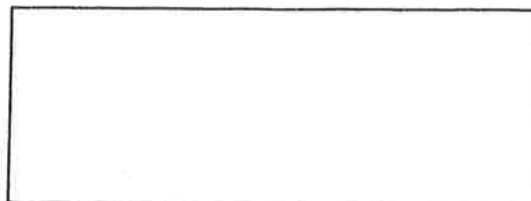
Goodbye rene



**PERFORMING SATURDAY MARCH 29TH, 2025
CHAPLIN PUBLIC LIBRARY
3:00PM-4:30PM
130 CHAPLIN ST. CHAPLIN, CT
RAIN DATE SATURDAY APRIL 5TH**

Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235

For information call
860-455-1327



*Wishin' you a pot o' gold,
And all the joy your heart can hold.*

