

May 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

Michael Lynch

Michael's paintings and watercolors often mix abstract elements alongside a selection of representational elements. Working primarily in acrylic and watercolor Michael has shown widely in the region from New Haven to Westerly and from Mystic to Putnam. He is currently an Associate Artist member of the Lyme Art Association.

A graduate of the University of Notre Dame where he started out in the physics department but ended up with a degree in Art (it was the 70's after all). In the 1980s he was an Active Artist member of the (then) Mystic Art Association and a founding member of the Vanguard Artist Gallery in New London. He has had a one man shows at both the Lyman Allyn Museum in New London and the Spirol Gallery in Danielson.

Michael worked as a Systems Librarian at Quinebaug Valley Community College for about 25 years where his artwork was often found in the library. Michael lives now in the Quiet Corner town of Hampton where he has a small studio and woodshop along with his wife (puppeteer, gardener, crafter) Susan. Together they raise flowers, vegetables, chickens, and on occasion a little bit of hell.

Karaoke with Chuck - Join us on Wednesday May 14th after lunch for karaoke with Chuck and anyone else that would like to participate. Stay to just listen or let me know what song you would like to sing so I can be sure to have it available for you.

Reminder - The Senior Center will be closed on Monday, May 26th for Memorial Day!! Pickleball will be on Tuesday May 27th.

Foot Care with Kylie from Foundations Foot Care - Thursday May 15th, call 860-455-1327 to schedule your appointment.

Massage with Carlie - There are still a few openings on Monday May 19th and Thursday May 22nd to sign up for a massage. \$30.00 for ½ hr and \$50.00 for 1 hr. Call 860-455-1327 to make an appointment.

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.

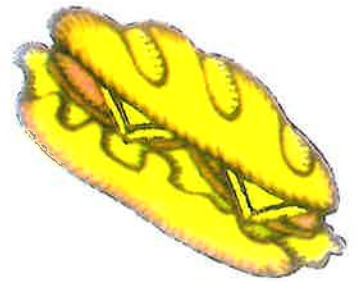
May 2025 Menu

- | | |
|--------------------------|---|
| Monday May 5th - | Taco Stuffed Tomato w/Ground Beef,
Cheddar Cheese, Guacamole, Sour Cream,
Tortilla Chips, Pineapple Rice & Caramel Brownie |
| Wed. May 7th - | Chicken Cutlet on a Roll w/Lettuce & Tomato, Cole Slaw
Potato Chips & Fruit Cobbler |
| Monday May 12th - | Baked Stuffed Shells, Garlic Bread, Tossed Salad &
Chocolate Cake |
| Wed. May 14th - | Baked Meatloaf, Mashed Potatoes w/ Gravy, Vegetable
Dinner Roll & Lemon Square |
| Monday May 19th - | Roast Pork Loin w/Gravy, Buttered Noodles, Applesauce
Corn Bread & Apple Cake |
| Wed. May 21st - | BBQ Chicken, Potato Salad, Cole Slaw, Dinner Roll &
Banana Cream Pie |
| Monday May 26th - | SENIOR CENTER CLOSED, Memorial Day. |
| Wed. May 28th - | Bacon Cheeseburger on a Roll w/Lettuce & Tomato, Pickle
Oven Fries & Raspberry Marble Cake |



Plant and Grinder Sale

Chaplin Senior Center



Saturday May 10th, 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
kitchen window 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 7th to place your order.



Chaplin Senior Center Monthly Calendar

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 8:00 Breakfast Club 9:00-9:45 Fit & Fun
5 9:00 - 9:45 Fit & Fun 9:00 - 12:00 Pickleball 11:00 Yoga 11:45- 12:15 LUNCH see menu	6 9:00-9:45 Fit & Fun 10:00 -2:00 Mahjongg 10:00 Memoir Group	7 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-2:00 Mexican Train	8 8:00 Breakfast Club 9:00-9:45 Fit & Fun 9:15-3:00 Hair Care with Cindi 860-455-1327 for appt.
12 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga 11:45-12:15 LUNCH see menu	13 9:00-9:45 Fit & Fun 10:00-2:00 Mahjongg 10:00 Memoir Group	14 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:15 Karaoke with Chuck	15 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-3:30 Foot Care Specialist call 860-455-1327 for appt. 10:00-1:00 Massage Therapy by appt 860-455-1327
19 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	20 9:00-9:45 Fit & Fun 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	22 8:00 Breakfast Club 9:00 - 9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327
26 Senior Center Closed!! Memorial Day!	27 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00-2:00 Mahjongg 10:00 Memoir Group	28 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	29 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327

**DON'T FORGET THE
PLANT & GRINDER SALE**

Sat. May 10th 10:00 - 12:30





Let's Get Down And Dirty!

Free Plant & Seed Swap Party!

**Presented by the Chaplin Senior Center and the
Friends of the Chaplin Public Library**

Sat. June 7th 10:00 to 12:00

Under the Big Tent! (Inside if Rain)

132 Chaplin Street, Chaplin CT.

GAMES WILL BE PLAYED AND SNACKS WILL BE SERVED

BRING SOME PLANTS TO SHARE WITH THE GROUP

AND GO HOME WITH SOME NEW ONES

LABEL YOUR PLANTS

DIG PLANTS AT LEAST A FEW DAYS IN ADVANCE

PLANTS SHOULD BE WELL WATERED

AND IN CONTAINERS

Please no exchanging until instructed.

Chaplin Senior Center

Foundations Foot Care, LLC.

PUTTING YOU FIRST, ONE STEP AT A TIME

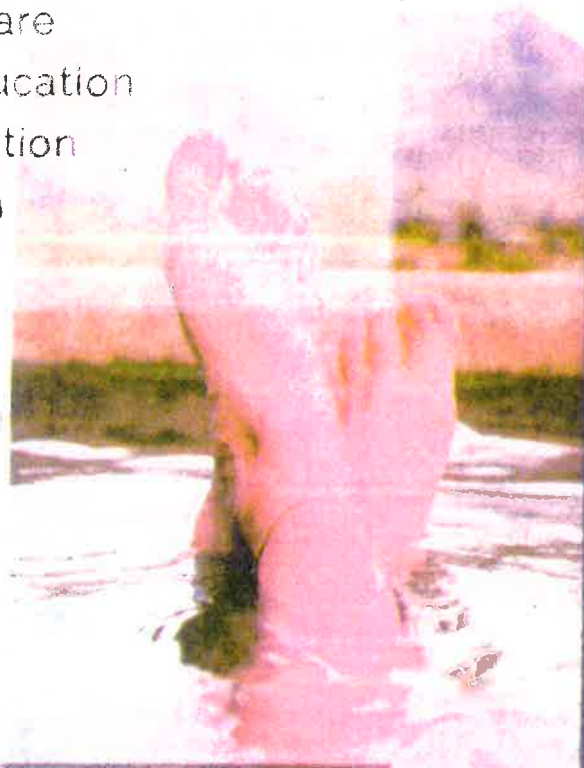
- Nail & Foot Assessment
- Diabetic Foot Health & Nail Care
- Ingrown Nail Care
- Callus/Corn Care
- Prevention Education
- Wound Prevention
- Fall Prevention
- & Much More!

Thursday, May 15th

10am - 2PM

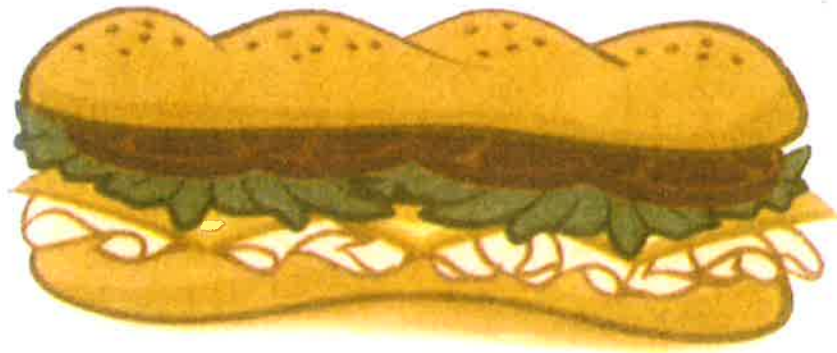
\$40.00 CASH

30 Minute Appt.



*Specializing in elder care
& persons with disabilities*

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



GRINDER SALE

Chaplin Senior Center

132 Chaplin Street - Curbside Pick Up

Saturday May 10th 10:00am - 12:30pm

Grinder \$10.00

Choice of Turkey, Ham, Italian Combo and Vegetarian.

**All grinders can be made with Lettuce or Cabbage, Tomato and
Provolone Cheese. No Condiments**

Must Call in your order by Wednesday

May 7th at 2:00pm 860-455-1327

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For information call
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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!!**

