

February 2023

Chaplin Senior Center

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

Lisa Kegler, Director
Linda Grindle, Asst. Director
Bob Grindle & Dawn Gilbert, Kitchen
Ann Lewis, Municipal Agent



Newsletter Reminder - This will be the last month that we will be mailing newsletters out unless you have called us to say you would still like to receive one in the mail. You will still be able to receive it by email through **Google** Groups, and view it on our Facebook page. You can always stop by and pick one up at anytime.

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.

Valentine Lunch - We will be having a special Prime Rib Roast Valentine lunch on Monday Feb. 13th, with games and prizes. \$8.00 for all.

Massage with Carlie - Great News!! Due to popular demand Carlie will be adding the first Monday of every month to her schedule here at the center. Massage therapy appointments can be scheduled in February for the 2nd, 6th and the 16th. \$30.00 for ½ hr and \$50.00 for an hour.

Quick Fix Hair Care - Cindi will be at the center on Thursday Feb. 23rd from 9:00 till 2:00 for all your hair care needs. Call 860-455-1327 to schedule your appointment.

Psychic Medium - Julie Stygar will be here once a month taking personal one on one appointment. Dates will be announced starting in March. \$20.00 for 20 minutes.

Don't forget the center will be closed Monday Feb. 20th for President's Day.

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 2023 Menu

- Wed. Feb. 1st -** Roast Pork w/Mashed Potatoes, Corn Bread, Vegetable and Apple Turnover
- Mon. Feb. 6th -** Swedish Meatballs over Noodles, Vegetable, Dinner Roll, and Ice Cream
- Wed. Feb. 8th -** Chicken Parmesan w/ Pasta and Sauce, Vegetable, Garlic Bread and Dessert
- Mon. Feb. 13th -** **SPECIAL VALENTINE LUNCH** Prime Rib Roast w/ Mashed Potatoes and Gravy, Vegetable, Dinner Roll and Cherry Chocolate Cake. Limited Space - \$8.00 a meal for all.
- Wed. Feb. 15th -** Chicken Pot Pie, Cole Slaw, Dinner Roll & Dessert
- Mon. Feb. 20th -** NO LUNCH, SENIOR CENTER CLOSED
- Wed. Feb. 22nd -** Baked Stuffed Shells, Tossed Salad, Garlic Bread and Dessert
- Mon. Feb 27th -** Baked Meatloaf w/ Mashed Potatoes, Vegetable Dinner Roll and Dessert

CREATE A VALENTINE CONTEST !!!

Create and submit an anonymous valentine to be
displayed and judged by your fellow members by
Thursday Feb. 9th.

First place winner will win a free prime rib lunch on
Monday Feb. 13th.

SPECIAL VALENTINE LUNCH

Monday Feb. 13th at Noon.

Prime Rib Roast w/Mashed Potatoes and
Gravy, Vegetable, Dinner Roll and
Cherry Chocolate Cake.

GAMES!!!

PRIZES!!!

\$8.00 for everyone, call by Feb. 9th for
reservations

Chaplin Senior Center Monthly Calendar

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:00-12:00 Pickleball 9:45 - 11:45 Bingo 11:45-12:15 LUNCH see menu	2 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 1:00-2:00 Tai Chi
6 9:00 - 10:00 Fit & Fun 9:00 - 12:00 Pickleball 10:00 Wii Bowling 10:00-2:00 Massage by appt. 11:00 Yoga 11:45 -12:15 LUNCH see menu	7 9:00 - 10:00 Fit & Fun 10:00 Board Meeting 10:00 Memoir Group 10:00 Mahjongg	8 9:00 - 12:00 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu	9 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:30-12:00 Psychic Medium 1:00-2:00 Tai Chi
13 9:00- Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 SPECIAL VALENTINE LUNCH see menu	14 9:00-10:00 Fit & Fun 9:30-11:30 Pickleball 10:00 Memoir Group 10:00 Mahjongg 10:00-1:00 Municipal Agent	15 9:00 - 12:00 Pickleball 9:45 -11:45Bingo 11:45-12:15 LUNCH see Menu	16 8:00 Continental Breakfast 9:00- 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 1:00-2:00 Tai Chi
20 SENIOR CENTER CLOSED PRESIDENT'S DAY	21 9:00 - 10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 - Memoir Group 10:00 Mahjongg	22 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	23 8:00 Continental Breakfast 9:00-10:00 Fit & Fun 9:00-3:00 Haircuts w/Cindi Call 860-455-1327 for Appt. 1:00-2:00 Tai Chi
27 9:00 - 10:00 Fit & Fun 9:00-12:00- Pickleball 10:00 Wii Bowling 11:00 - Yoga 11:45-12:15 LUNCH see menu	28 9:00 - 10:00 Fit & Fun 9:30-11:30 Pickleball 10:00 Memoir Group 10:00 Mahjongg 10:00-1:00 Municipal Agent		



coming in February

Exercise for the Body, Mind & Spirit!



Beginners and all levels welcome

In this weekly class you'll learn and enjoy
evidence-based Tai Chi movements for better balance
traditional Qigong exercises (think 'Chinese Yoga') for vitality
ancient & modern meditation techniques for a calm, clear mind

Chaplin Senior Center

132 Chaplin Street, (860)455-1327 ♦ \$5.00 per session

Thursdays, 1:00-2:00pm

Led by Joe Pandolfo of Ashford, certified Tai Chi & Qigong Instructor, Board Director for the CT Society of Acupuncturists, Acupuncture Detox Specialist, and certified Reiki Practitioner. Questions? contact Joe at (959) 444-3979, joeptaichi@gmail.com

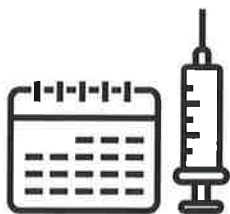


COVID-19 Awareness & Prevention Hosted by EHHD



What: Covid-19 educational materials including:

- video streams
- wallet cards
- bookmarks
- 2 FREE At-Home Covid-19 test kits per person
- Free Covid-19 Vaccination
 - Initial series: Pfizer / Moderna / Novavax
5 yrs+ 12 yrs+ 12 yrs+
 - Updated Boosters: Pfizer / Moderna
5 yrs+ 6yrs+
 - Walk-Ins welcome / www.vams.cdc.gov for appts
 - Bring Vaccine Records showing previous doses



Where: Mansfield Town Hall Council Chambers

When: Mondays (10am-1pm) & Thursdays (12-3pm)
One Day Only: Wednesday Feb 1, 2023 (4-6pm)

Who: Eastern Highlands Health District 860-429-3325



EHHD
Eastern Highlands Health District

www.ehhd.org

QUICK FIX HAIR CARE

Haircuts and more by Cindi. Thursday Feb. 23rd, 9:00am till 2:00pm and every four weeks after. Cindi has 40 years experience and only uses professional products. She is very creative and will listen to what you're looking to achieve and do the best she can to get you there. Call 860-455-1327 to schedule your appointment.

Haircut - \$15.00

Haircut and Styled (Blow-dried and/or Curled) - \$22.00

Haircut and Highlight - \$55.00

Haircut and a Color - \$60.00

Haircut and a Perm - \$70.00

If you are a homebound person or know someone who is and needs hair care, Cindi will gladly pay a visit to your home. Just give us a call to get it set up.

Medical Equipment to lend or give away.

Are you or someone you know in need of medical equipment? The Chaplin Senior Center has quite a variety of different items to lend or give away such as:

Two wheeled walkers, basket for front of walker, crutches, canes and replacement rubber tips for canes, bed rails, commode chairs, shower chairs, raised toilet seat, nebulizer, gait belt, incontinence briefs, pureed meals (for those who may have difficulty swallowing) transport wheelchair and a wheelchair with head support.

We have a very nice wheelchair with padded seat and foot support to lend out for appointments or other outings. Call 860-455-1327 to inquire.

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For information call
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Membership Dues are due!

Just a reminder.... Membership renewals are due in January. Chaplin resident dues are \$10.00 a year and non- resident dues are \$15.00 a year. Your annual dues go a long way in supporting the many programs, services and activities we offer at the Center.

Thank you for supporting the Chaplin Senior Center.