

November 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
Shirley Rakos, Municipal Agent



Senior Center Renovations - We are sorry to say that there has been a delay in the renovations here at the center. We will now be starting lunches again on Monday, November 20th (our Thanksgiving meal) and Bingo will start up again on Wednesday, November 29th.

Bingo - There will be no bingo on Wednesday, November 22nd. We will be serving our **Country Breakfast** that morning 8:00am till 9:30 instead of lunch.

Pickleball - There will be no pickleball on Monday Nov. 27th and Wednesday Nov. 29th. The Artists' Open Studio will be set up in the community room for that week.

Quick Fix Haircuts - Cindi will be at the center on Thursday, Nov. 9th for all your hair care needs. Call 860-455-1327 to make your appt.

Psychic Medium - Julie will be taking appointments on Monday Nov. 20th. \$20.00 for 20 minutes. Call 860-455-1327 to schedule yours.

Medicare Check Up Appointments - Don't forget to call and book your appointment with Jennifer from Longview on Thursday Nov. 9th to be sure your Medicare plan is the right one for you.

Holiday Closings - Please note the center will be closed on Monday Nov. 13th for the Veteran's Day town holiday and Thursday Nov. 23rd for Thanksgiving. Wishing everyone a wonderful Turkey Day filled with food, fun, family and friends!!

Don't forget to thank our veterans on this Veteran's Day for all they sacrifice for our freedom. Remember freedom is not free!!

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.

November 2023 Menu

We are sorry to say that there has been a delay in the renovations of the Senior Center. We will now be opening the dining room for lunches on Monday, November 20th.

What better way to kick off our meals than with our
THANKSGIVING LUNCH !!

It will be so nice to see you all again.

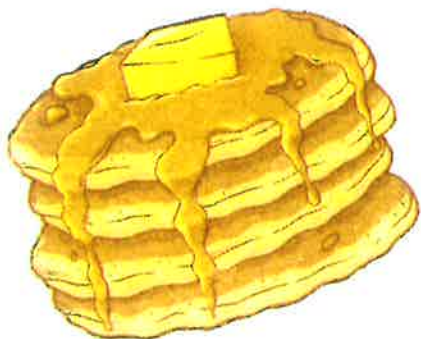
We have missed you!!

Monday Nov. 20th - Thanksgiving Meal – Roast Turkey with Mashed Potatoes and Stuffing, Baked Squash, Dinner Roll and Apple Pie

**Wed. Nov. 22nd - Country Breakfast – 8:00am till 9:30am
Pancakes, Scrambled Eggs, Bacon, Sausage and Gravy with Biscuits, Coffee Cake, Juice & Coffee
DINE IN ONLY**

Monday Nov. 27th- Philly Steak and Cheese on Steak Roll, Onions and Peppers, Oven Fries and Dessert

Wed. Nov. 29th - Chicken Pot Pie with Cheese Biscuit, Cole Slaw and Dessert



COUNTRY BREAKFAST

Chaplin Senior Center



Wednesday November 22, 2023

8:00am till 9:30am



Pancakes, Scrambled Eggs, Bacon, Sausage & Gravy

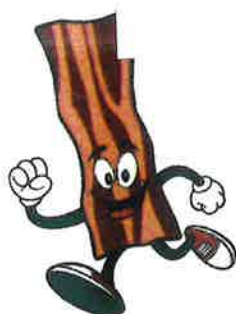
with Biscuits, Coffee Cake, Coffee and Juice

All for only \$6.00

Dine In Only

Call by Monday Nov. 20, 2023 before noon to sign up!

860-455-1327



Chaplin Senior Center Monthly Calendar

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:00 - 12:00 Pickleball NO BINGO NO LUNCH 12:30-2:00 Mexican Train 12:30-1:30 Qigong	2 9:00-9:45 Fit & Fun 9:45 Left Center Right Dice Game
6 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 11:00 Yoga NO LUNCH	7 9:00 - 10:00 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	8 9:00 - 12:00 Pickleball NO BINGO NO LUNCH 12:30-1:30 Qigong	9 9:00 -9:45 Fit & Fun 9:00-2:00 Medicare appointments Call 860-455-1327 9:15-2:00 Haircuts with Cindi by appt. Call 860-455-1327 9:45 Left Center Right Dice Game
13 Senior Center Closed Veteran's Day Town Holiday!!	14 9:00-10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg	15 9:00 - 12:00 Pickleball NO BINGO NO LUNCH 12:30-1:30 Qigong	16 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
20 9:00 -9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH THANKSGIVING MEAL!!	21 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00-2:00 Mahjongg	22 8:00-9:30 COUNTRY BREAKFAST Dine in Only NO BINGO!!! NO LUNCH!!! 9:00 - 12:00 Pickleball 12:30-1:30 Qigong	23 Thanksgiving Senior Center Closed
27 9:00-9:45 Fit & Fun NO PICKLEBALL 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu	28 9:00-9:45 Fit & Fun 10:00- Memoir Group 10:00-2:00 Mahjongg	29 NO PICKLEBALL 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-1:30 Qigong	30 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

Medicare Check Ups with Jennifer from Longview

It's time to review and renew your Medicare plan. Sign up to make your appointment with Jennifer on Thursday Nov. 9th 9:00am till 2:00. You will need to bring a list of your physicians and medications when signing up for your appointment so it can be submitted in advance to Jennifer. Call 860-455-1327 to get on the schedule.



CHAPLIN COMMUNITY HARMONY SINGERS



We are forming this group to share the joy of music. Our first gathering will be held at the Chaplin Senior Center on Wednesday, Nov. 8th at 1:00pm. If you are interested, but can't attend this date, please call and let us know.

860-455-1327

Qigong Five Animal Frolics



Wednesdays 12:30-1:30pm
Chaplin Senior Center / Library

132 Chaplin Street, (860)455-1327 ♦ \$5 per session

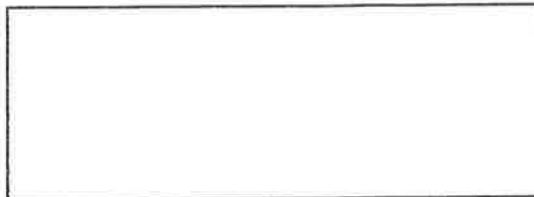
A centuries-old exercise form. Simple movements, simple to learn, wonderful to feel. Complete mind body health!

with Joe Pandolfo, certified Tai Chi & Qigong Instructor, Reiki Practitioner,
Acupuncture Detoxification Specialist and board director for the CT Society of Acupuncturists
Questions? (959) 444-3979 · email: joepaichi@gmail.com



Chaplin Senior Center
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.

We do follow the school schedule. If school is closed, we will also be closed. Keep in mind there is a chance school could be open but the Senior Center closed. It is always best to check the channel 3 cancellations. Your safety is our concern.

Please note: If there is a late opening on a Wednesday, there will be no lunch served or Bingo that day. As always, if you have any doubt, call the Center at 860-455-1327 before heading out. Thank you.