

October 2022



Chaplin Senior Center

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

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

Lunch prices are going up – Unfortunately, due to the continued high price of groceries, the Senior Center will have no choice but to increase the price of our lunches. Beginning Oct. 1, 2022, we will be charging \$6.00 for members and \$8.00 for non-members. If you are interested in becoming a member, please talk to the front desk to sign up. Annual membership dues for a Chaplin resident are \$10.00 and \$15.00 for a non-resident.

Massage chair – Exciting news!! We applied for and received grant money to purchase a professional massage chair for the center. If you would like to try it out, we have a sign-up book where you can schedule your time slot.

AARP – The AARP Safe Driver class will be held at The Quinebaug Valley Senior Center in Brooklyn on Oct. 28th, from 9:30am till 1:30 pm. If this date does not work for you, they will be offering a class every month. The address is 69 S. Main St. Brooklyn CT. Please Call 860-774-1243 to sign up. The cost for this class is \$20.00 for AARP members and \$25.00 for non-members.

Halloween - Monday Oct. 31st wear a costume and win a prize. Come join in the fun and games with prizes after lunch.

Watercolor Class – There will be no watercolor classes in the month of October. We are thinking of changing the day and time in the future to every other Thursday 10:00am till 12:00pm. Anyone that may be interested please give us a call at 860-455-1327.

Quick Fix Hair Care – Cindi will be at the center on Thursday, Oct. 20th for all your hair care needs. Call 860-455-1327 to schedule your appt.

Podiatry – Dr Morgan, the Colchester foot specialist will be coming on Wednesday, November 16th from 1:00 – 3:00. Give us a call to get on the schedule.

Flu Shot Clinic – Thursday Oct. 13th, 9:00am – 10:30am!
Call 860-455-1327 to sign up.

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.

October 2022 Menu

Monday Oct. 3rd - Chicken Pot Pie, Dinner Roll, Broccoli and Lemon Bars

Wed. Oct. 5th - Pepperoni, Cheese or Hamburger Pizza, Cole Slaw and Dessert

Monday Oct. 10th- NO LUNCH, SENIOR CENTER CLOSED

Wed. Oct. 12th - Salisbury Steak w/Gravy, Scalloped Potatoes, Creamed Spinach, Dinner Roll & Dessert

Monday Oct. 17th- Chicken Parmesan w/Pasta, Tossed Salad, Garlic Bread, Chocolate Cream Pie

Wed. Oct. 19th - American Chop Suey w/ Dinner Roll, Cole Slaw and Birthday Cake

Monday Oct. 24th- Stuffed Chicken Breast w/Mashed Potatoes, Dinner Roll, Vegetable and Dessert

Wed. Oct. 26th - Grilled Hot Dog on a Roll, Baked Beans, Pasta Salad and Dessert

Monday Oct. 31st - Sweet & Sour Kielbasa over Jasmine Rice, Candied Carrots, Dinner Roll & Pumpkin Cupcakes

Chaplin Senior Center Flu Clinic

Thursday, Oct. 13 | 9-10:30am

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Please call 860-455-1327 to sign up.

Payment options:

- **Insurance: Most major insurances accepted. United Healthcare is currently not in network for flu vaccines.**
 - **Over age 65:** Medicare, Aetna Managed Medicare, Anthem Managed Medicare or ConnectiCare Managed Medicare
 - **Under age 65:** Aetna, Anthem, Blue Cross/Blue Shield, ConnectiCare or Cigna
- **Self-pay Vaccine Costs:** Cash or check.
 - Flucelvax - \$40
 - Flublok - \$70
 - Fluzone - \$70

Bring your driver's license or official ID and health insurance card.

Flu shots administered by: Hartford HealthCare

**Please wear a short sleeve shirt
under your sweater or jacket.**

Chaplin Senior Center Monthly Calendar

October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:00-10:00 Fit & Fun 9:30 - 11:30 Pickleball 10:00 Wii Bowling 11:00- Yoga 11:45- 12:15 LUNCH see menu	4 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00 Mah Jongg	5 9:30-11:30 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 1:00-2:00 Seed Saving with Kelly Caisse	6 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun
10 SENIOR CENTER CLOSED COLUMBUS DAY!!	11 9:00 - 10:00 Fit & Fun 9:30-11:30 Pickleball 10:00 Memoir Group 10:00 Mahjongg 10:00 - 1:00 Municipal Agent	12 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu 5:00-6:30 Library Cookbook Club. Eastern European Foods. Email librarydirector@chaplinct.org to register.	13 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 9:00-10:30 Flu Shot Clinic 10:00-1:00 Massage Therapy by appt. Call 860-455-1327
17 9:00-10:00 Fit & Fun 10:00 Wii Bowling 9:30 - 11:30 Pickleball 11:00 - Yoga 11:45-12:15 LUNCH see Menu	18 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00 Mahjongg 10:00-12:00 Craft class w/ Lisa	19 9:30 - 11:30 Pickleball 9:45 - 11:45 Bingo 11:45-12:15 LUNCH see Menu	20 8:00 Continental Breakfast 9:00- 10:00 Fit & Fun 9:00-2:00 Haircuts w/ Cindi Call 860-455-1327 for appt.
24 9:00-10:00 Fit & Fun 10:00 Wii Bowling 9:30-11:30 Pickleball 11:00 - Yoga 11:45-12:15 LUNCH see Menu 6:30pm - The Eastern CT Paranormal Society- The Truth behind Investigating the Unknown (At the Library)	25 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00 Mahjongg 10:00-1:00 Municipal Agent	26 9:30 - 11:30 Pickleball 9:45-11:45 Bingo 11:45 - 12:15 LUNCH see Menu	27 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327
31 9:00-10:00 Fit & Fun 9:30-11:30 Pickleball 10:00 Wii Bowling 11:00 - Yoga 11:45-12:15 LUNCH see menu			Tea Time Book Chat Friday, Oct. 14th, 3:00-4:00 PM Join us to share your favorite books. Call the Library at 860-455-9424 to register.

Chaplin Public Library and Senior Center

Seed Saving with Kelly Caisse

Wednesday, October 5th

1:00 pm



Join Chaplin farmer Kelly Caisse of KDCROP FARMS to learn how to store and save seeds for next year. Kelly will share tips on how to successfully harvest seeds to be used for future plantings.

Established in 2006, KDCROP FARMS is a vegetable, herb, fruit, starter plant, and egg farm in Chaplin, CT. The farm is family run and women-owned, led by Kelly Caisse. They use organic, non-chemical, no-till techniques to grow their produce, reduce carbon footprint by mostly using hand tools, and keep the soil happy! KDCROP FARMS also produces a line of value-added relishes, pickles, jams, and salsas that are farm-raised, handmade, and naturally grown for the garden fresh, farm-to-table experience. They run a weekly CSA (community supported agriculture) in which customers receive a 6-item box of mixed vegetables, fruit, jars, eggs, and cheese from Cato Corner Farm at a pick-up point on the farm. From the profits of the CSA, a portion is donated to the Chaplin Elementary School PTO and other schools. They also go to farmers markets such as Ashford, Storrs, Tolland, and Ellington. You can also find them at local events in Chaplin and Windham County! Learn more at kdcropfarms.weebly.com

The Connecticut Land Conservation Council

is looking for volunteers.

Please contact Lisa at 860-455-1327 if you are interested.

Hello Everyone!

My name is Emely Ricci, I am the Sandy Breslin Conservation Fellow at Connecticut Land Conservation Council (CLCC). On behalf of CLCC and our project partners, The Last Green Valley (TLGV), and Joshua's Trust, I'm writing to invite you to participate in a groundbreaking and exciting new project focused on inclusive conservation in Northeastern Connecticut. We are seeking volunteers from the Chaplin Senior Center and the Chaplin senior community at large to conduct an assessment of a sampling of Joshua's Trust properties with the goal of better-incorporating accessibility and inclusivity into their trail and program design.

These outings will be organized sometime in the Fall/early Winter with representatives from CLCC and TLGV guiding participants through the trail to complete the assessment. Joshua's Trust will not be in attendance during these trips as we want to gather your genuine thoughts and ideas as we hike through the intended property.

We hope you will participate and enjoy the day with us when the time comes!

Best,
Emely





Saturday Morning Walking Club (9:00am at the destination)

Oct. 1st - Airline Trail, Chewink Rd. and Lynch Rd. intersection.

Oct. 8th - NO WALK, Columbus Day weekend.

Oct 15th - Natchaug Forest. Take Morey Rd. off of 198, go over the bridge and take the second left (dirt Road). Park along side of road.

Oct. 22nd - Airline Trail Hampton. Station Road, past New Hill Rd. There is a place for parking at the start of the trail.

Oct. 29th - Bujack Lane Chaplin. Right off Tower Hill Rd. just past the Russ Cemetery. Park along side of the road in front of the Bernard Church Woods sign.



Craft Class with Lisa

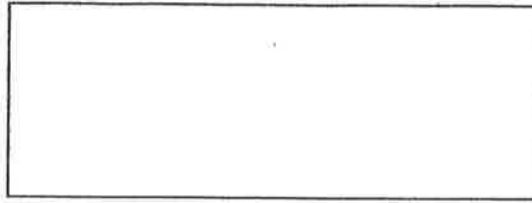
Fall Gnome Wall or Door Hanger

Tuesday October 18th at 10:00am

Sign up at the front desk. \$3.00 material charge.

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For information call
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Come by the Chaplin Senior Center and pick up a copy of
Sharing Memories
By the Chaplin Senior Center Memoir Group and Friends
Makes a great gift, and only \$10.00