

May 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



Artist of the Month - Irene Glynn

I always yearned to learn to paint. I spent hours, as a child, looking at paintings in art books, galleries and museums. I put my dream aside to have a family and a career as an elementary teacher.

After retirement, my husband Greg and I split our time between Marco Island, Florida and Chaplin, Connecticut. I was finally able to take time for my dream.

On Marco, I became active in the Art League. I took workshops, visited galleries, museums and outdoor art shows. I painted every day, enjoying the challenges and satisfaction of painting. During the summers in Chaplin, I joined Arnold Prince, Pat Donahue, Sonja Weber, and other local artists in an outdoor painting group that worked together weekly, painting the countryside. Greg and I are now living full time in a cabin on the banks of the Natchaug River.

I have always been amazed by the intelligence, the love, the unique personalities of the dogs I have met. I have shared my life with a regal Shepherd, a rascal Beagle, three soulful Black Labs, a rescue Coconut Retriever and currently, a happy-go-lucky beagle, Bruce. Each had a unique personality and a beautiful face. I began to paint portraits of my own dogs, and was then asked to paint portraits for friends and family.

In my portraits, I have tried to capture the personality of each of these beloved pets. Many of my portraits are of dogs that are no longer with us. Nothing pleases me more than to hear an owner say, "You have captured my dog's spirit."

Silly Sock Day - Wear a pair of silly socks on Wednesday, May 24th and win a prize!!!

Ladder Toss - Ladder Toss will now be held every Thursday under the tent at 10:30am. Come join us for a fun time for all.

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.

May 2023 Menu

- | | |
|-------------------------------------|--|
| Monday May 1st - | Baked Chicken Quarter w/ Buttered Noodles,
Cranberry Sauce, Vegetable, Corn Bread & Dessert |
| Wed. May 3rd - | Beef Stew w/ Fresh Biscuit, Cole Slaw and
Carrot Cake |
| Monday May 8th - | Pepperoni, Hamburger or Vegetable Pizza,
Pasta Salad, and Caramel Brownie |
| Wed. May 10th - | Roast Pork w/ Applesauce, Mashed Potatoes w/
Gravy, Vegetable, Dinner Roll & Rhubarb
Custard Cake |
| Monday May 15th - | Grilled Salmon w/ Roasted Potatoes, Vegetable,
Dinner Roll & Chocolate Cream Pie |
| Wed. May 17th - | Baked Potato Bar w/ Chili, Broccoli, Sour Cream
and Cheese Sauce, Dinner Roll and Cookie |
| Monday May 22nd - | Swedish Meatballs over Noodles, Vegetable,
Dinner Roll and Dessert |
| Wed. May 24th - | Cheese Ravioli w/ Homemade Sauce, Tossed
Salad, Garlic Bread and Dessert |
| Monday May 29th - | SENIOR CENTER CLOSED – MEMORIAL DAY |
| Wed. May 31st - | Grilled Cheeseburger w/ Lettuce, Tomato &
Dill Pickle, Pasta salad and Ice Cream Sundae |



Situational Awareness and Personal Safety Seminar

with Chaplin Resident Trooper

Shaun Tucker.

Monday May 8th at 10:00am.

Chaplin Senior Center 132 Chaplin St.

Please join Trooper Tucker

For some pointers on personal safety

**and potential risks that may be all
around us!!**



Chaplin Senior Center Monthly Calendar

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:00-10:00 Fit & Fun 9:00-12:00 Pickleball 10:00-2:00 Massage by Appt. 11:00 Yoga 11:45-12:15 LUNCH see menu	2 9:00-10:00 Fit & Fun 10:00 Board Meeting 10:00 Memoir Group 10:00-2:00 Mahjongg	3 9:00-12:00 Pickleball 9:45 - 11:45 Bingo 11:45-12:15 LUNCH see menu	4 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 9:00-2:00 Haircuts w/ Cindi Call 860-455-1327 for Appt. 10:30-12:00 Ladder Toss 1:00-2:00 Tai Chi
8 9:00-10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Situational Awareness Seminar w/ Resident Trooper 10:00-11:30 Psychic Medium Call for appt. 11:00 Yoga 11:45-12:15 LUNCH see menu	9 9:00 - 10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	10 9:00 - 12:00 Pickleball 9:45 - 11:45 Bingo 11:45 - 12:15 LUNCH see Menu	11 8:00 Continental Breakfast 9:00 - 10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt. Call 860-455-1327 10:30-12:00 Ladder Toss 1:00-2:00 Tai Chi
15 9:00- Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu	16 9:00-10:00 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg	17 9:00 - 12:00 Pickleball 9:45 -11:45 Bingo 11:45-12:15 LUNCH see Menu	18 8:00 Continental Breakfast 9:00- 10:00 Fit & Fun 10:30-12:00 Ladder Toss 1:00-2:00 Tai Chi
22 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	23 9:00 - 10:00 Fit & Fun 10:00 - Memoir Group 10:00-2:00 Mahjongg	24 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	25 8:00 Continental Breakfast 9:00-10:00 Fit & Fun 10:00-1:00 Massage Therapy by appt, call 860-455-1327 10:30-12:00 Ladder Toss 1:00-2:00 Tai Chi
29 Senior Center Closed Memorial Day !!	30 9:00-10:00 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	31 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	



DON'T FORGET THE

PLANT AND GRINDER SALE

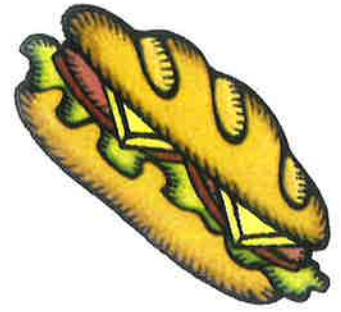
SAT. MAY 13TH 10:00 - 12:30





Plant and Grinder Sale

Chaplin Senior Center



Saturday May 13th, 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!

We will also have some super cute handmade gifts to purchase for Mom this Mother's Day!!

We will also be selling Grinders and a Cookie for \$8.00 curbside 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 10th to place your order.

**GREAT RAFFLE
PRIZES**



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PRIZES**

Caregiver Support Group



Join us for a **NEW** support group open to all caregivers.

Kick off Event Tuesday, April 25, 2023

2:50 pm Meet & Greet

3:00 pm Speaker & Meeting

Guest speaker: Kristine Johnson
Dementia Specialist, Hartford Healthcare
Center for Healthy Aging, Backus Hospital

**Meetings will be held the
LAST Tuesday of each month
at 3:00 pm**

(doors open at 2:50 pm)

 UCFS ElderCare

Sheltering Arms

165 McKinley Avenue, Norwich, CT 06360

Parking available in lot behind building

Please note: Participants are asked to wear masks and provide proof of COVID vaccination. The elevator is under renovation - a chair lift is available for those needing assistance with stairs.

Questions?

Contact Lori Rygielski, Senior Resources
860-887-3561 ext. 127

lrygielski@seniorresourcesEC.org





Let's Get Down And Dirty!

Plant & Seed Swap Party!

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

Sat. June 17th (RAIN DATE June 24th) 11:00 to 1:00

Under the Big Tent !

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

TIPS FOR FIRST TIME SWAPPERS

LABEL YOUR PLANTS

DIG PLANTS AT LEAST A FEW DAYS IN ADVANCE

PLANTS SHOULD BE WELL WATERED

AND IN CONTAINERS



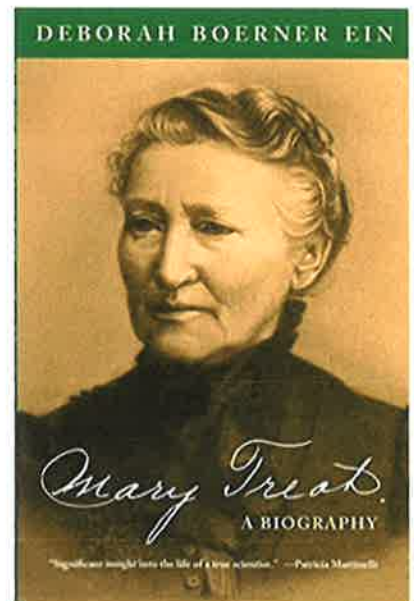
Author Talk and Book Signing

Mary Treat: A Biography, by Deborah Boerner Ein

Chaplin Public Library

Friday, May 5th - 6:30pm

Please join us to meet author **Deborah Boerner Ein**, biographer of **Mary Treat**, who novelist Barbara Kingsolver cast as a main character in her 2018 bestseller *Unsheltered*. Since then, many have sought to learn more about the 19th century naturalist whose studies coincided with those of Charles Darwin. With access to the Treat files at the Vineland Historical and Antiquarian Society, Deborah tells the story of Mary Treat through her publications and letters, which included correspondents such as prominent botanists, entomologists, and even Darwin himself. Copies of *Mary Treat: A Biography* will be available for sale and signing. Light refreshments will be served.



Deborah Boerner Ein attended Rutgers University where she earned a Bachelor of Science degree in forestry and natural resource management. With that background in science, as well as more than 30 years of experience as a magazine and newspaper editor, her favorite writing projects are transforming scientific topics into compelling stories that a general readership will understand and enjoy. For more information about her book, visit www.marytreat.com.

Chaplin Public Library
130 Chaplin Street
Chaplin, CT 06235

860-455-9424, www.chaplinpubliclibrary.org

Young people have theirs.

Now Seniors have their own texting codes:

- * **ATD** - At the Doctor's
- * **BFF** - Best Friends Funeral
- * **BTW** - Bring the Wheelchair
- * **BYOT** - Bring Your Own Teeth
- * **CBM** - Covered by Medicare
- * **CUATSC** - See You at the Senior Center
- * **DWI** - Driving While Incontinent
- * **FWIW** - Forgot Where I Was
- * **GGPBL** - Gotta Go, Pacemaker Battery Low
- * **GHA** - Got Heartburn Again
- * **HGBM** - Had Good Bowel Movement
- * **LMDO** - Laughing My Dentures Out

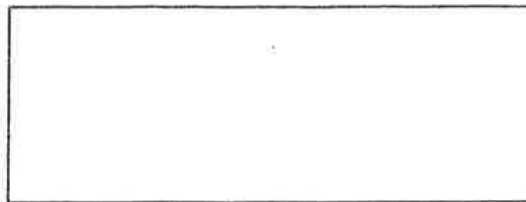
- * **LOL** - Living on Lipitor
- * **OMSG** - Oh My! Sorry, Gas
- * **TOT** - Texting on Toilet
- * **WAITT** - Who Am I Talking To?

Hope these help. GGLKI

(Gotta Go, Laxative Kicking in!)

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For information call
860-455-1327



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

May 6th - CT Airline Trail in Hampton. Park at Estabrooks Road end and walk toward Station Road.

May 13th - NO WALK, Plant and Grinder Sale !!!

May 20th - Parker Road, off of South Brook in Hampton.

May 27th - NO WALK, Memorial Weekend!!!

