

September 2024



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

Robert Avery

"I enjoy the outdoors and spend much time photographing and painting it as well. I believe it's time well spent. It brings me comfort and peace. I feel compelled to create art now that I have the time. Having spent many years in the heavy construction industry where there was little or no time for my passion; it gives me great pleasure to pursue it now. Trying new techniques is even more satisfying. It keeps things interesting and helps motivate me. It's inspiring also when others enjoy my work. May they have peace and enjoyment always. As they say, 'the earth without art is eh.'"

AARP Safe Driver Course - Thursday, September 12th, 2024 from 9:00AM to 1:00PM. Limited seats, so call ASAP to register.

No Fit & Fun on Thursday, September 12th.

No Breakfast Club on Thursday, September 12th.

Massage Therapy - Carlie still has a few appointments available for Monday September 16th. Call 860-455-1327 to schedule your appt. \$30.00 for ½ hr and \$50.00 for an hour.

Wii Bowling - We have started wii bowling up again every Monday at 10:00am. Come and join the fun!!!

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.

September 2024 Menu

Monday Sept. 2nd -	Senior Center Closed – Labor Day
Wed. Sept. 4th -	Grilled Pork Chops w/ Buttered Noodles and Gravy, Vegetable, Dinner Roll & Apple Pie
Monday Sept. 9th -	Meat Lasagna, Garden Salad, Garlic Bread & Brownie
Wed. Sept. 11th -	Stuffed Chicken Breast, Scalloped Potatoes, Vegetable, Dinner Roll & Raspberry Cake
Monday Sept. 16th -	American Chop Suey, Vegetable, Corn Bread & Banana Cream Pie
Wed. Sept. 18th -	Baked Meat Loaf w/Gravy, Mashed Potatoes, Peas, Dinner Roll & Apple Crisp
Monday Sept. 23rd -	Stuffed Shells w/Sauce, Cole Slaw Garlic Bread & Chocolate Cake
Wed. Sept. 25th -	Swedish Meatballs on Egg Noodles, Vegetable Dinner Roll & Lemon Square
Monday Sept. 30th -	Grilled Chicken on a Bulkie Roll, Pasta Salad, Potato Chips, Carrot Cake



SAFER DRIVING CAN SAVE YOU MONEY

AARP Real Possibilities

Take the AARP Smart Driver™ classroom course and you could save money on your car insurance! *

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

AARP Safe Driver course will be taught at the Chaplin Senior Center on Thursday, September 12th, 2024 from 9:00AM to 1:00PM. Please make your checks out to AARP, \$20.00 for AARP members and \$25.00 for non-members. Training materials and certificates are supplied.

To register call (860) 455-1327.



Chaplin Senior Center Monthly Calendar

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Senior Center Closed. Labor Day!!	3 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg	4 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu 12:30-2:00 Mexican Train	5 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327
9 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu	10 9:00 - 9:45 Fit & Fun 10:00 Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	11 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	12 NO BREAKFAST CLUB !! NO FIT & FUN 9:00-1:00 AARP Safe Drivers Coarse
16 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 10:00-2:00 Massage Therapy by appt. 860-455-1327 11:00 Yoga 11:45-12:15 LUNCH see menu	17 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Memoir Group 10:00-2:00 Mahjongg	18 9:00-12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	19 8:00 Breakfast Club 9:00-9:45 Fit & Fun 10:00-1:00 Massage Therapy by appt. 860-455-1327 9:15-2:00 Haircuts w/ Cindi by appt. Call 860-455-1327
23 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu	24 9:00 - 9:45 Fit & Fun 10:00 - Memoir Group 10:00-2:00 Mahjongg 10:00-1:00 Municipal Agent	25 9:00 - 12:00 Pickleball 9:45-11:45 Bingo 11:45-12:15 LUNCH see menu	26 8:00 Breakfast Club 9:00-9:45 Fit & Fun
30 9:00-9:45 Fit & Fun 9:00-12:00 Pickleball 10:00 Wii Bowling 11:00 Yoga 11:45-12:15 LUNCH see menu			

CHAPLIN RECREATION COMMISSION

CHAPLIN DAY

Join us for a day of fun in the park!

Saturday September 14th

1-8pm

LIVE BANDS ALL DAY!
CORNHOLE TOURNAMENT!
FAMILY ACTIVITIES!
FOOD AND MORE!

Heartland 1-2:30pm

Nick Bosse and The Northern Roots

3-5pm

and

Three57 5:30-8pm



Questions? Call or text Amie (302)264-1104
Vendors welcome!



FREE 1.5-hour Mindfulness Seminar:
Unlocking the Potential of Mindfulness for Health
Saturdays, September 21st or 28th
10:30am -12:00pm (register for either date)

Prioritize health. Participate in being alive. Enrich the life you live.



Explore how integrating mindfulness practice into your routine unlocks resilience, open-mindedness, & a richer understanding of what it means to be human with seasoned Mindfulness Based Stress Reduction (MBSR) instructor:

Jeanne J. Chadwick, MPH, MS, PhD.

Mindfulness instructions often emphasize not getting caught up in thoughts about the past or the future. **Instead, just stay in the moment!**

However, this advice can be *unhelpful*. It can promote the idea that the present moment is a dreamy state of joy where no thoughts of the past or future are allowed. This is honestly impossible! If we had no *thoughts of the past*, we could not remember where we live. If we had no *thoughts of the future*, we could not make plans for vacations or appointments.

The problems emerge when thoughts carry us out of our bodies & off to a space where we imagine we are in the past or the future rather than forming thoughts *about the past or the future*. In this seminar, we'll dig into this since healthy doses of hindsight and foresight are part of incorporating mindfulness into daily life.

Dr. Chadwick's passion to empower people through Mindfulness has spanned the past 20 years. As an author/therapist, epidemiologist, and professor, she has dedicated herself to helping people live a more fulfilling and passionate life through the art and science of Mindfulness. Trained in 2001 at the UMass Center for Mindfulness, she has summarized the most important aspects of UMASS's MBSR course. She uses the tools from this course to dispel misconceptions & myths about how to use mindfulness to manage stress. Dr. Chadwick's published academic research on the mechanisms of mindfulness informs this discussion by linking these to greater emotional health and higher productivity.

For more information or to register for either date, contact: mindbody0701@gmail.com

Chaplin Public Library
130 Chaplin Street, Chaplin, CT 06235
www.chaplinpubliclibrary.org
860-455-9424

Your Four Pillars

introduction to

Chinese Astrology



Ryan Moulton

Free talk

Monday, September 30th, 6:30 pm
Chaplin Public Library
130 Chaplin St, 860-455-9424

Did you know...

- ◆ This Year of the Dragon is specifically the *Wood Dragon*?
- ◆ You have zodiac animals for your birth year, *month* and *hour*?
- ◆ These birth times carry energy from various family generations?

Join us and learn more about this fascinating traditional system!

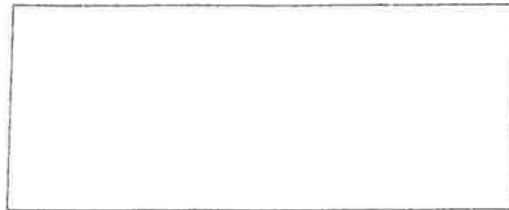
with Joe Pandolfo, local Tai Chi & Qigong Instructor, Reiki Practitioner,
Acupuncture Detox Specialist and Board Director for the CT Society of Acupuncturists

Questions? (959) 444-3979 - email: joepataichi@gmail.com



Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235

For information call
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Saturday Morning Walking Club

8:30am meeting time.

We will be walking 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!!**

