

# ***Haddam Senior Center***

923 SAYBROOK RD, HADDAM, CT 06438

Hours of Operation: Monday, Tuesday, Thursday: 10am-2pm

Contact us! [seniors@haddam.org](mailto:seniors@haddam.org)

(860) 345-2480

Like us on FaceBook! [Senior Center - Haddam Connecticut](#)

The town of Haddam Senior Center is a gathering space for seniors 60 and over to promote and provide social, nutritional, intellectual and physical needs to those among our community. The Haddam Senior Center also serves as a congregate meal site for seniors.

**Lunch is available Monday, Tuesday & Thursday at noon. A donation of \$3 is requested. Our food is provided by The Estuary of Old Saybrook. Please contact Doreen to reserve your lunch. (860) 345 - 2480**

**Minimum 24-hour reservation required.**

## **Department of Senior & Social Services**

**Becky  
Rice**

Director and Municipal Agent  
for the Elderly  
**860-345-4621**

**Sarah  
Chambers**

Social Services Assistant  
**860-345-4621**

**Doreen  
Staskelunas**

Activities Coordinator  
**860-345-2480**

**Neal  
Perron**

Senior Van Driver  
**860-682-3301**



**The senior van is available for Medical, Nutrition and Social needs to those disabled or 60 and over. The senior van is available by appointment between 9am-2pm, Monday through Thursday. Shopping trip to Walmart in Cromwell on Tuesdays. Call to reserve a spot.  
(860) 682 - 3301**



# Weekly Events



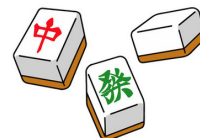
**BINGO:** First and Third Thursday of the Month

**CARDS:** Tuesdays at 10:30am & 12:30pm

**MAH-JONGG:** Mondays & Thursdays at 10am

**MOBILITY:** Thursdays at 11:15am

**\*NEW!\* Walking Group:** Mondays at 9am  
(Meet at Haddam Meadows State Park)



## May Events

### Weekly Walking Group

**Every Monday @ 9am**

We are excited to announce this new wellness program! Join your friends for a walk around the Haddam Meadows State Park! We will meet in the parking lot at the entrance to the park (on the left as you enter) at 9am. Please sign up weekly for this event so that we know who is walking each week. The walk will be canceled if raining.



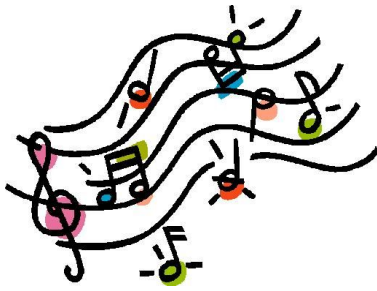
### Mobility with Jennifer

Jennifer's mission is to help as many people as she can reach their health and fitness goals through results driven exercise and nutrition programs. She believes every age and ability needs and deserves to enjoy a long, active life.

Website: <https://www.fitnesswithjennifer.com/>

**Our All Levels Mobility Class is every Thursday @ 11:15am**





## Pearls from Carol Laugh and Singalong with Albert Ruggiero

**Thursday, May 9th @ 12:30pm -**

Join us for a “laugh out loud experience” as Albert Ruggiero shares short stories that everyone can relate to! The fun also includes a sing-a-long to some of your favorite tunes!

## Spring Craft

**Monday, May 13th @ 10:30am -**

The craft this month is adult coloring and sticker books! Guaranteed to get your creative juices flowing!



## GameDay!

**Monday, May 13th @ 12:30pm -**

Have a favorite board game you like to play? Bring it to the Senior Center! We will also have Left, Right, Center, Rummikub, Dominoes and Blank Slate available to play!

## May Birthday Celebration

**Tuesday, May 14th @ 12:30pm –**

Come celebrate all the May birthdays!



## Committee on Aging

**Monday, May 20th @ 10am**

This month's meeting takes place at the

**Haddam Neck Fair Grounds**

26 Quarry Hill Road, Haddam Neck, CT 06424



## **Mike Slifer and the Channel 3 Storm Tracker**

**Thursday, May 23rd @ 12:30pm –**

Mike is a Connecticut native, thrilled to be forecasting for his home state. He spent 3 years in southern West Virginia and 3 years in Portland, Maine before returning to Connecticut in 2022.

Mike has been a weather nerd his entire life and loves anything weather-related. In his free time, he is often exploring Connecticut's back roads or hiking through Connecticut's trails. He also has a corgi named Winnie who loves adventuring in New England.



## **Memorial Day Closure**

**Monday, May 27th -**

The senior center will be closed on Memorial Day in observance of the holiday



## **Pizza and a Movie**

**Thursday May 30th 12pm -**

**“Nyad”**

Nyad is a 2023 American biographical sports drama film about swimmer Diana Nyad's multiple attempts in the early 2010s to swim the Straits of Florida, with flashbacks to her early life. It is directed by Elizabeth Chai Vasarhelyi and Jimmy Chin and written by Julia Cox, based on Nyad's 2015 memoir Find a Way. It stars Annette Bening as Nyad, with Jodie Foster and Rhys Ifans in supporting roles.



# Town of Haddam Resources



## Haddam Social Services

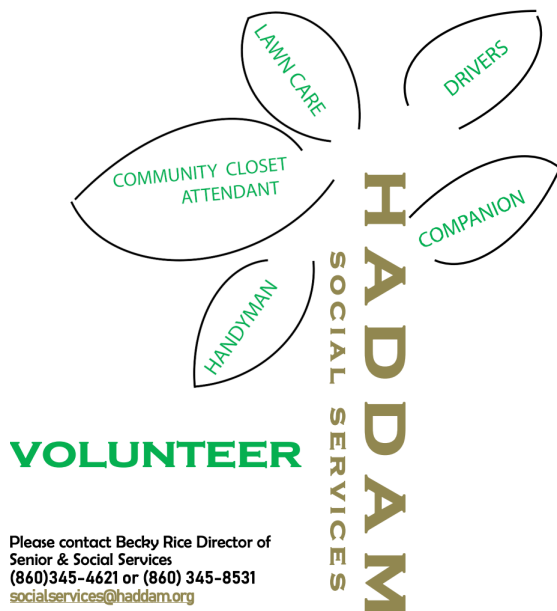
Our office's mission is to enhance and improve the quality of life among our town's people and the self-sufficiency of those in need of social services.

We provide advocacy, leadership, and planning while fostering independence among our vulnerable population. Through statewide and local services, the social service department will guide you through your needs.

**11 Jail Hill Rd, Haddam, CT 06438**

*Hours of Operation: Tuesdays 9am-2pm, Thursdays 9am-6pm, Mondays, Wednesdays, Fridays by appointment*

## Social Services Volunteer Tree



Please contact Becky Rice Director of  
Senior & Social Services  
(860)345-4621 or (860) 345-8531  
[socialservices@haddam.org](mailto:socialservices@haddam.org)

*Because Today you can be the  
Difference for someone in Haddam!*

Are you looking for ways to give back to your community? Haddam Social Services is looking to create a Volunteer Tree filled with local resources to help our seniors. They are looking for anyone who is looking to donate lawn care expertise, drivers for shopping and medical appointments, Community Closet Attendants and companions. If this is something you are willing to help with, please contact Social Services Director, Becky Rice, for more information. (860)345-4621 or [socialservice@haddam.org](mailto:socialservice@haddam.org)



# Committee on Aging

The Committee on Aging is a standing body created by the Board of Selectmen & enabled by State statute to study conditions and needs among the senior residents of Haddam, to encourage and assist where possible the development of needed services, and to bring to the Board of Selectmen matters calling for attention.

**Regular Meeting location: Old Town Hall**

**Meeting locations for twice a year meetings: High Meadow in Haddam and the Haddam Neck Fair Grounds**

Posting of locations are at the Town Office Building or the Haddam Senior Center Facebook site

*Meetings: Third Monday of the Month, from September through June at 10:00am*

*Chair: Mary Lou Heger*

*860-345-2929*

*Vice Chair: Kim Gionfrieddo*

*860-657-6566*



## Club 60

The purpose of the club is to foster greater friendship among persons of the area who are 60 and older while providing a constructive and well- rounded program of social, recreational and service activities for our members.

*Meetings: First and Third Monday at 1pm*

**Meeting location: Haddam Community Center  
7 Candlewood Hill Rd, Higganum, CT 06441**

President: Mary Pierce

(860) 685-1783





## Brainerd Library

The lower level Community Room provides Adult Services space with computers, copier, checkout and a selection of books & DVDs. Staff will order any materials you want from other libraries, like we do now. The Children's Room will not be affected by the 1st phase.



## Haddam Transfer

750 Saybrook Rd, Haddam, CT 06438

Hours of Operation: Wednesdays and Saturdays 8am-

3:45pm, Sundays 8am-11:45am

(860) 345-8531

Website: <https://www.haddam.org/transfer-station>

## Brainerd Memorial Library

920 Saybrook Rd, Haddam, CT 06438

The Upper Level of the Library is Closed for Renovation. But we're still open!

Please use the lower entrance. All materials should be returned in the Community Room or parking lot bookdrop.

(860) 345-2204

Website: <https://brainerdlibrary.org/>

## HKYFS

P.O. Box 432 Higganum, CT 06441

860.345.7498 [info@hkyfs.org](mailto:info@hkyfs.org)

We envision a connected community where youth and families are resilient and feel safe, supported, and empowered.



## Sustainability Committee

Meetings: Fourth Tuesday of the month at the Old Town Hall

(860) 345-8531 x 207

Website: <https://www.haddam.org/sustainability-committee>

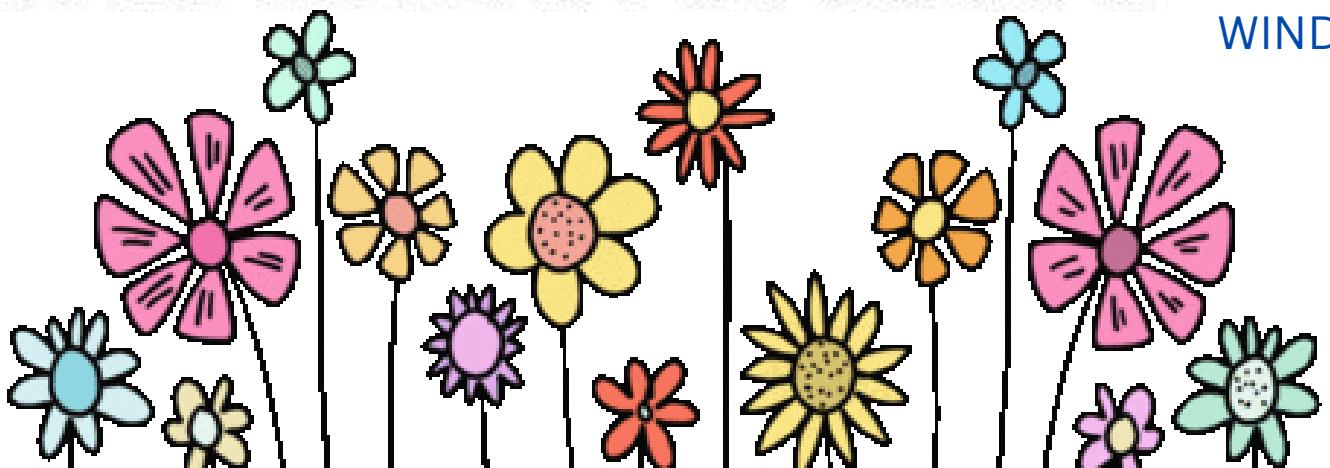
# Puzzle Page



## WORD SEARCH

N	G	V	S	L	C	T	J	E	D	F	P	Z	O	R	L	B
E	T	O	I	P	H	R	A	S	B	I	J	E	D	M	V	G
L	Z	R	M	T	A	O	C	N	I	A	R	G	T	Y	Q	N
I	P	E	J	S	N	Y	K	F	W	H	S	L	A	I	F	I
A	Y	B	E	G	M	D	E	P	T	E	Q	E	W	C	K	R
D	S	O	K	R	E	N	T	Y	L	W	H	J	B	U	I	P
M	U	P	H	T	B	I	L	D	E	N	O	C	Z	A	F	S
K	N	T	C	D	A	W	D	G	P	L	D	B	G	P	L	M
F	S	E	I	R	Z	U	N	O	S	A	E	S	N	U	B	L
W	H	Z	N	A	P	R	S	M	Y	T	L	F	M	I	W	S
P	I	F	C	L	E	A	N	I	N	G	E	B	H	K	A	V
T	N	U	I	B	M	V	R	Z	O	F	R	C	A	W	H	R
M	E	D	P	H	C	R	A	M	B	E	K	L	N	S	T	G
X	L	F	J	Y	A	S	N	G	L	S	H	O	W	E	R	S
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C	F	T	X	M	U	B	A	S	I	L	W	D	H	G	N	E
W	I	H	P	E	D	L	J	R	Y	Q	B	S	A	O	X	R

APRIL  
BREEZE  
JACKET  
MAY  
RAINBOW  
SHOWERS  
THAW  
BASEBALL  
CLEANING  
KITE  
PICNIC  
RAINCOAT  
SPRING  
UMBRELLA  
BREAK  
CLOUDS  
MARCH  
PUDDLES  
SEASON  
SUNSHINE  
WINDY





# Puzzle Page

## Sudoku

		1				6		
	2			7			4	
3			5		9			2
		7				3		
	4			5			6	
		8				4		
4			2		8			7
	5			4			8	
		6				9		



**“Laughter is  
timeless.  
Imagination  
has no age.  
And dreams  
are forever.”**

		6	5					
7		5			2	3		
	3						8	
	5			9	6		7	
1		4						8
			8	2				
	2						9	
		7	2			4		
					7	5		

# SENIOR CENTER ACTIVITIES

**MAY 2024**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Senior Center Closed	<b>2</b> 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm - BINGO	<b>3</b> Senior Center Closed
<b>6</b> 9:00am – Walking Group (meet at Haddam Meadows St Park) 10:00am – Mah-Jongg 1:00pm – Club 60 (Community Center)	<b>7</b> 10:30am – AM Cards 12:30pm – PM Cards	<b>8</b> Senior Center Closed	<b>9</b> 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – Pearls from Carol Laugh and Singalong w/Al Ruggiero!	<b>10</b> Senior Center Closed
<b>13</b> 9:00am – Walking Group (meet at Haddam Meadows St Park) 10:00am – Mah-Jongg 10:30am – Spring Craft 12:30pm – GameDay! (Board Games)	<b>14</b> 10:30am – AM Cards 12:30pm – May Birthday Celebration 12:45pm – PM Cards	<b>15</b> Senior Center Closed	<b>16</b> 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm - BINGO	<b>17</b> Senior Center Closed
<b>20</b> 9:00am – Walking Group (meet at Haddam Meadows St Park) 10:00am – Mah-Jongg 10:00am – COA Meeting 1:00pm Club 60 (Community Center)	<b>21</b> 10:30am – AM Cards 12:30pm – PM Cards	<b>22</b> Senior Center Closed	<b>23</b> 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – Mike Slifer and the Channel 3 Storm Tracker	<b>24</b> Senior Center Closed
<b>27</b> <b>MEMORIAL DAY</b> Senior Center Closed	<b>28</b> 10:30am – AM Cards 12:30pm – PM Cards	<b>29</b> Senior Center Closed	<b>30</b> 10:00am – Mah-Jongg 11:15am – Mobility 12:00pm – Pizza & a Movie “Nyad” (Sign Up Required)	<b>31</b> Senior Center Closed

Key: Regularly scheduled Events

Special Events

Other Locations

Holiday/Changes/New Events



## Haddam Senior Center Menu MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Senior Center Closed	2 BAKED CHICKEN LEMON CAPER SAUCE RICE PILAF BROCCOLI PEARS	3 Senior Center Closed
6 CHICKEN ORANGE SAUCE WILD RICE ORIENTAL BLEND VEG PINEAPPLE	7 SAUSAGE SAUCE W/ ONIONS AND PEPPERS GRINDER ROLL MIXED VEGETABLES TROPICAL FRUIT	8 Senior Center Closed	9 CHICKEN PESTO PASTA LINGUINI SHREDDED CHICKEN PESTO CREAM SAUCE SPRING BLEND VEG MANDARIN ORANGES	10 Senior Center Closed
13 SWISS STEAK COUNTRY GRAVY MASHED POTATOES CAPRI BLEND VEG FRUIT COCKTAIL	14 SALMON CRANBERRY GLAZE BROWN RICE VEGETABLE BLEND PINEAPPLE	15 Senior Center Closed	16 ROAST TURKEY GRAVY MASHED POTATOES PEAS & CARROTS CRANBERRY SAUCE APPLE CRISP	17 Senior Center Closed
20 BREADED TILAPIA SWEET POTATOES SPINACH TROPICAL FRUIT	21 CHICKEN BBQ SAUCE MACARONI & CHEESE SPINACH MANDARIN ORANGES	22 Senior Center Closed	23 MEATBALL GRINDER MEATBALLS GRINDER ROLL MARINARA SAUCE ITALIAN VEGETABLES ICE CREAM CUP FRUIT JUICE	24 Senior Center Closed
27 <b>MEMORIAL DAY CLOSED</b>	28 HOT DOG W/ BUN POTATO WEDGES 3-BEAN SALAD APPLE	29 Senior Center Closed	30 <b>Pizza and a Movie TBD</b>	31 Senior Center Closed

(Menu subject to change without notice)

**FOOD ALLERGY WARNING:** Please be advised that our food may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, fish, or sesame. Please advise a staff member of any food allergies prior to consumption of meals. **Thank you!**