

Haddam Senior Center

923 SAYBROOK RD, HADDAM, CT 06438

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

Contact us! seniors@haddam.org

(860) 345-2480

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

June Newsletter

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 Kitchen of Futures, Inc. 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

Gail Waskiewicz 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)



~June 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

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

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/>





Lunch and Learn Series:
Commonwealth Senior Living Presents
Living in Your Golden Years

Tuesday, June 11th @ 12:00pm -

“Retirement is a journey, not a destination.”

Whether it's for yourself or a loved one, we invite you to attend this educational event and learn why it's best not to wait for life to happen to you. Start making the most of your golden years today.

Pizza and a Movie

Thursday June 13th 12pm -

“Where the Crawdad Sings”

Based on the best-selling book of the same name, the story follows an abandoned yet defiant girl, Kya, who raises herself to adulthood in a North Carolina marshland, becoming a naturalist in the process. When the town's hotshot is found dead, she is the prime suspect and is tried for murder.



June Birthday Celebration

Monday, June 17th @12:30pm –

Come celebrate all the June birthdays with a fabulous homemade cake!

Farm Market at the Senior Center!

Tuesday, June 18th @ 10:30m -

We are excited to announce our newest event, the Senior Center Farm Market! Purchase fresh produce grown locally from Bogue Farms! Eligible seniors may also participate in the Senior Farmers Market Nutrition Program (SFMNP) offered by the CT Dept of Agriculture. Contact Doreen at the Senior Center for more information about eligibility for this program.



2024 Haddam Senior Picnic!

Monday, June 24th @ 11:30am -

The Senior Center will be closed due to the annual Senior Picnic which is open to all senior residents of Haddam!

This year's picnic will be take place at St. Peter Church (30 Saint Peter Lane, Higganum) and will feature a delicious picnic lunch, games, music and raffle. The cost is \$5 to reserve your spot. You can sign up at the next Club 60 meeting, or by contacting the following:

Mary Lou Heger (860)345-2929

Mary Pierce (860)685-1783

**The Senior Center (860)345-2480 or
seniors@haddam.org**



Acoustic Guitar Concert

Tuesday, June 25th @ 12:30pm -

We are excited to welcome back the Candlewood Farms Arts Foundation to entertain us with another incredible acoustic guitar performance!

You don't want to miss this!



GameDay!

Thursday, June 27th @ 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!



Resources



Haddam Social Services

11 Jail Hill Rd, Haddam, CT 06438

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

Committee on Aging

Regular Meeting location: Old Town Hall

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

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

Chairman: Mary Lou Heger 860-345-2929



Club 60

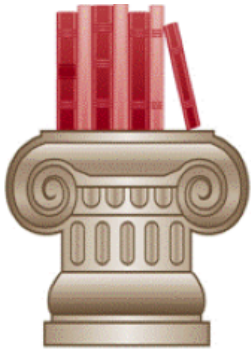
The purpose of the club is to foster greater friendship among persons of the area who are 60 and older while providing a constructive and well- rounded program of social, recreational and service activities for our members.

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.

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

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

Haddam Transfer Station

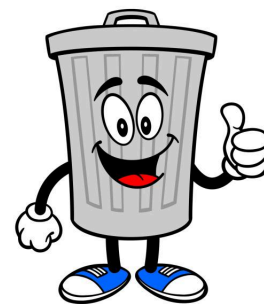
750 Saybrook Rd, Haddam, CT 06438

Hours of Operation: Wednesdays and Saturdays 8am-

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

(860) 345-8531

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



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

Summer

Difficulty: Medium

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/summer>

BEACH
CAMP
CANOEING
COOL

FAMILY
FRIENDS
HAPPY
HAT

HOLIDAY
HOT
SUNNY
SWIMMING

WATER
WAVES



Puzzle Page

Sudoku

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



**“The best view
is after the
hardest
climb”**

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



SENIOR CENTER ACTIVITIES

JUNE 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	9:00am – Walking Group 10:00am – Mah-Jongg 1:00pm – Club 60 (Community Center)	4 10:30am – AM Cards 12:30pm – PM Cards	5 Senior Center Closed	6 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm – BINGO	7 Senior Center Closed
10	9:00am – Walking Group 10:00am – Mah-Jongg 1:00pm – COA (Old Town Hall)	11 10:30am – AM Cards 12:00pm – Commonwealth Sr Living Lunch and Presentation on Living In Your Golden Years 12:45pm – PM Cards	12 Senior Center Closed	13 10:00am – Mah-Jongg 11:15am – Mobility 12:00pm – Pizza and a Movie "Where the Crawdad Sings"	14 Senior Center Closed
17	9:00am – Walking Group 10:00am – Mah-Jongg 12:30pm – June Birthday Celebration 1:00pm – Corn Hole	18 10:30am – AM Cards 10:30am – Bogue Farms Sr Center Farmers Market 12:30pm – PM Cards	19 Senior Center Closed	20 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm – BINGO	21 Senior Center Closed
24	11:00am – SENIOR PICNIC ST PETER CHURCH * Senior Center * * Closed *	25 10:30am – AM Cards 12:30pm – Acoustic Guitar Concert Presented by the Candlewood Arts Foundation 1:00pm – PM Cards	26 Senior Center Closed	27 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – GameDay (Board Games)	28 Senior Center Closed

Key: Regularly scheduled Events Special Events Other Locations Changes/New Events



June 2024 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 Meat Lasagna Carrots Applesauce	4 Turkey Chili White Rice Cornbread Muffin Pear Cup	5 Senior Center Closed	6 Turkey with Gravy and Stuffing Green Beans Cranberry Sauce	7 Senior Center Closed	
10 Grilled Chicken Pasta Salad Broccoli Banana Bread	11 Beef Taco Spanish Rice Orange	12 Senior Center Closed	13 Beef Spareribs Garden Salad Pear Cup	14 Senior Center Closed	
17 Ziti with meatballs Chopped Apple & Carrot Salad Fruit Cup	18 Chicken Fajitas Rice & Beans Orange	19 Senior Center Closed	20 Sweet & Sour Chicken Veggie Fried Rice Green Beans Pear cup	21 Senior Center Closed	
24 Swedish Meatballs Egg Noodles Mixed Veggies Fruit Cup	25 Turkey Burger with lettuce, tomato, and onions. Sweet Potato Wedges	26 Senior Center Closed	27 Baked Chicken & Gravy Sweet Potato Broccoli Pear Cup	28 Senior Center Closed	
<p>Food Allergy Food may contain peanuts, tree nuts, sesame, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption or meals.</p>		<p>Suggested Donation: \$3.00 Hot Meals \$4.50 Special Meals</p>		<h1>HAPPY FATHER'S DAY!</h1>	

Senior Resources' Agency on Aging Senior Nutrition Program is supported by funds from Title III made available under the Older Americans Act. Menu developed by Shelley Strelowsky, Culinary Director of The Kitchen at Futures. The menu meets 1/3 RDA and conforms to U.S Dietary Guidelines. Certified by Claudia Mejia. MS, RDN, CDN, CLC