

# Haddam Senior Center

923 SAYBROOK RD, HADDAM, CT 06438

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

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

(860) 345-2480

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

## August 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 by 1pm the previous day to reserve your lunch.**

**(860) 345 - 2480**

**Minimum 24-hour reservation required.**

**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-2:30pm, Monday through Thursday. Shopping trip to Walmart in Cromwell on Tuesdays. Call to reserve a spot.**

**(860) 682 - 3301**

### 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

**Now Open on Fridays  
10am - 2pm!**



# 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

**Walking Group: On hiatus for August**  
**(We hope to resume in Sept/Oct)**



## August 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 area between the grassy area and the paved loop 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/>



### Farm Market at the Senior Center!

**Every Tuesday 11:00m - 12pm**

We welcome Bogue Farm, Helen's Honey and Bittersweet Farm Teas to the Haddam Senior Center! Purchase fresh produce, honey and tea grown locally!

**Dates: 8/6, 8/13, 8/20, 8/27**

The **Haddam Senior Center** is excited to announce we have partnered with **Hartford HealthCare** to bring the residents of Haddam:



## Healthy Brain Series

**Fridays: August 2nd, 9th, 16th, 23rd, 30th at 11am**

PRESENTED BY:

Angela Christie, MSc, Dementia Specialist  
Hartford HealthCare Center for Healthy Aging

Join us for a free 5-week Series to learn more about:

**Session 1:** Activities to 'challenge' your mind

**Session 2:** Importance of diet and nutrition

**Session 3:** Finding meaningful engagement as you age

**Session 4:** Importance of sleep and your brain

**Session 5:** Lessons for living longer from those who have lived the longest

Includes Q&A with the expert after each session

\*Participants are encouraged to attend all five sessions



**Pizza and a Movie - Evening Edition!**

**Wednesday August 7th @5pm -**

**"Killers of the Flower Moon"**

Set in 1920s Oklahoma, it focuses on a series of murders of Osage members and relations in the Osage Nation after oil was discovered on tribal land. The tribal members had retained mineral rights on their reservation, but a corrupt local political boss sought to steal the wealth.

## GameDay!

**Thursday, August 8th @ 12:30pm -**

This is the first of our two “GameDays” this month! Play your favorite board games with your friends at the Senior Center! We have Left, Right, Center, Rummikub, Dominoes, Blank Slate and more available to play!



## August Birthday Celebration

**Monday, August 12th @12:30pm –**

Come celebrate all the August birthdays!

## GameDay Trivia!

**Friday, August 16th @1pm**

Join us for our 2nd GameDay of the month! Spend a fun Friday afternoon testing your skills from days gone by! There will be games and prizes! Don't miss it!



## CRAHD Blood Pressure Screening

### Series:

**Monday, August 18th @ 11:30am -**

Sherry Carlson will be here on the 3rd Monday of the month beginning at 11:30am for free blood pressure checks



## “Oldies But Goodies”

### Fiddle Concert with Nancy Meyers

**Monday, August 26th @ 12:30pm**

Join us for a toe-tapping good time as Nancy Meyers plays some of our favorite tunes from yesterday!



# 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](mailto:info@hkyfs.org)



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

# Haddam Transfer Station

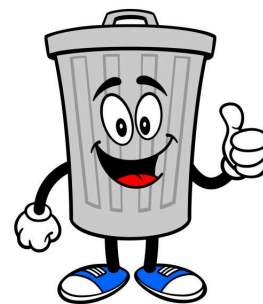
750 Saybrook Rd, Haddam, CT 06438

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

### Fifty State

#### Word Search

**DIRECTIONS:**  
Find and circle the state names in the grid. Look for them in horizontally, vertically and backwards.

- ALABAMA
- ALASKA
- ARIZONA
- ARKANSAS
- CALIFORNIA
- COLORADO
- CONNECTICUT
- DELAWARE
- FLORIDA
- GEORGIA
- HAWAII
- IDAHO
- ILLINOIS
- INDIANA
- IOWA
- KANSAS
- KENTUCKY
- LOUISIANA
- MAINE
- MARYLAND



- MISSISSIPPI
- MISSOURI
- MONTANA
- NEBRASKA
- NEVADA
- NEW HAMPSHIRE
- NORTH CAROLINA
- NORTH DAKOTA
- OHIO
- OKLAHOMA
- OREGON
- PENNSYLVANIA
- TENNESSEE
- TEXAS
- UTAH
- VERMONT
- VIRGINIA
- WASHINGTON



# Puzzle Page

## Sudoku



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

**“Sometimes later becomes  
never. Do it now”**






# SENIOR CENTER ACTIVITIES

## AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm – BINGO	2 11:00am - Healthy Brain Series – Session 1: Activities to Challenge Your Mind <b>(No Lunch Served)</b>
5 10:00am – Mah-Jongg	6 10:30am – AM Cards 12:30pm – PM Cards	7 Senior Center Closed During the Day (Opens at 4:45pm) 5:00pm – Pizza and a Movie: “Killers of the Flower Moon”	8 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – GameDay (Board Games)	9 11:00am - Healthy Brain Series – Session 2: Importance of Diet & Nutrition <b>(No Lunch Served)</b>
12 10:00am – Mah-Jongg 12:30pm – August Birthday Celebration!	13 10:30am – AM Cards 1:00pm – PM Cards	14 Senior Center Closed	15 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm – BINGO	16 11:00am - Healthy Brain Series – Session 3: Finding Meaningful Engagement as You Age <b>(No Lunch Served)</b> 1:00pm – GameDay - Trivia Edition!
19 10:00am – Mah-Jongg 11:30am – Blood Pressure Clinic w/Sherry Carlson 1:00pm – Corn Hole	20 10:30am – AM Cards 12:30pm – PM Cards	21 Senior Center Closed	22 10:00am – Mah-Jongg 11:15am – Mobility	23 11:00am - Healthy Brain Series – Session 4: Importance of Sleep & Your Brain <b>(No Lunch Served)</b>
26 10:00am – Mah-Jongg 12:30pm – “Oldies but Goodies” Fiddle Concert with Nancy Meyers	27 10:30am – AM Cards 12:30pm – PM Cards	28 Senior Center Closed	29 10:00am – Mah-Jongg 11:15am – Mobility	30 11:00am - Healthy Brain Series – Session 5: Lessons for Living Longer & Q&A <b>(No Lunch Served)</b>

<b>AUGUST 2024</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
*Multi grain breads and 2 % milk are served with each meal unless noted above.  *Menus are subject to change due to seasonality and product availability.	<b>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.</b>		<b>1</b> Sweet & Sour Chicken over White Rice, Peas and Carrots, String Cheese Pear Cup	<b>2</b> <b>No Lunch Served</b>
<b>5</b> Baked Potato with Cheese & Sour Cream Beef Chili with a Cheddar Biscuit & Yogurt Parfait	<b>6</b> Polynesian Pineapple Chicken over rice pilaf Tomato Mozzarella Salad Cornbread String Cheese Watermelon Slice	<b>7</b> <b>Senior Center Closed</b> (until 5pm Pizza and a Movie)	<b>8</b> Meatloaf & Gravy, Mashed Potato, Carrots Dinner Roll Peach Cup	<b>9</b> <b>No Lunch Served</b>
<b>12</b> Cheese Ravioli w/ Marinara Sauce Tomato Basil Mozzarella Salad Dinner Roll Applesauce	<b>13</b> Teriyaki Turkey Burger with Asian Slaw Sweet Potato Wedges String Cheese Orange	<b>14</b> <b>Senior Center Closed</b>	<b>15</b> Shaved Steak with Onions & Peppers on a Bun Potato Salad String Cheese Pear Cup	<b>16</b> <b>No Lunch Served</b>
<b>19</b> Grilled Chicken with Mango Salsa Corn Black Bean Salad Cornbread Grapes String Cheese	<b>20</b> Glazed Ham with Gravy Mashed Potatoes Green Beans Dinner Roll Pineapple	<b>21</b> <b>Senior Center Closed</b>	<b>22</b> Cajun Pork Tenderloin & Southern Greens Sweet Potatoes Dinner Roll Pear Cup	<b>23</b> <b>No Lunch Served</b>
<b>26</b> Italian Sausage with Peppers & Onions on a Bun, Corn on Cob String Cheese Melon Cup	<b>27</b> Roasted Salmon with Lemon Summer Squash and scalloped potatoes, Dinner Roll, String Cheese & Box of Raisins	<b>28</b> <b>Senior Center Closed</b>	<b>29</b> Veggie Frittata with Home fries Tossed Salad with dressing, String Cheese Almond Tart	<b>30</b> <b>No Lunch Served</b>