



HADDAM SENIOR CENTER

HADDAM, CONNECTICUT

JUNE 2026

Get in Touch!

923 Saybrook Rd.
Haddam, CT 06438

PHONE
860.345.2480

WEBSITE
www.haddam.org

HOURS OF OPERATION
Mon, Tues, Thurs, & Fri
10:00am to 2:00pm

FACEBOOK
Senior Center - Haddam Connecticut

Our Staff

**SENIOR CENTER ACTIVITIES
COORDINATOR**
Doreen Staskelunas
860-345-2480

SENIOR VAN DRIVER
Mike Jantsch
860-682-3301

**SOCIAL AND SENIOR SERVICES
DIRECTOR / MUNICIPAL AGENT
FOR THE ELDERLY**
Becky Rice
860-345-4621

Our Mission

The mission of Haddam Senior Services is to promote the overall well-being of adults 60 and older within the community. We do this not only by providing an array of programs for everyday enjoyment and enrichment, but also by providing assistance and access to local and government social services, including the Haddam Food Bank, Meals on Wheels, Energy Assistance, etc.



Welcome to the latest iteration of the Haddam Senior Center Newsletter! We have partnered with LPI and our sponsors to bring this newsletter to more seniors than ever before. We hope you enjoy these changes and the changes to come as we move forward.

June Featured Events

(Events Subject to Change)

PIZZA AND A MOVIE: "ANGELS AND DEMONS" - JUNE 1ST AT 12PM

Follow Harvard symbologist Robert Langdon as he discovers the resurgence of an ancient brotherhood known as the Illuminati and flies to Rome to warn the Vatican, the Illuminati's most hated enemy.

SENIOR RESOURCE FAIR @ SAINT PETER CHURCH, HIGGANUM JUNE 11TH 2PM - 5PM

With over 30 vendors, this event is for both seniors and their caregivers.

HADDAM C.O.A. SENIOR PICNIC - @ SAINT PETER CHURCH, HIGGANUM JUNE 8TH 11:30AM - 2PM

The Haddam Senior Center will be **closed** so that all Haddam Seniors can attend the Haddam Senior Picnic. Catch up with old friends, and meet new ones!

LUNCH & LEARN: FOOD SAFETY SMARTS - JUNE 16TH AT 12PM

Join Chris Blancarte, MS RD as he educates and answers your questions on food safety. Sign up for lunch or bring your own!

CLASSICAL CONCERT FEATURING PASCAL ARCHER AND THE ADSKIN TRIO JUNE 18TH AT 12:30PM

We are thrilled to welcome back The Candlewood Farm Arts Foundation for another classical performance as part of their outreach bringing classical and chamber music to the community.



SENIOR CENTER ACTIVITIES

JUNE 2026

(860)345-2480/seniors@haddam.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00am – Mah-Jongg 11:15am – Mobility 12:00pm – Pizza and a Movie “Angels and Demons”	2 10:30am – AM Cards 11:30am – Blood Pressure Clinic with Sherry Carlson from CRAHD 1:00pm – PM Cards	3 Senior Center Closed	4 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm – BINGO	5 10am – T'ai Chi 10:30am Cards
8  at St Peter's Church Senior Center Closed	9 10:30am – AM Cards 12:00pm – The Best of Jack Benny Videos 12:30pm – PM Cards	10 Senior Center Closed	11 10:00am – Mah-Jongg 11:15am – Mobility 2:00pm – 5:00pm Senior Resource Fair @ St Peter Church	12 10am – T'ai Chi 10:30am Cards 11:30am – Mini-Spa Manicures \$20 fee - Sign-up Req'd
15 10:00am – COA Meeting (Old Town Hall) 10:00am – Mah-Jongg 11:15am – Mobility 1:00pm – Club 60 (Old Town Hall)	16 10:30am – AM Cards 12:00pm – Lunch & Learn: Food Safety Smarts w/Chris Blancarte 12:45pm – PM Cards	17 Senior Center Closed	18 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – Classical Concert featuring Pascal Archer and “The Adskin Trio”	19 10am – No T'ai Chi 10:30am Cards
22 10:00am – Mah-Jongg 11:15am – Mobility	23 10:30am – AM Cards 12:30pm – PM Cards	24 Senior Center Closed	25 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm – BINGO *Note Special Date*	26 10am – T'ai Chi 10:30am Cards
29 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – June Birthday Celebration! 1:00pm – Mystery Book Club	30 10:30am – AM Cards 12:30pm – PM Cards			

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 Strelovsky, Culinary Director of The Kitchen at Futures. The menu meets 1/2 RDA and conforms to U.S. Dietary Guidelines. Certified by Christopher Blancarte, MS, RDN



June

***All meals come with milk as the dairy offering, unless string cheese or yogurt is included.**

Suggested Donation: \$3.00 Hot Meal, \$4.50 Special Meals

Make any checks out to Senior Resources 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
####	1 Pizza and a Movie "Angels and Demons"	2 Steak and Provolone cheese 3 oz Assorted Chips Peppers and onions (4oz.) Sub Roll String cheese Orange	3 Senior Center Closed	4 Chicken enchiladas (2 each) Spanish Rice and Beans (4oz.) salsa, sour cream Corn (4oz.) Pear cup Milk	5 Sweet Chili Salmon 6 oz Veggie Fried Rice (4oz) Cucumber Tomato Salad 4 oz Pineapple Cup 4 oz Milk	6
7	8 Haddam Senior Picnic Senior Center Closed	9 Meatloaf Slice (3oz) Mashed potatoes 4oz Gravy (2oz) Steamed Carrots (4oz) Peach cup String cheese	10 Senior Center Closed	11 Turkey Meatballs 3 oz Ziti with marinara 4 oz Mixed veggies (4oz) WW Roll & Butter String cheese Apple	12 Ham & Cheese WW Sandwich Broccoli/cheddar soup 8 oz Seasonal Tossed salad (4oz) String Cheese Applesauce	13
14	15 Tuna Salad sandwich 3 oz Minestrone soup 8 oz Lettuce, Tomato 4 oz WW Bread Milk Pear cup 4 oz	16 Sweet and sour chicken (4oz.) Steamed white Rice (4oz.) Stir Fry Veggies 4 oz Chocolate Chip Cookie Milk Apple Sauce	17 Senior Center Closed	18 Baked Ziti 4 oz Meat Sauce 3 oz Cauliflower & Broccoli 4 oz WW Butter/Roll String cheese Apple	19 Fish Sandwich 6 oz French Fries (5 oz) Lettuce & Tomato Tartar Sauce and Lemon Coleslaw 4 oz Apple	20
21	22 Bacon and Swiss burger 4 oz seasonal mixed veggies 4 oz Potato Wedges 4 oz WW Bun String cheese Fruit Cup	23 Grilled chicken 3 oz Rice 1/2 cup 4 oz Mixed Veggies(4oz) WW Dinner Roll & Butter String Cheese Orange Cup	24 BLT Senior Center Closed	25 Hummels Bros Hot Dog Hot Dog Bun Italian Pasta Salad 4 oz Fruit Cup 4 oz Milk Ketchup and Mustard Packets	26 Barbeque Pulled Pork 3 oz Roll Potato Wedges 4 oz Coleslaw 4 oz Yogurt w/berries/Granola (3oz)	27
28	29 Sliced ham 3 oz Macaroni & Cheese 4 oz Mixed peas, corn, carrots 4 oz Fruit Cup 4 oz Milk	30 Sliced Turkey Gravy 3 oz Mashed Potatoes (4oz.) Green Beans 4oz String Cheese Cranberry Sauce 4 oz	*Menus are subject to change due to seasonality and product availability.			FOOD ALLERGY WARNING Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumptions of meals.