



HADDAM SENIOR CENTER

HADDAM, CONNECTICUT

MAY 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
Neal Perron
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!



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 like these changes and the changes to come as we move forward. Your feedback is always welcome!

Featured Events

**LUNCH & LEARN: WHAT YOU NEED TO
KNOW ABOUT TICKS -
TUESDAY, MAY 5 @ 12PM**

Join Sherry Carlson from CRAHD for this important talk on ticks. Everything you need to know to stay safe as you begin to get outside this spring.

**CINDY STEVENS PAINTING
WORKSHOP
MONDAY, MAY 11 @ 1PM**

The Haddam Senior Center is thrilled to welcome back local artist, Cindy Stevens for a fun painting workshop.

**PHIL DEVLIN - ALL ABOUT MIDDLESEX COUNTY AND HADDAM IN THE
AMERICAN REVOLUTION - MONDAY, MAY 12 @ 12:30PM**


As part of our 250th celebration of America, local historian, Phil Devlin will talk about the role of Haddam and the surrounding towns' impact on the American Revolutionary War.



SENIOR CENTER ACTIVITIES

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

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00am – T'ai Chi 10:30am – Cards
4 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – May Birthday Celebration! 1:00pm Club 60 (Old Town Hall)	5 10:30am – AM Cards 11:30am – CRAHD BP Screenings 12:00pm – Lunch & Learn: What You Need to Know About Tricks 12:30pm – PM Cards	6 Senior Center Closed	7 11:15am – Mobility 12:45pm - BINGO	8 10:00am – T'ai Chi 10:30am – Cards
11 10:00am – Mah-Jongg 11:15am – Mobility 1:00pm – Cindy Stevens Painting Workshop	12 10:30am – AM Cards 12:30pm – PM Cards	13 Senior Center Closed	14 11:15am – Mobility 12:30pm – 250 th Celebration of America: Phil Devlin to Present Middlesex County and Haddam in the Revolutionary War	15 10:00am – T'ai Chi 10:30am – Cards
18 10:00am – Mah-Jongg 10:00am – COA Meeting 11:15am – Mobility 1:00pm Club 60 (Old Town Hall)	19 10:30am – AM Cards 12:15pm – Lunch & Learn: Weight Watchers Info Session 12:45pm – PM Cards	20 9:30am - Bus Trip to Boscov's Followed By Lunch Senior Center Closed	21 11:15am – Mobility 12:45pm - BINGO	22 10:00am – T'ai Chi 10:30am – Cards 10:00am – Mini-Spa Manicures \$20 fee - Sign-up Req'd
25  Senior Center Closed	26 10:30am – AM Cards 12:30pm – PM Cards	27 Senior Center Closed	28 11:15am – Mobility 1:00pm – Mystery Book Club	29 10:00am – T'ai Chi 10:30am – Cards

