



HADDAM SENIOR CENTER

HADDAM, CONNECTICUT

AUGUST 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.

August Featured Events

(Events Subject to Change)

PIZZA AND A MOVIE: "THE DEVIL WEARS PRADA" - AUGUST 10TH AT 12PM

An aspiring journalist takes a demanding job as an assistant to an icy magazine editor. Can she survive the high-pressure fashion world?

LUNCH & LEARN NUTRITION ED - GLP-1 BASICS: A DIETICIAN'S PERSPECTIVE AUGUST 18TH AT 12:00PM

Chris Blancarte from Senior Resources will be here to share the latest information on GLP-1s and will answer your questions as well.

CANDLE-MAKING WORKSHOP - PRESENTED BY SALT-AIRE LIVING AUGUST 24TH AT 1PM

Create your own custom candle using premium fragrance oils, soy wax and botanicals in a beautiful wooden bowl.

AARP SAFE DRIVING COURSE - AUGUST 27TH 1PM - 5PM *\$20 AARP MEMBERS/\$25 NON-MEMBERS

Discover proven driving methods to help keep you and your loved ones safe on the road. By taking the course, you may also be eligible for reduced auto insurance!

MYSTERY BOOK CLUB - AUGUST 31ST 1PM

Join us for the next installment of our book club as we discuss our current selection, "A Man Called Ove".

****SUMMER PROGRAM****

ACCESSIBLE YOGA - FRIDAYS AT 10AM

This is an all-levels accessible yoga program taught by our very own Becky Rice! The program runs through August and incorporates seated and standing poses.



SENIOR CENTER ACTIVITIES

AUGUST 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00am – Mah Jongg 11:15am – Mobility	4 10:30am – AM Cards 11:30am Blood Pressure Clinic w/Sherry Carlson from CRAHD 12:30pm – PM Cards	5 Senior Center Closed	6 11:15am – Mobility 12:45pm – BINGO	7 10:00am – Accessible Yoga 11:00am – Cards
10 10:00am – Mah Jongg 11:15am – Mobility 12:00pm – Pizza and a Movie “Devil Wears Prada”	11 10:30am – AM Cards 11:00am – Corn Hole 12:30pm – PM Cards	12 Senior Center Closed	13 11:15am – Mobility 12:00pm – The Carol Burnett Show: This Time Together	14 10:00am – Accessible Yoga 11:00am – Cards
17 10:00am – Mah Jongg 11:15am – Mobility 1:00pm – Board Games	18 10:30am – AM Cards 12:00pm – Nutrition Ed: GLP-1 Basics: A Dietitian’s Perspective 12:30pm – PM Cards	19 Senior Center Closed	20 11:15am – Mobility 12:45pm – BINGO	21 10:00am – Accessible Yoga 11:00am – Cards 11:30am – Mini Spa Manicure \$20 Fee *Sign-up Required*
24 10:00am – Mah Jongg 11:15am – Mobility 1:00pm – Candle-Making Workshop Presented by SaltAire Living - \$15 Residents/\$20 Non-Residents *Sign-up Required*	25 10:30am – AM Cards 11:00am – Badminton/Volleyball 12:30pm – PM Cards	26 Senior Center Closed	27 11:15am – Mobility 1:00pm – 5:00pm - AARP Safe Driving Course \$20 AARP Members/\$25 Non-Members *Sign-up Required*	28 10:00am – Accessible Yoga 11:00am – Cards 12:15pm – End of Summer Ice Cream Social
31 10:00am – Mah Jongg 11:15am – Mobility 12:30pm – August Birthday Celebration 1:00pm – Mystery Book Club				

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

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 13 RDA and conforms to U.S. Dietary Guidelines. Certified by Christopher Blancarte, MS, RDN

August

*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
###	3	4		5	6	7
	5 oz Italian Sausage & Peppers 1 Sub Roll 1 Corn on The Cob & Butter Milk 4 oz Fruit Cup	Ginger Garlic Turkey Meatballs 4 oz Asian Coleslaw 4 oz Fried Rice String Cheese Pineapple Cup 4 oz	Senior Center Closed	3 Cheese Ravioli & Sauce 3 oz Meat Sauce 4 oz Caprese Salad, Balsamic Dinner Roll & Butter 4 oz Fruit Cup	6 oz Fish Sandwich w/ Let/Tom 4 oz French Fries Roll Caesar Salad 4 oz Coleslaw	8
9	10	11		12	13	14
	Pizza and a Movie "The Devil Wears Prada"	3 oz Meatloaf 2 oz Gravy 4 oz Mashed Potatoes 4 oz Steamed Carrots String Cheese 4 oz Peach Cup	Senior Center Closed	4 oz Cheese Stuffed Shells 3 oz Pomodoro Sauce 4 oz Mixed Veggie Medley Dinner Roll & Butter Milk Bottle Applesauce	6 oz Baked Cheese Ravioli 4 oz Meatball 4 oz Tossed Salad Orange	15
16	17	18		19	20	21
	3 oz Herb Grilled Chicken 4 oz Grilled Vegetables 4 oz Potato Wedges WW Dinner Roll Watermelon	4 oz Fish Fillet Sandwich 2 oz Tartar Sauce 2 oz Lettuce 2 oz Cheese 8 oz Tomato Basil Bisque 1 Chocolate Chip Cookie 4 oz Applesauce & Milk Bottle	Senior Center Closed	3 oz Beef Bolognese Sauce 4 oz Pasta Noodles 4 oz Roasted Cauliflower Medley Dinner Roll & Butter Milk Bottle Apple & PB	8 oz Shrimp Fried Rice 4 oz Veggie Egg Roll Cucumber & Tomato Salad Banana	22
23	24	25		26	27	28
	3 oz Shaved Steak 2 oz Roasted Peppers & Onions 4 oz Potato Salad Sub Roll String Cheese 4 oz Fruit Cup	8 oz Chicken & Sausage Gumbo 4 oz Herbed Rice 4 oz Green Beans Milk Bottle 4 oz Orange Cup	Senior Center Closed	Chicken Parm Sandwich 1 WW Bun 4 oz Coleslaw 4 oz Italian Pasta Salad Yogurt Parfait, Berries, Granola	6 oz BBQ Pork Roll 4 oz Mashed Sweet Potatoes 4 oz Coleslaw 4 oz Baked Beans	29
30	31					
	Beef Taco + Refried Beans 3oz Soft Taco Shell (2 per person) Lettuce, Cheese, Sour Cream 4oz Rice Milk 4oz fruit cup					
		*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.		