



HADDAM SENIOR CENTER

HADDAM, CONNECTICUT

JULY 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.

July Featured Events

(Events Subject to Change)

PIZZA AND A MOVIE: "TIME TRAVELER'S WIFE" - JULY 13TH AT 12PM

A delightful story about Henry, a Chicago librarian with a rare genetic condition that allows him to travel through time, and the romance he shares with artist, Clare as they navigate life with his condition.

MYSTERY BOOK CLUB WITH SPECIAL GUEST - LOCAL AUTHOR, KATIE TIETJEN - JULY 27TH 1PM

The Haddam Senior Center is thrilled to welcome local author, Katie Tietjen as we discuss her most recent book "Murder in Miniature" our July Book Club selection.

HADDAM HISTORICAL SOCIETY PRESENTS: HISTORIC SCHOOLHOUSES IN HADDAM - JULY 23RD AT 12:30PM

Did you know at one time Haddam had 13 different school districts? Join Lisa Malloy as she shares information about each of the different school districts and their schoolhouses.

NEW SUMMER PROGRAM

ACCESSIBLE YOGA - FRIDAYS AT 10AM


Join us for an all-levels accessible yoga program taught by our very own Becky Rice! This is an eight week program that will incorporate seated and standing poses.



SENIOR CENTER ACTIVITIES

JULY 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Senior Center Closed	2 11:15am – Mobility 12:45pm - BINGO	3 Senior Center Closed 
6 10:00am – Mah-Jongg 11:15am – Mobility 1:00pm – GameDay – Board Games	7 10:30am – AM Cards 11:00am – Volleyball/Badminton 12:30pm – PM Cards	8 Senior Center Closed	9 11:15am – Mobility 12:00pm – Johnny Carson – Late Night Legend Classics	10 10:00am – Accessible Yoga 10:30am - Cards
13 10:00am – Mah-Jongg 11:15am – Mobility 12:00pm – Pizza & a Movie “The Time Traveler’s Wife”	14 10:30am – AM Cards 11:30:am Blood Pressure Clinic with Sherry Carlson from CRAHD 12:30pm – PM Cards	15 Senior Center Closed	16 11:15am – Mobility *No Bingo *	17 10:00am – Accessible Yoga 10:30am - Cards 12:30pm – Mini Spa Manicure \$20 Fee/Sign Up Req'd
20 10:00am – Mah-Jongg 11:15am – Mobility 1:00pm – Corn Hole	21 10:30am – AM Cards 12:30pm – PM Cards	22 Senior Center Closed	23 11:15am – Mobility 12:30pm –Haddam Historical Society: One Room School Houses in Haddam	24 10:00am – Accessible Yoga 10:30am - Cards
	28 10:30am – AM Cards 12:30pm – PM Cards	29 Senior Center Closed	30 11:15am – Mobility 12:45pm – BINGO *Note Special Date*	31 10:00am – Accessible Yoga 10:30am - Cards

