



HADDAM SENIOR CENTER

HADDAM, CONNECTICUT

SEPTEMBER 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

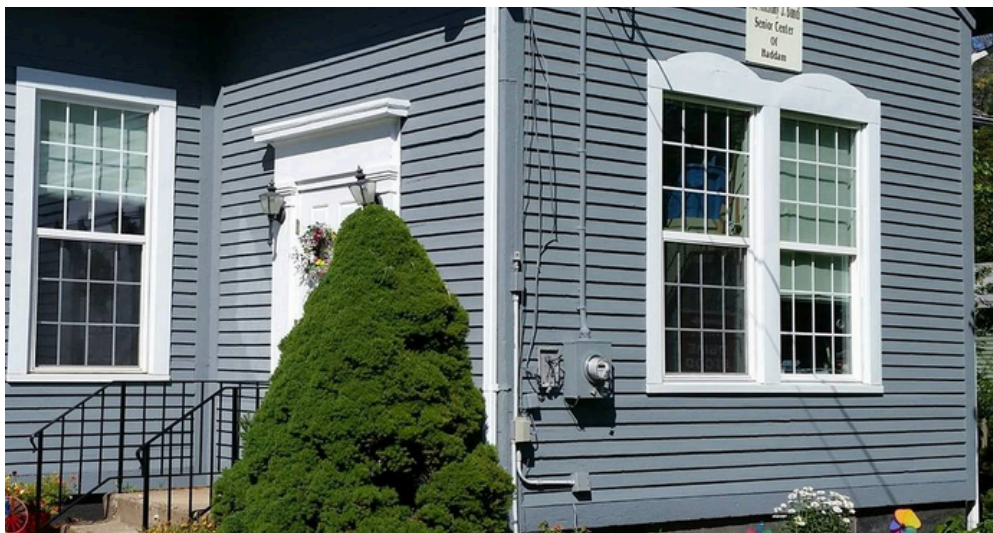
**SENIOR CENTER ACTIVITIES
COORDINATOR**
Doreen Staskelunas
860-345-2480

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.



September Featured Events

(Events Subject to Change)

SENIOR VAN TRIP TO HAMMONASSET BEACH - SEPTEMBER 9TH - 11AM

Join us for a trip to the beach! The Senior Van will leave HES @ 11am and head to Lenny & Joe's Fish Tale in Madison for a to-go lunch (purchased by attendee) then head to Hammonasset for a picnic lunch. *Sign-up is required.*

HEARING WELLNESS DAY - SEPTEMBER 10TH - 1PM

Mobile Hearing Solutions of Connecticut will be here beginning at 1pm for hearing screenings, hearing aid cleanings, counseling and other hearing services. *Sign-up is required.*

T'AI CHI - RETURNS FRIDAYS AT 10AM BEGINNING ON SEPTEMBER 11TH

Tom Cushing returns on Friday September 11th to lead participants through gentle movements to improve balance, mobility and overall health.

PIZZA AND A MOVIE: "SONG SUNG BLUE" - SEPTEMBER 24TH - 12PM

"Song Sung Blue" is based on the true story of Mike and Claire Sardina, a real-life couple from Milwaukee, Wisconsin, who found local fame performing as a Neil Diamond tribute duo named "Lightning & Thunder."

LUNCH & LEARN "STAYING AT HOME LONGER" PRESENTED BY CHANGE INC. SEPTEMBER 25TH - 12:00PM

Staying in your home as long as possible is the goal for many. Cindy Cavoto will be here to talk about the best ways to help ensure that happens.

MYSTERY BOOK CLUB - SEPTEMBER 28TH - 1PM

Join us for the next installment of our book club as we discuss our current selection, "The Unexpected Mrs. Pollyfax".



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

SENIOR CENTER ACTIVITIES

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:30am – AM Cards 11:30am – Blood Pressure Clinic 12:30pm – PM Cards	2 Senior Center Closed	3 11:15am – Mobility (*No Jen) 12:45pm – BINGO	4 11:00am – Cards
7	8 10:30am – AM Cards 12:30pm – Training for On-line System - Schedules+ 12:45pm – PM Cards	9 Bus Trip to Hammonasset with Fish Tale Bus Leaves HES @ 11am and Returns @ Approx 3:00pm (Attendees are responsible for their own lunch)	10 11:15am – Mobility 1:00pm – Hearing Wellness Day -Hearing screenings, Hearing Aid Cleanings, etc. – * Sign Up Required	11 10:00am – T'ai Chi 11:00am – Cards
14	15 10:00am – Mah-Jongg 11:15am – Mobility 1:00pm Club 60 (Old Town Hall)	16 Senior Center Closed	17 11:15am – Mobility 12:45pm – BINGO	18 10:00am – T'ai Chi 11:00am – Cards 11:30am – Mini Spa Manicure *Sign-up Required/\$20 Fee
21	22 10:00am – Mah-Jongg 10:00am – COA Meeting (Old Town Hall) 11:15am – Mobility 1:00pm Club 60 (Old Town Hall)	23 Senior Center Closed	24 11:15am – Mobility 12:00pm – Pizza and a Movie "Song Sung Blue"	25 10:00am – T'ai Chi 11:30am – Cards 12:00pm – Lunch & Learn "Staying Independent at Home Longer" Presented by Cindy Cavoto from Change Inc.
28	29 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – September Birthday Celebration 1:00pm – Mystery Book Club	30 Senior Center Closed		

September

*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
	*Menus are subject to change due to seasonality and product availability.	3 oz Arroz Con Pollo 4 oz Spanish Rice Cornbread & Butter String Cheese Apple 	1 Senior Center Closed	2 Senior Center Closed	3 8 oz Chicken & Veggie Pot Pie 4 oz Mashed Potatoes 1 Slice Banana bread 4 oz Orange Cup String Cheese	4 5 6 oz Chicken Picatta 4 oz Rice Pilaf Roll Caesar salad Orange 
6	7 HAPPY LABOR DAY	3 oz Greek Chicken Breast 4 oz Tomato Cucumber Salad 4 oz Barley Pilaf 2 oz Tzatziki Sauce Milk 4 oz Mixed Fruit Cup	8 Senior Center Closed	9 Senior Center Closed	10 3 oz Beef Stroganoff 4 oz Egg Noodles 4 oz Mixed Veggies Cheddar Biscuit & Butter String Cheese Apple	11 12 Fish & chips 8 oz Fish 6 oz Fries 4 oz Coleslaw Tartar Sauce & Lemon Apple
13	14 3 oz Egg Salad Sandwich 1 Bun 4 oz Lettuce and Tomato 8 oz Baked Potato Soup Milk 4 oz Mixed Fruit Cup	15 3 oz Turkey Kielbasa 4 oz Sauerkraut 4 oz Pierogies & Onions String Cheese 4 oz Pineapple Cup	16 Senior Center Closed	17 3 oz Chicken Fajitas 2 Flour Tortillas Lettuce, Salsa, Cheese 4 oz Spanish Rice & Veggies Yogurt Parfait, fruit & Granola	18 19 6 oz Turkey Sandwich Lettuce, Tomato & Cheese 6 oz Fries 4 oz Coleslaw Banana	
20	21 3 oz BBQ Pulled Pork Sandwich 1 Bun 4 oz Corn on the cob Butter String Cheese 4 oz Melon 	22 8 oz Stuffed Pepper 4 oz Brown Rice Pilaf 1 Pepper 1 Slice Zucchini Bread Milk Box of Raisins	23 Senior Center Closed	24 Pizza and a Movie "Song Sung Blue" 	25 8 oz Meatloaf 6 oz Mashed Potato 6 oz Mixed Veggies Mandarin Oranges	
27	28 3 oz Chicken Parm 4 oz WW Pasta with Sauce 4 oz Green Beans WW Dinner Roll & Butter String Cheese 4 oz Fruit Cup	29 Baked Potato 4 oz Veggie Chili 1 oz Sour cream 4 oz Broccoli Cheddar Biscuit & Butter Yogurt Parfait, Berries, Granola	30 Senior Center Closed	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.		