

# ***Haddam Senior Center***

**923 SAYBROOK RD, HADDAM, CT 06438**

**Hours of Operation: Monday, Tuesday, Thursday: 10am-2pm**

**Contact us! [seniors@haddam.org](mailto:seniors@haddam.org)**

**(860) 345-2480**

**Like us on FaceBook! [Senior Center - Haddam Connecticut](#)**

The town of Haddam Senior Center is a gathering space for seniors 60 and over to promote and provide social, nutritional, intellectual and physical needs to those among our community. The Haddam Senior Center also serves as a congregate meal site for seniors.

**Lunch is available Monday, Tuesday & Thursday at noon. A donation of \$3 is requested. Food provided by The Estuary of Old Saybrook. Please contact Doreen to reserve your lunch. (860) 345 - 2480**

**Minimum 24-hour reservation required.**

## **Department of Senior & Social Services**

**Becky  
Rice**

Director and Municipal Agent  
for the Elderly  
**860-345-4621**

**Sarah  
Chambers**

Social Services Assistant  
**860-345-4621**

**Doreen  
Staskelunas**

Activities Coordinator  
**860-345-2480**

**Neal  
Perron**

Senior Van Driver  
**860-682-3301**



**The senior van is available for Medical, Nutrition and Social needs to those disabled or 60 and over. The senior van is available by appointment between 9am-2pm, Monday through Thursday. Shopping trip to Walmart in Cromwell on Tuesdays. Call to reserve a spot. (860) 682 - 3301**



# Weekly Events



**BINGO:** First and Third Thursday of the Month

**CARDS:** Tuesdays at 10:30am & 12:30pm

**MAH-JONGG:** Mondays & Thursdays at 10a



**MOBILITY:** Thursdays at 11:15am



## April Events

### Mobility with Jennifer

Jennifer's mission is to help as many people as she can reach their health and fitness goals through results driven exercise and nutrition programs. She believes every age and ability needs and deserves to enjoy a long, active life.

Website: <https://www.fitnesswithjennifer.com/>

**Our All Levels Mobility Class is every Thursday @ 11:15am**



### HES Info Session

**Tuesday April 2nd @ 12:30pm -**

Join us for a conversation with Haddam Town Planner, Bill Warner about what a potential developer has planned for the HES space.



### Sock Hop with Brian May

**Thursday April 11th @12:30pm** - Join your friends and Brian May for our first ever Sock Hop! The Sock Hop will feature songs from the 50's and 60's. Poodle skirts, loafers, and dancing encouraged!



Brian May is a local musician who plays at venues throughout the shoreline.

[brianmay58@yahoo.com](mailto:brianmay58@yahoo.com)

## Club 60 Art Show

**Monday April 15th @ 1pm**– Come to the Art Show! We are thrilled to have a joint collaboration with Club 60 to host and highlight the creative talents of our Club 60 members! Art Show begins at 1pm.



## Arts & Crafts with Haddam Co-Op Nursery School

**Monday April 22nd @ 10:30am** –

We are excited to announce our first collaboration with the Haddam Co-Op Nursery School! As part of our community and intergenerational initiatives, the Haddam Senior Center is partnering with our neighbors at the Nursery School to create grapevine wreaths for spring.

This activity requires advanced reservation to ensure we have enough materials on hand. Call or email Doreen at the Senior Center, (860)345-2480 or [seniors@haddam.org](mailto:seniors@haddam.org)

## “Tick Talk”

**Tuesday April 22 @ 12:30pm** - It's tick season! We welcome Sherry Carlson from CRAHD to share information on tick-borne diseases and how to protect yourself when you are out and about from now through fall.



## Pizza and a Movie



**Monday April 29th 12pm** - One of our most popular events each month is our “Pizza and a Movie” Lunch. This month, we will be watching “The Holdovers” a 2024 Oscar nominated movie. The movie is about a New England prep school instructor (Paul Giamatti) who is forced to remain on campus during Christmas break to babysit a handful of students with nowhere to go. He forms an unlikely bond with one of them, along with the head cook. Da’Vine Joy Randolph won Best Supporting Actress for her portrayal of the head cook.

This event requires advanced reservation to ensure we have enough pizza for everyone. Call or email Doreen at the Senior Center, (860)345-2480 or [seniors@haddam.org](mailto:seniors@haddam.org)



# Town of Haddam Resources



## Haddam Social Services

Our office's mission is to enhance and improve the quality of life among our town's people and the self-sufficiency of those in need of social services.

We provide advocacy, leadership, and planning while fostering independence among our vulnerable population. Through statewide and local services, the social service department will guide you through your needs.

**11 Jail Hill Rd, Haddam, CT 06438**

*Hours of Operation: Tuesdays 9am-2pm, Thursdays 9am-6pm, Mondays, Wednesdays, Fridays by appointment*

## Social Services Volunteer Tree



### VOLUNTEER

Please contact Becky Rice Director of Senior & Social Services  
(860)345-4621 or (860) 345-8531  
[socialservices@haddam.org](mailto:socialservices@haddam.org)

*Because Today you can be the  
Difference for someone in Haddam!*

Are you looking for ways to give back to your community? Haddam Social Services is looking to create a Volunteer Tree filled with local resources to help our seniors. They are looking for anyone who is looking to donate lawn care expertise, drivers for shopping and medical appointments, Community Closet Attendants and companions. If this is something you are willing to help with, please contact Social Services Director, Becky Rice, for more information. (860)345-4621 or [socialservice@haddam.org](mailto:socialservice@haddam.org)

# Committee on Aging

The Committee on Aging is a standing body created by the Board of Selectmen & enabled by State statute to study conditions and needs among the senior residents of Haddam, to encourage and assist where possible the development of needed services, and to bring to the Board of Selectmen matters calling for attention.

**Regular Meeting location: Old Town Hall**

**Meeting locations for twice a year meetings: High Meadow in Haddam and the Haddam Neck Fair Grounds**

Posting of locations are at the Town Office Building or the Haddam Senior Center  
Facebook site

*Meetings: Third Monday of the Month, from September through June at 10:00am*

*Chair: Mary Lou Heger*

*860-345-2929*

*Vice Chair: Kim Gionfrieddo*

*860-657-6566*



## Club 60

The purpose of the club is to foster greater friendship among persons of the area who are 60 and older while providing a constructive and well-rounded program of social, recreational and service activities for our members.

*Meetings: First and Third Monday at 1pm*

**Meeting location: Haddam Community Center  
7 Candlewood Hill Rd, Higganum, CT 06441**

President: Mary Pierce  
(860) 685-1783





## Youth and Family Services of Haddam Killingworth

We envision a connected community where youth & families are resilient and feel safe, supported and empowered.

**91 Little City Rd, Higganum, CT 06441**

*Hours of Operation: Every weekday 9am-4:30pm*

(860) 345-7498

Website: <https://hkyfs.org/>

Director of Operations: Jennifer Favalora  
& Alli Behnke



## Brainerd Library

### Brainerd Library

Brainerd Memorial Library dedicates itself to providing resources and services necessary to satisfy the lifelong learning, reading, recreational, and cultural needs of Haddam residents. Our public Library in Haddam contributes to the social, cultural, and intellectual life of the community through its programming and outreach activities.

**920 Saybrook Rd, Haddam, CT 06438**

*Hours of Operation: Mondays 1pm-8pm, Tuesdays, Wednesdays and Thursdays 10am-8pm, Fridays 10am-6pm, Saturdays 10am-3pm*

(860) 345-2204

Website: <https://brainerdlibrary.org/>

# Haddam Transfer Station



To ensure that only Haddam residents use the Transfer Station, a current Haddam sticker must be displayed in order to use the facility. Stickers are good for the fiscal year (July through June) and may be purchased for a \$100 fee. If you are 65 or older the fee is \$50. (This is for vehicles 10,000 lbs. GVI or less).

**750 Saybrook Rd, Haddam, CT 06438**

*Hours of Operation: Wednesdays and Saturdays 8am-3:45pm, Sundays 8am-11:45am*

**(860) 345-8531**

Website: <https://www.haddam.org/transfer-station>

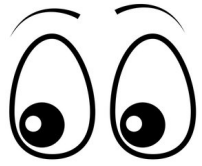
## Sustainability Committee

**Meetings: Fourth Tuesday of the month  
at the Old Town Hall  
(860) 345-8531 x 207**

**Website:** <https://www.haddam.org/sustainability-committee>

# ReCollect

# Puzzle Page



## WORD SEARCH



APRIL  
BLOSSOM  
BREEZE  
BUD  
BULBS  
BUNNY  
BUTTERFLY  
CHICK  
DAFFODIL  
EASTER  
EGGS  
GRASS  
GREEN  
HATCH  
JUNE  
MARCH  
MAY  
NEXT  
PUDDLE  
RAINBOW  
ROBIN  
SEASON  
SHOWERS  
SUNSHINE  
THAW  
TULIP  
UMBRELLA

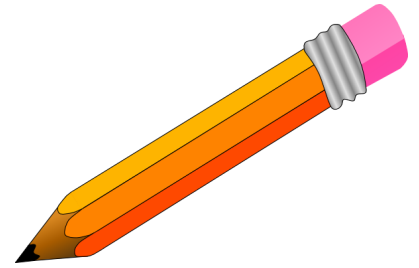




# Puzzle Page

## Sudoku

1	6	7		2		8		
			6	1				
2	8							
					5		2	4
8	3	5	2	6	4	1	9	7
4					3	5		8
	2	8	3	4	1		5	
		3	7					1
5				8	6	4	3	2



**Nothing is  
impossible.  
The word itself  
says 'I'm  
possible'.  
-Audrey Hepburn**

					3		8	5
		1		2				
			5		7			
		4				1		
	9							
5							7	3
		2		1				
				4				9



# SENIOR CENTER ACTIVITIES

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00am – Mah-Jongg 1:00pm – Club 60 (Community Center)	<b>2</b> 10:30am – AM Cards 12:30pm – PM Cards 12:30pm – HES/Senior Center Discussion w/Bill Warner	<b>3</b> Senior Center Closed	<b>4</b> 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm – BINGO	<b>5</b> Senior Center Closed
<b>8</b> 10:00am – Mah-Jongg 1:00pm – Corn Hole	<b>9</b> 10:30am – AM Cards 12:30pm – PM Cards	<b>10</b> Senior Center Closed	<b>11</b> 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm Sock Hop with Brian May	<b>12</b> Senior Center Closed
<b>15</b> 10:00am – Mah-Jongg 10:00am – COA Meeting (Old Town Hall) 1:00pm – Club 60 Art Show (Senior Center)	<b>16</b> 10:30am – AM Cards 12:30pm – PM Cards 12:30pm – GameDay (Board Games)	<b>17</b> Senior Center Closed	<b>18</b> 10:00am – Mah-Jongg 11:15am – Mobility NO BINGO *HOLD FOR SPECIAL EVENT*	<b>19</b> Senior Center Closed
<b>22</b> 10:00am – Mah-Jongg 10:30am – Haddam Co-Op Joint Craft 1:00pm – Corn Hole	<b>23</b> 10:30am – AM Cards 12:30pm – “Tick Talk” with Sherry Carlson from CRAHD 1:00pm – PM Cards	<b>24</b> Senior Center Closed	<b>25</b> 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – April Birthday Celebration 12:45pm – BINGO *Note special day and time for this month only!	<b>26</b> Senior Center Closed
<b>29</b> 10:00am – Mah-Jongg 12:00pm – Pizza And A Movie “The Holdovers”	<b>30</b> 10:30am – AM Cards 11:00am – Corn Hole 12:30pm – PM Cards			



## Haddam Senior Center Menu

**APRIL 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN STIR FRY BROWN RICE ORIENTAL VEG PINEAPPLE BITS	2 AMERICAN CHOP SUEY ELBOW NOODLES BOLOGNESE SAUCE MIXED VEGETABLES CORNBREAD MUFFIN MANDARIN ORANGES	3 Senior Center Closed	4 CHICKEN PARMESAN PENNE NOODLES ITALIAN BLEND VEG GARLIC KNOT TROPICAL FRUIT	5 Senior Center Closed
8 CHICKEN DIVAN ROASTED POTATOES SONOMA BLEND VEG PEARS	9 BEEF CHILI MIXED VEGETABLES CORN MUFFIN APPLE	10 Senior Center Closed	11 BAKED SALMON W/ CUCUMBER & DILL LENTIL & RICE PILAF ASPARAGUS BLEND VEG MANDARIN ORANGES	12 Senior Center Closed
15 CHEESE TORTELLINI PESTO CREAM SAUCE ITALIAN BLEND VEGETABLES TROPICAL FRUIT	16 ROASTED CHICKEN with GRAVY BROWN RICE MIXED VEGETABLES PINEAPPLE	17 Senior Center Closed	18 HAM W/ PINEAPPLE SWEET POTATOES GREEN BEANS SPICED PINEAPPLE SUGAR COOKIE	19 Senior Center Closed
22 BAKED COD LEMON PICCATTA SAUCE RICE PILAF GREEN BEANS MANDARIN ORANGES	23 CHICKEN CORDON BLEU ROASTED RED POTATOES BEETS PEARS	24 Senior Center Closed	25 STUFFED SHELLS ITALIAN BLEND VEG GARLIC KNOT ORANGE	26 Senior Center Closed
29 Pizza and a Movie "The Holdovers"	30 HAMBURGER POTATO WEDGES 3-BEAN SALAD PINEAPPLE	Senior Center Closed	<b>Meals supported by Senior Resources with Title III funds available from the Older Americans Act and provided by the Estuary of Old Saybrook</b>	
				<b>Lunch Cost</b> <b>Age 60+ - \$3.00</b> <b>Suggested Donation</b> <b>Under Age 60 - \$15.00</b>