Watertown Commission on Aging

Regular Meeting Agenda

DATE: Thursday, November 19, 2026
TIME: 6:30 PM
LOCATION: Watertown Town Hall, lower-level conference room
61 Echo Lake Road, Watertown, CT

This meeting will be an In-Person meeting and will also be available via Zoom in Listen Only Mode.
A Link will be posted on the day of the meeting.
Please see www.watertownct.org under the Calendar of Meeting.

I. **Call Meeting to Order**

II. **Roll Call**

III. **Public Participation**

IV. **Correspondence**

V. **Approval of Minutes**
A. October 15, 2026, Regular Meeting

VI. **Reports**
A. Chairman
B. Parks & Recreation Director
C. Senior Services Coordinator/Municipal Agent
D. Sub-Committee on Mission Statement

VII. **Old Business**

VIII. **New Business**
A. 2027 Commission Schedule

IX. **Adjournment**

Commissioners, please contact the Watertown Parks & Recreation Department Monday through Friday by 4:30 PM at 860-945-5246 if you are unable to attend. Thank you.

Thomaston Savings Bank Foundation, Inc.

203 Main Street, P.O. Box 907
Thomaston, CT 06787
P: 860.283.1874 | F: 860.283.2529
www.thomastonsavingsbank.com

Stephen L. Lewis, President

November 5, 2026

AGENDA
Date: 11-19-26
Number: IV

Michael Ganem
Town Of Watertown- Parks and Recreation Dept.
61 Echo Lake Rd.
Watertown, CT 06795

Dear: Michael Ganem

Congratulations! On behalf of the Thomaston Savings Bank Foundation, Inc., I am pleased to advise you and your organization that a grant award of **$5,000.00** has been approved to assist in funding the Town of Watertown's fuel bank.

A grant application was filled out on your organization's behalf, by our Foundation's administrator.

This grant approval is contingent upon the Grantee submitting the Grant Agreement and ACH Authorization form online as outlined in the email issued upon approval, requesting the follow up form. Grant funds will be disbursed electronically upon submission of these forms.

Please accept my best wishes for a promising and rewarding upcoming year. Thank you, your staff and your Board of Directors for all the good work you do in supporting our community.

.

Sincerely,

Stephen L. Lewis

Stephen L. Lewis
President
THOMASTON SAVINGS BANK
FOUNDATION, INC

AGENDA
Date: 11-19-24
Number: VII

WATERTOWN COMMISSION ON AGING
REGULAR MEETING MINUTES

WATERTOWN TOWN HALL
FIRST FLOOR CONFERENCE ROOM
61 ECHO LAKE ROAD, WATERTOWN, CT

Thursday, October 15, 2026

I. The meeting was called to order at 6:30 PM by Melanie Flaherty, Chair

II. Roll Call

PRESENT: Melanie Flaherty, Chair
Debra Desena
Alan Mickel
Wilbur Hughes, Vice Chair
Sally Kuslis
Amy Quinnan
Andrea Corcoran

ABSENT: Cynthia Blanchard
Tracy Dasilva

OTHERS PRESENT: Michael Ganem, Director of Parks and Recreation

III. Public Participation – NONE

IV. Correspondence –

- Grant award letter from the Thomaston Savings Bank Foundation for 2 vacuum cleaners to be used at the food pantry.
- Invitation from the staff at the FASC to participate in the Thanksgiving Luncheon on November 20, 2026.

V. Approval of Minutes:
Thursday, September 17, 2026, Regular Meeting

Motion to approve the minutes of the September 17, 2026, meeting by Al Mickel. Seconded by Wilbur Hughes.

Motion to amend the minutes of the August 20, 2026, meeting by Alan Mickel. Seconded by Wilbur Hughes.

The motion passed unanimously

VI. Reports

A. Chairman – no report

B. Parks & Recreation Director
Michael Ganem:
- Written report is attached to the minutes
- The director thanked the staff and the volunteers who work at the FASC. Special note to the "chef" and the Kayner Tech students

C. Senior Center Coordinator/Municipal Services
Laura Garay:
- Provided a written report (attached to the packet)

D. Sub-Committee on Mission Statement

Amy Quinnan reported that she has or will be scheduling meetings with both Jeanne Vichioli, Social Services, and Laura Garay, FASC, to learn more about their perspectives in "working to identify the community's priority needs and the ways to deliver/meet those priorities."

The Commission discussed the feasibility of a type of tax relief for qualifying seniors. Through the State, there is a circuit breaker program as well as programs for veterans.

VII. Old Business- Alan Mickel stated for the record that the report received from the FASC for tonight's meeting was very well drafted.

VIII. New Business – None

IX. Adjournment -

Motion: Alan Mickel, seconded by Sally Kuslis to adjourn the Regular Meeting at 7:05 P.M.

The motion passed unanimously.

Respectfully submitted,

_____
Melanie Flaherty, Chair
Watertown Commission on Aging

Approved: _____
Susan King, Clerk

To: The Commission on Aging
From: Michael Ganem, Director of Parks and Recreation
Date: October 16, 2026
Subject: Director's Report – October 2026 Updates

1. Expressions of Gratitude & Senior Center Appreciation

- **Community & Staff Recognition:** I want to take this opportunity to reinforce my sincere gratitude to the seniors in our town, all active participants at the Falls Avenue Senior Center (FASC), and our dedicated staff team.
- **Appreciation Luncheon:** I recently had the honor of attending the Appreciation Luncheon held at the center and dining with our patrons. Sharing in their conversations was a truly wonderful experience. It is with deep gratitude that I reflect on our interactions—the members themselves make the work we do here genuinely meaningful and important. The hard work of our staff and the vibrant energy of our members continue to make the center a special place for our community.

2. Facilities, Operations & Site Improvements

- **Sidewalk & Accessibility Upgrades:** As of my last site inspection, the new sidewalk installation is nearly complete. Handrails have been fully installed where appropriate along the path. Despite the inherent topography and site challenges within the landscape and lot, this project represents a significant safety improvement for our senior patrons navigating the facility grounds.
- **Transit Fleet Update:** Preparations remain on track regarding our transportation assets as we await the delivery of our new 5310 grant bus and manage the scheduled transition and optimal use of our current fleet.

Respectfully Submitted,
Michael Ganem
Director of Parks and Recreation
Town of Watertown, CT

AGENDA
Date: 11-19-26
Number: VIC

Falls Ave Senior Center October 2026 Monthly Summary

- **(3) New FASC Members** came on board between October 1-31, 2026.
- **(31)** Seniors attended a **Bus Trip to Kaynor Café** on Monday October 5 and enjoyed a delicious meal prepared by the **Culinary Students of W.F. Kaynor Tech School.**
- **(25) Seniors** participated in a **Flu Shot Clinic** administered by **Health Complex Pharmacy** on **Tuesday** October 6.
- **(49)** Seniors attended the **Hispanic Heritage Luncheon** that was prepared by two seniors with the assistance of FASC staff. The seniors enjoyed a short presentation from Teacher, Kim Pabey-Rivera and students of the **Roberto Clemente Dual Language School in Waterbury** and dancers were depicted in authentic dress on Friday October 9.
- **(35)** Seniors attended the **Celebration of Life for Henry LeClerc.** Henry was our oldest regularly attending senior who passed away in July at the age of 97.5. This program provided an opportunity for our seniors to come together, share stories of their dear friend, and reach a sense of closure. Refreshments were provided by the FASC and enjoyed by all on Wednesday October 14.
- **(20)** Seniors participated in the **Medication Drop-Off** sponsored by the **Watertown Police Department** on Thursday October 15.
- **(16)** Seniors enjoyed **Movie and Popcorn** at the showing of **"Benedict Arnold; Betrayed Hero"** at the FASC. This continued our yearlong historical celebration of America's 250th Anniversary on Friday October 16.
- **(5)** Seniors attended **Reflexology** (25 Minute Sessions) on Friday October 16.
- **(8)** Seniors of the **Wii Bowling Team** participated in monthly statewide league play and won over Glastonbury Senior Center on Wednesday October 21.
- **(6)** Seniors returned for their **FREE Dental Care** offered by **WCAAA (The Western Connecticut Area Agency on Aging)** on Friday October 23.
- **(14)** Seniors attended a **Bus Trip to the Coventry Farmers Market at the Nathan Hale Homestead**. This is the largest Farmers Market in Connecticut. The seniors had an opportunity to use their remaining Farmers Market Coupon; a program provided by the **State of Connecticut Department of Agriculture**. They enjoyed a box lunch catered by the Watertown Meat Center on the lovely grounds of the Nathan Hale Homestead on Sunday October 25.
- **(32)** Seniors attended a **Bus Trip to Kaynor Café** on Monday October 26 and enjoyed a delicious meal prepared by the **Culinary Student of W.F. Kaynor Tech School**.
- **(4)** Seniors participated in the monthly **Book Club** on Tuesday October 27.
- **(75)** Seniors participated in the **Annual Halloween Party.** Our seniors enjoyed a variety of plated appetizers, soup, and a chicken pot pie all created and prepared by the **Culinary Students of W.F. Kaynor Tech under the direction of Chef Justin Williams and a selection of sweet treats on Friday October 30.**

Planned Activities for November

Bus Trip Kaynor Tech Café: **November 2**
WCAAA Medicare Open Enrollment CHOICES Counselor Appointments: **November 6**
Sound Meditation: **November 6**
Movie and Popcorn, **"Drummer Boy": November 6**
Bus Trip to Aqua Turf: **November 10**
Reflexology: **November 10**
Watertown Police Presentation, **"Beware of Scams"**: **November 13**
Oak Street Health, **"Name that Tune": November 13**
Bus Trip Kaynor Tech Café: **November 16**
Powerback Rehab Health and Wellness Presentation, **"All About Arthritis": November 17**
Wii Bowling League Play **Home Match against Torrington**: **November 18**
Thanksgiving Luncheon: **November 20**
Book Club: **November 24**
Annual Town Holiday Light Parade: **November 27**

People that joined between 10/01/2026 and 10/31/2026

Filters:

Age: >=0

Site(s): Falls Avenue Senior Center

	Gender	Full Name
1	Female	Beale, Shirley
2	Female	Legath, Rosa
3	Male	Quirke, Kenneth

Transportation provided between 10/01/2026 and 10/31/2026

Filters:

Age: >=0

Site(s): Falls Avenue Senior Center

Vehicle	Category	Duplicated	Unduplicated
Bus 2026	Unknown	20	4
Bus 2026	Medical	61	16
Bus 2026	Non-Medical	407	49
Van 2020	Medical	2	1
Van 2020	Non-Medical	13	3
	Totals	**503**	**54**

Total Undelivered Count: 0

View all People

Transportation provided between 10/01/2026 and 10/31/2026

Filters:

Age: >=0

Site(s): Falls Avenue Senior Center

Location	Duplicated	Unduplicated
Access Rehab	10	2
Adams	8	3
Costco	2	1
Dentist	4	2
Dollar General	2	1
Dr	13	6
Dr Building	2	1
Dr Carrington	2	1
Echo Craft Kitchen	17	17
Food Bank	8	3
Home	541	29
Jimmy's Restaurant	6	2
Kaynor Tech	8	5
Labonnes Market	5	2
Nathan Hale Homestead	24	11
NV ENT	2	1
Orthopedics of New England	1	1
PAL	10	5
Quest Diagnostics	3	2
Score PT	12	1
Siemon Company	9	1
Steel Beach Gym	9	1
Stop and Shop	107	10
Taft	24	1
The Senior Center	135	35

Thomaston Opera House	17	17
Thomaston Saving Bank	1	1
Tony's Seafood	6	2
Trinity Health	4	1
Watertown Credit Union	1	1
Watertown Library	6	2
Watertown Nail Salon	2	1
Watertown Town Hall	4	2
Webster Bank	1	1
Totals	**1006**	**54**

Total Undelivered Count: 0

View all People

Date range from 10/01/2026 to 10/31/2026

Filters:

Age: >=0

Site(s): Falls Avenue Senior Center

Checkin Count	1043	
Days in Range	23	
Avg Duplicated	45.35	
Avg Per Weekday	Sunday	14.5
	Monday	60.33
	Tuesday	42.25
	Wednesday	46.75
	Thursday	57.8
	Friday	37.6
Avg Per Day by Month	October	45.35

Event Occurrences from 10/01/2026 to 10/31/2026

Filters:

Site(s): Falls Avenue Senior Center

Category	Event	# of Events	Hours Scheduled	Unduplicated
Classes/Workshops				
	Bible Study	5	6.25	8
	Book Club October 2026	1	1.5	4
	Total	**6**	**7.75**	**12**
Fitness/Exercise				
	Chair Aerobics	13	6.5	22
	Reflexology	1	3	5
	Senior Exercise	13	13	9
	Wii Bowling Tuesday	4	8	12
	Wii Bowling vs. Glastonbury October 21 2026	1	5	3
	Total	**32**	**35.5**	**40**
Health Education				
	Be the Light Patient Adocacy Presentation October	1	1	1
	Total	**1**	**1**	**1**
Health Screenings				
	Flu Shot 2026	1	3	1
	WCAAA Free Dental Clinic Apts. Oct 23	1	3	6
	Total	**2**	**6**	**7**
Nutrition				
	Brown Bag Lunch	5	7.5	1
	Total	**5**	**7.5**	**1**
Public Services				
	Energy Assistance Program (EAP) 2026	4	30	9

	Medication Drop Off October 2026	1	2	15
	Pick Up Newsletter	22	176	14
	Social Services	22	176	5
	Total	**49**	**384**	**38**
Recreation/Entertainment				
	Bingo	5	10	40
	Canasta	4	4	1
	Knit/Crochet	4	8	11
	Mexican Train Dominoes	4	8	6
	Pick Up Books	22	176	5
	Pinochle	4	16	6
	Pokeno	4	8	19
	Poker	9	39	14
	Puzzle Building	22	176	1
	Scrabble	4	12	5
	Setback	4	16	18
	Wii Bowling Wednesday	4	8	8
	Total	**90**	**481**	**101**
Social Activity/Event				
	Halloween Party October 30 2026	1	3.5	72
	Total	**1**	**3.5**	**72**
Socializing				
	Socializing/Coffee/Visiting	22	176	30
	Total	**22**	**176**	**30**
Special Events				
	Celebrate Henry Oct 14 2026	1	13.5	23
	Hispanic Heritage Luncheon 2026	1	1	40
	Movie and Popcorn October 16 2026	1	2	14

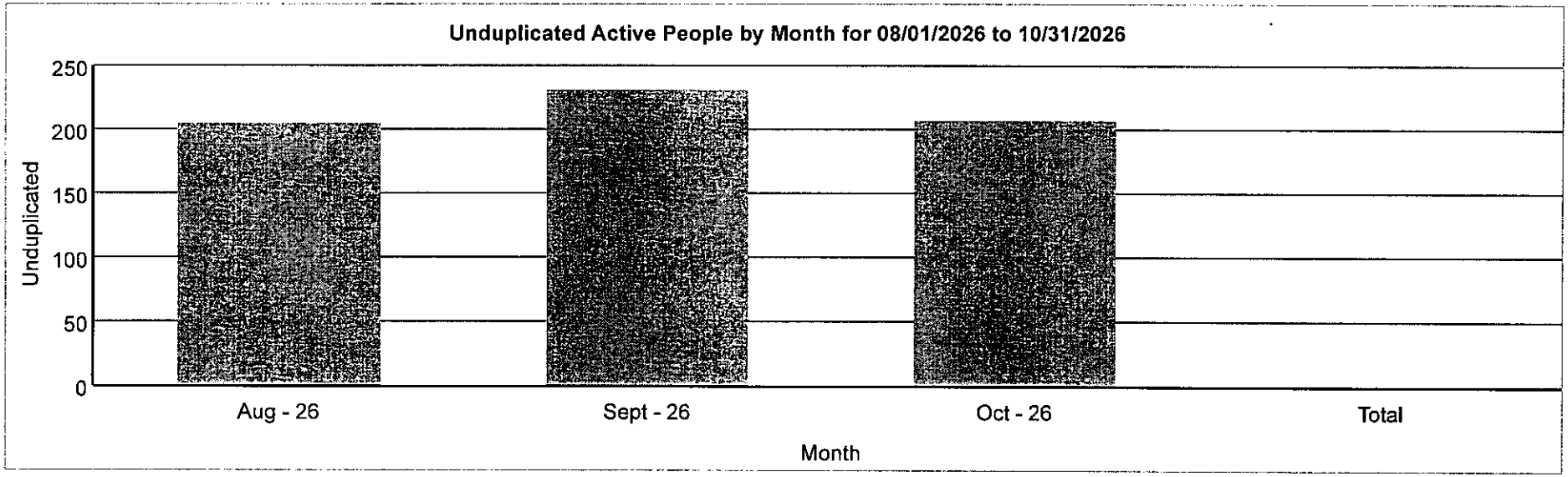
	Total	**3**	**16.5**	**60**
Trips				
	Brunch and Ragtime Sunday October 18	1	6.75	18
	Coventry Farmers Market Oct 25 2026	1	5.5	11
	Kaynor Cafe October	1	2	32
	Kaynor Cafe October 5 2026	1	2	31
	Total	**4**	**16.25**	**65**
	Grand Total	**215**	**1135**	**199**

Falls Avenue Senior Center
Active People Report
For 08/01/2026 to 10/31/2026

Unduplicated Active People Per Month

Aug - 26	Sept - 26	Oct - 26
205	231	207

Total Unduplicated Active People: 287



AGENDA
Date: 11-19-24
Number: VIII A

Watertown Commission on Aging
2027 Regular Meeting Schedule

The Watertown Commission on Aging will hold their Regular Meetings on the Third Thursday of the month at 6:30 P.M. Meetings are held at the Watertown Town Hall - Parks & Recreation Conference Room, 61 Echo Lake Road, Watertown, CT 06795

Thursday, January 21, 2027
Thursday, February 18, 2027
Thursday, March 18, 2027
Thursday, April 15, 2027
Thursday, May 20, 2027
Thursday, June 17, 2027
Thursday, July 15, 2027
Thursday, August 19, 2027
Thursday, September 16, 2027
Thursday, October 21, 2027
Thursday, November 18, 2027
Thursday, December 16, 2027

Watertown Commission on Aging

Approved:_____