



Watertown Commission on Aging

Regular Meeting Agenda

DATE: Thursday, September 17, 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. August 20, 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**
- 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.



AGENDA
Date: 9-17-26
Number: VA

**WATERTOWN COMMISSION ON AGING
REGULAR MEETING MINUTES**

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

Thursday, August 20, 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
Cynthia Blanchard
Sally Kuslis
Amy Quinnan
Andrea Corcoran
Tracy Dasilva

ABSENT: Wilbur Hughes, Vice Chair

OTHERS PRESENT: Michael Ganem, Director of Parks, Recreation, Senior, and Social Services

III. Public Participation –

- Carol Lafferier commented on transportation and having to be persistent to obtain a ride from the FASC.
- Deb Manley commented on the calendar and “pop-up” trips.

IV. Correspondence –

- None

V. Approval of Minutes:

July 16, Regular Meeting

Motion by Sally Kuslis, seconded by Amy Quinnan, to approve the minutes of the June 16, 2026, meeting.

Correction: Wilbur Hughes is the Vice Chair, not Alan Mickel.

Motion passed with 7 yes votes and an abstention by Debra Desena

It was suggested that all correspondence be included in the meeting packet.

VI. Reports

A. Chairman – no report

B. Parks & Recreation Director

Michael Ganem:

- Written report is attached to the minutes

C. Senior Center Coordinator/Municipal Services

Laura Garay:

Provided a written report (attached to the packet)

Motion by Alan Mickel that statistics, available through MySeniorCenter.com, for programs at the FASC be presented to the COA each month. Second, by Amy Quinnan.

Michael Ganem, Director, suggested a point of order as this seems to conflict with the powers and duties of the COA and with the chain of command between the Director, the Town Manager, and Town Council.

Motion passed 4 to 3 with one abstention. Yes: Alan Mickel, Cynthia Blanchard, Sally Kuslis, Amy Quinnan. No: Melanie Flaherty, Debra Desena, Andrea Corcoran. Abstain: Tracy Dasilva

VII. Old Business- the commission discussed the updated mission of the Commission on Aging recommended by the subcommittee.

The mission of the Watertown Commission on Aging is to serve as an ongoing voice for Watertown's and Oakville's senior community by researching, identifying, and listening to their housing, economic, health, transportation, and recreational needs. And to provide recommendations to the Parks and Recreation Department and the Town Council.

Motion by Sally Kuslis, seconded by Cynthia Blanchard. Motion passed unanimously.

VIII. New Business – None

IX. Adjournment -

Motion: Alan Mickel, seconded by Cynthia Blanchard to adjourn the Regular Meeting at 7:44 P.M.

The motion passed unanimously.

Respectfully submitted,

Melanie Flaherty, Chair
Watertown Commission on Aging

Approved: _____
Susan King, Clerk

Falls Ave Senior Center

July 2026 Monthly Activity Summary (July 1–31, 2026)

- (10) New FASC Members came on board between July 1- July 31, 2026.
- (11) Seniors enjoyed Movie & Popcorn for the showing of *1776: The Musical* on Wednesday July 1.
- (16) Seniors attended Milkshake Monday on Monday July 13.
- (5) Seniors participated in 25-minute sessions of Reflexology on Tuesday July 14.
- (11) Seniors attended a Painting Class led by Middle School Art Teacher Stephanie Lauro-Goetz who generously donated her time and talent on Wednesday July 15.
- (40) Seniors participated in a Bus Trip featuring lunch at Bill's Seafood in Westbrook and a two-hour Cross Sound Lighthouse Cruise on Friday July 17.
- (32) Seniors attended our Sixth Annual Blueberry Bake-Off on Wednesday July 22 which featured two new judges; Business Owner Gabi, owner of Gabi Ghouls by Hardcore Sweet Bakery as well as our Watertown Parks and Recreation Director, Michael Ganem. Our Town Manager, Mark Raimo, attended to support our talented bakers, judges, and senior tasters. This event continues to be one of our signature summer traditions!
- (14) Seniors attended a Bus Trip to the Litchfield Hills where they enjoyed lunch at Patty's Restaurant in Litchfield followed by a visit to the Bantam Farmers Market and Poppy's Ice Cream in Morris on Friday July 24.
- (68) Seniors attended our Second Annual Luau Party making it our largest event of the month and a festive conclusion to July's activities on Friday July 31.

Planned Activities – August 2026

- Zumba (Sponsored by Oak Street Health) 8/4/2026
- Bus Trip to the Pond House Café & Bushnell Park Carousel 8/7/2026
- Bus Trip to the Aqua Turf Club for Dinner and Entertainment 8/11/2026
- Reflexology 8/11/2026
- Bus Trip to the Nathan Hale Homestead & Bidwell Tavern 8/14/2026
- Milkshake Monday 8/17/2026
- Bus Trip to the Waterbury Senior Center for the Brass City Harvest Farmers Market 8/18/2026
- Blood Pressure Screenings (Sponsored by NCE Home Health Care) 8/18/2026
- Movie & Popcorn featuring newly released, *"Young Washington"* 8/21/2026
- Bus Trip to BARC's, Hidden Café for Lunch 8/24/2026
- Book Club 8/25/2026
- Bus Trip to Aldi's in Bristol 8/26/2026
- Picnic in the Park at Veterans Memorial Park 8/28/2026

To: The Commission on Aging
From: Michael Ganem, Director of Parks and Recreation
Date: August 20, 2026
Subject: Director's Report – August 2026 Updates

1. Transportation & Legal Agreements

Master Agreement & New Senior Bus Acquisition

- **State Vehicle Master Agreement:** We have received the official Master Agreement from the State Attorney General's Office regarding the acquisition of a new wheelchair-accessible senior bus. The document is currently on the Town Manager's desk awaiting final signature execution.

Housing Authority Collaboration & Operational Scope

- **Special Request Assessment:** The department recently evaluated a request from the Watertown Housing Authority to provide transport for residents on a mini-golf trip. To safeguard our primary operational capacity and maintain strict focus on our core mission and efficient service delivery for Watertown seniors, we have placed a pause on this specific request.
- **Precedent & Inter-Agency History:** When consulted by the Town Manager, neither Laura nor I have record or experience of this type of inter-agency transit service during our respective tenures. In discussions with Sashoy Redmond (Resident Service Coordinator for the Watertown Housing Authority), a past instance was noted where the center transported Housing Authority residents to a casino, though no precise timeline or documentation exists for when that accommodation was granted.
- **Strategic Vetting & Cost of Distractions:** Both Laura and I remain open to exploring future collaborative opportunities with Sashoy, but all new initiatives must be thoroughly vetted. Unplanned, immediate distractions impose severe operational costs—studies consistently show it takes over 20 minutes to regain deep focus after a disruption, driving up error rates and creating organizational whiplash. Responding hastily to ad-hoc requests directly degrades our team's ability to remain present and deliver our core daily services efficiently.

2. Falls Avenue Senior Center (FASC) Staff Recognition

- **Operational Commitment:** I want to formally recognize the exceptional work executed daily by our staff at the Falls Avenue Senior Center. Having worked closely with senior center operations throughout my career, I can attest firsthand to the high level of effort required to keep these facilities running smoothly.
- **Team Excellence:** Our team performs yeoman's work day in and day out. The high standard of service and reliable support provided to our senior community are only possible because of the dedication and enthusiasm our team brings to the facility every day.

Respectfully Submitted,

Michael Ganem

Director of Parks and Recreation Town of Watertown, CT

Falls Ave Senior Center

AGENDA

Date: 9-17-20

Number: VIC

August 2026 Monthly Summary

- (8) **New FASC Members** came on board between August 1-31, 2026.
- (15) Seniors enjoyed **Zumba Class** sponsored by Oak Street Health on Tuesday August 4.
- (12) Seniors participated in a **Bus Trip** featuring lunch at the **Pond House Café** in **West Hartford**, followed by a visit to the **Bushnell Carousel Museum**. Seniors enjoyed a ride on one of the oldest carousels in New England on Friday August 7.
- (21) Seniors participated in a **Bus Trip to Aqua Turf** in Southington to enjoy entertainment of Richie Mitnick's, "**Young at Heart-Feet so Smart**" show and a family style lunch on Tuesday August 11.
- (17) Seniors participated in a **Bus Trip** to the **Nathan Hale Homestead** and enjoyed lunch at the **Bidwell Tavern** in **Coventry**. This activity continued our yearlong celebration of America's 250th birthday on Friday August 14.
- (26) Seniors attended **Milkshake Monday** on Monday August 17.
- (7) Seniors went on a **Bus Trip to the Brass City Farmers Market** at the Waterbury Senior Center where they were able to use their **Farmers Market Coupons** on Tuesday August 18.
- (7) Seniors participated in the **Monthly Blood Pressure Clinic** sponsored by **NCE Healthcare** on Tuesday August 18.
- (14) Seniors enjoyed **Movie and Popcorn** at the showing of "**Young Washington**" at the FASC. This continued our yearlong historical celebration of America's 250th birthday on Friday August 21.
- (4) Seniors participated in the monthly **Book Club** on Tuesday August 25.
- (7) Seniors participated in a **Bus Trip to Shopping at Aldi's in Bristol** on Wednesday, August 26.
- (102) Seniors participated in the **Annual Picnic in the Park in partnership with the family of John and Glenna Wolko**. Our seniors enjoyed the day at Veterans Memorial Park with music of the Boggie Boys, Pizza from Mario's, Frankies' Hotdogs, Box Lunches from the Watertown Meat Center, Salads, Watermelon, Itty Bitty Cookies, and Brownies from Labonne's that were donated by Oak St. Health. Everyone had an amazing day on Friday August 28.
- (18) Seniors participated in a **Bus Trip to the Hidden Café** to enjoy lunch on Monday August 31.

Planned Activities for September

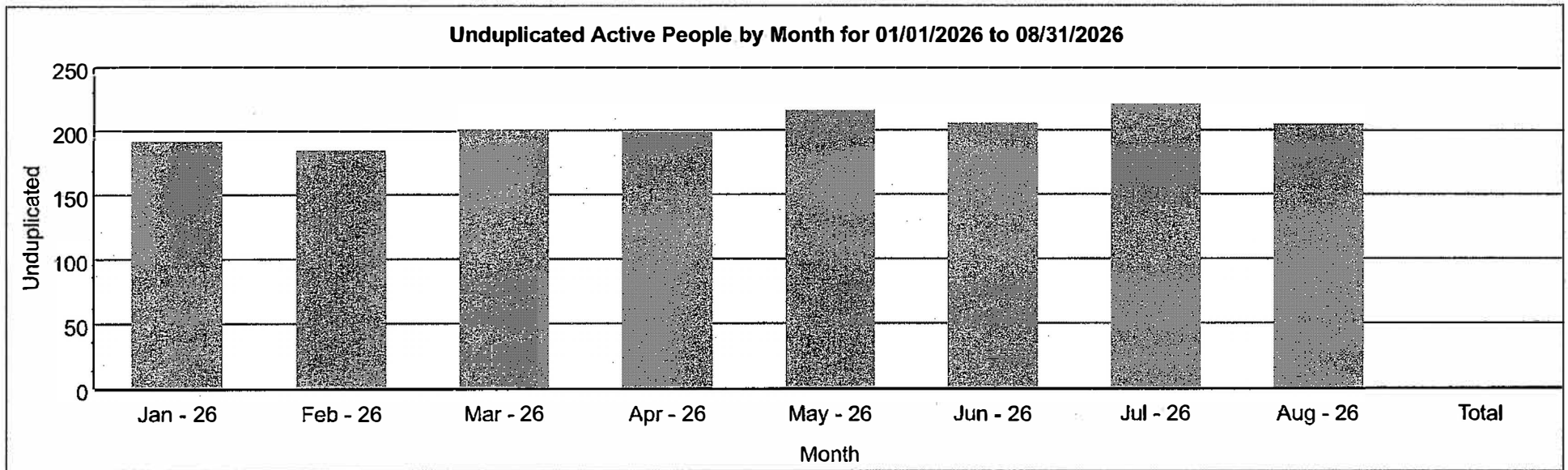
- Birthday Celebration **September 3**
- Sound Meditation **September 4**
- Town Council Meeting FASC Senior Recognition **September 8**
- Bus to the WCAAA FREE Dental Care **September 11**
- Bus Trip to the Connecticut River Museum/the River Quest Cruise/Lunch at the Griswold Inn **September 11**
- Town Manager Update at the Senior Center **September 15**
- Monthly Blood Pressure Clinic **September 15**
- Bus Trip to Ocean State Job Lot and Lunch at Nonna Lucia's in Watertown **September 16**
- Bus Trip Tour/Lunch and Presentation at The Cottage at Litchfield Hills **September 18**
- Pop-Up Surprise Trip for Appreciation of National Senior Center Month **September 21**
- Monthly Book Club **September 22**
- Wii Bowling Match with Waterbury **September 23**
- Annual Senior Appreciation Luncheon **September 25**
- Bus Trip to Kaynor Café for Lunch **September 28**
- Monthly Reflexology **September 29**

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

Unduplicated Active People Per Month

Jan - 26	Feb - 26	Mar - 26	Apr - 26	May - 26	Jun - 26	Jul - 26	Aug - 26
192	185	201	199	216	206	221	205

Total Unduplicated Active People: 388



Transportation provided between 01/01/2026 and 12/31/2026

Filters:

Age: >=60

Site(s): Falls Avenue Senior Center

Category	Duplicated	Unduplicated
Medical	336	26
Non-Medical	2831	117
Unknown	62	17
Totals	3229	125

Total Undelivered Count: 0

[View all People](#)

Transportation provided between 01/01/2026 and 12/31/2026**Filters:**

Age: >=60

Site(s): Falls Avenue Senior Center

Vehicle	Misc	Duplicated	Unduplicated
Bus 2026	Bank	12	3
Bus 2026	Doctor Visit	67	14
Bus 2026	Grocery Shopping	499	12
Bus 2026	Library	4	2
Bus 2026	Other	449	44
Bus 2026	Physical Therapy	20	4
Bus 2026	Shopping	4	2
Bus 2026	Sr Center Activity	111	37
Park and Rec Van	Doctor Visit	8	3
Park and Rec Van	Other	1	1
Van 2014	Bank	2	1
Van 2014	Doctor Visit	15	5
Van 2014	Grocery Shopping	69	7
Van 2014	Hair Salons	2	1
Van 2014	Library	3	2
Van 2014	Other	50	13
Van 2014	Physical Therapy	1	1
Van 2020	Unknown	6	4
Van 2020	Bank	39	6
Van 2020	Doctor Visit	204	19
Van 2020	Grocery Shopping	861	17
Van 2020	Hair Salons	8	2
Van 2020	Library	34	3
Van 2020	Other	649	65
Van 2020	Physical Therapy	30	4

Van 2020	Shopping	11	3
Van 2020	Sr Center Activity	70	40
	Totals	3229	125

Total Undelivered Count: 0

[View all People](#)