



# City of West Haven

## Highlights

Dept. of Elderly Services 203-937-3507 West Haven Senior Center 203-937-3507



### Letter From The Director

#### Welcome back All!

We sure have missed you! What a trying and exhausting fourteen months it has been. This COVID-19 pandemic was not easy by any means and though we may have lost many, those individuals and their memories will be continued to be cherished each and every day. On a more brighter note, West Haven Senior Center is so very excited to be back in action!

We have some exciting programming to look forward to and even a new face to have joined our team...me!

(Don't worry, our beautiful Donna and handsome Jim remain in our department!)

So, hi there! My name is Alyssa Maddern, MS, CTRS

and I am your new Director of Elderly Services here at the West Haven Senior Center.

Besides knowing my name, I was born and raised West Haven and have always been involved from playing

WHHS girls' ice hockey and lacrosse to countless years of employment at WH Parks & Recreation. I graduated from Southern Connecticut State University with both my Bachelor's and Master's Degree in Recreation & Leisure Studies, in Therapeutic Recreation. I am a Certified Therapeutic Recreation Specialist, better known as a CTRS, so I plan on programming, incorporating, and even facilitating more of the recreational activities here!

I am so excited for this opportunity and hope to bring some sunshine back into each one of your lives!

Please take notice that currently if you have been fully vaccinated,  
it is optional to wear your mask at the Center!

However, if you have not been fully vaccinated, you must wear the mask!

*As always, see you at the Senior Center! - Alyssa Maddern, MS, CTRS, Director of Elderly Services*

# WHSC's Activity Schedule

Summer 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:00	WHPR Exercise* G		WHPR Exercise* G		WHPR Exercise* G
10:15-11:00	Pokeno MR		Dominoes MR		Pokeno MR
10:15-			Movie Matinee MR 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of the Month		
10:15-10:45			RT MR 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday of the Month		
10:30-11:00	Brother Joe*	Work It Out G		Work It Out G	
11:00-11:30	Dance Class*	Brain Fitness 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of the Month TVL		Creative Arts 3 <sup>rd</sup> Thursday of the Month CAR	RT MR 1 <sup>st</sup> & 3 <sup>rd</sup> Friday of the Month
11:30	<b>LUNCH</b>				
12:30-1:30	BINGO MR	BINGO MR		BINGO MR	
1:30-2:00	AM Board Bored Update		Chit Chat with the Director 1 <sup>st</sup> Wednesday of the Month		

--- Subject to Change

G = Gym MR = Multi Purpose Room TVL = TV Lounge CAR = Creative Arts Room RT = Recreational Therapy  
Independent and Transportation Arrival: 10:00 AM Independent and Transportation Depart: 2:00 PM  
\* tentative due to awaiting if program will be returning

**FYI** for your information

## MEMBERSHIP DUES

THE WEST HAVEN SENIOR CENTER HAS WAIVED THE MEMBERSHIP DUES FOR THE YEAR OF 2021 DUE TO THE COVID-19 PANDEMIC TAKING AWAY OUR OPPORTUNITY TO BE OPEN :(

That being said and with the West Haven Senior Center now open to the public, the Department will begin to collect the membership dues after January 1, 2022.

## OUT TRIPS & SPECIAL EVENTS

DUE TO THE COVID-19 PANDEMIC TAKING AWAY MANY MONTHS THIS YEAR, THE WEST HAVEN SENIOR CENTER WILL BE REESTABLISHING OUT TRIPS & SPECIAL EVENTS IN THE NEW YEAR OF 2022.

Trust us, all of here at the West Haven Senior Center would enjoy having our Seniors being able to go on out trips as well as partake in special events! However, with the Department's reopening after this global pandemic as well as the newly hired Director getting herself established here, it would make the most sense at this time to push it to the new year, 2022.

With that said, be on the look out for a flyer posted at the Senior Center regarding an *in-house* Meet 'n' Greet with the newly hired Director, Alyssa, in the coming weeks ahead.

## LUNCH PROGRAM

The West Haven Senior Center provides a Lunch Program, **Monday through Friday, with Lunch being served at 11:30 A.M. Each lunch meal costs a suggested donation of \$3.00.**

In order to be able to be a part of the Lunch Program, please contact the Senior Center to be included in the head count.

## DATTCO TRANSPORTATION

The West Haven Senior Center provides transportation to and from the Senior Center, Monday through Friday, through Dattco Transportation. Please contact Dattco Transportation to schedule a ride in advance or cancel same day transportation by calling Stephen at (203)-384-6249 then press 2.

## SENIOR SHUTTLE

The West Haven Senior Shuttle is tentatively scheduled to resume it's services the week of July 19th. The Senior Shuttle provides transportation to Seniors to local shopping areas and other points of interest.

The Senior Shuttle operates from 10:00 A.M.-3:00 P.M. Monday through Friday. Shuttle schedules are available at the Senior center.

*If you have any questions, comments, or concern, please call the West Haven Senior Center at (203)-937-3507 See you at the Senior Center!*



**The West Haven Senior Center is open from  
9:00 A.M. to 4:00 P.M.  
Monday—Friday.**

**Come to the Center to keep cool and: socialize, participate in activities, have lunch, watch TV, read a book, work on a puzzle, use the computer, etc.**

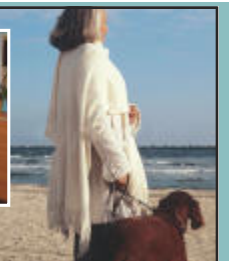
**BOLO**  
*be on the lookout*

West Haven Senior Center will be making changes on the City's Website web page as well as establishing a Facebook web page!

**APPLE REHAB**

WEST HAVEN'S CHOICE FOR  
SHORT-TERM REHABILITATION  
LONG TERM CARE

- Beautiful Renovated Private Rooms
- Rooms include Flat Screen TV/Phone
- Many Rooms include Private Baths
- Expansive Rehabilitation Gyms
- 35 Private Suites
- Electric Beds
- Fine Dining
- Free Wifi





### VOUCHER INFORMATION

Available only through the West Haven Senior Center  
This program is run by the CT. Department of Agriculture and is designed to provide a supplemental source of fresh fruits and/or vegetables for low-income Seniors.

This year eligible participants will receive 1 coupon booklet worth \$18.00.

All recipients must be 60 years of age or older and meet the following

Income Guidelines:

Single: \$23,828/Year or \$1,986.00/month

Couple: \$32,227.00/year or \$2,686.00/month

West Haven Senior Center will be collecting individuals' information, first and last name, phone number, and current address, through telephone or calling the office at (203-937-3507). Once your information is properly collected, the Vouchers will be MAILED OUT starting at the END of the week of Monday, July 19th, to better serve the Senior public.

Please check local papers or call the Senior Center for updates.

## PORTO FUNERAL HOMES

830 Jones Hill Road, West Haven

203-934-5000

Offering assistance with PRE-planning and PRE-financing  
BURIALS ~ CREMATION

Directors: Anne Marie Porto DeLucia • Clement L. DeLucia • Albert M. DeLucia

234 Foxon Road (Rt. 80), East Haven

203-467-3000

## Live & Love Together at Coachman Square



Now offering short-term stays that cater to individual needs and help couples stay connected.

SEE WHY WE'RE THE  
BENCHMARK

Coachman Square  
at Woodbridge

A Benchmark Senior Living Community  
21 Bradley Road, Woodbridge

Schedule a short-term **Assisted Living** or **Mind & Memory Care** tour today!  
Call 203-463-5873 or visit  
[CoachmanSquareAtWoodbridge.com](http://CoachmanSquareAtWoodbridge.com)



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Bill Humphreys** to place an ad today!  
[bhumphreys@4LPi.com](mailto:bhumphreys@4LPi.com) or (800) 477-4574 x6634