

# SALEM CT SENIORS

## NEWSLETTER

### UPCOMING EVENTS

- We will have an Ice Cream Social after lunch at the August 9<sup>th</sup> meeting.
- The Lions are holding a Tag Sale on Saturday August 20<sup>th</sup> 7:30am - 4:30pm & Sunday 7:30 - noon at the Zemko Garage, 230 Hartford Road (Rt 85).

### VOLUNTEER OPPORTUNITIES

#### • CEMETARY CLEAN-UP

##### VOLUNTEERS STILL NEEDED

For future clean up dates contact Kay Zak: 860-889-3989 (home), 631-942-8169 (mobile), e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or watch the FB website for future dates.

#### • BOOK SORTING CONTINUES

If you would like to help, contact Carl Nawrocki: e-mail: [carlybilly@aol.com](mailto:carlybilly@aol.com) or call (860) 608-9970.

#### • LION'S CLUB

The Lions are looking for volunteers. contact John Houchin at 860 887-2518 or cell 860 705-1227.

### THANK YOU!!!!

Sending a great big *Thank You* to the Salem Volunteer Fire Dept. volunteers for the amazing barbecue lunch at our July meeting.

### BIRTHDAYS/ ANNIVERSARIES

#### • ANNIVERSARIES:

Happy 50<sup>th</sup> wedding anniversary to Jeanette and Dennis Girard.

#### • AUGUST BIRTHDAYS:

Doris Burr	Norm Rabe
Denise Dube	Bobbie Ziegler
Diana Hawes	Kim Siebert
Kathy Tourjee	

### THINGS IN THE WORKS

- Art Classes - there will be a demo at our September 13<sup>th</sup> meeting.
- A Connecticut River Cruise is tentatively planned for October - more info coming.
- A Dance is tentatively planned for November - more info coming.
- A Pot Luck Dinner/Talent Show is tentatively planned for January 2023 - more info coming.
- BINGO - more info coming.
- Self Defense course for all ages. more info coming.
- Entering a float for the Seniors in the Memorial Day Parade 2023.
- Senior yoga and Sittercise or similar exercise program - more info coming.

### HELP NEEDED:

#### • CARE AND SHARE

Are you looking for help or need assistance?

**Call (860) 739-8502 or go to their web site:**

<http://www.careandshareofel.org>

#### • MITCHELL FARMS EQUINE

The retirement Horse farm is looking for help. Contact Dee Doolittle: 860-303-8705. e-mail [dee@mittchellfarm.org](mailto:dee@mittchellfarm.org)

#### • HOME REPAIR AND HANDY-MAN SKILLS

Would you like to volunteer, or do you need help?

**Please let us know:**

- what your skills are and/or what you can help with?
- what your needs are? (i.e., pull a pool cover on in fall; reset a knocked down mailbox; change the oil in a lawn mower; etc.).

**Contact us via e-mail, Phone tree, Text, Facebook (see below).**

### MEETING SCHEDULE:

**AUGUST 9, 2022**

**SEPTEMBER 13, 2022**

**OCTOBER 11, 2022**

**WHERE: SALEM FIREHOUSE**

**WHEN: SECOND TUESDAY OF THE MONTH**

**TIME: 10:30 AM**

**LUNCH PROVIDED AFTER MEETING**

**NOVEMBER 8, 2022**

**DECEMBER 13, 2022**

**JANUARY 10, 2023**

### CONTACT US:

**FACEBOOK PAGE:  
SALEM CT SENIORS**

**EMAIL ADDRESS:**

**[salemctseniors@gmail.com](mailto:salemctseniors@gmail.com)**

## HEALTH AND WELLNESS

### COVID TEST KITS:

Some of the distributed COVID test kits although show an expiration date may still be viable to use. If you have a test kit that has expired go to the website below and you can check to see if the expiration date has been extended. Just look up by the kits manufactures name.

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>

### EMERGENCY ALERT SITE:

To get on the emergency alert list contact Debra Delorimiere @ 860-204-1206.

HTTPS://WWW.SALEMCT.GOV/SUBSCRIBE (Town of Salem, CT Municipal notifications)

PORTAL.CT.GOV/CTALERT (State of CT Emergency alerts for your area)

### FLU SHOTS:

Salem Health Mart will hold a flu shot clinic at the October 11th meeting.

### BLOOD PRESSURE SCREENING:

Joan Golubek will provide blood pressure screening during our meetings.

## SENIOR CENTERS/ACTIVITIES AVAILABLE TO SALEM RESIDENTS

### COLCHESTER SENIOR CENTER:

Colchester has invited Salem Seniors **55+** to join their group. There are yearly dues of \$15.00 which gives you the ability to participate in any of their activities. They are located at 95 Norwich Avenue, Colchester, CT 06415. Phone: 860 537-3911. Sign up with their group and receive a newsletter with upcoming activities.

### EAST LYME SENIOR CENTER:

East Lyme offers Salem Seniors **60+** the opportunity to participate in any of their activities. There is no annual fee to belong. Call their office at 860-739-5859 to get on their e-mail mailing list. (No US Postal) or you can go to either the senior center, town hall or some of the local businesses and pick up a newsletter. East Lyme Residents do have 1<sup>st</sup> opportunity to sign up for activities and then anyone outside of E.L. can then take any open slots. There is a small fee added to any charged activity for outside participants. In most cases they will allow anyone to sign up for the Bus Trips as they want to make sure they can fill the bus.

## THINGS TO DO

### MITCHELL FARM MUSIC FESTIVAL SATURDAY SEPTEMBER 17<sup>TH</sup> & 18<sup>TH</sup>

#### MUSUC BY:

*Saturday - Laurel Canyon & Broken Arrow*

*Sunday - Jonathan Edwards & The Pousette-Dart Band*

Parking opens at noon. Gate opens at 1:30pm. Music begins at 2:30pm.

Bring a lawn chair or lawn blanket. Bring a picnic if you like. Food vendors available. B.Y.O.B.

Rain or shine, tented event. Advance tickets (per day) \$50 (plus handling) \$60 at the gate.

Net proceeds support the horses retired to Mitchell Farm.

Mitchell Farm Equine Retirement, Inc. is a 501(c)3 non-profit organization.

## THINGS TO DO (CONTINUED)

### **SALEM RECREATION 2022 SUMMER OFFERINGS**

- Free Summer Concert presented by the Salem Recreation on Thursday August 25<sup>th</sup> at 6:00pm at the Salem Community Park Pavilion, 89 Norwich Road (Rt 82). Music by: The 70's Project.
- Free Meditation, Chi Kung, Tai Chi Chuan Classes with instructor Ted LaFemina.
  - Tuesday August 9<sup>th</sup> at 9:00 - 10:15am at the Salem Volunteer Fire Co. 424 Hartford Road, and 6:00 - 7:15 pm at the Salem Community Park Pavilion, and
  - Tuesday August 16<sup>th</sup> at 9:00am - 10:15am and 6:00am - 7:15 pm at the Salem Community Park Pavilion.

### **NATURE WALK**

Land Trust President, Linda Schroeder will be putting together a Nature walk in the fall when the weather is a bit cooler to view the wildlife in our beautiful town. This event has considerable walking with parts on rough terrain. Wear appropriate footwear for the event and bring a beverage and binoculars. Meeting **Location: To Be Determined**

### **CROCHET - KNITTING**

A Knitting and crocheting circle will be held every Thursday at the Library 10:00am - Noon. Joan Golubeck & Janet Griggs are available to give lessons on the craft of knitting and crocheting.

The products will be sold to help the Friends of the Salem Library. Yarn will be provided for anyone who wants to work on an item and donate it to the Friends of Salem Library for their fundraiser.

### **THE FRIENDS OF THE SALEM LIBRARY**

The Friends of the Salem Library sorts books for the book sale generally Tuesdays and Thursdays from 9:00am to noon, at the Zemko Garage, 230 Hartford Road (Rt 85).

Friends of the Salem Library Book Sale Saturday August 20<sup>th</sup> 8:00am - 3:00pm and Sunday August 21<sup>st</sup> 8:00am - 1:00pm. at the Zemko Garage.

### **NEW MEMBERS:**

Invite a Salem Senior to attend our next meeting. The more participation we can get the better the opportunities the group can offer.

## VOLUNTEERS NEEDED:

### **GARDNER LAKE AND SALEM FIRE DEPARTMENTS:**

Both the Salem and Gardner Lake Fire Departments are looking for volunteers of ***ALL AGES***.

Members of Volunteer Fire Companies are the Firefighters, Emergency Medical Personnel, Firefighters in Training as Junior Members, Fire Support, and Fire Police who serve you 24 hours a day, 7 days a week. They are looking for all types of volunteers. To get more information on the program or request a tour contact:

- **Salem Volunteer Fire Company** - 424 Hartford Road Salem, CT 06420  
NON-EMERGENCY PHONE: 860-859-0942 e-mail [chief@salemfireco.com](mailto:chief@salemfireco.com).
- **Gardner Lake Fire Company** - 429 Old Colchester Rd, Salem, CT 06420.  
NON-EMERGENCY PHONE: 860- 859-1743.  
Website: <https://www.gardnerlakevolunteerfirecompany.com/home>

### **OFFICERS:**

**President:** Gary Closius

**Vice President:** Mary Cikatz

**Salem Agent for the Elderly:** Agnes Miyuki

**Treasurer:** Michelle Horan

**Secretary:** Jeanette Girard

**Newsletter Editor:** Joan Gaynor

# TOWN MEETINGS

August						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
	Inland Wetlands & Conservation Commission - 7:00pm	Board of Selectmen - 7:00pm	Library Board of Directors By-Laws Committee - 6:30pm	Library Board of Directors Policy & Procedure Committee - 1:00pm		
7	8	9	10	11	12	13
		Library Board of Directors - 7:00pm Planning & Zoning Commission - 7:00pm Emergency Preparedness Agency - 7:00pm		Gardner Lake Authority - 7:00pm Board of Finance - 7:00pm		
14	15	16	17	18	19	20
	BOE Long-Range Educational Planning - 5:00pm BOE Personnel/Contract Negotiations - 6:00pm Gardner Lake Volunteer Fire Company Board of Directors - 7:00pm Board of Education - 7:00pm Recreation Commission - 7:00pm	Salem Green Cemetery Association - 2:00pm  Economic Development Commission - 7:00pm				
21	22	23	24	25	26	27
	BOE Policy - 4:00pm  Gardner Lake Volunteer Fire Company Meeting - 7:30pm	Planning & Zoning Commission - 7:00pm	Salem Land Trust - 7:00pm	Zoning Board of Appeals - 7:00pm		
28	29	30	31	1	2	3

# TOWN MEETINGS

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
				Library Board of Directors Policy & Procedure Committee - 1:00pm		
4	5	6	7	8	9	10
		Inland Wetlands & Conservation Commission - 7:00pm Board of Selectmen - 7:00pm	Library Board of Directors By-Laws Committee - 6:30pm	Gardner Lake Authority - 7:00pm  Board of Finance - 7:00pm		
11	12	13	14	15	16	17
	BOE Long-Range Educational Planning - 5:00pm BOE Personnel/Contract Negotiations - 6:00pm  Board of Education - 7:00pm	Library Board of Directors - 7:00pm  Emergency Preparedness Agency - 7:00pm Planning & Zoning Commission - 7:00pm				
18	19	20	21	22	23	24
	Gardner Lake Volunteer Fire Company Board of Directors - 7:00pm Recreation Commission - 7:00pm	Economic Development Commission - 7:00pm		Zoning Board of Appeals - 7:00		
25	26	27	28	29	30	1
	BOE Policy - 4:00pm Gardner Lake Volunteer Fire Company Meeting - 7:30pm		Salem Land Trust - 7:00			