

# SALEM CT SENIORS

## NEWSLETTER

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### THANK YOU

- To all the seniors who donated to the **"Fill The Teacher's Shelves"**. Your generosity is amazing.
- To Sandy Swider and June Mainella for chairing the event.
- To Principal Dan Driscoll and Superintendent Brian Hendrickson for a wonderful lunch after the presentation.

### HELP NEEDED



See page 4

- Are you looking for help or need assistance? **Call 860-739-8502** or go to their web site: [careandshareofel.org](http://careandshareofel.org)
- **FOOD PANTRY NEEDS**  
Care and Share is always in need of food donations. If you can, please bring a non-perishable food item to the next Senior's meeting as well as all events.
- **OTHER ITEMS NEEDED**  
Items for Winter: Winter hats, gloves, mittens, and, lightly used coats are also needed.



### OFFICERS

- President----- Gary Closius
- Vice President----- Mary Cikatz
- Treasurer-----Michelle Horan
- Secretary----- Jeanette Girard
- Salem Agent for  
the Elderly-----Agnes Miyuki
- Communications  
Coordinator----- Joan Gaynor
- Activities Coordinator----- Kay Zak
- Newsletter Editors---- Joan Gaynor  
Gary Closius

If you or your group would like to advertise your event or function, please contact Joan Gaynor at [salemtech53@yahoo.com](mailto:salemtech53@yahoo.com), or call 860-449-3064 or Gary Closius [gclosius@sbcglobal.net](mailto:gclosius@sbcglobal.net), or call 860-961-9173.

### WELCOME NEW MEMBERS

Please welcome new members to the group. If you are sitting next to some-one you do not know please introduce yourself and welcome them.

### REMINDERS

**Annual Dues: \$10.00 Effective January 1, 2024.**

**SENIOR LUNCH:** 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of each month, at 2Brothers Pizza, \$5 plus tip for the wait staff

#### MEETING SCHEDULE:

March 12, 2024	April 9, 2024
May 14, 2024	June 11, 2024
<b>WHERE:</b>	SALEM VOLUNTEER COMPANY FIREHOUSE
<b>WHEN:</b>	SECOND TUESDAY OF THE MONTH
<b>TIME:</b>	10:30 AM
<b>LUNCH PROVIDED AFTER MEETING</b>	

#### VISIT US ON:

**FACEBOOK PAGE:** [SALEM CT SENIORS](#)

#### CONTACT US:

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

**BIRTHDAYS/ANNIVERSARIES**

**MARCH BIRTHDAYS**

Eileen Baukus	7 <sup>th</sup>	Jean Sullivan	7 <sup>th</sup>	Cheryle Cassidy	16 <sup>th</sup>	Connie Pierce	17 <sup>th</sup>
Cheryl Welles	22 <sup>nd</sup>	Donald Howell	30 <sup>th</sup>				

**SALEM SENIORS NEWS**

**SALEM SENIORS INFORMATION AND NEWSLETTERS**

Previous news letters can be found on the Town of Salem webpage by clicking on: [salemct.gov/salem-senior-citizens](http://salemct.gov/salem-senior-citizens). When the webpage opens, click on the box that says “**Click here to check out our new Salem CT Seniors Newsletter**” then click on the month you want to see.

**50/50 RAFFLE**

The 50/50 Raffle was not held as meeting took place at the Salem School. We will resume with the March Meeting.

**\* \* \* SPECIAL MARCH RAFFLE \* \* \***

A March Basket Raffle will be held during our regular meeting. Debra Drennen will put a basket together with a Spring/Easter theme and tickets will be sold during the March meeting to benefit the “**Seniors Helping Seniors**” fund.

**POT LUCK LUNCH/TALENT SHOW**

Mark your calendar, our annual Pot Luck/Talent Show Luncheon is scheduled for Saturday, April 26<sup>th</sup>, time 5:00 PM, at the Gardner Lake Volunteer Fire Company Firehouse. **A sign-up sheet for food and talent will be available at the monthly meetings.**



***If you have any questions, please contact Kay Zak at: e-mail [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call 860-889-3989.***

**BINGO**

**When:** 4<sup>th</sup> Thursday of each month (for March it will be the 28<sup>th</sup>)  
**Time:** Cards are on sale from 12:30 to 12:55 PM, Games start promptly at 1:00 PM

**Location:** Salem Volunteer Fire Company firehouse back meeting room.

**Ticket prices are as follows:**

- \$1 per card, or buy 5 and get the 6<sup>th</sup> card free.
- 12 games will be played.

**The BINGO coordinators are: *Neurie Testagrossa and Michelle Horan.* If anyone is interested in volunteering, please contact *Neurie* at 860-884-4902 or e-mail: [nunusobx@gmail.com](mailto:nunusobx@gmail.com), or *Michelle* at: 860-303-5023 or e-mail: [horan.micheller@gmail.com](mailto:horan.micheller@gmail.com).**



**SENIORS ACTIVITIES @ THE LIBRARY**

**Busy Bee Quilters** – 2<sup>nd</sup> Wednesday of the month from 10:00 AM to 4:00 PM.

**Clamshell Quilters** – 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month from 10:00 AM to 3:30 PM.

**Knitting & Crocheting Circle** – Thursdays from 10:00 AM to NOON

**Fun and Games** – Tuesdays from 1:00 PM to 3:30 PM.

**HEALTH AND WELLNESS**

**BLOOD PRESSURE CHECK**

Uncas Health will be available to provide blood pressure checks at our monthly meetings. (schedule TBD).

**LION’S ADULT AND KID SIGHT PROGRAM (FREE SCREENING)**

**Date: Saturday April 6, 2024**

**Time: 9:00 am to 12:00 Noon**

**Location: Center School on Hartford Road (next door to the congregational church)**



Lions are sponsoring a sight screening session for children and adults. A special camera is used to photograph your eyes. Dr Steven Rapport, OD will be onsite to evaluate the results. The session is quick and there is no charge.

**MUNICIPAL MEDICAL TRANSPORTATION SERVICE**

*The Caregiver Mileage Reimbursement and Medical Transportation* program is for adults 60+ and persons with disabilities who are unable to drive and need transportation to a medical appointment. **To access this service contact: Agnes Miyuki, Salem’s Agent for the Elderly at 860-859-3873 X 125.** She can provide all program and eligibility information. **Use the following link to view the Guidelines for the Municipal Medical Transportation Service:** [saalemct.gov/sites/g/files/vyhlif4966/f/uploads/transportation\\_fy22\\_packet\\_0.pdf](https://saalemct.gov/sites/g/files/vyhlif4966/f/uploads/transportation_fy22_packet_0.pdf).

**FOOD PANTRY:**

Food pantries in the area that can provide aid and assistance as needed:

Name	Locations	Contact	Phone Number
Care and Share	12 Roxbury Road	Niantic	860-739-8502
United Way Mobile Food Pantry	Three Rivers Community College	Norwich	860-464-3327
Rosalyn Allen Food Pantry	Mobile Pantry	Norwich	860-822-4146

Above are a few of the local food pantries available in our area. Please contact them directly to get on their list and for more information as to when they are open for pick up. If you need assistance with pick up let the agency know and they will arrange for delivery.

**CARE & SHARE**

Care & Share of East Lyme, Inc. provides food, financial and emergency support to individuals and families in East Lyme, Niantic, and Salem. **If you are interested in receiving assistance, contact them at 860-739-8502.** Leave a message with your name, telephone number and the type of assistance you are looking for, as well as the best time you can be reached. A responder will confidentially return your call. **To see what other services they provide visit their website by clicking on:** [careandshareofel.org/](https://careandshareofel.org/).

**CONNECTICUT PRESCRIPTION DRUG DISCOUNT CARD PROGRAM**

**All Connecticut Residents Can Sign Up for the Free Discount Card To Receive Savings on Medication**

A prescription drug discount card program was launched in Connecticut on October 2, 2023, enabling all residents of the state to receive savings on certain prescription drugs. The program was established by a provision of Governor Lamont’s health care affordability bill (Public Act 23-171), which was approved by the General Assembly and signed into law in June. It is administered by the Office of the State Comptroller. For more information on how the **ArrayRx discount card works**, including a list of frequently asked questions and a drug price lookup tool, visit [arrayrxcard.com/](https://arrayrxcard.com/). or review our February Newsletter.

## HEALTH AND WELLNESS (continued)

### THE CTALERT – EMERGENCY NOTIFICATION SYSTEM

#### Overview:

The State of Connecticut has a state-of-the-art emergency notification system to alert residents about emergencies in your area. (**State of CT Emergency Notification System (CTALERT)**)

To sign-up for CTALERT go to the website by clicking on:

[member.everbridge.net/index/892807736721724#/signup](http://member.everbridge.net/index/892807736721724#/signup) and enter the required information the boxes provided.

For detailed information please visit our February Newsletter.

### NEW ENGLAND FAMILY CONFERENCE

MARCH 1 – 2, 2024



#### A FREE Virtual Conference for Individuals Living with Dementia and Family Caregivers.

\*The entire conference will be translated LIVE into Spanish\*

##### MARCH 1

*A One-Day Conference for Individuals Living with Dementia.*

##### FEATURING

- Panel of Individuals Living with Dementia.
- Maximizing Independence: Tips and Strategies to Organize Your Space and Home.
- Using Art and Mindfulness to Care for Yourself.

##### MARCH 2

*A One-Day Conference for Family Caregivers.*

##### FEATURING

- Keynote: A Time of Hope: Advances in Treatment and Modifiable Risk Factors.
- A Panel of Caregivers Sharing Their Experiences.
- Creating Meaningful Engagement with Memory Boxes.

Please visit [alzfamilyconference.org](http://alzfamilyconference.org) or call our 24/7 Helpline at 800.272.3900 to register.

Click here to join our Family Conference Facebook group! [alz.org/MANH](http://alz.org/MANH) | 24/7 Helpline: 800-272-3900.

## EVENTS & THINGS TO DO

**THE IVORYTON PLAY HOUSE:** (103 Main Street, Ivoryton, CT)

Tickets are available for the following shows, the cost is \$48.00. *Please contact Kay Zak @ [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.*

- ***Everly – the music of the Everly Brothers***, Created by Ben Hope and Eric Anthony, April 4<sup>th</sup> – 21<sup>st</sup>.

One of the first 10 artists inducted into the Rock and Roll Hall of Fame, The Everly Brothers were pioneers of country rock, known for tight harmonies and steel string acoustic guitar with hits, "***Bye Bye Love***," "***Wake Up Little Susie***," "***When Will I Be Loved***," and so many more. Created by, and starring, Ben Hope and Eric Anthony, this show pays homage to these legends, sharing over 30 songs and intimate stories with personal tales of their own influences, music making, and family.

- ***Swingtime Canteen***, Book by Linda Thorsen Bond, William Repicci and Charles Busch, May 16<sup>th</sup> – June 9<sup>th</sup>.

It's London, 1944. Join MGM star Marian Ames and her all-girl band from the Hollywood Canteen for the rip-roaringest canteen show of them all. Laughs, tears, emotional fireworks, air raids and a celebration of women during the war punctuate this hilarious and heartwarming story. Songs include "***Don't Fence Me In***," "***I'll Be Seeing You***," "***How High the Moon***," "***A Nightingale Sang in Berkeley Square***," "***Ac-Cent-Tchu-Ate the Positive***," "***Sentimental Journey***," and "***Apple Blossom Time***."



## EVENTS & THINGS TO DO (continued)

### THE IVORYTON PLAY HOUSE (continued)

- **Mystic Pizza, Book by Sandy Rustin.** Based on the MGM motion picture with story and characters by Amy Holden Jones, June 27<sup>th</sup> – July 28<sup>th</sup>.

Based on the beloved 1988 MGM rom-com, **Mystic Pizza** is a new musical about three working-class girls who navigate the complexities of life, love and family in a small-town pizza joint in our very own Mystic, CT. The infectious score features megahits of the 80s and 90s, "**Girls Just Want to Have Fun**," "**The Power of Love**," "**True Colors**," and "**Nothing's Gonna Stop Us Now**."

- **Jimmy Buffett's Escape to Margaritaville,** Book by Greg Garcia and Mike O'Malley. Music and Lyrics by Jimmy Buffett, August 8<sup>th</sup> – September 8<sup>th</sup>.

This musical comedy features the most-loved Jimmy Buffett classics, "**Cheeseburger in Paradise**," "**Margaritaville**," "**It's Five O'clock Somewhere**," "**Fins**," "**Volcano**," and many more. With a book by Emmy Award winner Greg Garcia and Emmy nominee Mike O'Malley, this hilarious, heartwarming musical is the party you have been waiting for!

- **Alabama Story,** By Kenneth Jones, October 3<sup>rd</sup> – 20<sup>th</sup>.

As the Civil Rights movement is brewing, a controversial children's book about a black rabbit marrying a white rabbit stirs the passions of a segregationist State Senator and a no-nonsense State Librarian in 1959 Montgomery, Alabama. Political foes, star-crossed lovers, and one feisty children's author, Garth Williams, famous for his illustrations of E.B. White's **Stuart Little**, **Charlotte's Web**, and Laura Ingalls Wilder's **Little House on the Prairie**, inhabit the same page in a Deep South of the imagination that brims with humor, heartbreak, and hope. Inspired by true events.

### GOODSPEED OPERA HOUSE: (6 Main St, East Haddam CT)

- **SOUTH PACIFIC, Wednesday July 17<sup>th</sup> 2PM Matinee \$66.50 Center Orchestra.** Music by Richard Rodgers lyrics by Oscar Hammerstein II. **Deadline to buy tickets is May 15<sup>th</sup>.**



On a lush tropical island during World War II, battles of the heart are center stage in the Goodspeed premiere of the soaring Rodgers and Hammerstein classic. A love-struck nurse and a young lieutenant are pulled into the tide of separate romances in world of risk and passion. But prejudice clouds their potential paradise. Get swept away by twin love stories and a rapturous score that includes "**Some Enchanted Evening**," "**I'm Gonna Wash That Man Right Outta MY Hair**," "**Bali Ha'I**" and more. **Matinee seats are almost sold out.**

The Salem Seniors have 20 Center Orchestra seats at \$66.50 each. **Please make checks out to Salem Seniors and mail to Kay Zak 294 Hartford Road, Salem, CT 06420.**

- **MAGGIE, September 11<sup>th</sup>, 2:00 PM Matinee \$66.50.**

A Scottish mother's unbreakable love for her three sons is tested in an inspirational new musical about family bonds and changing times. After suffering the unthinkable loss of her husband, Maggie must rely on her strength, sense of humor and fiercely loyal friends to protect her family from a harsh world. Spanning over 20 years, a hardscrabble working-class life blossoms with a soul-stirring pop-folk score. A generation of courageous mothers is celebrated in this rousing American premiere!



## EVENTS & THINGS TO DO (continued)

### GOODSPEED OPERA HOUSE (continued)

- **A CHRISTMAS STORY THE MUSICAL**, November 6<sup>th</sup> 2:00 PM Matinee \$66.50, Book by Joseph Robinette, Music and Lyrics by Benj Pasek and Justin Paul.



Based on the motion picture A Christmas Story distributed by Warner Bros., written by Jean Shepherd, Leigh Brown and Bob Clark, and upon "**In God We Trust: All Others Pay Cash**" written by Jean Shepherd.

Directed by TBA. Produced by special arrangement with **DRAMATIC PUBLISHING**, Woodstock, Illinois.

Goodspeed unwraps a glittering musical version of the beloved movie classic just in time for the holidays. The only thing little Ralphie wants for Christmas is a BB gun. But to get it, he must navigate all the obstacles of the yuletide season. Will a neighborhood bully, a strict school teacher, a distracted dad and a department store Santa thwart his quest? There's something for everyone in this hilarious love letter to Christmas past. A package of naughty and nice nostalgia to warm your winter!

### Salem Seniors Bus Trip to Newport, RI

The Salem Seniors will be taking a **Bus Trip to Newport, RI, Monday, April 15<sup>th</sup>** with Salem's own Darrell Len. The cost of the trip is \$149 per person and includes: the bus from Salem to Newport and return, the bus tour of Newport, lunch at Johnny's Restaurant at the Atlantic Resort, and a self-guided tour of the grand Gilded Age Mansion "**The Breakers**". **The deadline for payment is March 25<sup>th</sup> please make checks payable to Salem Seniors.**

#### Itinerary:

#### Monday April 15<sup>th</sup>:

- 8:00 AM Depart Salem with a rest stop in route to Newport.
- 10:30 AM AM Arrive in Newport.
- 10:30 AM Begin 90-minute narrated tour from our motorcoach with a local step-on guide who knows the ins and outs of Newport. Enjoy the charm of Newport's historic buildings as well as the rugged shoreline beauty of Ocean Drive and fabulous mansions on Bellevue Avenue.
- 12:30 PM Enjoy a scrumptious full course lunch at Johnny's Restaurant at the Atlantic Resort. (2 menu selections).
- 2:30 PM Visit to the Breakers Mansion for a self-guided tour of the inside of this grand Gilded Age mansion.
- 4:00 PM Depart Newport to return to Salem with a rest stop in route to Salem.
- 6:15 PM Arrive back in Salem.



**If you have any questions, please contact Kay Zak at: e-mail [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call 860-889-3989. SEATS ARE LIMITED!**

### SALEM SENIOR STRIDERS

Dust off those hiking boots. It's time to get on the move. Kim Siebert and Heidi Buchholtz have put together our first "nature walk/ hiking trip".

They're warming you up with a walk through the Multipurpose trail on Music Vale Rd. **April 10<sup>th</sup>, starting at 9:30 AM – Wear Sturdy Shoes. Bring: water, snack. Suggested: hat, sun screen, bug spray, walking stick, or trekking poles.**

## EVENTS & THINGS TO DO (continued)

### SENIOR SITERSCISE/YOGA CLASSES

**Marissa's Dance Academy** has agreed to provide exercise programs for the Salem Senior Citizens Group. Marissa would like to offer two different classes in the week; a sitterscise session (more upbeat aerobic workout), and a slower gentle yoga session. Tentatively she is suggesting two time slots, Tuesday and Thursday 4:45 and Wednesday and Thursday at 6:45. The proposed cost would be \$10 a class. The sessions are generally 6 weeks long, so \$60/session. She would prorate the cost if anyone wanted to join mid-session. This allows for some flexibility but also lets her know approximately how many people would be attending each session planning purposes. She would like to advertise this to the general public in case there are Salem seniors who have not yet joined our group or are from neighboring towns. She would give our group preference by allowing a week more notice to sign up and a lower rate. Classes are tentatively planned to start sometime in March.

For those of you that completed the survey form at the last Senior's meeting I will be forwarding your e-mail contact information to Marissa Ruddat, Director of Marissia's Dance Academy. You will then be receiving an e-mail directly from Marissa with instructions on how the sign-up and proceed. Anyone that was not at the last Senior's meeting and is interested in attending one of these exercise classes please print and complete the survey form (page 19 of this newsletter) and return it to me as soon as possible. (294 Hartford Rd. Salem)

## THINGS IN THE WORKS

**GOAT SNUGLING AT SYMAN SAYS FARM:** 279 Buckley Road, Salem.

Snuggle with the baby goats. Cost: TBD, more information to come.

### SENIOR CITIZEN'S GROUP FUNDRAISER COMMITTEE

- **Fundraising Committee**

We are looking to form a committee to investigate and develop fundraising opportunities to raise money for the Senior's Group's activities. ***If you are interested in being on the committee, contact Kay Zak, e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.***

- **Learn to Make Asian Dumplings from Attorney General Tong's mother Fundraiser.**

The Seniors Group is planning a fundraiser after the first of the year (date to be determined). AG Tong has offered to have his mother teach how to make Asian dumplings. We need volunteers to help. ***If you are interested in helping contact Kay Zak, e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.***

### MINIATURE GOLF AT CAMP ODETAH BOZRAH, CT

The Seniors are planning a miniature golf event to be held at **Knolls & Holes Miniature Golf & Ice Cream in Camp Odetah**, 38 Bozrah St Extension #1300, Bozrah.

Their 18-hole championship mini golf course offers demanding play with true adventure style mini golf. Water hazards, sand traps and extreme course contours.

***If you are interested contact Michelle Horan at 860-303-5023 or e-mail at: [horan.micheller@gmail.com](mailto:horan.micheller@gmail.com).***

This will be discussed at a future Senior meeting.

\* **NOTE:** the price for 2024 hasn't been determined.

### EARTH DAY

Earth Day April 16, 2024. See more information in the April newsletter.

### DARRELL LEN TRIPS

The activities coordinator is working with Darrell to potentially bring some great opportunities for the Group. Stay tuned for more information.

## VOLUNTEER OPPORTUNITIES

### GARDNER LAKE AND SALEM VOLUNTEER FIRE COMPANIES

Both the Salem and Gardner Lake Volunteer Fire Companies are looking for volunteers of ALL AGES.

- Salem Volunteer Fire Company – NON-EMERGENCY PHONE: 860-859-0942
- Gardner Lake Fire Company – NON-EMERGENCY PHONE: 860- 859-1743

Website: [gardnerlakevolunteerfirecompany.com/home](http://gardnerlakevolunteerfirecompany.com/home).

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### MITCHELL FARM EQUINE RETIREMENT

The Horse Retirement, Horse Sanctuary is looking for help. Contact Dee Doolittle 860 303-8705, or email [dee@mitchellfarm.org](mailto:dee@mitchellfarm.org).

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### SALEM SCHOOL

Volunteers are always welcome at **Salem School**. Anyone interested in volunteering can **to go to the Salem School website by clicking on: [salemschools.org](http://salemschools.org)**. Put the cursor over the "Our School" tab, & click on the "Forms tab" to access the form. OR visit the school and fill out the form at the front desk of the school. Make sure you bring a picture ID with you.

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### FRIENDS OF THE SALEM LIBRARY

The Friends of The Salem Library could always use help sorting books for the book sale, and at the book sales. we will be sorting books Wednesday, March 27<sup>th</sup> at the Salem Free Public Library 264 Hartford Road from 10:00 AM – 12:00 PM. For future book sorting dates, stay tuned and watch for notifications on FaceBook.

**If you would like to help, contact Carl Nawrocki at 860-608-9970, or Bart Drennen at 860-235-5889.**

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### 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 summer; reset a knocked down mailbox; change the oil in a lawn mower; etc.).

Contact Kay Zak at: 860-889-3989 / e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com), or Gary Closius at: 860-961-9173 / e-mail at: [gclosius@sbcglobal.net](mailto:gclosius@sbcglobal.net).

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### THE SALEM LAND TRUST

The Salem Land Trust (SLT) is an all-volunteer non-profit organization permanently conserving land in Salem for wildlife, their habitats, and for people to enjoy nature. Many volunteers begin by helping to keep our miles of hiking trails clear. Each of our 9 Preserves have experienced land Stewards assigned to them, so new volunteers start learning the job from them and other SLT members experienced with being "in the woods." Out in the field, experienced hikers and wildlife lovers cannot help but pass on their knowledge of nature on to all new volunteers. We also have volunteer opportunities in our Membership and Events Committee as we are always looking for new ways to bring the wonder of nature to more people.

**For more information or if you are interested in volunteering contact Linda Schroeder: e-mail: [lschroeder@snet.net](mailto:lschroeder@snet.net) or call 860-908-9553.**



## VOLUNTEER OPPORTUNITIES (continued)

### LION'S CLUB

The Lions are looking for volunteers. **Contact Bill Martin 860-705-6062 (home) or 860-705-1227 (mobile), or Hugh McKenney at 860-303-0042 (mobile).**

### CARE & SHARE

Care & Share of East Lyme, Inc. provides food, financial and emergency support to individuals and families in East Lyme, Niantic, and Salem. **If you are interested in volunteering your time, contact them at 860-739-8502.**

### CEMETERY CLEAN-UP

The Salem VFW is always looking for help to clean up the cemeteries. Bring your gloves, weedwhacker, mower, rakes and tarps. **Watch the Facebook website for future dates on other cemetery clean up opportunities. If you are interested in helping or have a need contact Kay Zak at: 860-889-3989 or e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com).**

## COMMUNITY NEWS YOU CAN USE

### SALEM FREE PUBLIC LIBRARY

#### News & Events

- **THE SALEM FREE PUBLIC LIBRARY:**

- Will be closing @ 5:00 PM on Thursday, March 28<sup>th</sup> for a staff meeting.
- Will be closed on Friday, March 29<sup>th</sup> and Saturday, March 30<sup>th</sup> for the Easter holiday. It will reopen on Monday, April 1<sup>st</sup> @ 10:00 AM.

- **MUSEUM PASSES AND DISCOUNTED ADMISSION PASSES:**

The Salem Free Public Library Offers Museum Passes And Discounted Admission Passes to many of the museums in our state, **visit the library, or go to the library website by clicking on: [saalemct.gov/library/pages/museum-passes](http://saalemct.gov/library/pages/museum-passes) to view the library website and view what they have to offer and pass availability.**

- **STILL LIFE WORKSHOP**



**Saturday, March 9<sup>th</sup> from 11:00 AM – 1:00 PM.**

Bring your own materials.

**To register call: 860-859-1130.**

- **LEPRECHAUN TRAP KIT**

**Available March 11<sup>th</sup>**

Build a Leprechaun trap can be a fun and creative way to teach kids about engineering.



**Available while supplies Last! All materials provided, except for the box and glue.**

**Call 860-1130 to reserve a kit.**

*(Sponsored by the Friends of the Salem Library.)*

## COMMUNITY NEWS YOU CAN USE

### SALEM FREE PUBLIC LIBRARY (continued)

#### News & Events (continued)

- **IRISH MUSIC CONCERT**

Irish music concert with Kip & Mic,  
**Saturday, March 16<sup>th</sup>, @ 11:00 AM.**

**To register call: 860-859-1130.**

*(Sponsored by Friends of the Salem Library & The Bobbie Ziegler Memorial Fund.)*



- **SOLAR ECLIPSES**

Presented by: Geoff McLean, NASA Solar System Ambassador.

**Monday, March 25<sup>th</sup>, @ 6:00 PM**



Ahead of the solar eclipse on April 8, 2024 join us to learn about solar eclipses, some brief historical looks at previous eclipses and as well as safety precautions you should take while viewing.

**To register call: 860-859-1130.**

*(Sponsored by NASA Solar System Ambassador)*

- **BOOKS IN THE AFTERNOON BOOK CLUB**

The meetings are normally held on the last Thursday of the month @ 1:00 PM. All adults over 18 are welcome. To join the group, e-mail Christine Murtha at: [murthachristine@yahoo.com](mailto:murthachristine@yahoo.com)

**March 28, 2024:** Aldous Huxley, **Brave New World**. [Fiction] Now more than ever: Aldous Huxley's enduring "masterpiece . . . one of the most prophetic dystopian works of the 20th century" (**Wall Street Journal**) must be read and understood by anyone concerned with preserving the human spirit in the face of our "brave new world". Aldous Huxley's profoundly important classic of world literature, **Brave New World** is a searching vision of an unequal, technologically-advanced future where humans are genetically bred, socially indoctrinated, and pharmaceutically anesthetized to passively uphold an authoritarian ruling order--all at the cost of our freedom, full humanity, and perhaps also our souls.

- **FRIENDS OF THE SALEM LIBRARY PLANT SALE**

The annual FOSL Plant sale will be Thursday, May 9<sup>th</sup> 10:00 AM – 6:00 PM, Friday, May 10<sup>th</sup> 1:00 PM – 4:00 PM, and Saturday, May 11<sup>th</sup>, 10:00 AM – 2:00 PM.

Most locally grown perennials, annuals, vegetables, herbs, house plants, trees, and shrubs.

The Salem Seniors will also be selling donated Christmas Ornaments.

- **BALD EAGLES**

**Saturday, March 23<sup>rd</sup> @ 11:00 AM**



Presented by Ginny Apple Master Wildlife Conservationist with the CT DEEP

**To register call: 860-859-1130.**

*(Sponsored by Friends of the Salem Library)*

- **CANDY SUSHI**

**Wednesday, April 3<sup>rd</sup> @ 4:00 PM**



Come make candy sushi with Rice Krispies Treats and assorted candies. Includes a sushi container and chopsticks! **For Ages 10+**

**To register call: 860-859-1130.**

*(Sponsored by the Friends of the Salem Library)*

**COMMUNITY NEWS YOU CAN USE (continued)**

**SALEM LION’S CLUB 31ST ANNUAL EASTER EGG HUNT**

*Saturday, March 23<sup>rd</sup> from 1:00 PM – 3:00 PM @ the Salem School Gymnasium and Bingham Field.*

**AGES:**    **Group 1**        **Toddlers to Kindergarten**  
               **Group 2**        **Grades 1 & 2**  
               **Group 3**        **Grades 3 & 4**

*(Free for Salem youth; toddlers up to and including grade 4)*



**Salem Lion’s Club**

**EVENTS**

- **Egg Decoration Contest.** Bring your decorated egg to be judged.  
(1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place prizes for all three age groups)
- **Easter Art/Picture Contest.** Bring your Easter artwork to be judged.  
(1st, 2nd, & 3rd place prizes for all three age groups)
- **Jelly Bean Race.** Run with a jelly bean on a spoon.  
(1st, 2nd, & 3rd place prizes for all three age groups)

**Salem Families Welcome, bring your Easter Baskets, & bring your camera in case the Easter Bunny hops by.**

*(Sponsored by the Salem Recreation Commission and provided by the Salem Lion’s Club)*

**SALEM RECREATION DEPARTMENT**

**There are many activities for Salem residents of all ages:**

• **ADULT CO-ED REC PICK-UP GAMES**

*Open gym for Salem & East Lyme residents age 18 & over in the Salem School gymnasium.*

**SIGN IN UPON ARRIVAL**

**Pickleball:**    Tuesdays 5:30- 7:30 PM  
                           Oct 3<sup>rd</sup> to May 28<sup>th</sup>  
**Volleyball:**    Fridays 7:00-9:00 PM  
                           Oct 6<sup>th</sup> to May 31<sup>st</sup>  
**Basketball:**    Thursdays 7:00-9:00 PM  
                           Oct 5<sup>th</sup> to May 30<sup>th</sup>

• **PASTA DINNER**

*Help Support The Salem Little League Saturday, March 9<sup>th</sup>*

Gardner Lake Firehouse,  
 429 Old Colchester Rd.

**TAKE OUT ONLY  
 PICKUP 5:00 PM – 7:00 PM**

Includes pasts,  
 meatballs, & bread



• **VIRTUAL FITNESS CLASSES – KEEP MOVING**

**Winter Fitness Schedule:**

- **Mondays: Jan 8<sup>th</sup> – Mar 8<sup>th</sup>, 5:45 – 6:30 PM (9 wks.)**  
 (No class 1/15 or 2/19)  
**Barre Pilates Fusion, Instructor: Allison – \$65.**
- **Tuesdays: Jan 9<sup>th</sup> – Mar 26<sup>th</sup>, 6 – 6:45 PM (12 wks.)**  
**Pilates, Instructor: Rob – \$85.**
- **Wednesdays: Jan 10<sup>th</sup> – Mar 27<sup>th</sup>, 8:30 – 9:15 AM (12 wks.)**  
**Cardio Strength, Instructor: Maggie – \$85.**
- **Thursdays: Jan 11<sup>th</sup> – Mar 28<sup>th</sup>, 6 – 6:45 PM (12 wks.)**  
**Core Strength, Instructor: Rob – \$85.**

• **LIVE CLASSES ONLINE**

There are dozens of on-line classes for adults and children are available through Salem’s Recreation Commission. To explore what courses are available and sign up, click on the following link:

**[salemct.gov/recreation/pages/live-classes-online](http://salemct.gov/recreation/pages/live-classes-online)**



**LIVE ONLINE COURSES  
 ARE GOING ON RIGHT NOW!**

Live Classes Online is partnered with Town of Salem, so a portion of every purchase you make supports your community!

**HURRY UP! Limited classes!  
 Reserve your place now!**

**COMMUNITY NEWS YOU CAN USE (continued)**

**SALEM RECREATION DEPARTMENT (continued)**

• **SALEM LITTLE LEAGUE OPENING DAY**

**Let's Play Ball!!! Opening Day!!!**

Saturday, April 20<sup>th</sup>, @ 10:00 AM  
 Lou Ulfers Sports Complex,  
 47 Round Hill Rd.



• **INDOOR WALKING AT THE SALEM SCHOOL**

The Recreation Commission will be starting an indoor walking program for the winter at the Salem School.

***They need a person to sign people in at the school for each session.***

Please contact Salem's Recreation Commission by clicking on: [recreation@saalemct.gov](mailto:recreation@saalemct.gov) if you are interested in helping. Stay tuned, for more info.

• **WE'RE BLAZN' TRAILS**

The Recreation Commission has started blazing the Multi-Purpose/Harris Brook Trails!



If you see the colored flagging on the trees, ***please leave them be*** as they mark our first run of where the safety/trail markers will be located.

For additional information on activities provided by the Salem Recreation Commission please visit their website by clicking on: [saalemct.gov/recreation](http://saalemct.gov/recreation), or call 860-859-3873, x275

**INCOME TAX HELP AVAILABLE**

• **AARP FOUNDATION TAX-AIDE**

AARP Foundation Tax-Aide provides **free** tax assistance with several preparation options now through April 15<sup>th</sup>. ***Access to the different types of taxpayer assistance varies in each locality.***

You can also choose to prepare your tax return yourself, with coaching from one of our IRS-certified tax counselors or receive access to free self-preparation tax software. For details click on:

[taxaide.aarpfoundation.org/online-self-and-assisted-prep](http://taxaide.aarpfoundation.org/online-self-and-assisted-prep).

**Near-By Locations:**

- **Colchester Senior Center**, 95 Norwich Ave., Colchester, Friday, 8:45 AM-3:30 PM, Service: *In Person.*
- **East Haddam Senior Center**, 15 Great Hillwood Rd, Moodus, Wednesday, 8:45 AM-2:00 PM, Service: *In Person.*
- **Montville Uncasville Senior Center**, 12 Maple Ave, Uncasville, Friday 9:00 AM-12:00 PM, Service: *Two Visit Scan.*
- **East Lyme Senior Center**, 37 Society Rd, Niantic, Monday 9:00 AM-1:00 PM, Service: *In Person.*

**Service Descriptions:**

- **In-Person:** Tax preparation is completed by a Tax-Aide volunteer on-site in one visit.
- **Two Visit Scan:** You visit a Tax-Aide site, where a digital copy of your tax documents is created and stored in the IRS-provided software used to prepare your return. Tax-Aide volunteers then prepare the return remotely. During a second visit, you work with a volunteer to finalize your return and obtain a printed copy.



**COMMUNITY NEWS YOU CAN USE (continued)**

**INCOME TAX HELP AVAILABLE (continued)**

• **IRS Volunteer Income Tax Assistance (VITA)**



The IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) programs offer free tax help for taxpayers who qualify. Here are some locations:

Provider	Distance	Dates	Hours	Languages	Appointment
Otis Library, 261 Main St, Norwich, CT 06360, 800-203-1234, Volunteer Prepared Taxes	9.8 MI	06 Feb-06 Apr	Mon 5:00PM to 9:00PM Closed Feb 20; Sat 10:00AM to 1:00PM Closed Feb 10, Mar 2, Apr 6	English	Required
Windham Heights Learning Center, 70 Boston Post Road, Willimantic, CT 06226, 800-203-1234, Volunteer Prepared Taxes	15.8 MI	10 Feb-13 Apr	Sat 9:00AM to 1:00PM	Spanish, English	Required
Mystic St. Mark's Episcopal Church, 15 Pearl St, Mystic, CT 06355, Volunteer Prepared Taxes	17.7 MI	22 Jan-15 Apr	Mon-12:00AM-12:00PM, Tue-12:00AM-12:00PM, Wed-12:00AM-12:00PM, Thu-12:00AM-12:00PM, Fri-12:00AM-12:00PM, Sat-12:00AM-12:00PM, Sun-12:00AM-12:00PM	English	Not Required
Amazing Grace - Middlesex VITA, 16 Stack Street, Middletown, CT 06457, 800-203-1234, Volunteer Prepared Taxes	20.8 MI	30 Jan-13 Apr	Tue 10:00AM to 1:00PM; Sat 9:00AM to 3:00PM	English	Required
UCONN Storrs, 352 Mansfield Road, Mansfield, CT 06269, 860-486-2317, Volunteer Prepared Taxes	21.6 MI	08 Feb-15 Apr	Wed 6:00PM to 9:00PM; Fri 9:00AM to 1:00PM	English	Required
Stonington Human Services, 166 South Broad St, Pawcatuck, CT 06379, 800-203-1234, Volunteer Prepared Taxes	22.3 MI	15 Feb-18 Apr	Thu-4:00PM-7:00PM	English	Not Required
HRA Town of Manchester, 549 E. Middle Turnpike, Manchester, CT 06040, 860-647-3092, Volunteer Prepared Taxes	23.5 MI	03 Feb-13 Apr	Sat 10:00AM to 2:00PM	English, Spanish	Required
Westerly Education Center, 23 Friendship Street, Suite 1528, Westerly, RI 02891, Volunteer Prepared Taxes	23.7 MI	30 Jan-11 Apr	TUE-4:00PM-7:00PM	English	Not Required
Westerly Area Rest Meals, WARM Center, 56 Spruce Street, Westerly, RI 02891, 401-596-9276, Volunteer Prepared Taxes	23.9 MI	01 Feb-15 Apr	Tue 4:00PM to 6:00PM; Tue 9:00AM to 11:00AM; Wed 2:00PM to 4:00PM; Thu 9:00AM to 11:00AM; Thu 4:00PM to 6:00PM; Fri 9:00AM to 11:00AM	English, Spanish	Required
MARC - Middlesex VITA, 25 Industrial Park Road, Middletown, CT 06457, 800-203-1234, Volunteer Prepared Taxes	24.3 MI	29 Jan-13 Apr	Mon 5:00PM to 8:00PM; Tue 5:00PM to 8:00PM; Wed 5:00PM to 8:00PM; Thu 5:00PM to 8:00PM	English	Required

## COMMUNITY NEWS YOU CAN USE (continued)

### BRIDGING THE DIGITAL DIVIDE

Connecting older adults and people with disabilities to vital community resources through technology.

This program was started in October 2022 and was scheduled as a trial for 2 years. (ending October 2024)

**Eligibility:** *Connecticut resident, adults 60 and older, adults with disabilities over the age of 18, families, support providers, network staff and volunteers.* No referral is necessary but there is an intake process if you qualify.

The services they provide:

- *They will provide a new free tablet to keep.*
- They will help with teaching you the capabilities of the devices you have and how to use them.
- They will set up the tablet with your programs, and apps that you use.

It does take a few months for them to get the tablet as they are ordered by quantity. **I you have any questions please contact Joan Gaynor @ e-mail [salemtech53@yahoo.com](mailto:salemtech53@yahoo.com) or call 860 449-3064, or contact their coordinator: [DDC@ucpect.org](mailto:DDC@ucpect.org) or at (860) 288-9520.**

## OTHER ACTIVITIES IN OUR AREA

### NORWICH ARTS CENTER

*Upcoming Events @ The Norwich Arts Center (62 Broadway, Norwich)*

- *Acoustic Bluegrass & Blues*, James Limerick Kerr Duo, Friday, March 1<sup>st</sup> @ 8:00 PM, doors open at 7:30 PM. Tickets: Adults \$20 seniors/military/students \$18, Members \$15.
- *Blues On Broadway*, Mikey Junior with guitarist Zach Lees, basis James Pritchard, drummer Liviu Pop, Wednesday, March 13<sup>th</sup> 7:30 PM. Tickets: Adults \$25 seniors/military/students \$23, Members \$20.

Contact Norwich Arts Center: Phone: 860-887-2789, or e-mail: [administration@norwicharts.org](mailto:administration@norwicharts.org).

Order tickets visit the Norwich Arts Center website by clicking on: [norwicharts.org](http://norwicharts.org).

### NIANTIC BAY PLAYHOUSE

*Upcoming Events At The Niantic Bay Playhouse (279 Main Street, Niantic)*

2024 Season

- Ken Ludwig's *Lending me a Tenor* – March 22<sup>nd</sup> – April 7<sup>th</sup>
- *Willy Wonka Jr* – April 26<sup>th</sup> – May 5<sup>th</sup>,
- *Nonsense II* – June 7 – June 23<sup>rd</sup>,
- *The Wedding Singer, The Musical* – July 18<sup>th</sup> – August 4<sup>th</sup>,
- *The Miracle Worker* – October 18<sup>th</sup> – November 3<sup>rd</sup>,
- *A Christmas Carol Spectacular* – December 6<sup>th</sup> – December 22<sup>nd</sup>.

Check the theatres website for season tickets by clicking on: [nianticbayplayhouse.org/](http://nianticbayplayhouse.org/).

### NEW LONDON ADULT EDUCATION

*New London Adult Education Offers Day Trips.*

Trips depart from Shaw's Cove Three. For more details or to register call 860 437-2385 or go to the *New London Adult Education webpage* by clicking on: [enrichment.newlondonadulthood.org/](http://enrichment.newlondonadulthood.org/).

Office Hours are: 8:00 AM – 4:00 PM, Mon-Fri and 6:00 PM – 8:00 PM, Mon-Thurs.

## **OTHER ACTIVITIES IN OUR AREA**

### **GARDE ARTS CENTER**

**Upcoming Events At The Garde Arts Center (325 State St, New London)**

#### **2024 Season**

- **Banff Centre Mountain Film Festival** – Saturday, March 2<sup>nd</sup> @ 7:00 PM,
- **The Life and Music of George Michael** – Sunday, March 3<sup>rd</sup> @ 7:30 PM,
- **360 ALLSTARS** – Friday, March 8<sup>th</sup> @ 7:30 PM,
- **DOT, DOT, DOT A NEW MUSICAL** (Dominion Energy School Time Performance Series) – Friday, March 15<sup>th</sup> @ 10:00 AM,
- **Red Hot Chillii Pipers** – Saturday, March 16<sup>th</sup> @ 8:00 PM,
- **A Bronx Tale** – Saturday, March 23<sup>rd</sup> @ 8:00 PM.

For tickets contact the box office Monday thru Friday from 10:00 AM to 5:00 PM & two hours prior to ticketed performances, by calling 860-444-7373 ext. 1, or by visiting the Garde Arts Center website by clicking on: [gardearts.org/events/](http://gardearts.org/events/).

### **BUS TRIPS**

#### **Darrell Len Bus Trips**

Contact Darrell Len P.O. Box 2141, Salem, CT 06420, e-mail: [darrellsbus@gmail.com](mailto:darrellsbus@gmail.com), or call: 860-884-2754 to get departure, and return locations and times, payment instructions and other information.

## **PUBLIC TOWN MEETINGS FOR MARCH**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>● <b>Board of Education Long Range Edu Planning</b><br/>March 4<sup>th</sup>, 5:00 PM</li> <li>● <b>BOE Personnel/Contract Negotiations</b><br/>March 4<sup>th</sup>, 6:00 PM</li> <li>● <b>Board of Education,</b><br/>March 4<sup>th</sup>, 7:00 PM</li> <li>● <b>Inland Wetlands &amp; Conservation Commission,</b><br/>March 4<sup>th</sup>, 7:00 PM</li> <li>● <b>Board of Selectmen,</b><br/>March 4<sup>th</sup>, 7:00 PM</li> <li>● <b>Board of Finance,</b><br/>March 7<sup>th</sup>, 7:00 PM</li> <li>● <b>Library Board of Directors,</b><br/>March 12<sup>th</sup>, 6:00 PM</li> <li>● <b>Planning and Zoning Commission,</b><br/>March 12<sup>th</sup>, 7:00 PM</li> </ul> | <ul style="list-style-type: none"> <li>● <b>Emergency Preparedness Agency,</b><br/>March 12<sup>th</sup>, 7:00 PM</li> <li>● <b>Board of Finance,</b><br/>March 14<sup>th</sup>, 7:00 PM</li> <li>● <b>Recreation Commission</b><br/>March 18<sup>th</sup>, 7:00 PM</li> <li>● <b>Economic Development Commission,</b><br/>March 19<sup>th</sup>, 6:00 PM</li> <li>● <b>Board of Finance,</b><br/>March 21<sup>st</sup>, 7:00 PM</li> <li>● <b>Board of Education Policy</b><br/>March 25<sup>th</sup>, 5:00 PM</li> <li>● <b>Board of Education Curriculum</b><br/>March 25<sup>th</sup>, 6:00 PM</li> <li>● <b>Planning &amp; Zoning Commission</b><br/>March 26<sup>th</sup>, 7:00 PM</li> </ul> |
|--|---|

To view the Town Public Meeting Calendar, click on: [salemct.gov/calendar-by-event-type/16/month/2024-03](http://salemct.gov/calendar-by-event-type/16/month/2024-03)

## **SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS**

### **COLCHESTER SENIOR CENTER NEWS**

Yearly dues of \$15 which will get you on their newsletter e-mail list and provide you the ability to participate in any of their activities. They are located at 95 Norwich Avenue, Colchester, CT 06415. Phone: 860-537-3911.

**To check out their newsletter, click on:** [colchesterct.gov/senior-center/pages/newsletter](http://colchesterct.gov/senior-center/pages/newsletter)

The Colchester Senior Center has so much to offer. They serve adults (ages 55 and over) from Colchester and surrounding communities with programs and services to meet every interest and ability.

**Use the Colchester Senior Center webpage to view Available Programs & Services and other information by clicking on:** [colchesterct.gov/senior-center/pages/programs-services](http://colchesterct.gov/senior-center/pages/programs-services)

### **EAST LYME SENIOR CENTER NEWS**

East Lyme offers Salem Seniors **55+** 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. Click on the following link to view the East Lyme Senior Center webpage to see the Available Programs & Services, Regularly Occurring Programs, and a host of other information:** [eltownhall.com/community/senior-center/](http://eltownhall.com/community/senior-center/)

The Senior Center plans events monthly. See the Monthly Brochure for a detailed schedule. **To view their newsletter "The Courier" click on:** [eltownhall.com/community/senior-center/](http://eltownhall.com/community/senior-center/) **and scroll down to "News" and click on "Senior Center Monthly Brochure (The Courier)."**

- **EAST LYME SENIOR CENTER OFFERS DAY TRIPS.**

Trips depart from Old Lyme, East Lyme, and Waterford. **For more details or to register call 860-739-5859 or use the following link to go to the East Lyme Senior Center webpage:**  
[eltownhall.com/community/senior-center/trips/](http://eltownhall.com/community/senior-center/trips/)

**For additional information about their trips click on** [eltownhall.com/community/senior-center/trips/](http://eltownhall.com/community/senior-center/trips/)

### **OTHER GROUPS THAT HAVE TOURS**

- **Tours of Distinction Trips:** call (800) 426-4324, or visit their website by clicking on: [toursofdistinction.net/](http://toursofdistinction.net/)
- **Colchester Senior Center trips:** call 860-537-3911, or visit their website by clicking on: [colchesterct.gov/senior-center/pages/travel-opportunities](http://colchesterct.gov/senior-center/pages/travel-opportunities).
- **East Lyme Senior Center trips:** call 860-739-5859, or visit their website by clicking on: [eltownhall.com/community/senior-center/trips/](http://eltownhall.com/community/senior-center/trips/).
- **New London Adult Education:** call 860-437-2385, or visit their website by clicking on: <https://enrichment.newlondonadulthood.org/CourseCatalog/categoryView.asp?id=695>

## **THINGS TO KNOW**

### **EVERSOURCE**

#### **Connecticut Electric Discount Rate**

A bill discount will be available for residential electric customers starting in December 2023.

You must have financial hardship status on your electric account. If you do, there are two tiers of discount depending on your annual household income or receipt of a public assistance benefit.

- **Eligible income for 10% Discount Rate**

To qualify, your household annual income for all adults over 18 must be at or below 60% of the state median income, or you can show receipt of a public assistance benefit for at least one household member.



**THINGS TO KNOW (continued)**

**EVERSOURCE (continued)**

**Connecticut Electric Discount Rate (continued)**

- **Eligible income for the 50% Discount Rate**

To qualify, your household annual income for all adults over 18 must be at or below 160% of the federal poverty guidelines, or you can show receipt of a public assistance benefit for at least one household member.

To apply for the 10% or 50% Connecticut electric discount rate visit the **EVERSOURCE** webpage click on the following link: [eversource.com/content/residential/account-billing/payment-assistance/discount-rate](https://eversource.com/content/residential/account-billing/payment-assistance/discount-rate), or call **EVERSOURCE** at 800-286-2828, or call **TVCCA** at 860-889-1365.

**THAMES VALLEY COUNCIL FOR COMMUNITY ACTION (TVCCA)**



**CONNECTION – Volunteering & Veterans Coffeehouses**

Now more than ever community support is so important and impactful! AmeriCorps Seniors offers the support someone needs to remain living at home. Our volunteers lend a hand with grocery shopping needs, visiting, phone reassurance or local medical rides. If you are 55+ contact us to hear how your help may improve the quality of life of an elderly or disabled person by volunteering to help a neighbor in your community.



Our volunteers are here for the community! Our services are available free of charge to seniors or disabled people that are homebound and need help with grocery shopping, medical rides, and visiting.

**Contact: Renee LaBonte, Program Coordinator of Senior Volunteer Services at 860-425-6608 or e-mail: [rlabonte@tvcca.org](mailto:rlabonte@tvcca.org).**

Visit their website by clicking on [tvcca.org](http://tvcca.org) or [facebook.com/TVCCArsvp/](https://facebook.com/TVCCArsvp/).

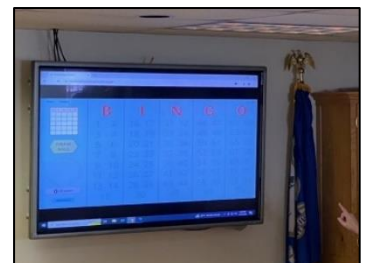
- **Connect with veterans!** TVCCA hosts monthly veteran coffeehouses to meet and socialize with other veterans and their spouses and receive information about veteran benefits and services. We host coffeehouses in Groton, Mystic, New London, Pawcatuck, Norwich, and Montville.

**Contact James Hodge, Veterans Coffeehouse Coordinator at 860-425-6615 or e-mail: [jhodge@tvcca.org](mailto:jhodge@tvcca.org).**

- **ENERGY ASSISTANCE AND OTHER ASSISTANCE PROGRAMS AVAILABLE FROM TVCCA**  
TVCCA provides energy assistance among other community assistance services. Use the following link to visit the TVCCA website: [tvcca.org/energy-assistance/](http://tvcca.org/energy-assistance/) for more information and a direct link to the application. If you have any questions or need help completing the application form, contact TVCCA at 860-889-1365. Note that not only does TVCCA provide funding for oil, but also for wood. TVCCA also has a Senior Nutrition Program for seniors 60 and over & Volunteer programs for seniors age 55 or over.

**LOOK WHAT'S HAPPENED**

**BINGO – February 22<sup>nd</sup>**



**LOOK WHAT'S HAPPENED** *(continued)*

**SUNDAY BOWLING AT NORWICH TEN PIN – February 18<sup>th</sup>**

A small group gathered to enjoy some competition and fun bowling at the Norwich Ten Pin.



**SALEM SCHOOL “FILL THE TEACHER’S SHELVES” LUNCHEON – February 23<sup>rd</sup>**

*On February 23<sup>rd</sup> the Salem Seniors visited the Salem School to present the donated supplies and items on the teacher’s wish list.*

*A big Thank You to Sandy Swider and June Mainella for their hard work getting together all the teachers requests, and purchasing the items. Thank You also to all our seniors for their monetary donations as well as donated items for the cause. The Seniors also want to thank Principal Dan Driscoll and Superintendent Brian Hendrickson for the wonderful luncheon. The Seniors want to also thank the PTO for the gifts for the seniors. It was an amazing event for all.*



*Principal Dan Driscoll & Superintendent Brian Hendrickson*



*Seniors that attended the meeting at Salem School*



*Gifts to the Seniors from PTO*



*Gifts donated to the Salem Teachers*



**Salem Senior Citizens Group exercise programs  
by Marissa's Dance Academy.**


Marissa will offer two different classes in the week;

- a more upbeat aerobic workout **siterscise session**, and
- a slower gentle **yoga session**.

Tentatively she is suggesting two time slots, **Tuesday and Thursday 4:45** and **Wednesday and Thursday at 6:45**. The proposed cost would be \$10 a class.

The sessions are generally 6 weeks long, so \$60/session. She would prorate the cost if anyone wanted to join mid-session. This allows for some flexibility but also lets her know approximately how many people would be attending each session planning purposes. She would like to advertise this to the general public in case there are Salem seniors who have not yet joined our group or are from neighboring towns. She would give our group preference by allowing a week more notice to sign up and a lower rate. Classes are tentatively planned to start in early March.

In the section below please choose the class/session you would be interested in attending **AND** the time slot you would prefer by checking the appropriate box. Detach and return to me as soon as possible. (street address: 294 Hartford Road, Salem)

 Please cut here and return the section below

**NAME:** \_\_\_\_\_

**E-Mail address:** \_\_\_\_\_

<b>CLASS/SESSION</b>	<b>TUESDAY</b>	<b>THURSDAY</b>	<b>TIME SLOT</b>
<b>Sitercise</b>			<b>4:45</b>
<b>Yoga</b>			<b>4:45</b>

<b>CLASS/SESSION</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>TIME SLOT</b>
<b>Sitercise</b>			<b>6:45</b>
<b>Yoga</b>			<b>6:45</b>