

SALEM CT SENIORS

NEWSLETTER

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REMINDER

Please bring dog or cat food to our next meeting (May). (see p 15)



HELP NEEDED



See page 3

- Are you looking for help or need assistance? **Call 860-739-8502 or go to their web site: 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.

THANK YOU

- To all the seniors who came to the potluck/talent show and brought a dish to share.
- To all the performers for the evening. A big round of applause for such wonderful entertainment.
- To Kay and Gary for putting this event together.

OFFICERS

President----- Gary Closius
 Vice President-----Mary Cikatzen
 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, or call 860-449-3064 or Gary Closius 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: 1st & 3rd Tuesdays of each month, at 2Brothers Pizza, \$5 plus tip for the wait staff

MEETING SCHEDULE:

May 14, 2024
 July 9, 2024
 June 11, 2024
 August 13, 2024
 WHERE: SALEM VOLUNTEER COMPANY FIREHOUSE
 WHEN: SECOND TUESDAY OF THE MONTH
 TIME: 10:30 AM
 LUNCH PROVIDED AFTER MEETING

VISIT US ON:

FACEBOOK PAGE: **SALEM CT SENIORS**
CONTACT US:
 EMAIL ADDRESS: salemctseniors@gmail.com

BIRTHDAYS/ANNIVERSARIES**MAY BIRTHDAYS**

Robert Cikatz	1 st	John Cassidy	8 th	Ed Chmielewski	11 th	Jeanette Girard	16 th
Irena Kachorowsky	26 th	Sharon Schlepp	27 th	Kay Zak	29 th	Steve Buck	31 st

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. 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 for April drew in a total of \$118.00. The winner was Ed Artale who donated his \$59.00 back to the seniors helping seniors fund. Thank you, Ed.

***** SPECIAL NOTICE *****

Mrs. Judy Gadbois, esteemed longtime Salem resident, Elder Member of The Congregational Church of Salem, and cherished member of the Salem Seniors Citizen group will be turning 90 years old this **June**. She is asking all who know her to donate a box of cereal to Care and Share Food Pantry. Her goal is to collect 90 boxes. You can drop your box of cereal off at the Salem Free Public Library, The Congregational Church of Salem or any Salem Senior Citizen's group meeting. Let's help Judy celebrate her birthday and help our community, something Judy has been doing for years!!



*****To date we are at **53** boxes from the seniors

BINGO

When: *4th Thursday of each month (for May it will be the 23rd)*

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 6th 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**, or **Michelle at: 860-303-5023 or e-mail: horan.micheller@gmail.com**.

**SENIORS ACTIVITIES @ THE LIBRARY**

- **Busy Bee Quilters** – 2nd Wednesday of the month from 10:00 AM to 4:00 PM.
- **Charity Community Quilters** – 1st and 3rd 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.

Contact **Deb Drennen 860-222-8396** for both quilting groups information.

HEALTH AND WELLNESS

BLOOD PRESSURE CHECK

Uncas Health will be available to provide blood pressure checks at most of our monthly meetings.

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/vyhlf4966/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/.

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/ or review our February Newsletter.

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 and enter the required information the boxes provided.

For detailed information please visit our February Newsletter.

HEALTH AND WELLNESS

SALEM VOLUNTEER FIRE DEPT BLOOD DRIVE

The Salem Volunteer Fire Dept will hold a blood drive on **Thursday May 16th, from 12:00 PM – 5:00 PM** at the Salem Volunteer Fire Co. firehouse at 424 Hartford Road, Salem, CT.

Future Blood Drives will be held Monday, July 30th, from 1:00 PM – 6:00 PM, and Wednesday, October 16th from 1:00 PM – 6:00 PM.

Call 1-800-733-2767 or visit RedCrossBlood.org and enter: Salem CT to schedule an appointment

ANNUAL TOWN MEETING NOTICE

Town of Salem Notice of Annual Town Meeting

Electors and citizens qualified to vote at Town Meetings of the Town of Salem are hereby duly notified and warned that the Annual Town Meeting of the Town of Salem will be held at the Salem School, 200 Hartford Road on Wednesday, May 1, 2024 at 7:00 pm for the following purpose:

Consider/Act on the proposed budget for Fiscal Year 2024/2025:

General Government	\$5,217,662.00
Board of Education	\$11,677,833.00
Capital Expenditures	\$995,788.00
	\$17,891,283.00

(Pursuant to the Town Charter, this item will be submitted to a referendum vote at an adjourned Town Meeting to take place on Wednesday, May 8, 2024 between the hours of 6:00 AM and 8:00 PM for a “YES” or “NO” vote on the total budget, by paper ballot, at the Salem Town Office Building, 270 Hartford Road.)

Consider/Act on any other business, which may come before the meeting.

Copies of said budget are on file open to public inspection at the office of the Town Clerk.

Dated in Salem, Connecticut, this 19th day of April, 2024.

Edward Chmielewski, Jr., First Selectman

TJ Butcher

Kevin Lyden

Ronald LaBonte

Pamela Munro

Board of Selectmen

EVENTS & THINGS TO DO

SENIORS FLOAT IN THE 2024 MEMORIAL DAY PARADE

The Salem Seniors will enter a float again in this year’s Memorial Day Parade on **Monday May 27, 2024**. Last year’s event was fun for our participants and a surprise for the parade followers. If you are interested in helping design and decorate the float, please contact Joan Gaynor at 860 449-3064 or salemtech53@yahoo.com.

EVENTS & THINGS TO DO (continued)**SALEM SENIOR STRIDERS**

Dust off those hiking boots. It's time to get on the move. Kim Siebert and Heidi Buchholtz have put together a "nature walk/ hiking trip". They're warming you up with a walk thru Walden Preserve on Hagen Rd. **May 15th, starting at 9:30 AM – Wear Sturdy Shoes. Bring: water, snack. Suggested: hat, sun screen, bug spray, walking stick, or trekking poles. Contact Heidi Buchholtz at 860 917-6720 if you plan to attend.**

**SEA UNICORNS BASEBALL GAME**

Join us this summer when the Norwich Sea Unicorns play the Road Warriors at Dodd Stadium ballfield **plus after game fireworks.**

Friday, July 12th 6:30 PM, \$9.00 per person. Family and friends welcome carpooling recommended for those who don't drive at night. (gates open at 5:30 PM)

**SENIOR SUMMER BBQ/POTLUCK POOL PARTY **Mark your calendar!!!****

Cindy & Dan Holle have opened their home on 48 Fawn Run in Salem for the seniors to enjoy a potluck/pool party on **Tuesday July 16th at 12:00 noon**. The Holle's will provide the hot dogs and hamburgers and each guest will bring a side dish or dessert to share. Please see Kay Zak for list of items already being provided so we don't have several items of the same.

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

- **Mystic Pizza**, Book by Sandy Rustin June 27th at 2 PM
- **Jimmy Buffett's Escape to Margaritaville** August 8th at 2 PM
- **Alabama Story**, by Kenneth Jones October 3rd at 2 PM

Tickets are available for all shows, the cost is \$48.00. Contact Kay Zak e-mail: kayzak@hotmail.com or call: 860-889-3989. Please make checks payable to Salem Seniors and mail to Kay Zak, 294 Hartford Road, Salem, CT 06420.

For detailed information on the shows available visit our April newsletter or visit the Ivoryton Playhouse website at [Home - Ivoryton Playhouse](#)

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

- **SOUTH PACIFIC**, matinee, July 17th, 2 PM (deadline to purchase tickets is May 15th)
- **MAGGIE**, matinee, September 11th, 2PM
- **A CHRISTMAS STORY THE MUSICAL**, matinee, November 6th, 2 PM (Book by Joseph Robinette, Music and Lyrics by Benj Pasek and Justin Paul,

Tickets are available for all shows, the cost is \$66.50. Contact Kay Zak e-mail: kayzak@hotmail.com or call: 860-889-3989. Please make checks payable to Salem Seniors and mail to Kay Zak, 294 Hartford Road, Salem, CT 06420.

For detailed information on the shows available visit our April newsletter or visit the Goodspeed Opera House website at goodspeed.org/.

EVENTS & THINGS TO DO (continued)

TERRIS THEATRE (33 N Main St, Chester)

- **ASK FOR THE MOON:** August 1st, at 2:00 PM

Set sail on the Jewel of the Sea Ocean Liner with a scheming widow, a vengeful lawyer and a volatile nurse. Enjoy the vocal stylings of Misha and Gisha, the Squabbling Carpathian twins. Get the latest fashion tips from Perishmon De Vol, stylist par excellence. But only venture into the Poseidon suite at your own peril. Madness and hilarity abound in a diabolical new musical comedy that is sure to make waves. Bon Voyage. Come join us for an afternoon of laughs.

For tickets contact Kay Zak e-mail: kayzak@hotmail.com, or call: 860-889-3989. The cost is \$45.00, please make checks payable to Salem Seniors & mail to Kay Zak, 294 Hartford Road, Salem, CT 06420.



SENIOR CHAIR YOGA & CHAIR AEROBICS CLASSES AT MARISSA'S DANCE ACADEMY

- Schedule:
- Chair Aerobics Thursdays 4:45 PM Length: 6 weeks
 - Chair Yoga Tuesdays 4:45 PM Length: 6 weeks

Chair Yoga

Just like a regular yoga practice, Chair yoga increases flexibility, strength and body awareness. When standing poses are included in a Chair yoga class, the chair is used to help with and improve balance. Chair yoga may also include *pranayama* breathing techniques and meditation to promote focus, mental clarity and relaxation.

Chair Aerobics

Chair Aerobics is an upbeat fun workout that is done using a chair to either sit or use for balance. Chair aerobics is designed to be a challenging workout for everyone that will increase your heart rate, burn calories, and build strength.

Cost

- \$60 – 6-week session for either chair yoga or chair-aerobics class (1class/week)
- \$100 – 6-week session for **BOTH** chair yoga and chair-aerobics (2 classes/week)

If it is known prior to session starting that you will be missing a class, the cost will be prorated. Pay with cash, card or check at first class.

This pricing is for Salem Senior Citizen's Group only, price for general population will be higher. 1st Session will start March 26 thru May 9th.

The second session is going to start soon so if you are interested in enrolling please contact Marissa Ruddat, Director of Marissia's Dance Academy directly. Call/text her at: 860 207-4656, e-mail: info@marissasdanceacademy.com. The studio is located at 1 New London Road, Unit 26.



*** SALEM ARTSPACE RETURNS *** New Time – New Date – New – Location

Dawn Shumbo of Salem ArtSpace will again be providing art classes for the Seniors at her studio starting on the 3rd Friday of the month. Classes will run from **11:30 AM – 1:00 PM**. The cost per person is \$15.00 for Senior's.

May's class will be Friday May 17th and will be Rock Painting.

June's Class will be Friday June 21st and will be Wine Glass painting.

Contact / RSVP Kay Zak at: 860-889-3989 or e-mail at: kayzak@hotmail.com



EVENTS & THINGS TO DO (continued)

MITCHELL FARM MUSIC FESTIVAL – SEPTEMBER 21ST & 22ND

SATURDAY, SEPTEMBER 21ST

Broken Arrow

The Music of Neil Yong

blueravenartists.com/artists/broken-arrow-the-music-of-neil-young/

Late For The Sky

Jackson Brown Tribute W/Jake Thistle

blueravenartists.com/artists/late-for-the-sky-jackson-brown-tribute-with-jake-thistle/

Saturday Tickets: General Admission: \$60 + \$3 S/H, Members SSCG: \$25*

SUNDAY, SEPTEMBER 22ND

Number Nine

Playing tribute to the music of
<https://www.number9info.com>

**THE
BEATLES**

Sunday Tickets: General Admission: \$25 + \$3 S/H, Members SSCG: \$15*

Rain or Shine event, parking opens at noon, gate opens at 1:30 PM. Tent covered.

Order of go subject to change. All sales final, no refunds, no exchanges.

Bring a picnic if you like. Food vendors available BYOB. Please no dogs.

Net proceeds support the horses retired to Mitchel Farm.

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

Mitchell Farm Equine Retirement, Inc. 300 East Haddam Rd., Salem, CT 06420

860-303-8705, www.mitchellfarm.org.



* **Salem Senior Citizen's Group members ONLY, contact Kay Zak, e-mail: kayzak@hotmail.com, or call: 860-889-3989**

THINGS IN THE WORKS

MINIATURE GOLF AT CAMP ODETAH BOZRAH, CT

Once we get consistent warm weather, 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.

This will be discussed at a future Senior meeting. **NOTE:** the price for 2024 hasn't been determined.

VOLUNTEER OPPORTUNITIES

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. 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.**

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. 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.

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.

MITCHELL FARM EQUINE RETIREMENT

The Horse Retirement, Horse Sanctuary is looking for help. **Contact Dee Doolittle 860 303-8705, or email dee@mitchellfarm.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 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, or Gary Closius at: 860-961-9173 / e-mail at: gclosius@sbcglobal.net.

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.

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

LION'S CLUB

The Lions are looking for volunteers and new members. **Contact Bill Martin 860-705-6062 (home) or 860-705-1227 (mobile), or Hugh McKenney at 860-303-0042 (mobile) if you are interested in volunteering. If you are interested in joining contact Kay Zak at: 860-889-3989 / e-mail at: kayzak@hotmail.com.**

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. The first "cemetery clean-up party" is scheduled for Saturday, May 4th at 9:00 AM at the Hillard Cemetery, bring your gloves, weed-whacker, mower, rakes, and tarps.

Watch the Facebook website for future dates for 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.

COMMUNITY NEWS YOU CAN USE

BULKY WASTE AMNESTY DAYS

Town of Salem Municipal Transfer Station oversized household

“*Bulky Waste*” Amnesty Days Saturday May 18th, May 19th, Wednesday May 22nd

A fee of \$10.00 per item is normally charged for residential items such as a sofa and stuffed chair and small items will be \$5.00, **however during *BULKY WASTE AMNESTY DAYS* will be accepted *FREE*. (Does not include cfc containing appliances, construction or demo materials or brush)**



- Do not bring mattresses, metal or electronics on Amnesty Days. These items are always accepted free of charge. Bring them any other day.
- Recycling in Salem is Everyone's Responsibility.

SALEM FREE PUBLIC LIBRARY

News & Events

- **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:**

salemct.gov/library/pages/museum-passes to view the library website and view what they have to offer and pass availability.

- **MEET YOUR LOCAL FARMER**

Wednesday, May 1st, at 6:00PM.

Get to know Hannah Tripp of Salem's Provider Farm and learn about the business of farming.

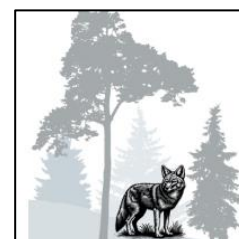


To register call: 860-859-1130.
(Sponsored by the new England Grass Roots Environment Fund)

- **EASTERN COYOTES A NATURAL HISTORY**

Saturday, May 4th, at 11:00 AM

Presented by Master Wildlife Conversationist Ginny Apple, with the CT DEEP/Coyotes were not originally found in CT but have extended their range eastward.



To register call: 860-859-1130.
(Sponsored by the Friends of the Salem Library)

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

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



The plants for sale are most locally grown perennials, annuals, vegetables, herbs, house plants, trees, & shrubs.

The Salem Senior Citizen's Group will also be selling Donated Christmas Ornaments.

FOSL will also be selling the FOSL Apron, come get yours before they are gone.

All proceeds go to go the FRIENDS OF THE SALEM LIBRARY.



COMMUNITY NEWS YOU CAN USE (continued)

SALEM FREE PUBLIC LIBRARY (continued)

News & Events (continued)

- **REVENGE OF THE SIX**

Come join us on May 6th at 4:30 PM to participate in Jedi Training. A foam lightsaber will be provided for the class & to take home!



Class presented by Scott Butler.

(Sponsored by the Friends of the Salem Library)

- **FAMILY STORY TIME**

Wednesdays at 10:30 AM, May 15th & 29th & June 5th & 26th*

* Join us on June 26th for a special Storytime celebrating the start of Summer Reading!

To register call: 860-859-1130.

- **A YEAR IN KIMONO**

A History & Demonstration

Saturday, May 18th at 11:00 AM.

Presented by Robyn Moriboy of Sono Kimono

To register call: 860-859-1130.

Limited to 30 participants ages 13 to adult

(Sponsored by the Friends of the Salem Library)



- **MASTER THE ART OF PRESERVING THE HARVEST**

Intensive Workshop Presented by Mark Gostkiewicz of Tri Gable Lea Farm

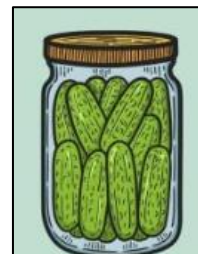
Saturday June 8th at 11:00 AM

You will learn:

- Pickling
- Canning
- Freezing
- Dehydrating

To register call: 860-859-1130.

(Sponsored by the Friends of the Salem Library)



- **MEXICAN FOKLORIC DANCER**

Presented by Amande Haack

Saturday, June 1st at 11:00 AM

Great for all ages. Señora Haack will perform, and talk about different styles of dances from the states of Mexico, such as, Jalisco, Veracruz, and Pueblo.



To register call: 860-859-1130.

(Sponsored by the Friends of the Salem Library)

- **BOOKS IN THE AFTERNOON BOOK CLUB**

May 30, 2024: "We Were Strangers Once" – Betsy Carter, [Fiction]

On the eve of World War II Egon Schneider—a gallant and successful Jewish doctor, son of two world-famous naturalists—escapes Germany to an uncertain future across the sea. Settling into the unfamiliar rhythms of upper Manhattan, he finds solace among a tight-knit group of fellow immigrants, tenacious men and women drawn together as much by their differences as by their memories of the world they left behind. They each suffer degradations and triumphs large and small: Egon's terminally acerbic lifelong friend, bestselling author Meyer Leavitt, now wears a sandwich board on a New York street corner; Catrina Harty, the headstrong daughter of a dirt-poor Irish trolley driver, survives heartbreak and loss to forge an unlikely alliance; and Egon himself is forced to abandon his thriving medical practice to become the "Cheese Man" at a Washington Heights grocery. But their spirits remain unbroken, and when their little community is faced with an existential threat, these strangers rise up together in hopes of creating a permanent home. With her uncanny ability to create indelible characters in unforgettable circumstances, best-selling author Betsy Carter has crafted a gorgeous novel that will resonate with anyone who has ever felt adrift and longed for home. (Amazon).

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.

COMMUNITY NEWS YOU CAN USE (continued)

SALEM RECREATION DEPARTMENT

There are many activities for Salem residents of all ages:

- **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.



- **FREE DISC GOLF CLINIC**

Saturday, May 4th at 10:00 AM to 12:00 PM Appleby Fields at Volunteer Park, 24 Forsyth Road. Open to All Ages.

Participants age 12 and under must be accompanied by an adult. All participants will receive a **FREE** starter disc.

Sign up today to join us! <https://www.salemct.gov/discgolfclinic>.



- **SPRING ADULT TENNIS SESSION 1 CLINIC**

Adult tennis with Anne Santoro,

Wednesdays, May 8th – 29th, 9:30 AM – 10:45 AM, at the Round Hill Rd. tennis courts

Fee: \$90 – Residents; \$95 Non-Residents

Sign up today!

<https://www.salemct.gov/recreation/onlinereqform>.

- **VIRTUAL FITNESS CLASSES – KEEP MOVING**

Spring Fitness Schedule:

- **Tuesdays: April 16 – Jun 18 – 6:00 -6:45 PM (10 wks.) \$70.00, Pilates, Instructor: Rob – \$70.**
- **Wednesdays: Apr 17th – Jun 19th, 8:30 – 9:15 AM (10 wks.), Cardio Strength, Instructor: Maggie – \$70.**
- **Thursdays: April 18th – June 20th, 6 – 6:45 PM (10 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](https://www.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!

- **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 5:15- 7:00 PM
Oct 3rd to May 28th

Volleyball: Tuesdays 7:00-9:00 PM
Oct 6th to May 28th

Basketball: Thursdays 7:00-9:00 PM
Oct 5th to May 30th

- **SALEM WOODS DISC GOLF COURSE**

The Salem Woods Disc Golf Course is open for play.



Located at Bob Appleby Field at Volunteer Park, 24 Forsyth Road. Discs available for loan contact us.

- **SAND VOLLEYBALL COURT**

The volleyball court is open and ready for play. Located at the Salem Community Park Pavilion 89 Norwich Road/Route 82.

For additional information on activities provided by the Salem Recreation Commission please visit their website by clicking on: <https://www.salemct.gov/recreation/>, or call 860-859-3873, x275

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. **If you have any questions, please contact Joan Gaynor @ e-mail salemtech53@yahoo.com or call 860 449-3064, or contact their coordinator: DDC@ucpect.org or at (860) 288-9520.**

THE SOUTHEASTERN CT REGIONAL RESOURCES RECOVERY AUTHORITY (SCRRA)

SCRRA is the waste management and recycling authority for the twelve member municipalities of East Lyme, Griswold, Groton, Ledyard, Montville, New London, North Stonington, Norwich, Preston, Sprague, Stonington, and Waterford.



SCRRA

2024 Household Hazardous Waste and Confidential Paper Shredding Schedule.

- **Saturday, May 4th – New London:** 9:00 AM – 1:00 PM, New London High School, 20 Chester St.
- **Saturday, June 15th – Norwich:** 9:00 AM – 1:00 PM, Norwich Public Works, 50 Clinton Ave.,
- **Saturday, July 6th – Groton:** 9:00 AM – 1:00 PM, Fitch High School, 101 Groton Long Point Rd., Groton
- **Saturday, July 20th – Waterford:** 9:00 AM – 1:00 PM, Waterford High School 20 Rope Ferry Rd.,
- **Saturday, August 3rd – Montville:** 9:00 AM – 1:00 PM, Tyl Middle School, 166 Chesterfield Rd.,
- **Saturday, September 14th – North Stonington:** 9:00 AM – 1:00 PM, Wheeler High School, 297 Norwich-Westerly Rd.,
- **Saturday, October 5th – Griswold:** 9:00 AM – 1:00 PM, Griswold High Way Garage, 1148 Voluntown Rd. (Rt. 38),
- **Saturday, November 2nd – Ledyard:** 9:00 AM – 1:00 PM, Ledyard High School 24 Gallup Hill Rd.

ACCEPTABLE ITEMS

From the Shed & Garage

- Kerosene
- Old Gasoline
- Radiator Chemicals
- Auto Body Chemicals
- Fuel Additives
- Car Battery Acid
- Camp Stove Fuel
- All Light Bulbs

From the Lawn & Garden

- Insecticides
- Pool Chemicals
- Herbicides
- Rat Poison
- Moth Balls
- Fungicides
- Weed Removal Chemicals
- And much more!!

COMMUNITY NEWS YOU CAN USE (continued)

SCRRRA (continued)

ACCEPTABLE ITEMS (continued)**From the Basement & Bathroom**

- Latex & Oil Paint, Stains & Varnish
- Paint Thinner
- Drain Cleaners
- Photographic Chemicals
- Nail Polish Remover
- Oven Cleaners
- Toilet Bowl Cleaners
- All Home Batteries

NOT ACCEPTED

- Tires
- Ammunition / Gun Powder
- Auto & Marine Flares
- Radioactive Materials
- Large Barrels or Drums
- Commercial Qty's of Paint, etc.
- Businesses with large amounts of Paper Shredding

Confidential Residential Paper Shredding

- Tax Documents
- Financial Documents
- Financial Statements
- Personal Documents

NOT ACCEPTED

- News Papers
- Junk Mail
- Non-Sensitive Documents

PUBLIC TOWN MEETINGS FOR MAY

- **Town Meeting to Consider 24/25 Budget**
May 1st, 7:00 PM
- **Board of Education Long Range Edu Planning**
May 6th, 5:00 PM
- **BOE Personnel/Contract Negotiations**
May 6th, 6:00 PM
- **Board of Education,**
May 6th, 7:00 PM
- **Inland Wetlands & Conservation Commission,**
May 6th, 7:00 PM
- **Board of Selectmen,**
May 7th, 7:00 PM
- **Referendum on 24/25 Budget**
May 8th, 7:00 PM
- **Board of Finance,**
May 9th, 7:00 PM
- **Emergency Preparedness Agency**
Sunday May 12th 7:00 PM
- **Library Board of Directors**
May 14th, 6:00 PM
- **Planning & Zoning Commission**
May 14th, 7:00 PM
- **Emergency Preparedness Agency**
May 14th, 7:00 PM
- **Board of Education Policy**
May 20th, 5:00 PM
- **Board of Education Curriculum**
May 20th, 6:00 PM
- **Recreation Commission**
May 20th, 7:00 PM
- **Economic Development Commission**
May 21st, 6:00 PM
- **Planning and Zoning Commission,**
May 28th, 7:00 PM

To view the Town Public Meeting Calendar, click on:

<https://www.salemct.gov/calendar-by-event-type/16/month/2024-05>

OTHER ACTIVITIES IN OUR AREA

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

Snuggle with the baby goats. APRIL – JUNE

Cost: \$25 PP for 1 hour, Children under 2 – free (no ticket required), Children 2-12 – \$15, must book in advance and no refunds or exchanges offered.

Rain or Shine. Go on their website symansaysfarms.com/ and book on line.

NORWICH ARTS CENTER

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

- Steve Hunt and Friends, Friday, May 3rd, at 8:00 PM. Tickets: Adults \$25, Seniors \$23.
- Chris Beard Prince of the Blues, Wed May 8th 7:30 PM Tickets Adults \$25, Seniors \$

Contact Norwich Arts Center: Phone: 860-887-2789, or e-mail: administration@norwicharts.org.

Order tickets visit the Norwich Arts Center website by clicking on: norwicharts.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/.

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

NIANTIC BAY PLAYHOUSE

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

2024 Season

- Willy Wonka Jr – April 26th – May 5th,
- Nonsense II – June 7th – June 23rd,
- The Wedding Singer, The Musical – July 18th – August 4th,
- The Miracle Worker – October 18th – November 3rd,
- A Christmas Carol Spectacular – December 6th – December 22nd.

Check the theatres website for season tickets by clicking on: nianticbayplayhouse.org/.

GARDE ARTS CENTER

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

2024 Season

- Lyle Lovett and Lisa Loeb in conversation and song – Friday, May 3rd at 8:00 PM
- Elton Undressed Todd Alsup sings Elton John – Friday, May 10th at 7:00 PM
- Tommy Emmanuel, CGP with special guest: Cris Jacobs – Wednesday, May 15th at 7:30 PM
- David Foster & Katharine McPhee Live on Stage – Thursday, May 16th at 7:30 PM
- Cassette Roulette John Cameron Mitchell & Amber Martin – Friday, May 17th at 8:00 PM
- Conn Lyric Opera Presents: Madam Butterfly by Giacomo Puccini – Sunday, May 19th at 3:00 PM
- Jazz is Dead all-star ensemble Live on Stage: Saturday, June 8th at 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/.

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

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

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/

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/ **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/

For additional information about their trips click on eltownhall.com/community/senior-center/trips/

OTHER GROUPS THAT HAVE TOURS

- **Colchester Senior Center trips:** call 860-537-3911, or visit their website by clicking on: 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/.

- **New London Adult Education:** call 860-437-2385, or visit their website by clicking on: <https://enrichment.newlondonadulted.org/CourseCatalog/categoryView.asp?id=695>

THINGS TO KNOW

HELP NEEDED

MONTVILLE ANIMAL SHELTER

The Town of Salem is working with the Town of Montville to regionalize Animal Control for the two towns. The Dog Pound/Animal Shelter, located at 225 Maple Avenue, Uncasville is in dire need of rebuilding or revitalization. We can help the shelter by donating dog or cat food. During the last Senior Citizen's Group meeting it was suggested we collect pet food to support the shelter. **Please bring dog or cat food to our next meeting (May). Carl Narocki has volunteered to collect the donated food and bring it to the animal shelter.**

For additional information you can contact the Animal Control Officer (ACO) Bruce Rebelo at: 860-848-7510. Office Hours are 8:00 AM – 4:30 PM Monday-Friday. Tel: 860-848-3529 (office & pound), Fax: 860-848-7760.

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.

- **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, 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.

Visit their website by clicking on tvcca.org or 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.

- **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/ 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 *(continued)*

MULTI-PURPOSE TRAIL WALK
WEDNESDAY APRIL 4th

Salem Striders on their March Walk through the Multi-Purpose Trail behind the school and Town Hall.



SECOND ANNUAL POTLUCK DINNER
AND TALENT SHOW – APRIL 26th

The Dinner



Great food, good friends, great entertainment, and fun for all. Can't wait to do it again!!!!



LOOK WHAT'S HAPPENED (continued)



The Show



BUS TRIP FLYER**BRONX ZOO****~ Sunday May 19, 2024 ~**

The BRONX ZOO is one of the largest wildlife conservation Parks in the world. It is home to some 10,000 animals representing about 700 species from around the world, many shown in their natural habitats and open ranges. Your **TOTAL EXPERIENCE TICKET** allows admission to special rides and attractions, including the Butterfly Garden, Children's Zoo, Congo Gorilla Forest, Wild Asia Monorail, Jungleworld, and 4-D Theater. There are cafes and food stands throughout the park for grabbing lunch, or you may bring your own from home. A fast-food stop at a highway travel plaza will be made on the way home for dinner.

\$98 per adult \$89 per child thru age 12

Deluxe motorcoach transportation departing from:

7:00AM NORWICH COMMUTER LOT

Laura Boulevard / RT 82 (Exit 11 from I-395)

7:45 AM CLINTON COMMUTER LOT

RT 81 across from Pectco (Exit 63 from I-95)

Returning 6:30 PM – 7:00 PM

Checks made payable to

DARRELL LEN

PO Box 2141 Salem, CT 06420

860-884-2754

darrellsbus@gmail.com

Please send payment by May 5, 2024

Refunds given afterward if a replacement is found

Include names, address, phone number, email & departure location.

We travel rain or shine – The only exception is severe weather.

LIONS AND TIGERS AND BEARS? OH MY!