

SALEM CT SENIORS

NEWSLETTER

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WELCOME NEW MEMBERS

Please welcome new members to the group. If you are sitting next to someone you don't know please introduce yourself and welcome them.

THANK YOU

- To the **Bingham Family** for allowing us to hold our July meeting at the historic Bingham Camp.
- To **Sprigs and Twiggs** for all their efforts in refurbishing the Salem School gardens.

WITH GREAT SADNESS

It is with great sadness that I report the passing on July 28th of our member Anne Rowthorn. Condolences to her family. Her infectious smile, kindness and gentle spirit will be sorely missed. (see page 2)

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******BREAKING NEWS******

Sprigs and Twiggs completes work on the gardens at the Salem School! For pictures and write-up see page 2.

HELP NEEDED:

CARE AND SHARE

--Are you looking for help or need assistance?
 Call 860-739-8502 or go to their web site:
<http://www.careandshareofel.org>

--FOOD BANK NEEDS

Care and Share is always in need of donations. Current needs are snacks for kids home for the summer and new or slightly used sturdy grocery size bags. If you can, please bring a non-perishable food item to our next meeting & all events.

LOOK WHAT'S HAPPENED

PHOTOS OF RECENT EVENTS

----- Page 16 & 17

SPECIAL ANNOUNCEMENTS

SENIOR'S AUGUST MEETING:

For the August 8th meeting the lunch will be sponsored by the Salem Firehouse. Come for the meeting and the BBQ.

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

REMINDERS

2023 ANNUAL DUES: Your \$5 Dues Are Past Due

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



MEETING SCHEDULE:

August 8, 2023	September 12, 2023
October 10, 2023	November 14, 2023
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**](mailto:salemctseniors@gmail.com)

BIRTHDAYS/ANNIVERSARIES

AUGUST BIRTHDAYS

Doris Burr	1st	Denise Dube	1st	Kim Siebert	4th
Norm Rabe	5th	Rick Demers	8th	Sharon Kanaby	14th
Joseph Kanaby	16th	Diana Hawes	18 ^t	Marsha Pelletier	20th
Kathy Tourjee	27th	Carl Nawrocki	28th	George Ziegra	30th

SPECIAL ANNOUNCEMENTS

- **Obituary for Anne Rowthorn** – see the obituary in TheDay published August 4th: www.legacy.com/us/obituaries/theday/name/anne-rowthorn-obituary?id=52622523.
- **AUGUST MEETING** – For the August 8th meeting, lunch will be sponsored by the Salem Firehouse. Come for the meeting & the BBQ.

*****BREAKING NEWS*****

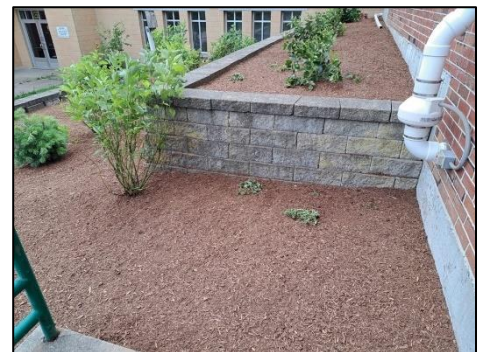
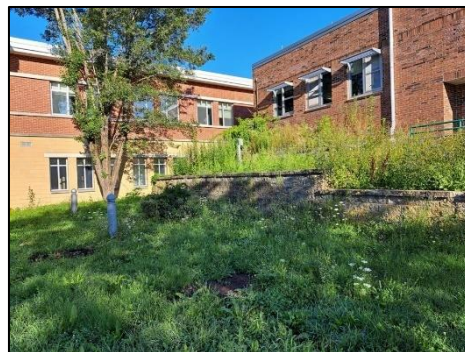
SPRIGS AND TWIGGS COMPLETES REFIRBISHING GARDENS AT SALEM SCHOOL

Joan Gaynor reports that *Sprigs and Twigs* has completed refurbishing the gardens in the courtyard behind the school! Keep in mind this is now a young garden and will fill in over time. They also removed a tree close to the school and replaced with a young more appropriate one. All this amazing work was accomplished in just one day. All totaled *Sprigs and Twigs* donated more than \$11,000 worth of design work, plants, and labor at the Salem School Gardens. *Sprigs and Twigs* deserves a great big **THANK YOU** for their generous donation and Joan Gaynor deserves a great big **THANK YOU** for organizing this effort. See below for some before and after pictures.



The Sprigs and Twigs Team

Before and After Photos



SALEM SENIORS INFORMATION AND NEWSLETTERS

Previous news letters can be found by using the following link to access the Town of Salem webpage: www.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 FOR SENIORS HELPING SENIORS FUND

Reminder: During our monthly meeting we hold a 50 / 50 raffle. Half of the proceeds go to the winner and the other half go to a "Seniors Helping Seniors Fund" to subsidize trips, activities etc. The cost is \$1 per raffle ticket or 6 tickets for \$5. **(See Joan Gaynor at the meeting)**

SALEM ARTSPACE: *No Classes for August, they will resume in September.*

HEALTH AND WELLNESS

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: Salem Agent of the Elderly at 860-859-3873 X 125. They will provide all program and eligibility information. **Use the following link to view the Guidelines for the Municipal Medical Transportation Service:** www.salemct.gov/sites/g/files/vyhlf4966/f/uploads/transportation_fy22_packet_0.pdf.

211 INFOLINE HELP

For detailed information about what 211 can provide, go to our April, May or June newsletters. See **Salem Seniors** information on this page for the link to the town website and our newsletters.

UPCOMING EVENTS & THINGS TO DO

PROVIDER FARMS VEGGIES FOR SALE AT OUR MEETING

Provider Farms will have produce at the July meeting for sale. They give the seniors a 10% discount at the meeting. A list of what will be available will be posted on Facebook when we get the list of what is available at that time.

BINGO

The next game will be held on **Thursday August 24th, cards go on sale from 12:30 to 12:55 PM and the game starts promptly at 1:00 PM** in the 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 with the last game being a "Fill-The-Card" game.
- The total \$\$ taken in will be divided by 13 rounding down to the nearest \$ and will be the prize money for games 1 through 11, the remaining money the prize money for the "Fill-The-Card" game.

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

UPCOMING EVENTS & THINGS TO DO (continued)

QUILTING

The Busy Bee Quilters meet at the Salem Library from 10:00-4:00pm on the second Wednesday of the month. Items are made to be sold at the library, throughout the year with the profits going to The Friends of the Library. The Charity/Community Quilters meet on the 1st and 3rd Fridays of the month from 10:00-3:30pm. Quilts, pillowcases and other items are donated to area non-profits including L&M Hospital, Safe Futures and Waterford Country School. Due to Library availability call ***Deb Drennen at 860-222-8396*** to verify they will be holding a meeting and if more information is needed.

CROCHET - KNITTING

A knitting and crocheting circle will be held every Thursday at the Library 10:00 AM – Noon. ***Janet Griggs*** is available to give lessons on the craft of knitting and crocheting.

SALEM HIKES AND WALKS

The hikes / “nature walks” are planned for the 3rd Wednesday of the month. Please note the length of the walks will be dependent on the ability and the desire of the participants. All the walks can be shortened.

The Hikes / “Nature Walks” will be on the 3rd Wednesday of month and will have a start time of 9 AM to avoid summer heat.

Depending on participants ability, hikes could be split into 2 groups to be a walk with or without wooded inclines.

REQUIREMENTS, All walkers must:

1. Wear sturdy shoes or comfortable hiking boots/shoes,
2. Bring water for about 2-hour exploration

ITEMS STRONGLY SUGGESTED:

1. Hat, or other head covering,
2. Sun screen,
3. Energy bar or other high energy snack,
4. Walking stick or trekking poles.

THE HIKE / “NATURE WALK” SCHEDULE:

- August 16th:** **Chapel Farm, on left off Rt. 82, East Haddam, (parking lot is across from turn off to Devil’s Hopyard)** – Explore 2 miles (possibly add 1 mile in woods) crossing a bridge then black topped area plus wooded trails with optional narrow stream crossings.
- September 20th:** **Banning Woods, Lyme, Rt. 82 go right (sign to ferry is straight ahead) 19 Town St. is on right –** Wooded trails, with short hill climb we could add or avoid. Included is field of former farm land. 2-3 miles.

GARDENING TEAM

Now that the courtyard garden refurbishment at the Salem School is complete, Joan Gaynor has set her sights on cleaning and weeding the playscapes. Recently Bonnie Merchant helped Joan finish pulling the weeds and Mugwort out of the exercise playscape. Thank you, Bonnie, for giving your day to our town. Joan can always use help. She goes when she can find time between doing her personal yard work, so setting up a time is difficult, however, if you would like to help with the weeding there are two more playscapes to clean up. Joan can show you what needs to be done and you can work on your own schedule. The fence at the back of the school has vines growing on them that need to be cut back before school starts at the end of the month. Any and all help is welcome by the school.

If you want to help at the school please contact Joan Gaynor at salemtech53@yahoo.com. Or call Joan at 860 449-3064

UPCOMING EVENTS & THINGS TO DO (continued)

THEATRE, CONCERTS, & CRUISES

- **GOODSPEED OPERA HOUSE SHOWS** – 6 Main St, East Haddam Ct – *(12 tickets left)*

PLAY	DATE	TIME	COST	Deposit	BALANCE DUE
<i>Dreamgirls</i>	Saturday December 9 th	3:00 PM	\$82.50	\$40	September 30 th

- **CRUISES** (see page 5 for details)

Cruise	DATE	TIME	COST	MONEY DUE
Block Island Dinner Run <i>(tickets still available)</i>	Thursday August 10 th	3:10 PM – 8:10 PM	\$31.00 (dinner additional)	Upon reservation
RiverQuest Gillette Castle <i>(tickets still available)</i>	Friday September 8 th	11 AM – 1 PM	\$40.00 pp	Upon reservation
RiverQuest Tree Swallow Sunset Sail on the <i>Onrust</i> <i>(tickets still available)</i>	Wednesday August 30 th	6 PM – 8 PM	\$47.70	Upon reservation

- Deposit or payment in full paid upon reservation any balance due prior to event date (see table above)
- *We have limited seats and they sell out quickly so please RSVP as soon as possible to Kay Zak at kayzak@hotmail.com. Mail your money to Kay Zak, 294 Hartford Road, Salem, CT 06420.*

NEW CRUISES

- **BLOCK ISLAND DINNER RUN on the *Block Island Express***

Thursday August 10th, Cost – \$31 per person includes Ferry Ride to and from Block Island.

Dinner at Ballard’s Restaurant is not included in price.

It is a short walk from the dock to Ballard’s Restaurant. Dinner is at 5:30 PM (order off the menu).

For the trip to Block Island the ferry departs @ 3:10 PM from the Cross Sound Ferry, New London Terminal, 2 Ferry Street, New London CT. For the return trip the ferry departs at 8:10 PM from the Block Island Terminal, Block Island Dock, returning to New London near 9:45 PM.

RSVP to kayzak@hotmail.com or call 860 889-3989. Please send payment to Kay Zak at 294 Hartford Road, Salem, Ct 06420. (Make checks payable to Salem Seniors).

We travel rain or shine – The only exception is severe weather. Check for Carpooling availability.

- **GILLETTE CASTLE CRUISE aboard the *RiverQuest***
Friday September 8th, Cost – \$40 per person.

The cruise includes 2-hour tour ride on the river viewing Gillette Castle and the Chester Hadlyme Ferry. The ***RiverQuest*** is an extremely safe, quiet intimate 64’ vessel. She has been inspected, approved, stability tested and certified by The United States Coast Guard. Pack a jacket, camera, binoculars and lunch or a snack.

The cruise departs @ 11 AM from the Connecticut River Museum Steamboat Dock 67 Main Street, Essex, CT. and returns @ 1 PM.



UPCOMING EVENTS & THINGS TO DO (continued)

GILLETTE CASTLE CRUISE aboard *the RiverQuest* (continued)

Please arrive to meet the group at 10:30 AM.

Please RSVP to kayzak@hotmail.com or call 860-889-3989. Please send payment to Kay Zak at 294 Hartford Road, Salem, Ct 06420. Please Make checks payable to Salem Seniors. **We travel rain or shine – The only exception is severe weather.** Check for Carpooling availability.

- **TREE SWALLOW SUNSET SAIL aboard the *ONRUST*.**

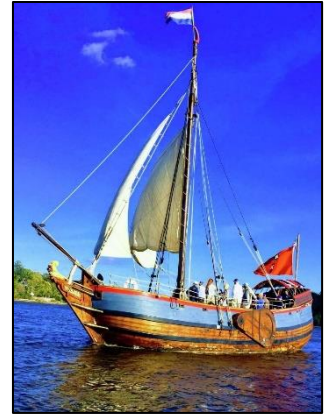
Wednesday, August 30th from 6 PM to 8 PM. Cost – \$47.70 per person which includes fees.

There will be a beautiful full moon. For the past 19 years RiverQuest has brought individuals and groups on intimate cruises aboard the *Onrust* to a special spot on the Connecticut River where 100's of thousands of Tree Swallows gather. After spending the day miles away, the swallows return each night to sleep in the reeds. They gather at sunset and perform aerial ballets forming an amazing display of art, coordination and cooperation!

The *Onrust* is a re-creation of the vessel Adriaen Block built in 1614. Now in its fourth year on *RiverQuest's* docks.

Please arrive to meet the group at 5:30 PM.

Please RSVP by no later than August 26th to kayzak@hotmail.com or call 860-889-3989. Please send payment to Kay Zak at 294 Hartford Road, Salem, Ct 06420. Please Make checks payable to Salem Seniors. **We travel rain or shine – The only exception is severe weather.** Check for Carpooling availability.



- **MITCHELL FARM MUSIC FESTIVAL – RT 82 SALEM, CT SATURDAY, SEPTEMBER 16TH**

NEW TICKET PRICE \$25 FOR SENIORS

Laurel Canyon & Broken Arrow

Mitchell Farm Music Festival
September 16, 2023
Salem, CT
www.mitchellfarm.org

Broken Arrow

Joe Mass nails the Neil vocals perfectly and the harmonies are spot on. Broken Arrow has audiences on their feet singing along and demanding encores at every show.



Laurel Canyon

Laurel Canyon is an acoustic tribute to the music of Crosby, Stills, Nash and Young. Featuring recreations of their seminal works as well as songs from their early bands and their solo years,



Enjoy the magic of 70's music surrounded by peaceful grazing horses at this outdoor tented charitable event. Be transported by a masterful, day long tribute to the music of *Crosby, Stills, Nash and Neil Young* with *Laurel Canyon* and *Broken Arrow*.

Tickets on sale May 1st. www.mitchellfarm.org/events.

TICKET PRICE FOR SENIORS SLASHED, NOW \$25.

Salem Senior's get your tickets through us and pay \$25 contact Kay Zak: 860 889-3989, or kayzak@hotmail.com.

Gate opens at 1:30 PM. Music begins at 2:30 PM. Bring a lawn chair, picnic if you like, food vendors available. Come early and let's have a senior section at the concert.

UPCOMING EVENTS & THINGS TO DO (continued)

THEATRE, CONCERTS, & CRUISES (continued)

● **SALEM RECREATION SUMMER CONCERT**



● **SALEM FREE PUBLIC LIBRARY CONCERT**



FREE SUMMER CONCERTS IN OUR AREA

● **2023 CONCERTS IN THE PARK – COLCHESTER (FREE)**

Colchester on the Green, Colchester, CT, Thursdays 6 PM – 8 PM

August 3rd ----- Featuring *The Outcrops*

August 17th ----- Featuring *Bluesberry Jam*

For more info and view the schedule use the following link:

www.colchesterct.gov/node/1139/events/upcoming.

These are free concerts but donations are always welcomed and appreciated. These events are not funded with tax dollars. All Parks and Recreation events, activities and programs are 100% self-funded through donations, sponsorships and participant fees.

Phone 860 537-7297 Check for cancellations due to inclement weather

● **2023 CONCERTS IN THE PARK, CITY OF GROTON (FREE)**

Washington Park, Meridian Street, Groton, CT, Fridays 6:30 PM – 8 PM

Food Trucks available on site

CONCERT SCHEDULE

August 11th ----- Featuring *Wild Nights*

August 25th ----- Featuring *Red Light*

September 1st ----- Featuring *American Honey*

Concert Hot Line: 860 446-4129. *Check for cancellation due to inclement weather*

These concerts are free and co-sponsored and co-produced by Groton Utilities and the City of Groton Parks and Recreation Department. For more info and view the schedule use the following link:

www.cityofgroton.com/2023/04/17/2023-concerts-in-the-park-schedule-announcement/.

UPCOMING EVENTS & THINGS TO DO (continued)

• EAST LYME CONCERTS and EVENTS

- Concerts are back at McCook Point Park this summer! They have a fantastic lineup of performers offering a variety of genres set for Wednesdays on the Main Beach and Fridays in the Bandshell! Concerts are listing below.

The music will be flowing through the park once again this summer! Parking passes will not be needed to enter the park beginning at 5:00 PM on concert evenings. Attendees are encouraged to bring lawn chairs, blankets, food and beverages. **NO ALCOHOL IS PERMITTED AT MCCOOK Point Park.**

McCook's Main Beach Wednesdays, 6-8 PM		McCook's Bandshell Fridays, 7-9 PM (unless noted)	
August 2 nd	<i>Roy Dunn Maclean</i>	August 4 th	<i>Rusty Nutz</i>
August 9 th	<i>Azalea Drive</i>	August 11 th	<i>American Honey</i>
August 16 th	<i>5 Bean Row</i>	August 18 th	<i>Eric Lichter w/opener Sondra Levine (7-10PM)</i>
August 23 rd	<i>Dr. G. and the Believers</i>	August 25 th	<i>DizzyFish</i>
August 30 th	<i>Luke and Mike</i>	September 1 st	<i>Time and Changes Jazz Orchestra (6-7:15 PM)</i>

BUS TRIPS

We have been in contact with Darrell Len who runs both day and overnight bus trips. ***For Bus Trips already scheduled see the flyers at the end of the Newsletter.*** Those trips are available on a first come first served basis. **Contact Darrell Len P.O. Box 2141, Salem, CT 06420 or 860-884-2754** to book a trip or get additional information.

• OTHER GROUPS THAT HAVE TOURS

- Tours of Distinction Trips: call (800) 426-4324, e-mail: mytour@toursofdistinction.net, Website: www.toursofdistinction.net/.
- Colchester Senior Center trips: See SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS call 860-437-2385, or go to their website: www.colchesterct.gov/senior-center/pages/travel-opportunities.
- East Lyme Senior Center trips: SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS call 860-537-3911, or go to their website: www.eltownhall.com/community/senior-center/trips/.
- New London Adult Education: See SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS section call 860-437-2385, or go to their website: www.enrichment.newlondonadulthood.org/CourseCatalog/categoryView.asp?id=679.

GARDE ARTS CENTER, NEW LONDON

• UPCOMING EVENTS AT THE GARDE ARTS CENTER (325 State St, New London)

- New London big Band: Thursday, August 10th, 7:30 PM.
- Amos Lee with Special Guest: Mutlu: Thursday, August 17th, 7:30 PM.
- A.J. Croce performs Croce Plays Croce: Thursday, September 14th, 7:30 PM.
- Bruce Hornsby & the Noisemakers Spirit Trail 25th Anniversary Tour: Thursday, September 21st, 7:30 PM.
- Eric D'Alessandro: Friday, September 22nd, 8:00 PM.
- Kurt Vile and the Violators with special Guest: Joanna Sternberg: Saturday, Sept 23rd, 8:00 PM.
- World Ballet Series: Cinderella: Sunday, September 24th, 6:00 PM.
- The Moth True Stories Told Live: Friday, September, 29th, 8:00 PM.

For tickets contact the box office Monday thru Friday from 10 AM to 5 PM & two hours prior to ticketed performances, by calling 860-444-7373 ext. 1, or by visiting the Garde Arts Center website:

www.gardearts.org/events/.

UPCOMING EVENTS & THINGS TO DO (continued)

NIANTIC BAY PLAYHOUSE, NIANTIC

- **UPCOMING EVENTS AT THE NIANTIC BAY PLAYHOUSE, 279 Main Street, Niantic, CT**
 - **Addams Family:** July 20th – August 6th.
 - **Steel Magnolias:** October 20th – November 4th
 - **A Christmas Carol:** December 1st – 17th

Tickets: Go to the website at this link www.nianticbayplayhouse.org/ for more details.

Tickets can be purchased by calling: 860-850-5072, e-mail: info@nianticbayplayhouse.org, or on-line by using the following link: www.nianticbayplayhouse.org/ticket-sales.

NORWICH ARTS CENTER NORWICH

- **UPCOMING EVENTS AT THE NORWICH ARTS CENTER (62 Broadway, Norwich)**
 - **Richiman & Groove Nice:** Saturday August 5 @ 7:30 pm Adults 25 Senior \$23 members \$20.00

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

Order tickets by visiting the Norwich Arts Center website: www.norwicharts.org.

THINGS IN THE WORKS

STRAWBERRY SHORTCAKE BOOTH

We need a committee to head-up the possibilities of reviving and taking over the strawberry shortcake from the Historical Society during the Memorial Day Parade. Mary Cikatzen has volunteered to head the committee but needs members to help with research and decision making. See Mary Cikatzen.

SENIOR CITIZEN'S GROUP FUNDRAISER COMMITTEE

We are looking for a committee to investigate a fundraiser that will raise money for the senior's group to be able to put on more social activities for the future.

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: <https://www.gardnerlakevolunteerfirecompany.com/home>.

MITCHELL FARM EQUINE RETIREMENT

The Retirement Horse Farm is looking for help. Contact Dee Doolittle 860 303-8705, or email dee@mitchellfarm.org.

FRIENDS OF SALEM THE LIBRARY

The Friends of The Salem Library could always use help sorting books for the book sale, and with the book sales. If you would like to help, contact **Carl Nawrocki at 860-608-9970, or Bart Drennen at 860-235-5889**.

LION'S CLUB

The Lions are looking for volunteers. **Contact John Houchin at 860-887-2518 (home) or 860-705-1227 (mobile), or Hugh McKenney at 860-303-0042 (mobile)**. See page 10 for info on the annual Lion's Club Tag Sale.

VOLUNTEER OPPORTUNITIES (continued)

CEMETERY CLEAN-UP

The Salem VFW is 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.

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 or e-mail at: kayzak@hotmail.com.

SALEM SCHOOL

Volunteers are always welcome at **Salem School**. Anyone interested in volunteering can mail the volunteer form (which lists volunteer options) to Jennifer Kayser, Executive Assistant to the Superintendent, Salem School District, 200 Hartford Rd. Salem, CT. Use the following link to go to the Salem School website:

www.salemschools.org. Put the cursor over the "Our School" tab, and click on the "Forms tab" to access the form.

COMMUNITY NEWS YOU CAN USE

SALEM RECREATION DEPARTMENT

• **SALEM LIONS TAG SALE**

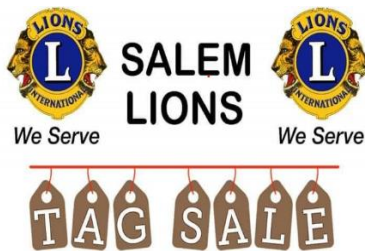
Saturday, August 19th,

8 AM – 3 PM &

Sunday, August 20th,

8 AM – 1 PM, at the

Zemko property 232 Hartford Road Salem.



• **PROVIDER FARMS FIRST ANNUAL TAG SALE AND CRAFT FAIR**



• **FRIENDS OF THE SALEM LIBRARY BOOK SALE**

Saturday, August

19th, 8 AM – 3 PM &

Sunday, August 20th,

8 AM – 1 PM, at the

Zemko property 232 Hartford Road Salem.



FOR INFO OR DONATIONS CONTACT NORM RABE 860-849-0165.

• **SALEM RECREATION DEPARTMENT**



COMMUNITY NEWS YOU CAN USE (continued)

SALEM RECREATION DEPARTMENT (continued)

- **MEDITATION, CHI KUNG, AND TAI CHI CHUAN CLASSES**

Re-Scheduled!

Salem Recreation

Meditation Chi Kung Tai Chi Chuan
at the Salem Community Park Pavilion

Instructor: Ted La Femina, Bow Sim Mark Tai Chi Arts Association



<p>Tai Chi class Tuesdays, 6-7 pm July 11, 18, 25 & August 1</p>	<p>Meditation/Chi Kung class Wednesdays, 6-7 pm July 5, 12, 19 & 26</p>
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Residents: \$28 | Non-Residents: \$33 for one class
Residents: \$46 | Non-Residents: \$51 for both classes

Minimum: 5 students; Maximum: 10 students

Register at: salemct.gov/recreation

recreation@salemct.gov | 860 859 3873, x275 | salemct.gov/recreation

Come follow the *International Way of the Martial Arts* and discover how to find your inner peace, strengthen your Chi (energy), improve and maintain your overall health, become stronger and more flexible, improve your balance and coordination. Become a new and improved you through *Meditation, Chi Kung* and *Tai Chi...the International Way!*
Register at: salem.gov/recreation, e-mail: www.recreation@salemct.gov, phone: 860-859-3873 x275

- **ROUNDHILL WILDLIFE GARDEN**



Special Thanks to Veronika & her Team for volunteering to help us beautify the area and support our pollinators!

Visit the Roundhill Wildlife Garden in the works at the Round Hill Road Baseball Fields, located just outside the fence near the playground.

You can also keep up-to-date virtually, at:
[fb.com/roundhillwildlifegarden](https://www.facebook.com/roundhillwildlifegarden)

- **Find Your Footprint! Medallion Project**



Hike, Explore and Enjoy our Town's trails while searching for your 2023 Footprint!

Darling Road Preserve • Zemko Sawmill Preserve
Multi-purpose Harris Brook Trail • Walden Preserve
Smuggler's Rock Preserve • Tatson's Woods Preserve

And, let us know when you've found one!
salemct.gov/recreation/footprintproject

According to our records, past footprints are still out there waiting to be found!



It's never too late to report your found footprint!

Special Thanks to THE RED HOUSE cultural center and all of our Volunteers!

- **2023 FUN RUN SERIES – FREE**

Salem School, Bingham Field

Tuesdays, 5:30 pm
July 11, 18, 25 & Aug. 1, 8, 15

5:30 pm: Beginners 1-mile Walk/Run
6:00 pm: 3-mile Fun Run

Check-in begins at 4:30 pm

Pre-Register online at:
salemct.gov/summerfunrunseriesregistration

Sponsored by: ANOTHER MAN'S WORLD, Big Y, SALEM VALLEY FARMS, salemct.gov/recreation

- **COMING SOON**



COMMUNITY NEWS YOU CAN USE (continued)**SALEM RECREATION DEPARTMENT (continued)**

- **COLCHESTER FARMERS MARKET**

Colchester Farmers Market open on Sundays starting on Father's Day June 19th through October 15th 9:00 AM to 1:00 PM. Located on the Colchester Green at 97 Hayward Avenue.



- **BOZRAH FARMERS MARKET**

Bozrah Farmers Market open Fridays starting on July 14th – TBD from 4PM – 7 PM. Located at 45 Bozrah St, Bozrah

- August 4, Dog Days
- August 11, Family Night

September 1, Food Truck Roundup

**NEW STORES OPEN IN SALEM AND WATERFORD**

- **Brimstone Candle Company** 1 New London Road, Suite 14, Salem. At the Brimstone Shop they make small batch artisan made candles with love.
- **Americana Fabrics** - 47 Great Neck Rd., Waterford (the old Americana Furniture Barn). For those interested in sewing, a new fabric store has just opened in Waterford. They were Affordable Fabrics but have changed their name and location. **IF** you're into sewing check them out.

SALEM HISTORICAL SOCIETY

- The Salem Historical Society will be open to the public Saturday, August 19th from 1 PM – 4 PM.

SALEM FREE PUBLIC LIBRARY**NEWS & EVENTS**

- **THE SALEM FREE PUBLIC LIBRARY OFFERS MUSEUM PASSES**

- **Connecticut Old State House**, Hartford
- **Connecticut River Museum**, 2 adults and their children or grandchildren under 18
- **CT State Parks Dinosaur State Park, Gillette Castle, Fort Trumbull** (this pass waives entrance fees for 2 adults and 4 children at the museums)
- **Custom House Maritime Museum**, New London 2 free admissions
- **Denison Pequotsepos Nature Center**, mystic free admission for up to 5 persons
- **Florence Griswold Museum**, Old Lyme admits 2 adults and 2 children under 12 free
- **Lyman Allyn Art Museum**, New London, Free admission for 2 Adults and 2 Children ages 0-12
- **New Britain Museum of American Art**, Free admission for 4 people 1 adult must accompany children under 16. (Closed Mondays and Tuesdays)
- **USS Constitution Museum Boston MA** (Free up to 9 people per pass)
- **Wadsworth Atheneum Museum of Art**, Hartford CT Free General admission for 2 adults

- **DISCOUNTED ADMISSION PASSES:**

- **Beardsley Zoo, Bridgeport**, Valid for \$9 admission per person for up to 6 people in same family
- **Mystic Seaport Museum**, Mystic 50% off admission for 2 adults and 3 children
- **Roger Williams Zoo**, Pass valid from March 1st through December 21st, \$3 off each paid admission tickets, for up to 4 people. Discount code redeemable online only.

Use this link to view what they have to offer and pass availability:

www.salemct.gov/library/pages/museum-passes.

COMMUNITY NEWS YOU CAN USE *continued*

SALEM FREE PUBLIC LIBRARY (continued)

NEWS & EVENTS (continued)

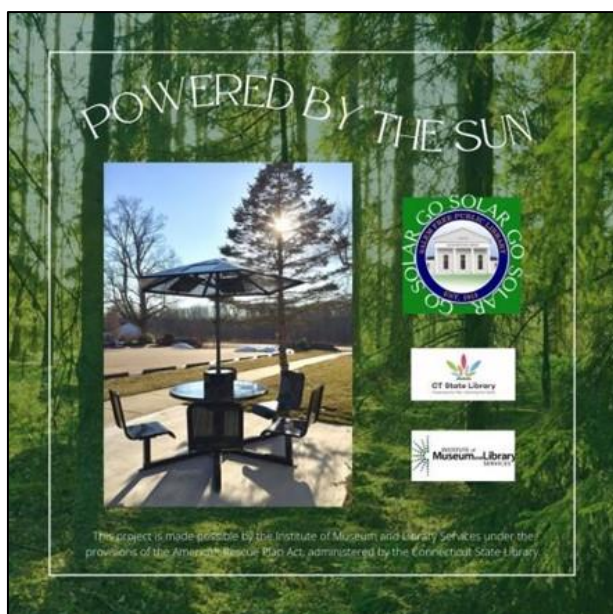
- FAMILY MOVIE NIGHT**



Check out a movie from the library on Fridays from June 23rd – August 12th and get a free bag popcorn. (Limit one bag per household)

- POWERED BY THE SUN**

Come enjoy our new outdoor solar picnic table located on the south side of the library building. USB ports powered by the sun will charge your devices while you breathe in the fresh air!



There are a number of story times, and a variety of other programs available. Use the following link visit the Salem Town Webpage for the Library at: www.salemct.gov/library.

TO REGISTER CALL THE LIBRARY AT 860- 859-1130 (some events may be filled or will have limited participation).

For additional information use the following link visit the Salem Town Webpage for the Library at: www.salemct.gov/library.

BUS TRIP

NEW YORK CITY BUS TRIP – Saturday, September 30th, and Saturday, December 2nd, favorably priced at: \$ 78 per person. Contact Darrell Len, PO Box 2141, Salem, CT 06420; call 860-884-2755, or e-mail darrellsbus@gmail.com.

For detailed info check our July newsletter or flyer details or contact Darrell for space availability.

- THE LANGUAGE OF FLOWERS**



Saturday, August 5th, @ 11 AM

Learn the meaning of flowers and make a bouquet to convey your message. Limited to 10 Participants, ages 13 & up.

Register at the Library or call 860-859-1130.

- LIFE ON THE HIGH SEAS**

MYSTIC SEAPORT

- **MYSTIC SEAPORT MUSEUM:**

For additional details or to register for each event or check on possible fees: use the following link to go to their website at www.mysticseaport.org/calendar/.

Mystic Seaport Museum – 75 Greenmanville Avenue, Mystic CT 06355, 860 572-0711 info@mysticseaport.org
Hours April 6th – October 29th Full Museum: 10:00 AM – 5:00 PM, open daily, Grounds close at 6:00 PM.

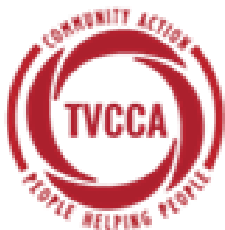
MYSTIC AQUARIUM

- **Come see this one-of-a-kind exclusive new immersive exhibit!** Step back millions of years to when massive sea creatures ruled the ocean and dinosaurs roamed the earth! Interactive, immersive, hands-on activities for all ages, including a state-of-the-art playscape. (See website for details and pricing).

For Details: Use the following link to go to their website at: www.mysticaquarium.org/whats-new/events/calendar/ to register for each event and check on possible fees.

COMMUNITY NEWS YOU CAN USE (continued)

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 our website at www.tvcca.org or www.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.**

THE SOUTHEASTERN CT REGIONAL RESOURCES RECOVERY AUTHORITY (SCRRRA)

SCRRRA 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.

2023 Household Hazardous Waste and Confidential Paper Shredding Schedule.

- **Saturday, Aug. 5th – 9:00 AM – 1:00 PM**, Tyl Middle School, 166 Chesterfield Rd., Montville
- **Saturday, Sept. 16th – 9:00 AM – 1:00 PM**, Wheeler High School, 297 Norwich-Westerly Rd., North Stonington



COMMUNITY NEWS YOU CAN USE (continued)

THE SOUTHEASTERN CT REGIONAL RESOURCES

RECOVERY AUTHORITY (SCRRRA) (continued)

- **Saturday, Oct. 7th – 9:00 AM – 1:00 PM**, Griswold High Way Garage, 1148 Voluntown Rd. (Rt. 38), Griswold
- **Saturday, Nov. 4th – 9:00 AM – 1:00 PM**, Ledyard High School 24 Gallup Hill Rd. Ledyard

FOR A DETAILED LIST OF ACCEPTABLE ITEMS SEE THE TOWN WEBSITE OUR JUNE NEWSLETTER AT:

www.salemct.gov/salem-senior-citizens

PUBLIC TOWN MEETINGS FOR AUGUST

- | | |
|---|---|
| <ul style="list-style-type: none"> • Board of Selectmen,
August 1st, 7:00 PM • Inland Wetlands & Conservation Commission,
August 7th, 7:00 PM • Library Board of Directors
August 8th, 6:00 PM • Emergency Preparedness Agency,
August 8th, 7:00 PM • Planning and Zoning Commission,
August 8th, 7:00 PM • Board of Finance,
August 10th, 7:00 PM • Gardner Lake Authority,
August 10th, 7:00 PM • BOE Long-Range Educational Planning,
August 14th, 5:00 PM | <ul style="list-style-type: none"> • BOE Personnel/Contract Negotiations,
August 14th, 6:00 PM • Board of Education,
August 14th, 7:00 PM • Salem Green Cemetery Association
August 15th, 2:00 PM • Economic Development Commission,
August 15th, 7:00 PM • Recreation Commission,
August 21st, 7:00 PM • Planning & Zoning Commission
August 22nd, 7:00 PM • Zoning Board of Appeals,
August 24th, 7:00 PM • Board of Education Policy,
August 28th, 5:00 PM • BOE Curriculum,
August 28th, 6:00 PM |
|---|---|

Use the following link to go the Town Public Meeting Calendar:

www.salemct.gov/calendar-by-event-type/16/month/2023-08

SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS

COLCHESTER SENIOR CENTER NEWS

Colchester has invited Salem Seniors to join their group. There are 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, use the following link:** www.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 using the following link: www.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. **Use the following link to go the East Lyme Senior Center webpage to view Available Programs & Services, Regularly Occurring Programs, and a host of other information:** www.eltownhall.com/community/senior-center/.

SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS (continued)

EAST LYME SENIOR CENTER NEWS (continued)

The Senior Center plans events on a monthly basis. See the Monthly Brochure for a detailed schedule. To view their newsletter "The Courier" at: www.eltownhall.com/community/senior-center/ scroll down to News for "The Courier".

- **EAST LYME SENIOR CENTER OVER THE HILL HIKING GROUP:**

There will be no hikes for AUGUST.

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

Trips depart from Old Lyme, East Lyme, and Waterford. For more details or to register call 860-537-3911 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 visit eltownhall.com/community/senior-center/trips/

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 use the following link to go to the *New London Adult Education* webpage:

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

<https://enrichment.newlondonadulthood.org/CourseCatalog/categoryView.asp?id=679>

➤ **DAY TRIPS**

- **Charles Riverboat Narrated Sightseeing Cruise on the legendary Charles River and lunch at the Cheesecake Factory** – Sunday August 27th. The cost \$127 per person.
- **Covered Bridges of New Hampshire including a luncheon at the Inn at East Hill Farm, Troy, NH** – Thursday September 21st. The cost \$130 per person.
- **Jack-O-Lantern Spectacular at the Roger Williams Park Zoo with free time at Providence Place Mall for an early dinner (on own) and shopping** – Providence RI Sunday October 29th. The cost \$95 per person.
- **Made in Vermont** – Begin at Grafton Village Cheese in Brattleboro with Lunch at The Marina along the river in Brattleboro. Enjoy beautiful views and great food. The Vermont Country Store in Rockingham has something for everyone Saturday October 14th. The cost \$130 per person.

LOOK WHAT'S HAPPENED

PHOTOS FROM RECENT SALEM SENIOR'S ACTIVITIES

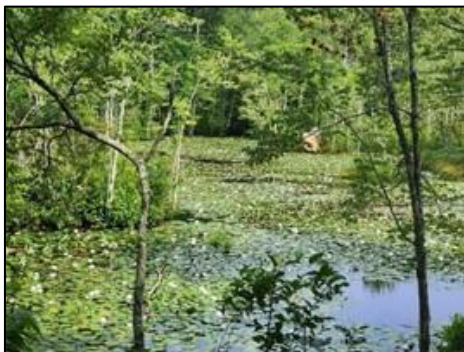
Paugwonk Baptist #1 Cemetery Cleanup, Saturday, July 22nd



Volunteers from Salem VFW, Gardner Lake Fire Dept and the Salem Seniors were all on hand to make it happen.

LOOK WHAT'S HAPPENED
PHOTOS FROM RECENT SALEM SENIOR'S ACTIVITIES (continued)

July Hike Walden Preserve, Wednesday, July 19th



Long Island Ferry Lights and Sights Cruise, Thursday, July 20th



OFFICERS:

President: Gary Closius

Vice President: Mary Cikat

Salem Agent for the Elderly: Agnes Miyuki

Treasurer: Michelle Horan

Secretary: Jeanette Girard

Communications Liaison: Joan Gaynor

Activities Coordinator: Kay Zak

Newsletter Editors: Joan Gaynor/Gary Closius