



## BIRTHDAYS/ANNIVERSARIES

### DECEMBER BIRTHDAYS

Gary Closius 1<sup>st</sup>Lee Cole-Chu 3<sup>rd</sup>Dave Dube 8<sup>th</sup>Catherine Green 21<sup>st</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.

### CHANGES IN THE YEARLY DUES

Yearly dues will increase to \$10 (ten dollars). A vote was taken to approve the raise in dues and it passed unanimously. The new dues will take effect on January 1, 2024. Anyone who feels this is a strain on their financial budget please contact any one of the executive board members.

### 50/50 RAFFLE, CHRISTMAS ORNAMENT, & KNITTERS/QUILTERS PRODUCT SALE

**Reminder:** During our monthly meetings 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**). The Seniors received a donation of 5 boxes of Christmas ornaments (several hundred). At our December meeting the ornaments will be sold for a donation with the monies also going to the "**Seniors Helping Seniors Fund**". Additionally, the Knitters & Quilters will also have their products for sale with the proceeds going to the Friends of The Salem Library supporting library programs.

### HOLIDAY GIFT BASKET RAFFLE

A holiday gift basket raffle will be held during the December meeting. This will be a separate raffle form our regular 50/50. The monies from the raffle will help with activities the group plans. **See Deb Drennen for donations.**

### BAGS OF HOPE

Bags of Hope provides monogrammed duffle bags filled with comfort items to children in local foster care. Many children in foster care carry their belongings in a trash bag as they move throughout the system. Our goal is to replace these trash bags with personalized duffle bags! Through donations they provide monogrammed duffle bags filled with comfort items. For a \$25.00 donation they can provide a bag to a child who has been placed into foster care. Go to their website by clicking on: [bagsofhopect.org](http://bagsofhopect.org).

**The contacts are Steve and Kathie Perry – 860 207 1202.**



### DECEMBER MEETING GUEST SPEAKER

Anges Miyuki has arranged for a guest speaker Deborah Walker to speak and connect with the Salem Seniors Group at our meeting. Deborah is the Program Coordinator for SERAC (Southeastern Regional Action Council), the Regional Behavioral Health Action Organization for the CT Department of Mental Health and Addiction services for the region. She will be speaking about their available resources for suicide prevention, substance use, and problem gambling awareness.

## SALEM SENIORS NEWS (continued)

### BRIDGING THE DIGITAL DIVIDE

#### TO FELLOW SENIORS:

A two-year pilot program sponsored by the State OF CT through the **UCP (United Cerebral Palsy of Eastern CT)** called **“BRIDGING THE DIGITAL DIVIDE”** is available to seniors age 60 and older. The goal is to help bridge the digital divide by providing one on one or group services to adults with disabilities (18 and older) and aging adults (60 and older). This program is connecting older adults and people with disabilities to vital community resources through technology. In today’s society being “tech” savvy offers many advantages such as accessing e-mail, the internet and much more. Seniors never had this type of technology as our youth does today. Many seniors get cell phones, or tablets and have their children or grandchildren set them up and then they just get handed over to them and many haven’t a clue how to use those devices. The **“BRIDGING THE DIGITAL DIVIDE”** program can assist you in **LEARNING** how to use those devices as well as providing you with a tablet (at no cost) and teaching you how to use it. This program was initiated in October of 2022 and has provided over 200 tablets to qualified persons and trained then on how to use them. Additionally, this program has assisted many more with training on how to use their existing devices to their fullest.



#### ELIGIBILITY:

- Adults aged 60 and older.
- Adults with a disability over the age of 18.
- NO referral is necessary but there is an intake process if you qualify.

The agency will speak with and/or meet with an you to evaluate each person’s unique situation to determine if you would benefit from some training and if you might benefit from having a tablet as well.

Being 60 and older removes the disability requirement but a full intake is still required. There were **NO** financial questions during the intake.

Joan Gaynor has gone through the process, and Chris, with whom, she was dealing was very kind and helpful. Joan received a tablet at no cost. They set it up and tested the tablet to be sure it was working properly before scheduling the appointment to come to her home. At Joan’s home they determined what apps she used and/or could benefit from having. They also linked her cell phone to the tablet and answered any questions she had.

**“BRIDGING THE DIGITAL DIVIDE PROGRAM”** is a collaboration between the Department of Aging & Disability Services (ADS) State Unit on Aging & the CT Tech Act Project (CTTAP). **You can visit their website and/or contact the coordinator by clicking on: [DDC@ucpect.org](mailto:DDC@ucpect.org) or calling them at: (860) 228-9520.**

**If you have questions, please contact Joan Gaynor at 860-449-3064 or [salemtech53@yahoo.com](mailto:salemtech53@yahoo.com).**

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## 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: 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: [salemct.gov/sites/g/files/vyhlf4966/f/uploads/transportation\\_fy22\\_packet\\_0.pdf](http://salemct.gov/sites/g/files/vyhlf4966/f/uploads/transportation_fy22_packet_0.pdf).**

## HEALTH AND WELLNESS (continued)

### 211 INFOLINE HELP

For detailed information about what 211 can provide, go to our April, May, or June 2023 newsletters. See **Salem Seniors** information on this page for the link to the town website and our newsletters.

### FOOD PANTRY: (reprinted from 2022)

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

<u>Name:</u>	<u>Locations</u>	<u>Contact</u>
Care and Share	East Lyme	860-739-8502
Shoreline Soup Kitchen	St. John's Episcopal Church East Lyme	860-388-1988
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.

### KIDS AND ADULT SIGHT SCREENING SPONSORED BY THE SALEM LIONS CLUB

The Salem Lions Club will be holding a sight screening session for children and adults January 13<sup>th</sup>, from 9 AM to 12 PM at the Center School. A special camera is used to photograph your eyes. Dr. Steven Rapoport, OD will be on site to evaluate the results. The session is quick and there is no charge. Come get your eyes checked.

## EMERGENCY NOTIFICATION (reprinted from 2022)

### 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)**)

**The CTALERT – Emergency Notification System**, enables State and Local 911 Emergency Communication Centers to provide essential information quickly in a variety of emergency situations.

#### **How will the CTALERT - Emergency Notification System Work?**

- The process begins when the State of Connecticut or your Local 911 Emergency Communication Centers issues a message about a potential safety hazard or concern. Messages will be sent to all standard voice and text communication devices, including land line phones, mobile phones, e-mail, and more.
- If you don't confirm receipt of the message, the system may try to reach your second contact number or email address if the message is critical and requires your confirmation.
- Voice calls from **CTAlert** will come from (860) 920-3337. Save this number as an emergency contact.
- Text message may come from 88911, 888777, 89361 or 87844. All of these are text message short codes you can also save as a contact and identify with a unique ring or alert.

**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.

## EVENTS & THINGS TO DO

### SENIORS ACTIVITIES @ THE LIBRARY

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

**Clamshell Quilters** – 1<sup>st</sup> and third Fridays of the month from 10 AM. to 3:30 PM. **Knitting & Crocheting Circle** – Thursdays from 10 AM to NOON

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

### BINGO

**When:** 4<sup>th</sup> Thursday of each month (for December 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 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](mailto:nunusobx@gmail.com)**, or **Michelle at 860-303-5023 or e-mail: [horan.micheller@gmail.com](mailto:horan.micheller@gmail.com)**.



### SALEM SENIORS HOLIDAY LUNCHEON

This year the holiday luncheon will take place on Saturday, January 6, 2024 at noon at the Salem Fire Company Firehouse. **The cost for members is \$15, and \$30 for Non-Members. To be eligible for the \$15 member price you must sign up to be a member and have paid the \$5.00 dues for 2023.** 2Brothers will cater the event. The menu includes Garden Salad, Penne al a Vodka, Oven Roaster Potatoes, Chicken Marsala, Sausage and Peppers, Baked Stuffed Fish, Rolls and Butter and Dessert. **Please make checks payable to Salem Seniors and Mail to Michelle Horan, 197 Witter Rd, Salem, CT 06420 by December 29<sup>th</sup>.** Any questions please call **Sandy Swider 860-912-2498**.



## THINGS IN THE WORKS

### STRAWBERRY SHORTCAKE BOOTH

The Seniors are considering taking over the strawberry shortcake sale during the Memorial Day celebration from the Historical Society. Mary Cikatzen has volunteered to head the committee but she needs members to help with research and decision making. **If you are interested in serving on the strawberry shortcake, contact Mary Cikatzen, e-mail: [mcikatzen@yahoo.com](mailto:mcikatzen@yahoo.com), or call: 860-287-7275.**

### 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.**



## THINGS IN THE WORKS (continued)

### POT LUCK DINNER AND TALENT SHOW

The Pot Luck Dinner and Talent Show was a hit this past year so planning is beginning for the next one.

***If you are interested in helping contact Kay Zak, e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.*** This will be discussed at a future Senior meeting.

### SUNDAY BOWLING AT NORWICH TEN PIN

The Seniors are planning to go bowling again at the Norwich Ten Pin on their Sunday Special. ***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.

### SUPPLIES FOR THE SALEM SCHOOL "FILL THE TEACHERS' SHELVES 2024"

The Seniors are planning to collect school supplies for the Salem School teachers to be presented at the Valentine's Day luncheon again this school year. Sandy Swider and June Mainella have agreed to chairing this effort again this year. This will be discussed at a future Senior's meeting.

### 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. The cost would \$8 per person\* discounted for this event. 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 was for 2023 and may change for 2024.

## 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).

### 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).**

### 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.***

## **VOLUNTEER OPPORTUNITIES (continued)**

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

The Friends of The Salem Library could always use help sorting books for the book sale, and at the book sales. Wednesday, December 20<sup>th</sup> we will be sorting books at the Salem Free Public Library 264 Hartford Road from 10 AM – 12PM. 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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### **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).

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### **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/](http://careandshareofel.org/).

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## **COMMUNITY NEWS YOU CAN USE**

### **SALEM FREE PUBLIC LIBRARY**

#### **NEWS & EVENTS**

- The Salem Free Public Library Offers Museum Passes and Discounted Admission Passes to many of the museums in our state. There are also discounted admission passes for Zoo's. For a list, visit our August, September, and October newsletters, visit the library, or go to the library website by clicking on: [salemct.gov/library/pages/museum-passes](http://salemct.gov/library/pages/museum-passes) to view the library website and view what they have to offer and pass availability.
- **Books in the Afternoon Book Club** meetings are normally held on the last Thursday of the month at 1 PM. **December 21, 2023: *Comfort and Joy***: A Fable, Kristin Hannah, 2005 [fiction].

All adults over 18 are welcome. To join the group, e-mail Christine Murtha at: [murthachristine@yahoo.com](mailto:murthachristine@yahoo.com).

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

**SALEM FREE PUBLIC LIBRARY (continued)**

**NEWS & EVENTS**

• **HOLIDAY CONCERT**



Salem Free Public Library

# Holiday Concert

Saturday, December 2, 2023  
@ 2:30 p.m.

Music by Debra Vinick, Harpist

Enjoy the music as we celebrate the library's 19th anniversary in the new building.

Light refreshments will be served.

Call 860-859-1130 to register as seating will be limited.

Sponsored by the Friends of the Salem Library & The Bobbie Ziegler Memorial Fund

• **THE CARROLL SISTERS HOLIDAY MUSIC CONCERT**



Salem Free Public Library

# The Carroll Sisters Holiday Music Concert

Wednesday, December 27, 2023  
@ 6:00 p.m.

Call 860-859-1130 to register.

• **A VISIT FROM MRS. CLAUS**



Salem Free Public Library

# A Visit from Mrs. Claus!

Saturday, December 9, 2023  
@ 11:00 a.m.

Call 860-859-1130 to register!

Sponsored by the Friends of the Salem Library

• **HOLIDAY CENTERPIECE WORKSHOP**



Salem Free Public Library

# Holiday Centerpiece Workshop

Presented by Kim Hargrave  
from the Denison Pequotsepos Nature Center

Monday, December 18, 2023  
@ 3:00 p.m.

Participants will make a centerpiece with greens for their holiday table.

Call 860-859-1130 to register.

Limited to 10 participants,  
one centerpiece per family.

Sponsored by the Friends of the Salem Library

*There are a number of story times, and a variety of other programs available.*

*For additional information visit the Salem Town Webpage for the Library by clicking on: [salemct.gov/library](http://salemct.gov/library).*

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



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

**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 7-9 PM

Oct 6<sup>th</sup> to May 31<sup>st</sup>

**Basketball:** Thursdays 7-9 PM

Oct 5<sup>th</sup> to May 30<sup>th</sup>

• **HOLIDAY TREE LIGHTING**

**Saturday, December 2<sup>nd</sup>  
Salem Town Green/  
Center School**

Join us for Holiday Fun  
and Games at 3 PM

Sing-a-long with Freddie  
Marion at 4 PM

Santa Arrives at 4:45 PM



Donations for the Care & Share Pantry are welcome!

Sponsored in partnership with the  
Gardner Lake Volunteer Fire Company,  
Girl Scouts and Salem Student Volunteers!

- 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 the Rec. Commission at: [recreation@salemct.gov](mailto:recreation@salemct.gov) if you are interested in helping. Stay tuned, for more info.*

Contact the Recreation Commission at: [recreation@salemct.gov](mailto:recreation@salemct.gov), or call 860-859-3873, x275.

For additional information on activities provided by the Salem Recreation Commission please visit their website at: [salemct.gov/recreation](http://salemct.gov/recreation)

**OTHER ACTIVITIES IN OUR AREA**

**NIANTIC 35<sup>th</sup> ANNUAL LIGHT PARADE**



On Saturday, December 9<sup>th</sup>, the 35<sup>th</sup> annual Niantic Light Parade will once again travel through our beautiful downtown spreading holiday cheer! The parade will start at 6 PM at the corner of Columbus Avenue and proceed down Main Street (Route 156) to Pennsylvania Avenue (Route 161), ending on Grand Street.

**STONINGTON LOBSTER TRAP TREE STONINGTON BOROUGH**

**3<sup>rd</sup> Annual Stonington Lobster Trap Tree on display from November 25, 2023 thru January 7, 2024.**

Stonington Lobster Trap Tree Lighting Saturday, November 25<sup>th</sup> ~ 4:30 PM. The 3<sup>rd</sup> annual Stonington Trap Tree lighting will be a visual spectacle! This magical tree features beautiful hand painted buoys of more than 125 professional artists and 40 local families. The tree has thousands of colorful lights and a 5-foot-tall anchor that rotates colors as well. Step inside to view the landmark from the inside and you'll get incredible photos. **Free admission**



## OTHER ACTIVITIES IN OUR AREA (continued)

### LIONS LIGHTS IN MOTION - HEBRON FAIR GROUNDS HEBRON CT

Lions Lights in Motion at the Hebron Fairgrounds, 347 Gilead Street, Hebron CT, November 24<sup>th</sup> thru December 31<sup>st</sup>. Click [HERE](#) for more information, calendar, dates, and times.

\$40 per vehicle includes all legally seated occupants.

Click [HERE](#) to purchase tickets on-line.



### MYSTIC AQUARIUM HOME OF THE HOLIDAYS LIGHTS EXTRAVAGANZA

From the snowy Arctic Coast to the magical frozen tunnel of icicles, you will enjoy the magic of the holidays while getting access to our main indoor aquarium gallery, shark touch habitat, Arctic Coast beluga habitat, and newly-renovated courtyard decked with dancing lights choreographed with your favorite holiday movie tunes.

There will be refreshments available for purchase, countless photo opportunities, and even some surprise special guests!

Don't miss the first-ever Home for the Holidays lights extravaganza, select evenings from November 24<sup>th</sup> – December 30<sup>th</sup>, from 6 PM to 9 PM. The final entry of the night occurs 30 minutes before close. Click [HERE](#) to access the webpage for more information and details.



### NIANTIC BAY PLAYHOUSE, NIANTIC

#### UPCOMING EVENTS AT THE NIANTIC BAY PLAYHOUSE (279 Main Street, Niantic, CT)

- **A Christmas Carol**: December 1<sup>st</sup> – 17<sup>th</sup> @ 7:30 PM. Senior Price \$28 + Fees.  
**Tickets:** Go to the website by clicking on: [nianticbayplayhouse.org/](http://nianticbayplayhouse.org/) for more details.  
**Tickets can be purchased by calling: 860-850-5072, e-mail: [info@nianticbayplayhouse.org](mailto:info@nianticbayplayhouse.org), or on-line by clicking on: [nianticbayplayhouse.org/ticket-sales](http://nianticbayplayhouse.org/ticket-sales).**
- We have 4 tickets still available to **A Christmas Carol** on Sunday, December 10<sup>th</sup> at 2 PM at the Niantic Bay Playhouse, \$25. **SOLD OUT** Contact/RSVP to Kay Zak at: 860-889-3985 or e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com). **SOLD OUT**

### GARDE ARTS CENTER, NEW LONDON

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

- ***Eastern Connecticut Ballet Presents: The Nutcracker, Featuring dancers from the New York City Ballet, December 9<sup>th</sup> & 10<sup>th</sup>, December 9<sup>th</sup> 1:30 PM and 7:00 PM, December 10<sup>th</sup> at 1:30 PM.***
- ***Artrageous – Saturday December 30<sup>th</sup>, at 4 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 by clicking on: [gardearts.org/events/](http://gardearts.org/events/).

### NORWICH ARTS CENTER NORWICH

#### UPCOMING EVENTS AT THE NORWICH ARTS CENTER (62 Broadway, Norwich)

- **Cinderella at the Christmas Ball:** Friday, Dec 8<sup>th</sup>, and 15<sup>th</sup> 7:30 PM, Saturday, Dec 9<sup>th</sup>, and 16<sup>th</sup> 7:30 PM Sunday, Dec 10<sup>th</sup>, and 17<sup>th</sup> 2 PM. Adults \$20.00 Seniors, Military, Students \$18 Children Under 10 Free but must reserve a seat.

## OTHER ACTIVITIES IN OUR AREA (continued)

### **NORWICH ARTS CENTER NORWICH (continued)**

- 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).

### **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.

### **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>

### **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 AM – 4 PM, Mon-Fri and 6 PM – 8 PM, Mon-Thurs.

## 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. **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:** [eltownhall.com/community/senior-center/](http://eltownhall.com/community/senior-center/).

**SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS (continued)****EAST LYME SENIOR CENTER NEWS (continued)**

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

**PUBLIC TOWN MEETINGS FOR DECEMBER**

- **BOE Long-Range Educational Planning,**  
December 4<sup>th</sup>, 5:00 PM
- **BOE Personnel/Contract Negotiations**  
December 4<sup>th</sup>, 6:00 PM
- **Inland Wetlands & Conservation Commission,**  
December 4<sup>th</sup>, 7:00 PM
- **Board of Education,**  
December 4<sup>th</sup> 7:00 PM
- **Board of Selectmen,**  
December 5<sup>th</sup>, 7:00 PM
- **Library Board of Directors,**  
December 12<sup>th</sup>, 6:00 PM
- **Emergency preparedness Agency,**  
December 12<sup>th</sup>, 7:00 PM
- **Planning and Zoning Commission,**  
December 12<sup>th</sup>, 7:00 PM
- **Board of Finance,**  
December 14<sup>th</sup>, 7:00 PM
- **Board of Education Policy,**  
December 18<sup>th</sup>, 5:00 PM
- **Board of Education Curriculum**  
December 18<sup>th</sup>, 8:00 PM
- **Recreation Commission,**  
December 18<sup>th</sup>, 7:00 PM
- **Salem Green Cemetery Association**  
December 19<sup>th</sup>, 2:00 PM
- **Economic Development Commission,**  
December 19<sup>st</sup>, 7:00 PM
- **Zoning Board of Appeals**  
December 28<sup>th</sup>, 7:00 PM

To view the Town Public Meeting Calendar, click on: [salemct.gov/calendar-by-event-type/16/month/2023-12](http://salemct.gov/calendar-by-event-type/16/month/2023-12)

**THINGS TO KNOW****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.



**THINGS TO KNOW (continued)****THAMES VALLEY COUNCIL FOR COMMUNITY ACTION (TVCCA) (continued)**

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/) or 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.

**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.

Family Size	1	2	3	4	5	6	7	8
Income Level	Up to \$41,553	Up to \$54,338	Up to \$67,124	Up to \$79,910	Up to \$92,695	Up to \$105,481	Up to \$107,878	Up to \$110,275

- **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.

Family Size	1	2	3	4	5	6	7	8
Income Level	Up to \$23,328	Up to \$31,552	Up to \$39,776	Up to \$48,000	Up to \$56,224	Up to \$64,448	Up to \$72,672	Up to \$80,896

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

**LOOK WHAT'S HAPPENED**  
**PHOTOS FROM RECENT SALEM SENIOR'S ACTIVITIES**

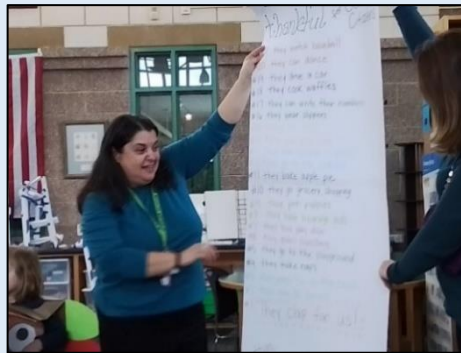
Thanksgiving luncheon and student presentation during our November meeting at the Salem school.



The PK kids dressed as turkeys entertained the Seniors with songs. **CUTENESS OVERLOAD!!!**



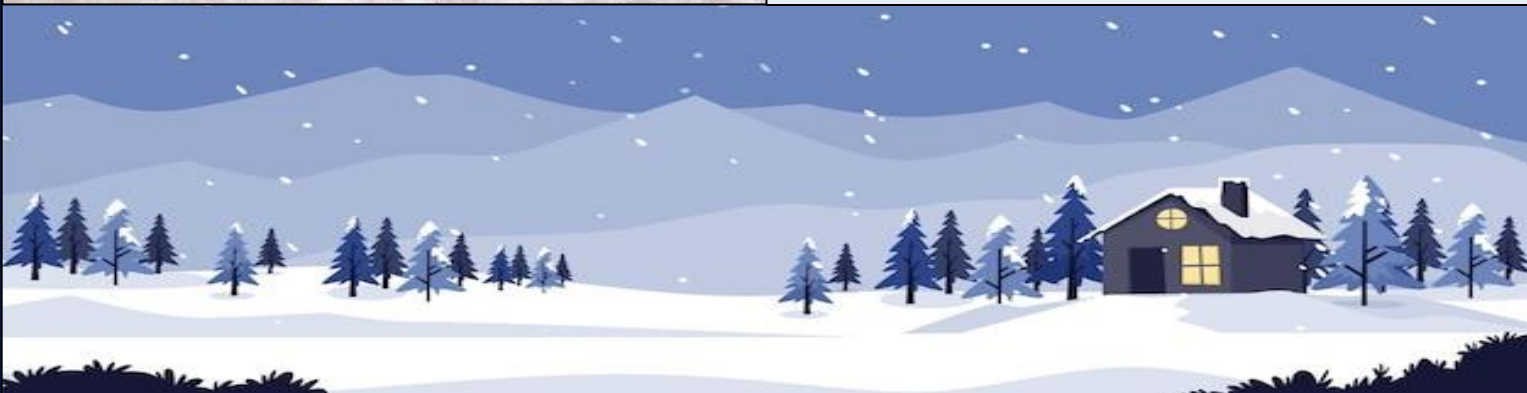
Seniors enjoying the show



The PK list of things they were thankful for



Trooper Kevin Crosby



**CORRECTIONS/CHANGES**

The following are the corrections/changes made the original edition sent on December 2<sup>nd</sup> @ 2:41 PM:

1. Page 2, in the *Salem Seniors News* under the **50/50 Raffle, Christmas Ornament** heading, added that the Knitters/Quilters products will be for sale at the Seniors' December meeting.
2. Page 7, in the **Volunteer Opportunities** section clarified the **FOSL** book sorting date.