

BIRTHDAYS/ANNIVERSARIES

JANUARY BIRTHDAYS

Scott Wardwell 2 nd	Karen Serrenho 3 rd	Paula Wollman 3 rd	Ed Artale 4 th
Doris McTigue 10 th	Palma Canniff 20 th	Maryann Demers 21 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, CHRISTMAS ORNAMENT, & BASKET RAFFLE

The 50/50 Raffle was won by Joe Valentini (\$75). The Holiday Gift Basket Raffles were won by: Paula Wollman, Sandy Teixeira and Cheryl Welles. Congratulations to all of the winners!

The Ornament sale netted \$84. Buffy has agreed to let the Senior’s sell the rest of the ornaments at the annual FOSL Plant Sale (May 9th, 10th, & 11th) with the proceeds going to the Senior’s. **Thank you, Buffy.**

SALEM SENIOR STRIDERS

The hiking group will not be hiking over the winter. The hikes will resume in April 2024.

POT LUCK LUNCH/TALENT SHOW

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

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

SUNDAY BOWLING AT NORWICH TEN PIN

The Seniors are hosting a bowling event again at the Norwich Ten Pin on their Sunday Special **Tentatively Scheduled for February 18th**. **If you are interested contact Michelle Horan at: 860-303-5023 or e-mail at: horan.micheller@gmail.com.** This will be discussed at our January Senior meeting.

BINGO

When: 4th Thursday of each month (for JANUARY it will be the 25th)
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 Nurie at 860-884-4902 or e-mail: nunusobx@gmail.com, or Michelle at: 860-303-5023 or e-mail: horan.micheller@gmail.com.**



SALEM SENIORS NEWS (continued)

SUPPLIES FOR THE SALEM SCHOOL “FILL THE TEACHERS’ SHELVES 2024”

A list of school supplies for the Salem School teachers to be collected and presented at the Valentine’s Day luncheon again this school year was sent out on FaceBook and distributed at the Senior’s Group December meeting. Sandy Swider and June Mainella are chairing this effort again this year. Check pages 12 & 13 of this newsletter for the list of items that still need to be collected. Some items on the list may have been purchased since the newsletter was published. **Please check with Sandy Swider 860-912-2498 or June Mainella 860-889-4027 for items still on their list and bring to the January 9th meeting.** Cash donations accepted to purchase higher priced items are always accepted.

SENIORS ACTIVITIES @ THE LIBRARY

Busy Bee Quilters – 2nd Wednesday of the month from 10:00 AM to 4:00 PM.

Clamshell 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.

HEALTH AND WELLNESS

BLOOD PRESSURE CHECK

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

KIDS AND ADULT SIGHT SCREENING SPONSORED BY THE SALEM LIONS CLUB

Salem Lions Club will be holding a sight screening session for children and adults January 13th from 9:00 AM – 12:00 PM at the Center School in Salem. This is a free service. Please contact Kay Zak to sign up for a time slot.

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/vyhlf4966f/uploads/transportation_fy22_packet_0.pdf.

FOOD PANTRY: (reprinted from 2022)

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
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.

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.

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 and enter the required information the boxes provided.

EVENTS & THINGS TO DO

CONNECTICUT FLOWER AND GARDEN SHOW

The Seniors will be going to the Connecticut Flower and Garden Show at the Connecticut Convention Center (100 Columbus Blvd, Hartford), Friday, February 23rd.

The discount ticket cost is \$18.28 purchased on-line. We will meet at 9:00 AM at Kay Zak's house (294 Hartford Rd. Salem). We will leave as soon as all arrive, carpooling is encouraged. Parking at the CT Convention Center is **NOT** included in the ticket price.

Ticket purchase deadline is the Salem Senior Meeting February 13th. Kay will purchase the tickets. Please make checks payable to Salem Seniors. ***If you have any questions, please contact Kay Zak at: e-mail kayzak@hotmail.com or call 860-889-3989.***



Salem Seniors Bus Trip to Newport, RI

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

EVENTS & THINGS TO DO (continued)

ITINERARY:

Monday April 15th:

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



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

THINGS IN THE WORKS

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 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 or call: 860 889-3989.***

MINIATURE GOLF AT CAMP ODETAH BOZRAH, CT

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

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.

MITCHELL FARM EQUINE RETIREMENT

The Horse Retirement, Horse Sanctuary is looking for help. **Contact Dee Doolittle 860 303-8705, or email 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. 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. we will be sorting books Wednesdays, February 24th, and March 27th at the Salem Free Public Library 264 Hartford Road from 10:00 AM – 12:00 PM. For future book sorting dates, stay tuned and watch for notifications on FaceBook.

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

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.

LION'S CLUB

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

CARE & SHARE

Care & Share of East Lyme, Inc. provides food, financial and emergency support to individuals and families in East Lyme, Niantic, and Salem. ***If you are interested in 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/.

COMMUNITY NEWS YOU CAN USE

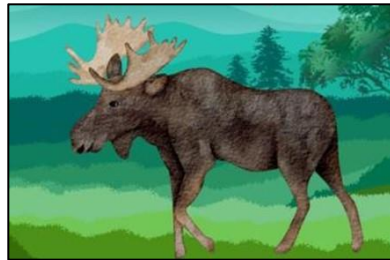
SALEM FREE PUBLIC LIBRARY

NEWS & EVENTS

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

- **MOOSE IN CT**

Presented by Ginny Apple, M.W.C with the CT DEEP, Saturday, January 20 @ 11:00 AM.



(Sponsored by the Friends of the Salem Library)

To register call: 860-859-1130.

- **ALL ABOUT OPOSSUMS: BACKYARD WILDLIFE**

Presented by Ferncroft Wildlife Rescue

Saturday, February 3rd @ 11:00 AM.
(snow date: February 10th, @ 1:00 PM)

- Slide show and discussion on wildlife rehabilitation with an emphasis on opossums.
- Meet & greet with live animal ambassador opossums.
- The children's book, ***From Pouch to Couch***, by Pam Lefferts of Ferncroft Wildlife Rescue, will be available for sale & signing.



(Sponsored by the Eight Mile River Wild & Scenic Watershed)

- **STILL LIFE WORKSHOP**



Saturday, March 9th from 11:00 AM – 1:00 PM.

Bring your own materials.

To register call: 860-859-1130.

- **WINTER READING FOR ALL AGES!**

January 22nd to March 4th

Register at the circulation desk beginning January 22, 2024 to receive your reading log. Read as much or as little as you would like! Turn in your reading log by March 4, 2024 to receive a raffle ticket (1) and a free book of your choice.



(Sponsored by the Friends of the Salem Library)

- **WIND POWER: PINWHEELS & PUFF MOBILES**

Presented by Kimberly McLean, Saturday, February 24th @ 11:00 AM



Participants will start by making a pinwheel to see how air moves things, then see if they can make a toy car move using the same principles.

Limited to 12 participants, ages 7-12.

To register call: 860-859-1130.

- **IRISH MUSIC CONCERT**

Irish music concert with Kip & Mic, Saturday, March 16th, @ 11:00 AM.



To register call: 860-859-1130.

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

COMMUNITY NEWS YOU CAN USE (continued)

SALEM RECREATION DEPARTMENT

There are many activities for Salem residents of all ages:

- The Recreation Commission will be starting an indoor walking program for the winter at the Salem School. ***They need a person to sign people in at the school for each session. Please contact Salem's Recreation Commission by clicking on: recreation@salemct.gov if you are interested in helping. Stay tuned, for more info.***

- **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 3rd to May 28th

Volleyball: Fridays 7:00-9:00 PM
Oct 6th to May 31st

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

- **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.



**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!

- **VIRTUAL FITNESS CLASSES – KEEP MOVING**

WINTER FITNESS SCHEDULE:

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

SPRING FITNESS SCHEDULE

- **Tuesdays: Apr 16th – Jun 18th, 6 – 6:45 PM (10 wks.)**
Pilates, Instructor: Rob \$70.
- **Wednesday Apr 17th – Jun 19th, 8:30 – 9:15 AM (10 wks.)**
Cardio Strength, Instructor: Maggie – \$70.
- **Thursday Apr 18th – Jun 20th, 6 – 6:45 PM (10 wks.)**
Core Strength, Instructor: Rob \$70.

For Details visit recreations website by clicking on: salemct.gov/recreation/personaleuphoria

Contact the Recreation Commission at: recreation@salemct.gov, or call 860-859-3873, x275.

For additional information on activities provided by the Salem Recreation Commission please visit their website by clicking on: salemct.gov/recreation

OTHER ACTIVITIES IN OUR AREA

NORWICH ARTS CENTER NORWICH

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

Wednesday Jan 10th @ 7:30 PM. Tickets: Adults \$25 seniors/military/students \$23, Members \$20.

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

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



OTHER ACTIVITIES IN OUR AREA (continued)

NIANTIC BAY PLAYHOUSE, NIAN TIC CT

UPCOMING EVENTS AT THE NIAN TIC BAY PLAYHOUSE (279 Main Street, Niantic)

2024 Season

- **Ken Ludwig's Lending me a Tenor** – March 22nd – April 7th,
- **Willy Wonka Jr** – April 26th – May 5th,
- **Nunsense II** – June 7 – 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, NEW LONDON

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

2024 Season

- **Matilda The Musical** – January 5th & 6th,
- **Eastern Connecticut Symphony Orchestra** – Saturday, January 27th, @ 7:30 PM (Mozart, Marx & Beethoven),
- **The Artimus Pyle Band** – Friday, February 9th @ 4:00 8:00 PM,
- **Swan Lake (Community)** – Sunday, February 11th @ 6:00,
- **Eastern Connecticut Symphony Orchestra** – Saturday, February 24th @ 7:30 PM (Sounds of Scotland),
- **Les Ballets Trockadero de Monte Carlo** (world foremost all male comic ballet co) – Tuesday, February 27th @ 7:30 PM,
- **Banff Centre Mountain Film Festival** – Saturday, March 2nd @ 7:00 PM,
- **The Life and Music of George Michael** – Sunday, March 3rd @ 7:30 PM,
- **360 ALLSTARS** – Friday, March 8th @ 7:30 PM,
- **DOT, DOT, DOT A NEW MUSICAL** (Dominion Energy School Time Performance Series) – Friday, March 15th @ 10:00 AM,
- **Red Hot Chilli Pipers** – Saturday, March 16th @ 8:00 PM,
- **A Bronx Tale** – Saturday, March 23rd @ 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/.

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.

BUS TRIPS

DARRELL LEN BUS TRIPS

Contact Darrell Len P.O. Box 2141, Salem, CT 06420, e-mail: darrellsbus@gmail.com,

or call: 860-884-2754 to get departure, and return locations and times, payment instructions and other information.

OTHER ACTIVITIES IN OUR AREA (continued)

OTHER GROUPS THAT HAVE TOURS

- **Tours of Distinction Trips:** call (800) 426-4324, or visit their website by clicking on: toursofdistinction.net/.
- **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.newlondonadulthood.org/CourseCatalog/categoryView.asp?id=695>

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/.

PUBLIC TOWN MEETINGS FOR JANUARY

- | | |
|--|---|
| • Board of Selectmen,
January 2 nd , 7:00 PM | • BOE Personnel/Contract Negotiations
January 8 th , 6:00 PM |
| • Inland Wetlands & Conservation Commission,
January 2 nd , 7:00 PM | • Board of Education,
January 8 th , 7:00 PM |
| • BOE Long-Range Educational Planning,
January 8 th , 5:00 PM | • Planning and Zoning Commission,
January 9 th , 7:00 PM |

PUBLIC TOWN MEETINGS FOR JANUARY (continued)

- **Library Board of Directors,**
January 9th, 6:00 PM
- **Emergency preparedness Agency,**
January 9th, 7:00 PM
- **Board of Finance,**
January 11th, 7:00 PM
- **Board of Education (Special Budget)**
January 16th, 7:00 PM
- **Economic Development Commission,**
January 16th, 7:00 PM
- **Board of Education Co-Op @ ELHS**
January 22nd, 6:00 PM
- **Planning and Zoning Commission,**
January 23rd, 7:00 PM
- **Zoning Board of Appeals**
January 25th, 7:00 PM
- **Board of Finance,**
January 25th, 7:00 PM

To view the Town Public Meeting Calendar, click on: salemct.gov/calendar-by-event-type/16/month/2024-01

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.

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.

THINGS TO KNOW (continued)

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 click on the following link: [eversource.com/content/residential/account-billing/payment-assistance/discount-rate](https://www.eversource.com/content/residential/account-billing/payment-assistance/discount-rate), or call **EVERSOURCE** at 800-286-2828, or call TVCCA at 860-889-1365.

SALEM SCHOOL “FILL THE TEACHER’S SHELVES”

● **Presentation of the “Salem School “Fill The Teacher’s Shelves” items to the teachers.**

When: Tuesday February, 13th, during the regular monthly Senior’s Group meeting. (time TBD)

Location: Salem School.

● **Several items are still needed for the “Fill The Teacher’s Shelves” program. The following is a list of items that are still needed. NOTE: Most items can be found on Amazon.**

SALEM SCHOOL “FILL THE TEACHER’S SHELVES” NEEDS LIST

- Crayola washable markers (on Amazon)
- 24 pouch over the door /wall mesh pocket shoe organizer (on Amazon)
- 12-inch x 18-inch multi color construction paper
- Velcro white or black roll 15 feet x ¾ inch
- Chart paper
- Clear spinners (on Amazon)
- Crayola Take Note dry erase markers (on Amazon)
- Class set of scissors (on Amazon)
- Dry Erase pockets (on Amazon)
- Tissues
- Rainbow cone display set
- River stones & hilltop stepping stones
- Tunnel (pre-K thru 4th grade) (on Amazon)
- Horizontal climbing walls in gym or money towards materials (pre-K thru 8th grade, please consult Brent Ali, PE teacher)

SALEM SCHOOL “FILL THE TEACHER’S SHELVES” (continued)**SALEM SCHOOL “FILL THE TEACHER’S SHELVES” NEEDS LIST (continued)**

- Calm Breath Sensory desk stickers (on Amazon)
- Mr. Sketch smelly markers (on Amazon)
- Mesh zipper pouch bags
- Sticky magnet squares (on Amazon)
- Poster board
- Chart paper markers (on Amazon)
- 2 Code & Go Robot mouse by Learning Resources (\$29.27 ea. on Amazon)
- 2 rolls of fishing line (need not be new)
- Duct tape (need not be new)
- 36 pack black carpet floor circles (Sit Spots, on Amazon)
- Scotch heavy duty packing tape
- Adjustable laptop stand for desk (on Amazon)
- Stickers for grade 2
- Legos
- Rug – grade 7
- Model Magic modeling clay (on Amazon)
- Different colored copy paper (yellow, blue, pink, green, etc.)
- 2 sets Fraction cubes, (on Amazon)
- Standard scotch tape refills for dispenser
- Pencil cap erasers
- Paper clips
- Bonno 5x2 Gondola grid panel tower, wire grid with rolling base (for displaying student artwork pre-K thru 8th grade, need at least 3, \$149.99 ea. on Amazon)
- Paper Mate handwriting triangular mechanical pencil set with lead & eraser refill (3 sets = pencils) (on Amazon)
- 30 – 40 plastic folders with pockets & prongs (3-hole punch)
- Reward: pencils, stickers, and seasonal stickers (on Amazon)
- Learning resources STEM pixel art challenge (2 kits) (on Amazon)
- Playvibe fort building kit (130 pieces) (on Amazon)
- Auihay145 piece heat shrink plastic sheet kit/keychain (on Amazon)
- Round floor cushions for whole group time (ECR4kids softzone floor cushions 6 piece) (on Amazon)
- GSM brands florescent light diffuser covers (set of 8) (on Amazon)
- Taska toys creative unique building set (on Amazon)
- Olympia Tools 85-010 Grand Pak-N-Tool Portable Tools Carrier (15) (on Amazon)

Check with either Sandy Swider 860-912-2498 or June Mainella 860-889-4027 for an up-to-date list.

SENIOR'S ACTIVITY SURVEY RESULTS

As an aid to planning the Group's activities for 2024, an activity survey was distributed at the December Senior's meeting to gather information on what the Group is interested doing. The Senior's Group December meeting was attended by 61 members and 30 completed surveys were collected. The table below details the results of the survey by listing the event/activity in order by the number of votes received from the highest to the lowest. The last column indicates the percent of the respondents that cost the event/activity.

For those that did not complete the survey and wish to do so, a copy of the *Salem Seniors Activity Survey* is attached at the end of the Newsletter. Please return your completed Survey at the January 9th Senior's Group meeting.

#	Event/Activity	%
22	Salem Senior's Holiday Luncheon – December or January	71%
20	Mini Golf at Camp Odetah Bozrah, CT	65%
19	Pot Luck Dinner and Talent Show – March or April	61%
17	Essex Steam Train and Boat Ride	55%
17	Salem School Teacher's Supplies list – around Valentine's Day	55%
15	Goodspeed show " <u>South Pacific</u> " matinee	48%
14	Norma Terris Theatre shows – show TBD	45%
14	Thimble Island cruise – August	45%
13	Block Island Dinner Run – August	42%
13	Mitchel Farms Music Festival – Sept. 9 th – 11 th	42%
12	Bushnell Theatre Hartford " <u>Wicked</u> " Bus option/lunch stop (Darrell Len) – April/May	39%
12	Ivoryton Playhouse – shows TBD	39%
12	Memorial Day Parade & float – May	39%
12	The Friends of the Salem Free Library plant sale(s) at our meeting(s)	39%
11	Monthly hike/nature walk	35%
11	Tour of Newport, RI, Visit the Breakers Mansion – Bus option/lunch stop (Darrell Len) – April	35%
11	Tuesday Senior card/board games @ the library	35%
10	Bowling	32%
10	Goodspeed show " <u>A Christmas Story</u> " matinee	32%
10	Senior games – party type games	32%
10	Sitercise/Chair Yoga	32%
10	The Kate – shows – TBD	32%
9	Bushnell Theatre Hartford " <u>Funny Girl</u> " Bus option/lunch stop (Darrell Len) – June	29%
9	Mystic Seaport Lantern Light Village Tour, Mystic Seaport – December	29%
9	Straight no Chaser – (a cappella group) Mohegan – December	29%
9	USS Nautilus Groton	29%
8	Convention Center Flower Show Feb 22- 25 – bus option	26%
8	Gillette Castle Holiday Display – December	26%
7	Goodspeed show " <u>Maggie</u> " matinee	23%
7	RiverQuest Shanties and Sails – June	23%

SENIOR’S ACTIVITY SURVEY RESULTS (continued)

#	Event/Activity	%
7	RiverQuest Shanties and Sails – June	23%
7	The Garde Arts Center – shows – TBD	23%
7	Tour of Hartford Capital, Mark Twain House - Bus option/lunch stop (Darrell Len)	23%
6	Chair Massage	19%
6	XL Center Ringling Bros Circus – May - bus option (Darrell Len)	19%
5	Goodspeed show “ <u>The Mystery of Edwin Drood</u> ” matinee	16%
5	Mystic Seaport Wooden Boat Show – June	16%
5	Trans-Siberian Orchestra – Mohegan December estimated cost: \$100)	16%
3	Trick or Trunk sponsored by GLVFC – October	10%
2	Pin Pong	6%
2	Playing Darts	6%
1	Arts & Crafts	3%
1	Blackhawk or Sunbeam Sport Fishing – July/August (est. cost: \$100 per person, 5 hrs.)	3%
1	CT Sun Basketball Game	3%
1	Duckpin Bowling	3%
1	Niantic Bay Theater	3%
1	Night viewing Astronomy	3%
1	NYC Trips (e.g., Macey’s Thanksgiving Day Parade)	3%
1	Sight & Sound Theater in PA shows TBD	3%

If you have not completed the **Salem Seniors Activity Survey** and wish to do so, please detach/print the Survey form from the end of this newsletter, complete it and either mail it to me (Gary Closius, 294 Hartford Rd., Salem, CT, 06420) or bring it to the January Senior’s Group meeting.

2023 – The Year In Review

THE WE HAD A BUSY YEAR!!!

- **Membership**
 - Sadly, we lost four members in 2023: Bobbie Ziegra, George Ziegra, Joan Golubeck, and Anne Rowthorn.
 - We started 2023 with 97 members, we ended 2023 151 members, for a net increase of 54.
- **New Items for 2023**
 - We initiated a 50 / 50 Raffle at our monthly meetings to benefit the *Seniors Helping Seniors Fund*
 - We initiated a monthly BINGO game.
 - We initiated the *Salem School “Fill The Teacher’s Shelves”* to collect donated items to help Salem School teachers with classroom supplies.
- **Events & Activities**
 - The board/card game day continues every Tuesday from 1:00 – 4:00 PM @ the Salem Library.
 - The Busy Bee Quilters continue meeting @ the Salem Library from 10:00 – 4:00 PM on the 2nd Wednesday of the month.
 - The Charity/Community Quilters continue to meet from 10:00 – 3:30 PM on the 1st and 3rd Fridays of the month.

2023 – The Year In Review (continued)

• **Events & Activities (continued)**

- We held a Bowling event at Norwich Bowling & Entertainment.
- We held a Senior's Movie night, "*80 For Brady*".
- For our February monthly meeting a Valentine's Day luncheon hosted by the Salem School. Thank you, Salem School. During the meeting the Seniors delivered the *Salem school "Fill The Teacher's Shelves"* donated items.
- We held a Potluck Dinner and Talent Show attended by Attorney General William Tong.
- We attended the productions of "*Gypsy*" and "*Dreamgirls*" at the Goodspeed.
- We attended the CT Flower & Garden Show at the CT Convention Center.
- We continued the monthly hike/nature walks. Thank you, Heidi Buchholtz and Kim Siebert, for leading them.
- We marched and had a float in Salem's Memorial Day parade. Thank you, Michelle Horan and Joan Gaynor, for organizing.
- Several seniors received First Aid and CPR/AED training provided by the Salem Volunteer Fire Company. Thank you, Firefighter/EMT Ryan Teixeira.
- We attended the production of "Here We Come Again" at the Terris Theater.
- We went on the Lights and Sights ferry tour aboard Cross Sound Ferry's Sea Jet.
- Our July monthly meeting was held at the historic Bingham Camp.
- For our August monthly meeting the Salem Volunteer Fire Company hosted a BBQ and ice cream social. Thank you SVFC.
- We attended the Mitchell Farm Music Festival.
- We went on the "Tree Swallow Sunset Sail" aboard RiverQuest's Onrust.
- We hosted a Flu and COVID vaccine clinic at our October monthly meeting. Thank you, Salem Health Mart.
- For our November monthly meeting a Thanksgiving luncheon hosted by the Salem School. Thank you, Salem School.
- We attended the production of "*A Christmas Carol*" at the Niantic Bay Theater.

• **Community Support and Other Activities**

- With the help of Sprigs & Twigs landscaping company, we cleaned up and revived the Court Yard Gardens in the back of the Salem School. Thank you, Joan Gaynor, for organizing and driving that effort, and thank you Robbin Pelletier for getting Sprigs & Twigs on board.
- We built 6 Town Green Memorial Flowerboxes. Thank you, Chris Newell, Tom Phillips and Ed Artale.
- We continued to support the Mitchell Farm Equine Retirement Fall Festival with a bake sale.
- We supported Provider Farms by selling their produce at our monthly meetings during the summer.
- We continued to support the Trick or Trunk hosted by the Gardner Lake Volunteer Fire Company.
- We supported the Friends of the Salem Library Used Book Sale.
- We collected food items for Care & Share at every meeting and other Senior Group events.
- We help the VFW with cemetery clean-up
- We continued to issue the monthly newsletter.

• **Donations (\$2721.73 total)**

- \$150 to buy robots for the *Salem School "Fill the Teachers Shelves (2023)"* effort.
- \$311.12 donated to SVFC as thank you for the First Aid and CPR/AED instruction; (fees collected after expenses).
- \$50 Memorial Donation to Terry Brodeur Breast Cancer Foundation for Joan Golubeck.
- \$50 Memorial Donation to Friends of Salem Library for Bobbie Ziegra.
- \$25 Program Ad for Salem Lions Anniversary Event.
- \$133.15 for materials to construct Town Green Memorial Flowerboxes.
- \$875 from members to Mitchell Farm for Benefit Concert, plus \$100 Anonymous Member Donation.
- \$285, proceeds from the Senior's Group bake sale at the Mitchell Farm Fall Festival.
- \$500 annual gift to Salem Volunteer Fire Department for "Holiday Helpers for Needy".
- \$92.46 to purchase candy for annual Trick or Trunk Event.
- \$150 to the *Salem School "Fill the Teachers Shelves (2024)"* effort.

Salem Seniors Activity Survey

- Senior games – party type games
- Tuesday Senior card/board games @ the library
- The Friends of the Salem Free Library plant sale(s) at our meeting(s)
- Bowling
- Chair Massage
- USS Nautilus Groton
- Essex Steam Train and Boat Ride
- Goodspeed show "**The Mystery of Edwin Drood**" matinee
- Goodspeed show "**South Pacific**" matinee
- Goodspeed show "**Maggie**" matinee
- Goodspeed show "**A Christmas Story**" matinee
- Bushnell Theatre Hartford "**Wicked**" Bus option/lunch stop (Darrell Len) – April/May
- Bushnell Theatre Hartford "**Funny Girl**" Bus option/lunch stop (Darrell Len) – June
- Norma Terris Theatre shows – show TBA
- Ivoryton Playhouse – shows TBA
- The Kate – shows TBA
- The Garde Arts Center – shows TBA
- Monthly hike/nature walk
- Tour of Hartford Capital, Mark Twain House – Bus option/lunch stop (Darrell Len)
- Mini Golf at Camp Odetah Bozrah, CT
- Salem Senior's Holiday Luncheon – December or January
- Salem School Teacher's Supplies list – around Valentine's Day
- Pot Luck Dinner and Talent Show – March or April
- Tour of Newport, RI, Visit the Breakers Mansion – Bus option/lunch stop (Darrell Len) – April

