

SALEM CT SENIORS

NEWSLETTER

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WELCOME NEW MEMBERS

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

BLOOD DRIVE

Salem Volunteer Fire Dept., 424 Hartford Rd.
 Tuesday, August 16th, 11 AM – 5 PM.
 Call 1-800-733-2767 or visit
www.RedCrossBlood.org and enter: SalemCT
 to schedule an appointment

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LOOK WHAT'S HAPPENED

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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 bags the size of the grocery bags.

If you can, please bring a non-perishable food item to our next meeting and all events.

SPECIAL ANNOUNCEMENTS

JULY MEETING LOCATION

PLEASE NOTE: Our July 11th meeting will be held at the Bingham Camp, 490 East Haddam Road.

For directions please see page 2.

2BROTHERS RESTAURANT will be closed from July 2nd – 17th for vacation. They will re-open on Tuesday, July 18th.

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:

July 11, 2023
 September 12, 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

BIRTHDAYS/ANNIVERSARIES

JULY BIRTHDAYS

John Hummel	2 nd	Linda Parker	4 th	Fran Poole	18 th
Brenda Holmwood	23 rd				

SPECIAL ANNOUNCEMENT

We would like to congratulate Gary and Kay on their wedding on May 27, 2023.
Best Wishes for a long and happy life together!

JULY 11TH SENIORS MEETING TO BE HELD AT BINGHAM CAMP SALEM

The July 11th Seniors Meeting will be held at Bingham Camp, 490 East Haddam Road.

Directions: From the roundabout take Route 82 west towards East Haddam. Go past Mitchell Farm on your right, then past Marvel Farm on your right. Just before Woodbridge Road there is a private driveway on your right. Take the private entrance and follow to the main house at the end of the driveway. (The house is not visible from the road)

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**)

HEALTH AND WELLNESS

COVID TEST KITS EXPIRATION DATE

Use the following link to go to the U.S Food & Drug Administration website and scroll down and find your brand: www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests?utm_medium=email&utm_source=govdelivery#list. Scan for the Lot number and date to see if dates have been extended.

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

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

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 July 27th, 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 **Neurie at 860-884-4902** or e-mail: nunusobx@gmail.com, or **Michelle at 860-303-5023** or e-mail: horan.micheller@gmail.com.*

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.

GARDENING TEAM

The team will work on the playscapes removing the Mugwort and vines from the fencing. The renovations on the court yard gardens have been rescheduled for August 8, 2023, weather permitting. At that time **Sprigs and Twigs** will be digging out weeds, overgrown grass, and start low maintenance plantings that will revitalize the courtyard for years to come.

Any questions about the project, please contact Joan Gaynor at salemtech53@yahoo.com. Or call Joan at 860 449-3064

SALEM HIKES AND WALKS

The first Salem Seniors' hike/nature walk for 2023 took place on June 21st and was well attended. We hiked the **Salem Multipurpose Trail** (AKA the Harris Brook Trail) from Music Vale Rd. to Round Hill Rd. via the Loop Trail, and back. (~ 2 ¾ miles).

UPCOMING EVENTS & THINGS TO DO (continued)

SALEM HIKES AND WALKS (continued)

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:

ITEMS STRONGLY SUGGESTED:

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

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:

- July 19th:** **Walden Preserve (parking off Hagen Road)** – Explore about 3 miles (could do longer if group wants to and water conditions allow) of easy trails. Butterfly filled field is included.
- 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.

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 Onrust <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.***

UPCOMING EVENTS & THINGS TO DO (continued)

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.

- **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.

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

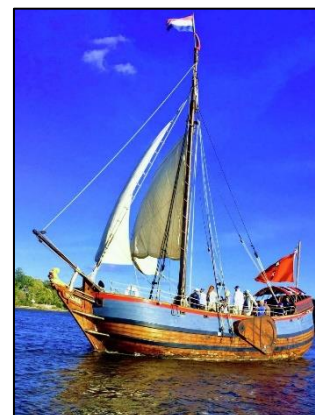
The cruise includes 2-hour tour ride on the river viewing Gillette Castle and the Chester Hadlyme Ferry. The ***RiverQuest*** is an extremely safe, quiet intimate 64' vessel. She has been inspected, approved, stability tested and certified by The United States Coast Guard.

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.

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.



THEATRE, CONCERTS, & CRUISES (continued)

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

Tickets \$50 for Seniors

Laurel Canyon & Broken Arrow



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.

Salem Senior's get your tickets through us and pay \$50 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.

- **CHRISTMAS IN JULY**



- Are you a Salem Resident?
- Are you a Musician, a Member of a Band?
- Are you a DJ, an Entertainer?
- Do you have a Food Cart / Truck?
- Are you an owner of a Salem Business?

Share your talents with your community.

Contact us to reserve your spot today!

Salem Recreation: recreation@salemct.gov or 860-859-3873, x275

- **SALEM RECREATION SUMMER 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

July 6th-----Featuring *Local Honey*

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

July 13th-----Featuring *The U.S. Coast Guard Band*

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

July 20th-----Featuring *384 East*

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

UPCOMING EVENTS & THINGS TO DO (continued)

● **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

July 7 th ----- Featuring <i>The Heavy Hitters</i>	July 14 th ----- Featuring <i>American Honey</i>
July 21 st ----- Featuring <i>Wicked Peach</i>	July 28 th ----- Featuring <i>F & Blues Band</i>
August 11 th ----- Featuring <i>Wild Nights</i>	August 25 th ----- Featuring <i>Red Light</i>

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/.

● **EAST LYME CONCERTS and EVENTS**

- **Celebrate East Lyme:** Saturday July 15, 2023 at 3 PM – 9 PM Main St. Niantic CT
This is a premier coastal street festival located on Main Street Downtown Niantic.
- **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)	
July 5 th	<i>The White-Eyed Lizard Band</i>	July 7 th	<i>Jamies Junk Show</i>
July 12 th	<i>Bootleg Harmony</i>	Sat. July 15 th	<i>The East Lyme All-Stars</i>
July 19 th	<i>Old Lyme Town Band</i>	July 21 st	<i>Katie Perkins</i>
July 26 th	<i>Boathouse Blues Band</i>	July 28 th	<i>MassConn Fusion</i>
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/.

UPCOMING EVENTS & THINGS TO DO (continued)

BUS TRIPS (continued)

● OTHER GROUPS THAT HAVE TOURS (continued)

- 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)

- They Might Be Giants: A band doesn't tour for 35 years if the people don't come back for more Brooklyn Originals Friday July 7th, 7:00 PM.
- Summer on Stage: Rapunzel Monday, July 10th – Friday July 14th.

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/.

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)

- Selwyn Birchwood: Sunday July 16 @ 6 PM \$25 Adults \$23 Seniors/military/student, \$20 members.

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 Cikatz has volunteered to head the committee but needs members to help with research and decision making. See Mary Cikatz.

ICE CREAM SOCIAL

We need a committee to work on another Ice Cream social for the summer months.

THINGS IN THE WORKS (continued)

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.

SENIOR YOGA AND SITTEERCISE OR SIMILAR EXERCISE PROGRAM

Gary Closius has volunteered to plan this event. The course provider(s) is/are being solicited.

SELF DEFENSE COURSE FOR ALL AGES

Gary Closius has volunteered to plan event and will teach the course. The course materials are currently being developed. Day, location and time to be determined.

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 9 for info on the annual Lion's Club Tag Sale.

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

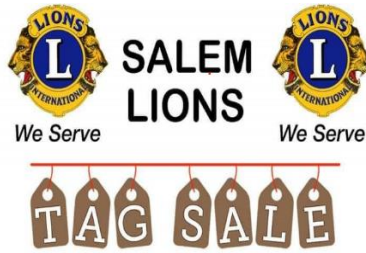
Volunteers are always welcome at **Salem School**. Anyone interested in volunteering can mail the volunteer form (which lists volunteer options) to Jennifer Kayser, Executive Assistant to the Superintendent, Salem School District, 200 Hartford Rd. Salem, CT. Use the following link to go to the Salem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



**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.



**Carl Nawrocki at 860-608-9970, or
Bart Drennen at 860-235-5889.**

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

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

SALEM RECREATION DEPARTMENT

Saturday Mornings 8:00 - 10:00 a.m.
Tuesday Evenings 5:00 - 7:00 p.m.
Round Hill Road Tennis/Pickleball Courts

Sign in upon arrival

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

COMMUNITY NEWS YOU CAN USE (continued)

SALEM RECREATION DEPARTMENT (continued)

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
GALLERY • DANCE • GLASSES
 and all of our Volunteers!

Salem Recreation
2023 SALEM FUN RUN SERIES

Tuesdays, July 11 to August 15
Salem School, Bingham Field

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

Attraction Tickets

Salem Recreation
Good Any Day Tickets

  \$34.00 each	  \$32.50 each	  \$16.50 each
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ORDER TICKETS at: salemct.gov/recreation/goodanydaytickets
or CONTACT US at: recreation@salemct.gov | 860.859.3873, x275

Sports Camps



- June 26 to 29, 9 am - 12 pm
Lacrosse Camp, Ages 8-12, \$145
Round Hill Road Soccer Field
- July 10 to 13, 9 am - 12 pm
Mini-Hawk Camp, Ages 5-7, \$145
Baseball, Basketball & Soccer
Round Hill Road Soccer Field
- July 10 to 13, 9 am - 3 pm
Multi-Sport Camp, Ages 7-12, \$185
Baseball, Basketball, Flag Football & Soccer
Round Hill Road Soccer Field
- July 24 to 27, 9 am - 12 pm
Beginning Golf Camp, Ages 5-8, \$145
Salem Community Park
- July 31 to August 3, 9 am - 12 pm
Round Hill Road Tennis Courts
Beginner Tennis, Ages 6-8, \$145
Intermediate to Advanced Tennis, Ages 9-11, \$145

Go to www.skyhawks.com for Info and registration.

COMMUNITY NEWS YOU CAN USE *continued*

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.

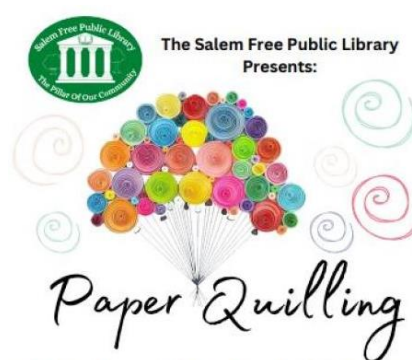
Use this link to view what they have to offer and pass availability: www.salemct.gov/library/pages/museum-passes.

• 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)

• Paper Quilling



Saturday, July 15th @
10 AM.

FOR AGES 13 AND
UP.

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

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.

COMMUNITY NEWS YOU CAN USE (continued)

**SALEM FREE PUBLIC LIBRARY (continued)
NEWS & EVENTS (continued)**

• **THE AMERICAN CHESTNUT**

The American Chestnut

Presented by Fred Behringer
Board member of the CT Chapter of the
America Chestnut Foundation

Wednesday July 19th, @ 6 PM.

Come learn about the environmental and economic value that the American Chestnut once provided, the pathogen that resulted in its demise and what is being done to restore this valuable tree.

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

• **The Language of Flowers**



Saturday, August 5th, 2023 @ 11:00 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.

• **THE WHALEMOBILE**

The Whalemobile

Thursday, July 27th, 1:30-3:30 PM

***The program will be held at the
Salem School gymnasium
200 Hartford Road, Salem, CT.**

Children ages 6 & up

*Register for a 30 min. time slot by calling 860-859-1130.
1:30-2 PM; 2-2:30 PM; 2:30-3 PM; 3-3:30 PM*

***Parents must register if they want to go inside Nile with their children. Limited to 20 participants per 30 min. time slot.**

Step inside Nile, the life-sized inflatable humpback whale. You will learn about how whales and humans are similar and different, and have a chance baleen, teeth, and bones.



Step inside Nile, the life-sized inflatable humpback whale.

You will learn about how whales and humans are similar and different, and have a chance baleen, teeth, and bones.

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.

COLCHESTER FARMERS MARKET and BOZRAH FARMERS MARKET (NEW)



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

- July 14, Opening Night
- July 21, Tractor Night
- July 28, Classic Car Night
- August 4, Dog Days
- August 11, Family Night
- September 1, Food Truck Roundup

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.

MYSTIC SEAPORT

● **MYSTIC SEAPORT MUSEUM:**

- Independence Day at Mystic Seaport Museum: July 1, 2023
- Cape Verdean Independence Day: July 6, 2023
- Flock Theatre Presents a Midsummer Night's Dream July 14, 2023
- 20th Anniversary Event – The lighthouse keeper's daughter the Biography of Ida Lewis, author Talk and book Signing: July 17, 2023
- Antique and Classic Boat Rendezvous: July 22, 2023
- Woodie Cars on the Green: July 22, 2023
- 17th Annual International Sea Glass Association Festival: July 29th and 30th, 2023
- Moby Dick Marathon 2023: July 31, 2023

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)**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, July 8th – 9:00 AM – 1:00 PM**, Fitch High School, 101 Groton Long Point Rd., Groton
- **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
- **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 HEARING NOTICE**PLANNING & ZONING COMMISSION PUBLIC HEARING, JULY 11, 2023**

POSTED ON: JUNE 26, 2023 - 11:26AM

TOWN OF SALEM

**PLANNING & ZONING COMMISSION
TOWN HALL, 270 HARTFORD ROAD
SALEM, CONNECTICUT 06420**

Notice of Public Hearing

The Salem Planning & Zoning Commission will hold a public hearing on Tuesday, July 11, 2023 beginning at 7:00 p.m. at Salem Town Hall, 270 Hartford Road, Salem, CT 06420. The following application will be heard:

ZRA 23-01 Salem Planning and Zoning Commission Application requesting to amend the Salem Zoning Regulations, adding new section 3.26 to establish a temporary (180-day) moratorium on cannabis establishments.

At this hearing interested persons may appear and be heard and written correspondence received. The applications with full proposed text are available for viewing on the Salem Town Website at:

<https://www.salemct.gov/planning-and-zoning-commission/pages/pending-app...>, and are also on file in the office of the Salem Town Clerk.

FOR THE COMMISSION

Vernon Smith, Chairman
Planning & Zoning Commission

This legal notice shall be published in The Day newspaper on June 29, 2023 and July 6, 2023.

COMMUNITY NEWS YOU CAN USE (continued)

PUBLIC TOWN MEETINGS FOR JUNE

- **Inland Wetlands & Conservation Commission,**
July 3rd, 7:00 PM
- **Library Board of Directors**
July 11th, 6:00 PM
- **Emergency Preparedness Agency,**
July 11th, 7:00 PM
- **Planning and Zoning Commission,**
July 11th, 7:00 PM
- **Board of Selectmen,**
July 11th, 7:00 PM
- **Board of Finance,**
July 13th, 7:00 PM
- **Gardner Lake Authority,**
July 13th, 7:00 PM
- **BOE Long-Range Educational Planning,**
July 17th, 5:00 PM
- **BOE Personnel/Contract Negotiations,**
July 17th, 6:00 PM
- **Board of Education,**
July 17th, 2023, 7:00 PM
- **Recreation Commission,**
July 17th, 7:00 PM
- **Economic Development Commission,**
July 18th, 7:00 PM
- **Board of Education Policy,**
July 24th, 2:00 PM
- **BOE Curriculum,**
July 24th, 4:00 PM
- **Planning & Zoning Commission**
July 25th, 7:00 PM
- **Zoning Board of Appeals,**
July 27th, 7:00 PM

Use the following link to go the Town Public Meeting Calendar: <https://www.salemct.gov/calendar-by-event-type/16/month/2023-03>

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 January 2023 newsletter, use the following link:** www.colchesterct.gov/senior-center/files/newsletter-29

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:**

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

• EAST LYME SENIOR CENTER OVER THE HILL HIKING GROUP – JULY HIKES:

- | | | |
|--|-------------------|-------|
| ➤ July 8 – Harkness Park & Woods, Waterford | Easy | Ed |
| ➤ July 14 – Bluff Point, Groton | Easy & Beach Walk | Heidi |
| ➤ July 21 – Rocky Neck State Park, Niantic | Easy & Beach Walk | Chuck |
| ➤ July 28 – Haley Farm, Groton | Moderate | Chuck |

SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS (continued)

EAST LYME SENIOR CENTER NEWS (continued)

● EAST LYME SENIOR CENTER OVER THE HILL HIKING GROUP – JULY HIKES: (continued)

NOTES:

- Hikers from other towns are welcome to participate.
- Medium hikes may have a few hills, rocks or beach sand. The difficult hike is more strenuous; participants must have completed two medium hikes with the group before enrolling into a difficult hike.
- All hikes are approximately three to four miles long, and will begin at 9:30 AM. Hikers who wish to carpool should meet at East Lyme Senior Center at 9:00 AM.
- Distances, locations and leaders are subject to change, if necessary.
- All hikers must register for each hike by calling the East Lyme Senior Center – 860-739-5859.

Hikers are to bring water and sturdy shoes; and lunch, insect repellent and sunscreen if desired.

● 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/.

- **Encore Casino in Boston, MA** is a luxury resort and casino, Thursday Jun 15th. The cost \$86 per person.
- **American Museum of Natural History New York City Hayden Planetarium Space Theater**, Tuesday, July 25, 2023. The cost \$112.00 pp senior, \$107.00 pp child. REGISTER by June 20th call 860 739-5859.
- **Shades of Buble, A three-man tribute to Michael Buble:** Aqua Turf Club, Plantsville, CT, Thursday August 10, 2023 \$122.00 pp Register by July 7, 2023. Depart 10:15 am East Lyme Senior Center Includes Coffee & Donuts on arrival, Family style Menu Salad, Pasta, Chicken Marsala & Broiled Scrod with spinach & tomato topping, vegetable, potato and rolls, dessert, beverage.
- **Spirit of Boston Lunch Cruise and Quincy Market after**, Boston, MA, Thursday Aug 24th. Register by July 24th. The cost \$158 per person.

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 Depart 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

- **The Breakers & Green Animals Topiary Garden (the oldest topiary garden in the U.S. overlooking Narragansett Bay), Newport Rhode Island** – Saturday July 15th. The cost \$128 per person.
- **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.

SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS (continued)

NEW LONDON ADULT EDUCATION (continued)

- **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

Post Celebration of Kay & Gary's wedding at our Tuesday Meeting



A Message From Joan Gaynor & Gary Closius, editors of the SALEM CT SENIORS NEWSLETTER

Joan and I would like to wish all of our members and their families a safe and enjoyable 4th of July weekend.

We hope you all take a moment and reflect on just how lucky we are as a people to live in this great country with the freedoms and opportunities we all enjoy.



OFFICERS:

President: Gary Closius

Vice President: Mary Cikatz

Salem Agent for the Elderly: Agnes Miyuki

Treasurer: Michelle Horan

Secretary: Jeanette Girard

Communications Liaison: Joan Gaynor

Activities Coordinator: Kay Zak

Newsletter Editor: Joan Gaynor/Gary Closius

BUS TRIP FLYER*“Thar she blows!”*

WHALE WATCH

Sailing from Plymouth Harbor, Massachusetts***Saturday, July 29, 2023***

- Free time at the historic Plymouth waterfront featuring the Mayflower II, Plymouth Rock, and commercial fishing fleet.
- Colonial charm and hospitality at the John Carver Inn for lunch.
Meal selections are baked stuffed chicken or grilled salmon.
- Whale watch on Cape Cod Bay and Stellwagen Bank, primary feeding grounds for whales. Be near some of the rarest, most graceful mammals in the world. An onboard naturalist will give a narration of what we are experiencing. The vessel is a modern and comfortable 110' boat with multiple level decks so everyone has plenty of space at the rails. There's an interior cabin with seating, a galley for snacks, and restrooms.

A TRUE NATURE TRIP!

\$139 per person includes deluxe motorcoach, lunch, whale watch
Payment and lunch selection due by July 15, 2023

8:00 AM NORWICH COMMUTER LOT Laura Blvd. at Rt 82 Exit 11 from I-395

8:20 AM MOOSUP COMMUTER LOT Rt 14 Exit 32 from I-395

Returning near 9:00 PM

CHECKS MADE PAYABLE TO **DARRELL LEN – PO Box 2141 – Salem, CT 06420**
darrellsbus@gmail.com **860-884-2754**

Refunds after July 15th if a replacement is found
Please include names, phone number, email address, & departure location
We will travel rain or shine – an exception is severe weather

Come visit some of the most endangered and rarely seen animals on Earth!

