

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.

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JULY MEETING LOCATION

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

For directions please see page 2.

If you or your group would like to advertise your event or function please contact either Gary Closius or Joan Gaynor

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

LOOK WHAT'S HAPPENED

PHOTOS OF RECENT EVENTS

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THANK YOU FOR YOUR SACRIFICE



SPECIAL THANK YOU

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REMINDERS:

2023 ANNUAL DUES: \$5 IS DUE

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

MEETING SCHEDULE:

June 13, 2023
 July 11, 2023
 August 8, 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

THANK YOU!!

- Steve Gluck, Scott Wardell, and Mary Whittaker, Tom and Peggy Cleary, Beth and John Oleksiw and Gary Closius for their performances at the Pot Luck Dinner/Talent show.
- Tom Phillips, and Chris Newell for building the flower boxes for the Town Green.
- Gary Alligood for the use of his trailer for the Seniors' Memorial Day Parade Float, Hank Horn for pulling the Float in the parade, and a great big thank you to Joan Gaynor for organizing the float decorating and parade participation.
- Gene Maiorano, Ryan Teixeira and the rest of the SVFC for the use of their truck bay for decorating the Seniors' Memorial Day Parade Float.

BIRTHDAYS/ANNIVERSARIES**JUNE BIRTHDAYS**

Janet Huhtala	2nd	Elby Burr	3rd	Mary Addy	11th
Rita Howell	13th	Michelle Horan	17 th	Judy Gadbois	22nd
June Mainella	24th	Debbie Delorimiere	28th		

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. 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. <https://www.salemct.gov/salem-senior-citizens>.

50 / 50 RAFFLE FOR SENIORS HELPING SENIORS FUND

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

HEALTH AND WELLNESS

COVID TEST KITS EXPIRATION DATE https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests?utm_medium=email&utm_source=govdelivery#list

Go to website and scroll down and find your brand. 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:** https://www.salemct.gov/sites/g/files/vyhlf4966/f/uploads/transportation_fy22_packet_0.pdf

HEALTH AND WELLNESS (continued)

211 INFOLINE HELP STARTS HERE

Call 2-1-1 for your connection to:

Alzheimer's resources	Emergency shelter	Pre-natal care
Basic needs – food, clothing, shelter	Emergency assistance	Senior services
Child care services	Financial assistance	Suicide prevention
Child health care	Health care	Transportation
Consumer health	HIV/AIDS	Veteran's services
Crisis intervention	Housing	Volunteering
Disability services	Legal assistance	And much more
Drug & alcohol programs	Parenting programs	

UPCOMING EVENTS & THINGS TO DO

SALEM ARTSPACE

Dawn Shumbo of Salem ArtSpace will be providing art classes starting after our monthly meetings. It is expected that the class will end around 2:00-2:30 PM. The cost per person for June is \$15 for product and paint.

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



Rock Painting

BINGO

The next game will be held on **Thursday June 22nd, cards go on sale from 12:30 to 12:55 PM and the game starts promptly at 1:00 PM** in the Salem Volunteer Fire Company firehouse back meeting room.

Ticket prices are as follows:

- \$1 per card, or buy 5 and get the 6th card free.
- 12 games will be played with the last game being a "Fill-The-Card" game.
- The total \$\$ taken in will be divided by 13 rounding down to the nearest \$ and will be the prize money for games 1 through 11, the remaining money the prize money for the "Fill-The-Card" game.

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

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.

UPCOMING EVENTS & THINGS TO DO (continued)

GARDENING TEAM

The team will work on the playscapes removing the Mugwort and vines from the fencing. The renovations on the court yard gardens are scheduled for June 22nd weather permitting. At that time **Twigs and Sprigs** 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.

SALEM HIKES AND WALKS (NEW)

Kim Siebert and Heidi Buchholtz got together and came up with a few “nature walks” to offer to our group. These hikes / “nature walks” are planned for the 3rd Wednesday of the month. Please note the length of the walks will be dependent on the ability and the desire of the participants. All the walks can be shortened.

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

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

REQUIREMENTS, All walkers must:

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

ITEMS STRONGLY SUGGESTED:

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

THE HIKE / “NATURE WALK” SCHEDULE:

- June 21st:** **Salem Trail (parking off Music Vale Road)** – Explore about 2-3 miles along easy walking trail, then paths in woods with some roots as well as optional slight incline if group wants to “hike” (may use walking sticks) this convenient frequently traveled park by dog walkers.
- 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**

PLAY	DATE	TIME	COST	Deposit	BALANCE DUE
<i>Gypsy</i>	<i>Thursday June 15th</i>	<i>2:00 PM</i>	\$66.00	\$30	SOLD OUT
<i>Summer Stock</i>	Thursday, August 10 th				CANCELLED
<i>The 12</i>	Thursday October 12 th	2:00 PM	\$66.50	\$30	August 3, 2023
<i>Dreamgirls</i>	Saturday December 9 th	3:00 PM	\$82.50	\$40	September 30, 2023

UPCOMING EVENTS & THINGS TO DO (continued)

THEATRE, CONCERTS, & CRUISES (continued)

- **Terris Theatre, 33 N Main St. Chester Ct**

PLAY	DATE	TIME	COST	MONEY DUE
Here You Come Again	Wednesday, Aug 16 th	2:00 PM	\$44.50	SOLD OUT

- **Long Island Ferry New London, CT**

PLAY	DATE	TIME	COST	MONEY DUE
Lights and Sights Cruise	Thursday July 20 th	2:00 – 4:00 PM	\$24.75 ages 12 and up \$12.50 11 yrs. and under	SOLD OUT

- Deposit or payment in full paid upon reservation any balance due prior to show date (see table above)
- *We are limited to 20 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.*

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

Tickets \$58 \$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.

- **SALEM RECREATION SUMMER CONCERTS**

UPCOMING EVENTS & THINGS TO DO (continued)

THEATRE, CONCERTS, & CRUISES (continued)

- CHRISTMAS IN JULY

Salem Recreation Commission has partnered up with the Economic Development Commission to host Christmas in July.

**CALLING ALL
Salem Musicians, DJs & Entertainers!**

**Economic Development Commission &
Salem Recreation Commission**



CHRISTMAS IN JULY

July 29*, 11 a.m. - 4 p.m.
Salem Community Park Pavilion

**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!**

*** Note: Date change (originally scheduled for July 22)**

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

UPCOMING EVENTS & THINGS TO DO (continued)

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: <https://www.toursofdistinction.net/>.
- **Colchester Senior Center trips:** See SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS call 860-437-2385, or go to their website: <https://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: <https://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: <https://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:

<https://gardearts.org/events/>.

NIANTIC BAY PLAYHOUSE, NIANTIC

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

- **Murder on the Orient Express:** June 2nd – 17th.
- **Addams Family:** July 20th – August 6th.

Tickets: Go to the website at this link <https://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: <https://www.nianticbayplayhouse.org/ticket-sales>

NORWICH ARTS CENTER NORWICH

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

- **Wonderful Wizard of OZ** by Tim Kelly, Friday, June 2nd at 7:00 PM, Saturday June 3rd at 7:00 PM, Sunday June 4th 2:00 PM Adults \$20, seniors/military/student, members \$18; Children under 10: Free
- **The Bruce Katz Band with LIVIU POP on Drums:** Wednesday June 14th at 7:30 PM Doors open at 7:00 PM Adults \$25.00; Seniors/Military/Students \$23.00, Members \$20.00.

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

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

THINGS IN THE WORKS

SENIOR YOGA AND SITTERCISE 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.

CRUISES IN THE WORKS

- CT river Cruises: Shanties & Sails – 1 hr. sea shanty show & day or sunset cruise on sail boat ***Unrust***,
- CT River sightseeing cruise,
- Gillette Castle viewing cruise (River Quest),
- Block Island Dinner Run (Block Island Express).

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.

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).**

CEMETERY CLEAN-UP

The Salem VFW is looking for help to clean up the branches and leaves from cemeteries before the grass starts to grow. ***Our next clean-up will be Saturday June 10th at 9:00 AM*** at the **Hillard Cemetery on Music Vale Road**. 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.

COMMUNITY NEWS YOU CAN USE

MEDITATION, CHI KUNG, AND TAI CHI CHUAN CLASSES

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!

Meditation / Chi Kung class

June 1st – June 22nd (4 weeks)

Thursdays, 6 – 7 PM

Salem Community Park Pavilion

Residents: \$28, Non-residents: \$33

Tai Chi class

June 6th – July 25th (8 weeks)

Tuesdays, 6 – 7 PM

Salem Community Park Pavilion

Residents: \$45, Non-residents: \$50

Both Classes: Residents: \$68; Non-residents \$73

Minimum: 6 students; Maximum: 12 students

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

Register at: salem.gov/recreation, e-mail: recreation@salemct.gov, phone: 860-859-3873 x275.

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:

<https://www.salemct.gov/library/pages/museum-passes>.

COMMUNITY NEWS YOU CAN USE (continued)

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

• **The Bobcat**

"Connecticut's Secretive Wild Cat"
Wednesday, June 7, 2023
@ 6:00 p.m.

Presented by Master Wildlife Conservationist, Ginny Apple.

The presentation focuses on the natural history of bobcats in Connecticut, an overview of bobcat habitat, diet, behavior, reproduction, and current research efforts. Bobcat artifacts are shared with the audience.



Call 860-859-1130 to register.



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

• **Family Movie Night**

FAMILY MOVIE NIGHT

ENJOY A FREE BAG OF POPCORN WHEN YOU CHECK OUT MOVIES ON FRIDAY.



EVERY FRIDAY JUNE 23RD-AUGUST 12TH

FREE POPCORN

Limit one bag per household

Fridays from June 23rd – August 12th

• **Growing Mushrooms Outdoors**

Salem Free Public Library

Growing Mushrooms Outdoors
Intensive workshop
 Presented by Mark Gostkiewicz
 of Tri Lea Gable Farm
Saturday, June 3, 2023
11:00 a.m. to 12:30 p.m.

You will learn:

- how to grow shitake, oyster & wine cap mushrooms
- the lifecycle and needs of fungi
- tools needed
- safety issues, and more!

Call 860-859-1130 to register.
 Limited to 10 adults.

Sponsored by the Friends of the Salem Library

• **The Too-Times Live Music**

Salem Free Public Library 

"THE TOO-TIMERS"
 Kipp Sturgeon & Phred Mileski

Live Music!

Tuesday, June 20, 2023 at 6pm

Call 860-859-1130 to register.



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

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

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

COMMUNITY NEWS YOU CAN USE (continued)

MYSTIC SEAPORT

- **MYSTIC SEAPORT MUSEUM:**

- **Celestial Navigation in the Age of Sail:** June 3rd and June 4th 10:00 AM – 4:00 PM
- **RiverFest June:** 3rd and 4th 10:00 AM – 5:00 PM
- **Sounds Of the Ocean:** June 8th and 9th 7:00 PM – 9:00 PM
- **Newfoundland Dog Training:** June 10th 10:00 AM – 3:00 PM
- **Lunars: Finding Longitude by Lunar Distances:** June 10th and 11th 11 10:00 AM – 4:00 PM
- **Juneteenth Recognition Events:** June 11th 3:00 PM – 5:00 PM and June 19th 2:00 PM – 5:00 PM
- **Make Ice Cream in Buckingham-Hall House:** June 14th 6:00 PM – 9:00 PM
- **Sperm Whales: The Gentle Goliaths of the Ocean:** June 15th 1:30 PM – 2:30 PM
- **WoodenBoat Show 2023:** June 23rd thru 25th 9:00 AM – 5:00 PM
- **Small Craft Workshop:** June 23rd thru 25th 9:00 AM – 5:00 PM

For additional details or to register for each event or check on possible fees: use the following link to go to their website at <https://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

- **Horseshoe Crab Walk Saturday June 3, 2023** – Head to the beach and witness these “living fossils” gather during our nighttime Horseshoe Crab Walk. Help Aquarium staff count the animals and learn about the role they play in our local ecosystem. Be prepared to get wet feet and hike a distance. Be prepared to get wet feet and hike a distance. Registration is required.
- **Frog and Salamander Survey Saturday June 24, 2023:** Amphibians, including salamanders, play an important role in the ecosystem – and need your help! Join us in our newest citizen science initiative as we conduct field surveys to sample amphibians (salamanders, frogs, and toads!) for chytrid fungus. This is a great opportunity to get up close and muddy in the name of conservation!

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

FREE CONCERTS IN OUR AREA

- **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

CONCERTS

June 16th----- Featuring *Red Light*

July 14th ----- Featuring *American Honey*

June 23rd----- Featuring *Wild Nights*

July 21st----- Featuring *Wicked Peach*

June 30th-----Featuring *Take it to the Bridge*

July 24th ----- Featuring *1974*

July 7th -----Featuring *The Heavy Hitters*

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:

<https://cityofgroton.com/2023/04/17/2023-concerts-in-the-park-schedule-announcement/>.

COMMUNITY NEWS YOU CAN USE (continued)

FREE CONCERTS IN OUR AREA (continued)

• **Concerts in the Park, Colchester (Free)**

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

July 6th	Featuring <i>Local Honey</i>	August 3rd-----	Featuring <i>The Outcrops</i>
July 13th	Featuring <i>The U.S. Coast Guard Band</i>	August 17th -----	Featuring <i>Bluesberry Jam</i>
July 20th	Featuring <i>384 East</i>		

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

<https://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

THAMES VALLEY COUNCIL FOR COMMUNITY ACTION (TVCCA)



CONNECTION = Volunteering & Veterans Coffeehouses

Now more than ever community support is so important and impactful! AmeriCorps Seniors offers the support someone needs to remain living at home. Our volunteers lend a hand with grocery shopping needs, visiting, phone reassurance or local medical rides. If you are 55+ contact us to hear how your help may improve the quality of life of an elderly or disabled person by volunteering to help a neighbor in your community.



Our volunteers are here for the community! Our services are available free of charge to seniors or disabled people that are homebound and need help with grocery shopping, medical rides, and visiting.

Contact: Renee LaBonte, Program Coordinator of Senior Volunteer Services at 860-425-6608 or e-mail: rlabonte@tvcca.org.

Visit our website at www.tvcca.org or www.facebook.com/TVCCArsvp/.

Connect with veterans! TVCCA hosts monthly veteran coffeehouses to meet and socialize with other veterans and their spouses and receive information about veteran benefits and services. We host coffeehouses in Groton, Mystic, New London, Pawcatuck, Norwich, and Montville.

Contact James Hodge, Veterans Coffeehouse Coordinator at 860-425-6615 or e-mail: jhodge@tvcca.org.

THE SOUTHEASTERN CT REGIONAL RESOURCES RECOVERY AUTHORITY (SCRRA)

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



COMMUNITY NEWS YOU CAN USE (continued)

THE SOUTHEASTERN CT REGIONAL RESOURCES RECOVERY AUTHORITY (SCRRRA) (continued)



2023 Household Hazardous Waste and Confidential Paper Shredding Schedule.

- **Saturday, June 3rd – 9:00 AM – 1:00 PM**, Colchester Town Hall, 127 Norwich Ave., Colchester
- **Saturday, June 17th – 9:00 AM – 1:00 PM**, Norwich Public Works, 50 Clinton Ave., Norwich
- **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

ACCEPTABLE ITEMS

From the Shed & Garage

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

From the Lawn & Garden

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

ACCEPTABLE ITEMS

From the Basement & Bathroom

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

NOT ACCEPTED

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

CONTINUATION OF THE MAY 23rd PUBLIC HEARING

The Planning and Zoning Commission public hearing held on May 23rd regarding **SE 23-02 American Property Group Salem, Inc.**; *Application for a special exception and associated site plan at 496 New London Road for a multi-family residential development proposing 24 two-bedroom, residential units*; was continued to June 13, 2023 beginning at 7:00 p.m. at Salem Town Hall, 270 Hartford Road, Salem, CT 06420.

COMMUNITY NEWS YOU CAN USE (continued)**PUBLIC HEARING NOTICE****PLANNING & ZONING COMMISSION PUBLIC HEARING, JUNE 13, 2023**

POSTED ON: MAY 30, 2023 - 11:07AM

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, June 13, 2023 beginning at 7:00 p.m. at Salem Town Hall, 270 Hartford Road, Salem, CT 06420. The following application will be heard:

SD 23-03 Colchester Construction Re-subdivision application for 343 Old Colchester Road for the creation of one new lot.

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 1, 2023 and June 8, 2023.

PLANNING & ZONING COMMISSION LEGAL NOTICE OF DECISION**PLANNING & ZONING COMMISSION LEGAL NOTICE OF DECISION, MAY 23, 2023**

POSTED ON: MAY 25, 2023 - 9:47AM

TOWN OF SALEM

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

Notice of Decision

At their regular meeting of May 23, 2023, the Salem Planning and Zoning Commission rendered the following decision:

SP 23-02 Kaylee Shilosky Application for site plan modification at 595 Norwich Road.

Approved.

FOR THE COMMISSION

Vernon Smith, Chairman
Planning & Zoning Commission

This legal notice shall be published in The Day newspaper on May 30, 2023.

COMMUNITY NEWS YOU CAN USE (continued)

PUBLIC TOWN MEETINGS FOR JUNE

- **BOE Long-Range Educational Planning,**
June 5th, 5:00 PM
- **BOE Personnel/Contract Negotiations,**
June 5th, 6:00 PM
- **Board of Education,**
June 5th, 2023, 7:00 PM
- **Inland Wetlands & Conservation Commission,**
June 5th, 7:00 PM
- **Board of Selectmen,**
June 6th, 7:00 PM
- **Board of Finance,**
June 8th, 7:00 PM
- **Gardner Lake Authority,**
June 8th, 7:00 PM
- **Library Board of Director,s**
June 13th, 6:00 PM
- **Planning and Zoning Commission,**
June 13th, 7:00 PM
- **Emergency Preparedness Agency,**
June 13th, 7:00 PM
- **Salem Green Cemetery Association,**
June 20th, 2:00 PM
- **Economic Development Commission,**
June 20th, 7:00 PM
- **Zoning Board of Appeals,**
June 22nd, 7:00 PM
- **BOE Policy,**
June 26th, 4:00 PM
- **Recreation Commission,**
June 26th, 7:00 PM
- **Planning & Zoning Commission,**
June 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:** <https://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: <https://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".

SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS (continued)

EAST LYME SENIOR CENTER NEWS (continued)

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

- **June 2nd** – Moodus Forest (Easy) Leader Gail P.
- **June 9th** – Mamacoke Island, Quaker Hill (Moderate) Leader Chuck P.
- **June 16th** – Walden Preserve Salem, (Moderate) Leader Heidi B.
- **June 23rd** – Smuggler’s Rock Salem –(Moderate) Leader Jan O.
- **June 30th** – Champlain South, Old Lyme (Difficult) Leader Sarah G.

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:

<https://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, Pasa, 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 **<https://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>

SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS (continued)

NEW LONDON ADULT EDUCATION (continued)

• **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.
- **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

POT LUCK DINNER – 4/28/2023



Jeff, Anne, and AG Tong



Some of the audience



Steve



Mary and Scott



Good food



Peggy, Gary, Tom



John, Beth, Marcy, and Joel

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

Paugwonk Baptist #1 Cemetery Clean-Up – 5/20/2023



Kay



Ed



Chris



Gordon



Gary



Tall grass



Mowing & Weeding



Dragging leaves



The Crew

Salem Town Green Planters Donation

Planters for the Salem Town Green. Thanks to Tom Phillips and Chris Newell for their hard work building the Flower Boxes and to Burnett's Country Gardens for donating the plants.



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

Salem Seniors Memorial Day Parade Float Decorating – 5/28/2023 and Parade 5/29/2023



OFFICERS:

President: Gary Closius

Vice President: Mary Cikatz

Salem Agent for the Elderly: Agnes Miyuki

Treasurer: Michelle Horan

Secretary: Jeanette Girard

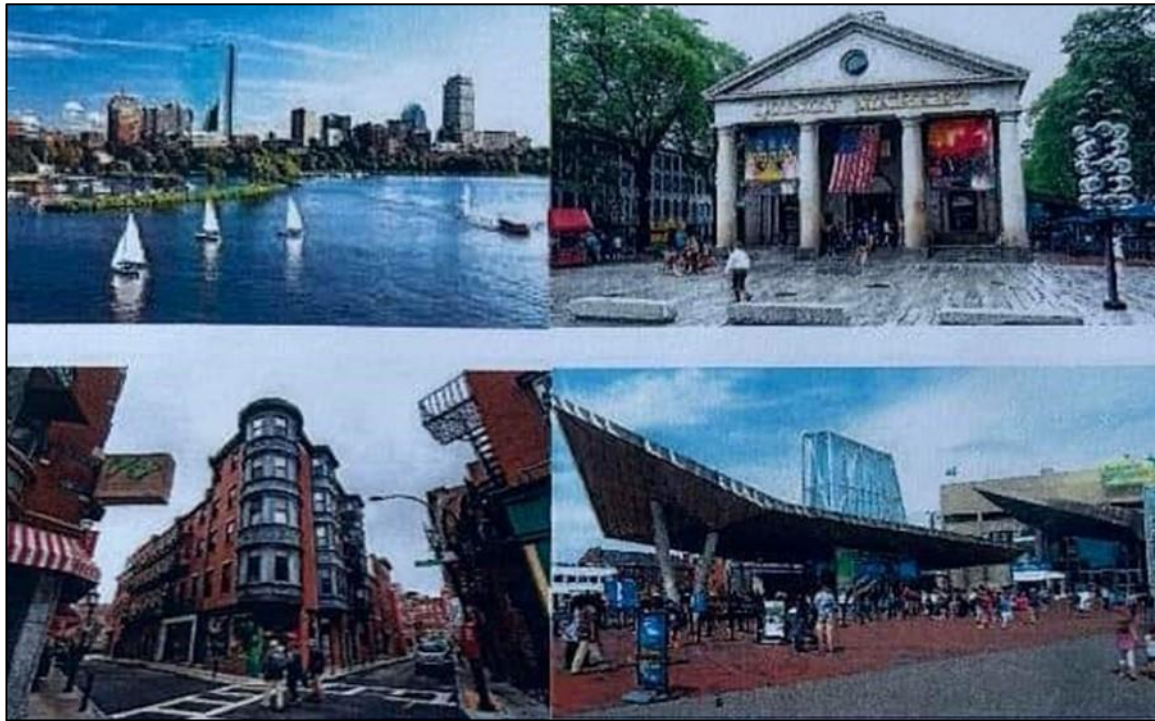
Communications Liaison: Joan Gaynor

Activities Coordinator: Kay Zak

Newsletter Editor: Joan Gaynor/Gary Closius

BUS TRIP FLYER

Boston Bus Trip



Saturday June 17, 2023

\$65 per ticket

For More Information/Purchase a Ticket

Please Contact Pete @ 860-625-5898

**Enjoy a wonderful day of sights,
good food, and fun!**

BUS TRIP FLYER

GREEN ANIMALS TOPIARY GARDEN & NEWPORT FLOWER SHOW

~ Sunday, June 25, 2023 ~

- **GREEN ANIMALS**, the oldest topiary garden in the nation, is home to more than 80 topiary animals and other figures. It also boasts geometric pathways, arbors, fruit trees, and vegetable and herb gardens, all on property overlooking Narragansett Bay that is ablaze with colorful flowerbeds.
- Scrumptious full course lunch at **JONNY'S RESTAURANT** at the Atlantic Resort
MEAL SELECTIONS: *Chicken Piccata, Stuffed Scrod, Pasta Primavera.*
- The **27th ANNUAL NEWPORT FLOWER SHOW** is a seaside flower show at the fabulous Gilded Age setting of the Marble House. The theme is "The Grand Tour", with each exhibit having a unique signature. There will be vendors, live music, sweeping views and ocean breezes.

Every corner of this event is a delight for the senses!

\$174 per person, \$88 per child thru age 12
Includes admissions, lunch, Motorcoach

Departures from:

8:00 am NORWICH COMMUTER LOT	39 Laura Boulevard / RT 82 (Exit 11 from I-395)
8:20 am GRISWOLD COMMUTER LOT	Griswold Expressway Southbound / RT 138 Exit 22 from I-395

Returning near 7:30 PM

Checks made payable and send to: **DARRELL LEN * PO Box 2141 *, Salem, CT 06420**
860 884-2754 darrellsbus@gmail.com

Please send payment by June 11, 2023
(Refunds given afterward if a replacement is found)
Include names, address, phone number, email & departure location.
We travel rain or shine – The only exception is severe weather.

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!