

BIRTHDAYS/ANNIVERSARIES

MARCH BIRTHDAYS

| | | | | | |
|---------------|------|---------------|------|--------------|-----|
| Jean Sullivan | 2nd | Eileen Baukus | 7th | Peter Swider | 7th |
| Cheryl Welles | 22nd | Donald Howell | 30th | | |

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. \$1.00 per raffle ticket or 6 tickets for \$5.00. (See Joan Gaynor)

HEALTH AND WELLNESS

FLU SHOTS

Flu shots are available at the Salem Health Mart. **Be sure to bring your ID / driver’s license and ALL of your insurance cards (Medicare, supplemental insurance, etc.)**

BLOOD PRESSURE SCREENING

Cheryl Philopena has agreed to provide blood pressure screening during our meetings.

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

GET HELP, STAY WARM

Check our January newsletter for detailed information on Eversource payment plans and assistance, or use the following link: <https://www.eversource.com/content/residential/account-billing/payment-assistance>. **Be sure click on Connecticut in the upper right corner of the page.** The webpage has information on the following programs:

- **Programs To Help Webinar**
- **Programs For Income-Eligible Customers:**
 - Extended Payment Plan
 - New Start Program
- **State And Federal Assistance:**
 - Connecticut Energy Assistance Program (CEAP)
 - Operation Fuel
- **Service Protection:**
 - Winter Protection Plan
 - Medical Protection Plan
- **Take Control of Your Energy Bill:**
 - Budget Billing
 - Home Energy Solutions

HEALTH AND WELLNESS (continued)

WINTER HEATING ASSISTANCE AVAILABLE FROM THAMES VALLEY COUNCIL FOR COMMUNITY ACTION, INC. (TVCCS)

TVCCS provides winter heating assistance among other community assistance services. **Use the following link to visit the TVCCA website:** <https://www.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.

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 (shown below), will cover cost materials. **Contact / RSVP Kay Zak at: 860-889-3989 or e-mail at: kayzak@hotmail.com.** If there is enough interest, Dawn will hold a class for us on Tuesday evenings either 4 – 6PM or 6 – 8 PM.



Paint & Plant!
Have fun hand-painting flower pots, and go home with three beautiful houseplants!
\$20

March opportunity \$20.00 for pots, paint, and soil



Spring Flowers

April opportunity \$15.00 for canvas and paint

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.** These 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** 1-800-426-4324, e-mail: mytour@toursofdistinction.net, Website: <https://www.toursofdistinction.net/>
- **New London Adult Education:** 860 437-2385, Website: <https://www.newlondonadulthood.org/>

UPCOMING EVENTS & THINGS TO DO (continued)

GARDENING TEAM

As some of you may know Joan Gaynor and others have restored the garden by the track at the Salem School. She has now set her sights on restoring the Court Yard Gardens in the back of the school.

After hearing of Joan's efforts and plans to clean up and revive the Court Yard Gardens, fellow members Robin and Andy Pelletier told Joan a memorial to their son Ethan who had passed away was in the Garden. Joan found it and did some rudimentary cleaning up around the marker so it could be seen again. Robin works for a landscaping company and her company has graciously offered to supply labor, plants, and materials to help clean up and restore the Garden. A majority of the work in the beginning will be getting all the weeds and grasses out of the area while keeping any existing plants intact.

This spring starting sometime in March / April (weather permitting) work will start on the Court Yard Gardens in the back of the school. If you would like to join our garden team to work on this project and others, please contact Joan Gaynor at salemtech53@yahoo.com. Joan will put you on the list and notify you when the garden work will begin.

Come and help revitalize this large 58 x 14-foot space. All volunteers are welcome.

Helpers & Donations Needed!! ★

FIRST AID AND CPR / AED COURSE

First Aid/CPR/AED course training: Salem Seniors are proud to offer to our membership First Aid and CPR/AED training at the Salem Volunteer Fire Company Firehouse on the following Saturdays: March 4th, 11th and 18th. The cost is \$30 and includes the First Aid CPR / AED student handbook. Please make checks payable to the Salem Seniors. To receive your CPR certificate, you must complete the CPR / AED Class and the First Aid Class. The classes are as follows:

- March 4th CPR/AED 9:00 – 1:00 and First Aid 1:30 – 4:30 pm
- March 11th First Aid 9:00 – Noon and CPR/AED 12:30 – 4:30 pm
- March 18th CPR/AED 9:00 am – 1:00 pm and First Aid 1:30 – 4:30 pm

If you are interested or have questions, please contact Gary Closius at gclosius@sbcglobal.net or Kay Zak at kayzak@hotmail.com or by phone 860 889-3989. ***We need your name as you would like it printed on your certificate, your e-mail address, phone number and which day and time you would like to attend.***

BINGO

The inaugural **BINGO** game was held on Thursday February 23rd (See page 11 for photos and story). The next game will be held on **Thursday March 23rd starting at 1:00 PM** in the Salem Volunteer Fire Company firehouse back meeting room.

Ticket prices are as follows:

- \$0.50 per card with the 9th 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.

Coordinators are: *Neurie Testagrossa and Michelle Horan. If anyone is interested in volunteering, please contact Kay at: 860-889-3989 or e-mail at: kayzak@hotmail.com or Gary Closius at 860-961-9173 or e-mail: gclosius@sbcglobal.net. Need Helpers For This Event. ★*

UPCOMING EVENTS & THINGS TO DO (continued)**POT LUCK DINNER / TALENT SHOW**

A Pot Luck Dinner/talent show will be held on Saturday April 1st, beginning at noon in the Gardner Lake Fire Company Hall. Kay Zak has agreed to chair this event. Contact Kay for food sign-up for this event. ***If you have some talent & want to perform, please contact Kay at: 860-889-3989 or e-mail at: kayzak@hotmail.com. Need Helpers For This Event. ★***

GOODSPEED OPERA HOUSE SHOWS

Gypsy – June 15th 2:00 PM, tickets \$66. RSVP ASAP as we only have 6 seats left.

OTHER SHOWS IN THE WORKS:

Summer Stock – July 7th – August 27th, The 12 – September 8th – October 29th, and Dreamgirls – November 10th – December 30th.

The shows are Wednesdays or Thursdays at 2 PM. The cost for Center Orchestra Seats is \$66. A \$250 deposit for the group is required (refundable up to 60 days before the show). Please make checks out to Salem Seniors. These seats sell out quickly so please RSVP as soon as possible to Kay Zak at kayzak@hotmail.com.

BOWLING

The next bowling outing is March 19th, at noon at Norwich Bowling & Entertainment (188 Town St., Norwich). Car-pooling can be arranged. The cost is \$9 per person which allows the bowler 3 games and includes shoes. If you are interested in bowling or helping, contact Michelle Horan at 860-303-5023 or e-mail at: horan.micheller@gmail.com

QUILTING

The Busy Bee Quilters meet at the Salem Library from 12:00-4:00 PM on the 2nd Wednesday of the month. The Clam Shell Quilters meet on the 1st and 3rd Fridays from 10:00 – 3:30 PM. Quilts are donated to Waterford Country School and L&M Hospital. Due to Library availability call ***Deb Drennen at 860-222-8396*** to verify they will be holding a meeting.

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.

NATURE WALK / HIKE

We are looking for suggestions for the next walk/hike. ***Please send your suggestions to Gary Closius at: gclosius@sbcglobal.net or call 860-961-9173.***

★ If you are interested in helping to plan any of the above events, please contact:
Gary Closius at: 860-961-9173 or e-mail: gclosius@sbcglobal.net, or
Kay Zak at: 860-889-3989 or e-mail at: kayzak@hotmail.com.

THINGS IN THE WORKS**SENIOR YOGA AND SITTERCISE OR SIMILAR EXERCISE PROGRAM**

Gary Closius has volunteered to plan event. Physio Care of Salem is scheduled to do a demonstration of Sittercise at our March 14th meeting. Come see what it is all about.

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.

THINGS IN THE WORKS (continued)**SENIORS FLOAT IN THE 2023 MEMORIAL DAY PARADE**

Michelle Horan has volunteered to Chair and **Joan Gaynor** to Co-Chair this event. They are looking for volunteers. They will have their 1st meeting in the near future for design suggestions, and help building the float. Look for more information.

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>.

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).** The items below noted with a ★ are some of the volunteer opportunities available.

- **SALEM ROAD RACE**

The Salem Road Race takes place within the small historical CT town of Salem. Come check out this beautiful but challenging 5K course that is closed to traffic and frequented by local families, running enthusiasts, upcoming local talent, as well as top level local runners. Route 85 will be closed at 9:45 AM to 11:00 AM.

- **Thursday, March 30th** – Pre-registration deadline. Mailed forms should be postmarked by March 23rd.
- **Friday, April 7th, 6:00 – 7:30 PM** – Friday Night Registration @ Salem School lobby. Preregistered runners can pick up their shirts and BIBs. ★
- **Saturday, April 8th Race Day** ★
 - Race Day Registration – 7:30 AM
 - 1.0 Mile Children's Fun Run / Walk – 9:00 AM
 - Main Event – 5K Race – 10:00 AM
 - Post-Race Food and Awards – 11:45 AM in the Salem School Multipurpose Room.

- **SALEM LIONS EASTER EGG HUNT** ★

April 1st, 1:00 PM @ the Bingham Field behind the Salem School. In the event of inclement weather, it will be held inside the school gym.

- **SALEM LIONS 50th ANNIVERSARY DINNER** ★

May 7th, 1:00 PM @ the Gardner Lake Fire House. Cost \$30 see a member of the Lions for details.

- **SALEM LIONS EYE GLASS EXTRAVAGANZA** ★

- **May 6th, 9:00 – 11:00 AM, Recycle Eyeglass Extravaganza.** Bring your recycled eyeglasses to McCook Point Park, 8, Atlantic St., Niantic, CT. “Walk for your favorite charity”
- **May 6th, 8:30 AM – 2:00 PM. 28th Annual Lions District 23-C Lions Journey for Sight 5K Walkathon,** McCook Point Park, 8 Atlantic St, Niantic, CT. Come walk on behalf of the Lions Club for a split of the proceeds. **Contact John Houchin at 860-887-2518 (home) or 860-705-1227 (mobile)** for more information and pledge forms. Come join the fun. **See the Lions flyer at the end of the newsletter.**

VOLUNTEER OPPORTUNITIES (continued)**CEMETERY CLEAN-UP**

The Cemetery Clean-up Team will resume in the spring. Watch for notices from Kay Zak. Watch the Facebook website for future dates.

MITCHELL FARM EQUINE RETIREMENT

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

COMMUNITY NEWS YOU CAN USE**TAI CHI CLASSES**

Tai Chi classes are available to Salem residents for \$40 and for non-Salem residents for \$45. The classes are 8-week classes. Please contact Agnes Miyuki at: amiyuki@salemct.gov.

SENIORS AND STROLLERS WALKING AT SALEM SCHOOL

Salem School is open to use their hallways for Seniors & Strollers Walking from October through May on MWF, 7-8 AM, (when the school is open). Seniors will need to sign in/out at the front desk on weekdays. [COMMUNITY](#)

SALEM FREE PUBLIC LIBRARY**NEWS & EVENTS**

- ***Candy Land, February 7th – 28th.***
Come on down to experience the game of Candy Land at the Library! Follow the colored tiles to explore the characters of the game. See who makes it to King Candy first! Each participant will receive a sweet treat upon completion. Limit one sweet treat per person. Candy Land is open to play multiple times during Library business hours.
- ***The Carroll Sisters, Saturday, March 11th at 11:00 AM. Sponsored by the Friends of the Salem Library***
Traditional Celtic Fiddle Music accompanied by Cello. *(limited to 30 participants)*
- ***Iditarod Program, Tuesday, March 21st at 6:00 PM. Sponsored by the Friends of the Salem Library***
Presented by Karen Land. The program will include a talk and a PowerPoint presentation. Karen will bring her Iditarod dog sled, her gear and arctic clothing, as well as her two dogs, Chloe and Noggin. *(limited to 40 attendees)*
- ***Energy in Action Bus, Tuesday April 18th. Available time slots: 4:00 – 4:30 PM, 4:30 – 5:00 PM, and 5:00 – 5:30 PM. Call the number below to register for a time slot. Sponsored by the Friends of the Salem Library.***
Step inside the interactive exhibit for a full experience of learning and exploration. Interactive exhibits include: *The Energy Grid, Plasma Tube, Thermal Tunnel, Generation Station, Wind Power, and Light Wall.*
- ***Thicker Than Water, Wednesday, April 19th at 6:00 PM.***
Presentation by author, Erica Cirino, Erica recounts her personal journey of sailing with Danish scientists on their journey to study the impact of plastic pollution on the oceans and ocean life. *(Books will be available for sale and signing).*
- ***Growing Mushrooms Outdoors, Saturday, June 3rd 11:00 AM – 12:30 PM – Intensive workshop Presented by Mark Gostkiewicz of Tri Lea Gable Farm. Sponsored by the Friends of the Salem Library.***
Among the things you will learn will learn are: *How to grow Shitake, Oyster, and Wine Cap mushrooms, The lifecycle and needs of fungi, Tools needed, Safety issues, and more.* (limited to 10 adults)

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

COMMUNITY NEWS YOU CAN USE**GARDE ARTS CENTER, NEW LONDON (continued)****UPCOMING EVENTS AT THE GARDE ARTS CENTER (325 State St, New London):**

- **Warriors Don't Cry**, Dominion Energy SchoolTime Performance Series, Wednesday, March 1st, 10:00 AM
- **All Quiet on the Western Front**, 2023 Breezeline Winter Cinema Series, Thursday, March 2nd, 7:30 PM
- **The Inspection**, 2023 Breezeline Winter Cinema Series, Friday, March 3rd, 7:30 PM
- **Banff Centre Mountain Film Festival**, World Tour, Saturday, March 4th, 7:00 PM
- **Oscar Shorts Live Action**, 2023 Breezeline Winter Cinema Series, Sunday, March 5th, 3:00 PM
- **RRR**, 2023 Breezeline Winter Cinema Series, Thursday, March 9th, 7:30 PM
- **Babylon**, 2023 Breezeline Winter Cinema Series, Friday, March 10th, 7:30 PM
- **Oscar Shorts Documentary**, 2023 Breezeline Winter Cinema Series, Saturday, March 11th, 3:00 PM
- **The Fabelmans**, 2023 Breezeline Winter Cinema Series, March 11th, 7:30 PM
- **Disney's Winnie the Pooh**, The New Musical Stage Adaptation, Sunday, March 12th @3:00 PM
- **El Otro Oz**, Dominion Energy SchoolTime Performance Series, Tuesday, March 14th @10:00 AM
- **Eastern Conn Symphony Orchestra**, Music Director & Conductor Toshiyuki Shimada, Saturday, March 18th @ 7:30 PM
- **Gaelic Storm & The High Kings, The Mighty Tour**, Co-Presented with The Kate, Tuesday, March 21st @7:30 PM
- **Kenny Wayne Shepherd Band@ Trouble Is...25th Anniversary Tour**, Sunday, March 26th @7:00 PM
- **Junie B's Essential Survival Guide to School**, Dominion Energy SchoolTime Performance Series, Thursday, March 30th @10:00 AM
- **Sleeping Beauty**, presented by AMA Dance Theatre, Friday, March 31st & Saturday, April 1st @7:30 PM

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

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

- **Junior Mack – Blues on Broadway**, his performance for *Blues on Broadway* will be traditional blues material – unplugged, Wednesday, March 8th @ 7:30pm
- **Enchanted Evening – Vocalist Laura Delgado Clemons accompanied by Bob Shea**, an evening of classic jazz, rhythm & blues presented by the Norwich Lions Club, Saturday, March 11th @ 7:30. **(all proceeds benefit the Norwich Lions Club)**

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.

MYSTIC SEAPORT

- **Mystic Seaport Museum:**
 - **FISH & FORREST** – Through the Lens of a Commercial Fishermom now on exhibit. Corey Wheeler Forrest is a third generation commercial fishermom & fishdealer working out of Sakonnet Point, Rhode Island. Her family is the last trap fishing operation in southern New England and was featured in the mini-doc The Last Trap Family: A Rhode Island Family Keeps Sustainable Fishing Alive.

COMMUNITY NEWS YOU CAN USE (continued)

MYSTIC SEAPORT (continued)

Corey has been documenting her life as a commercial fisherperson and experience as a woman working in a historically male-dominated profession for years. Her photographs are featured on her Instagram account @fishandforrest.

Fish & Forrest will feature over 30 photographs culled from @fishandforrest, now on view inside the Museum's historic Meeting House, running through the summer.

- **SUMMER CAMPS** – Mystic Seaport Museum offers a number of summer camps and programs that provide a unique learning adventure!
 - Our wide selection of **Summer Day Camps** offers campers ages 4 to 16 a kid's-eye-view of maritime history as they explore the Museum.
 - **Community Sailing Day Camps** let kids ages 6 to 15 build and refine their sailing skills with our sailing instructors out on the Mystic River.
 - Our residential, **Joseph Conrad Overnight Camp** invites campers 8 to 15 to spend a week with us, learning to sail by day, doing fun maritime themed activities in the evenings, and sleeping aboard a historic ship by night.
 - And teens 15 and up can sail along the coast as part of the crew of the schooner **Brilliant**. Select the camp that best suits your children and give them a summer to remember at Mystic Seaport Museum!

SALEM BOARD OF EDUCATION ADOPTS SY2023-24 BUDGET

Salem Board of Education Press Release, February 7, 2023

On February 6, 2023, the Salem Board of Education unanimously adopted the SY2023-24 Budget in the amount of \$11,392,501 which is a 0.58% increase over the current operating budget. This budget includes an additional Kindergarten teacher, the creation of a Talent and Gifted Teacher, and a Safety Advocate position.

Sean Reith, Salem Board of Education Chair, *"We have produced the best budget to date during my 6 ½ year tenure on the Board. This year's budget process was anchored in the Board of Education's core values and driven by our draft strategic priorities, resulting in a budget that delivers more resources and opportunities for students, while honoring the priorities of Salem's taxpayers. The Board would like to thank and commend the Superintendent, Business Manager, Administrative team, and staff members who provided feedback throughout the budgeting process."*

Brian Hendrickson, Superintendent, *"Given the current economic and fiscal pressures on school districts all across the state, we are very proud to produce a student-centered budget that maintains our commitment to class size, includes all teacher requests developed through school administration's zero-based budgeting process, and increases access and resources for professional learning and curriculum development for teachers."*

Kim Gadaree, Business Manager, *"Budget development is always a challenge with variables including special education and enrollment that are outside of our control. Fortunately, our zero-based budgeting approach combined with strategic initiatives have allowed us to be in a unique position to shift resources creating more opportunities for students."*

The Board of Education will present their budget to the Board of Finance on March 9, 2023.

COMMUNITY NEWS YOU CAN USE (continued)

SNOW REMOVAL

For detailed information on the town's policy see our January and February newsletters. The Salem Town Snow Removal policy can be found using the following link: <https://www.salemct.gov/public-works/pages/snow-removal>.

TOWN MAILBOX DAMAGE POLICY

For detailed information on the town's policy see our January Newsletter or go to:

The Salem Town mailbox damage policy can be found using the following link: <https://www.salemct.gov/public-works/pages/mailbox-damage-policy>.

PUBLIC TOWN MEETINGS

- **BOE Long-Range Educational Planning,**
March 6, 5:00 PM
- **BOE Personnel/Contract Negotiations,**
March 6, 6:00 PM
- **Inland Wetlands & Conservation Commission,**
March 6, 7:00 PM
- **Board of Education**
March 6, 7:00 PM
- **Board of Selectmen,**
March 7, 7:00 PM
- **Gardner Lake Authority**
March 9, 7:00 PM
- **Board of Finance**
March 9, 7:00 PM
- **Library Board of Directors, CANCELLED**
March 14, 6:00 PM
- **Planning & Zoning Commission,**
March 14, 7:00 PM
- **Emergency Preparedness Agency**
March 14, 7:00 PM
- **Board of Finance,**
March 16, 7:00 PM
- **Recreation Commission,**
March 20, 7:00 PM
- **Economic Development Commission**
March 21, 7:00 PM
- **Board of Finance,**
March 23, 7:00 PM
- **Zoning Board of Appeals**
March 23, 7:00 PM
- **BOE Policy,**
March 27, 4:00 PM
- **Planning & Zoning Commission,**
March 28, 7:00 PM

Use the following link to go to 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>

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

BOWLING EVENT FEB 5th AT NORWICH TEN PIN.



The seniors gathered for an afternoon of bowling on Sunday February 5th at 1:00 PM. There were 15 in attendance with lots of cheering and a blustering amount of laughter. Plans are in the works to setup another event in the near future.



Thank you to Michelle Horan for setting up this event.

80 FOR BRADY MOVIE - FEBRUARY 7th

Nine seniors gathered at the Waterford Regal Theatre on Tuesday, February 7th to see the movie **80 For Brady**. A great time was had by all. Join us on the next event. Thank you to Kay Zak for setting up this wonderful event.



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

SALEM SENIORS VALENTINES DAY WITH TEACHERS WISH LIST DONATION



Over Forty seniors gathered at Salem School for a Valentine's Day luncheon and to present to the school the collection of supplies donated by the Seniors for the Teacher's Wish List. The Pre-K children entertained the group with Valentine's Day songs. Their final performance was sung with sign language. Topping off the kids' performance, the Seniors received handmade Valentine's Day cards including gifts from the PTO. A great time was had by all. Small town USA in action!! A great big THANK YOU!! to Sandy Swider and June Mainella for coordinating the donations and purchases. Thank You Salem School for the great lunch, and a special Thank You to the Pre-K kids for the concert and Valentines.



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

SALEM SENIORS ENJOY BINGO AT SALEM VOLUNTEER FIRE COMPANY

FIREHOUSE FEBRUARY 23rd

Seniors gathered to play 12 rounds of BINGO in the Salem Volunteer Fire Company firehouse back meeting room. It was the inaugural game for the Seniors' Group. The pot was small but the fun was exelrating as each one was waiting to yell out those famous words "**BINGO!!**". Come join us once a month getting out to meet with other seniors and have FUN. Our next game will be held on Thursday March 23rd at 1:00 pm. Going forward, BINGO will be held every fourth Thursday of the month at 1:00 PM in the Salem Volunteer Fire Company firehouse back meeting room. These games aren't just for seniors. **ALL ARE WELCOME** young or old, so bring a friend.



Thank You Neurie Testagrossa and Michelle Horan for all the leg work to bring the Game to reality. Thank you to Mary CikatZ for being the "caller" and Michelle for being the "money person" for the inaugural game.



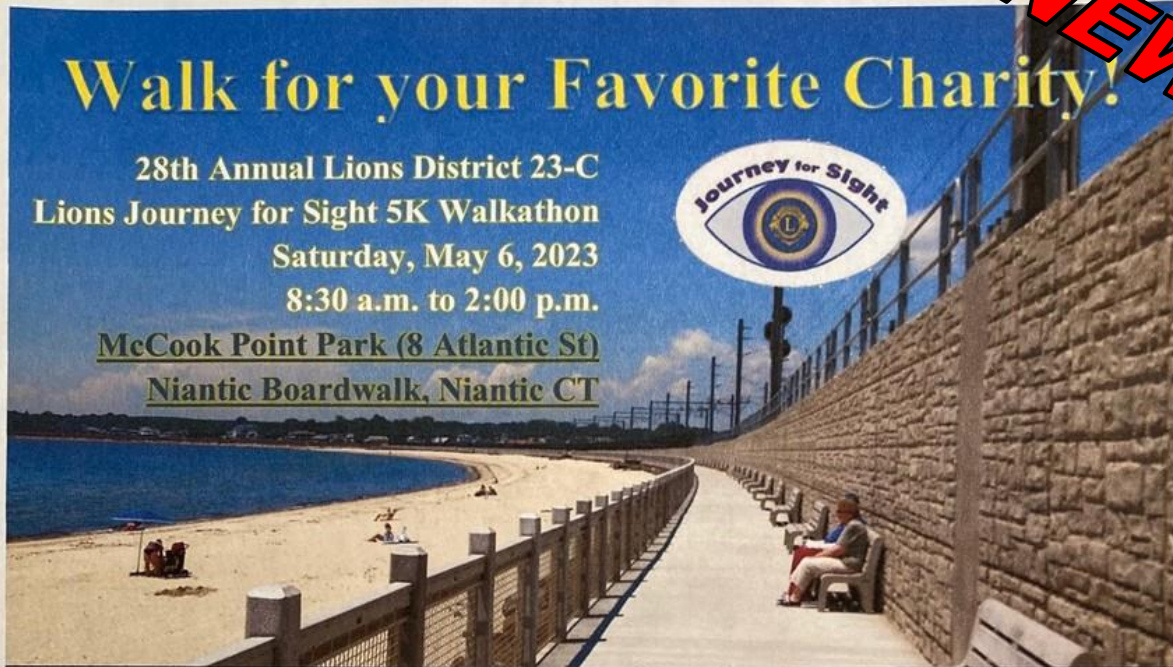
OFFICERS:

President: Gary Closius
Treasurer: Michelle Horan

Vice President: Mary CikatZ
Secretary: Jeanette Girard
Activities Coordinator: Kay Zak

Salem Agent for the Elderly: Agnes Miyuki
Communications Liaison: Joan Gaynor
Newsletter Editor: Joan Gaynor/Gary Closius

28th ANNUAL Lions District 23-C Lions Journey for Sight 5K Walkathon



Walk for your Favorite Charity!

**28th Annual Lions District 23-C
Lions Journey for Sight 5K Walkathon**

Saturday, May 6, 2023

8:30 a.m. to 2:00 p.m.

McCook Point Park (8 Atlantic St)

Niantic Boardwalk, Niantic CT



All Lions and Leo Clubs (individually or as a club), their families, friends, and anyone else can join in the fun! Lions Clubs can invite groups such as Project Graduation, Scouts, sports groups, senior centers or ANY other groups who would like to walk on behalf of a Lions Club for a SPLIT of the proceeds! **Contact your Local Lions Club** or email: Journey4Sight@LionsDistrict23C.org.

50% of pledges collected by each club are donated to ANY charity of their choice! Each club will donate the other 50% of pledge proceeds to THEIR CHOICE of these great district projects : Camp Rising Sun, Childhood Cancer Research, Connecticut Lions Eye Research Foundation (CLERF), CT Radio Information System (CRIS), Diabetes, Hearing Preservation, Homeless & Hunger, Lions Clubs International Foundation (LCIF), Lions Low Vision Center, and Service dog programs.

9:00am
to
11:00am

**Recycle
Eyeglass
Extravaganza**

Bring your
used
Glasses to
McCook
Point Park

Bring your recycled glasses to McCook Point Park, 8 Atlantic St, Niantic, CT on May 6th, 9 am – 11 am. For further information email Eyeglasses@LionsDistrict23C.org

BUS TRIP FLYER

SOUTH BOSTON'S
ST. PATRICKS'S DAY PARADE

-or-

BOSTON ON YOUR OWN
Sunday March 19, 2023

Watch this world-renowned parade as floats, marching bands, and their revelers make their way through the South Boston streets to honor St Patrick and celebrate Irish heritage. We will visit Quincy Market after the parade, where there's an array of Eateries to grab a bite of Boston flavor.

A FUN DAY IN SOUTHIE

Instead of the parade you can tour the magnificent city of Boston On your own. Spend the day at your leisure exploring the museums. Historic sites, boutique shops, and restaurants.

\$68 per person Please send payment by March 5, 2023

Deluxe motorcoach departing from:

8:00 am Norwich Commuter Lot Laura Boulevard / Rt 82 (I-395 Exit 11)

8:20 am Moosup Commuter Lot RT 14 (I-395 Exit 32)

Inquire to Darrell Len - PO Box 2141 - Salem, CT 06420
 860-884-2754 darrellsbus@gmail.com

No refunds will be given after March 5 unless a replacement is found
 This trip will travel rain or shine. The only exception is severe weather

The oldest St Pat's Day parade in the USA!

