

SALEM CT SENIORS

NEWSLETTER

UPCOMING EVENTS

- Art Classes by Salem Artspace (see page 2)
- Seniors' Dance at the Gardner Lake Fire House, Friday, Nov. 11th. (*details see page 3*)
- December Holiday Luncheon at the Salem Volunteer Fire Co. firehouse, Dec. 10th. (details see page 3)
- Veterans Day at Salem School, Nov. 11th. (see page 5 for details).

REMINDERS:

- Please pay your 2022 dues (\$5.00). Your 2022 dues need to be paid so you can receive the Member's ticket price for the up-coming Dance and Holiday Luncheon.
- Senior Lunch 1st & 3rd Tuesdays of each month, at 2Brothers Pizza, \$5.00 plus tip for the wait staff.
- Come join the Seniors at the Salem Free Library every Tuesday from 1:00-4:00PM for fun and games. Among the games played are: Wii, Sorry, Jockers & Marbles, and dice games. Among the card games played are: Pitch, Setback, 9 Hole Golf, and Bonus 10. Feel free to bring a game or snack to share.

THINGS IN THE WORKS

- BINGO, more info coming.
- Bowling outing.
- A Pot Luck Dinner/Talent Show is tentatively planned for spring 2023, more info coming.
- Self-Defense course for all ages, more info coming.
- Senior Night/Day at the movies, more info coming.
- Entering a float for the Seniors in the Memorial Day parade 2023, more info coming.
- Senior Yoga and Sittercise or similar exercise program, more info coming.
- Salem School Teachers Wish List for valentine's day 2023, more info coming.

See pages 3 & 4 for details.

THANKYOU

- Richard Chyinski of the Salem Land Trust for the interesting hike in Walden Preserve.
- All the bakers and volunteers that came out to the Mitchell Farms fund raiser.
- All the volunteers at the Newton Ransom cemetery cleanup.

See pages 8 and 9 for pictures.

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>
- **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 fall; 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.

- **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.

WELCOME NEW MEMBERS

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

MEETING SCHEDULE:

NOVEMBER 8, 2022
DECEMBER 13, 2022
JANUARY 10, 2023

FEBRUARY 14, 2023
MARCH 14, 2023
APRIL 12, 2023

WHERE: SALEM FIREHOUSE
WHEN: SECOND TUESDAY OF THE MONTH
TIME: 10:30 AM
LUNCH PROVIDED AFTER MEETING

CONTACT US:

FACEBOOK PAGE:
SALEM CT SENIORS

EMAIL ADDRESS:
salemctseniors@gmail.com

BIRTHDAYS/ANNIVERSARIES

NOVEMBER BIRTHDAYS:

Pauline Savalle	11/01	Nancy Winans	11/7	Mary Cikatz	11/12
Joan Gaynor	11/24	Elaine Lyden-Shancey	11/24	Cindy Soler	11/27
Bart Drennen	11/27				

MONTHLY MEETING RAFFLE FOR SENIORS HELPING SENIORS FUND

Reminder: During the monthly meeting we will have a 50/50 raffle. Half 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 Golubeck)

HEALTH AND WELLNESS

FLU SHOTS:

If you haven't gotten your flu shot, they 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:

Joan Golubeck will 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. (The link to **Guidelines for the Municipal Medical Transportation Service:**

https://www.salemct.gov/sites/g/files/vyhlf4966/f/uploads/transportation_fy22_packet_0.pdf)

AREA FOOD PANTRIES:

Food pantries in the area that can provide assistance as needed.

Name:	Location	Contact
• Care and Share	East Lyme	860 739-8502
• Shoreline Soup Kitchen St. John's Episcopal Church	East Lyme	860 388-1988
• United Way Mobile Food Pantry Three Rivers Community College	Norwich	860 464-3327
• Rosalyn Allen Food Pantry Mobile Pantry	Norwich	860 822-4146

These are a few of the local food pantries available in our area. Please contact them directly to get on their list and for more information as to when they are open for pick up. If you need assistance with pick up let the agency know and they will arrange for delivery.

UPCOMING EVENTS & THINGS TO DO

SALEM ARTSPACE:

Dawn Shumbo of Salem ArtSpace will be providing art classes after our monthly meetings starting and will ending around 2:00-2.30PM. The cost is \$15.00 per person. If there is enough interest, she will hold a class for us on Tuesday evenings either 4 – 6PM or 6 – 8PM. Contact/RSVP Kay Zak at: 860-889-3989 or e-mail at: **kayzak@hotmail.com**.

UPCOMING EVENTS & THINGS TO DO (continued)

DANCE TO "THE ILLUSIONS"

PUT ON THOSE SHOES AND DANCE TO GREAT MUSIC PROVIDED BY:



The Illusions

Salem Seniors will sponsor a dance at the Gardner Lake Fire House, 429 Old Colchester Rd., on Friday, **November 11th from 6 PM to 10 PM**. Tickets are for sale and will be available at the door, Members \$10.00 Non-Members \$15.00. -- **ALL ARE WELCOME YOUNG AND OLD** -- Light snacks will be provided but feel free to bring your own.

NO ALCOHOL

For tickets, please contact Dance Committee Chair - Joan Gaynor at: 860 449-3064 or e-mail: salemtech53@yahoo.com.

- We are also looking for bakers to bring or purchase light snacks such as cookies, assorted chips.
- Advance tickets will be available at our November meeting.

DECEMBER HOLIDAY LUNCHEON

The Holiday Luncheon is planned for **Saturday December 10th at Noon** at the Salem Volunteer Fire Co. firehouse. The luncheon will be catered by Papa Z's this year. Tickets will be \$10 for members and \$20 for non-members. Kay Zak and Brenda Holmwood are planning this event. ***Tickets must be purchased by Monday December 5, 2022*** so we can give the caterer an accurate head count. Tickets will not be available at the door.

QUILTING:

- The Busy Bee Quilters meet at the Salem Library from 12-4 PM on the 2nd Wednesday of the month.
- The Clam Shell Quilters meet on the 1st and 3rd Fridays from 10 – 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. Joan Golubeck & Janet Griggs are available to give lessons on the craft of knitting and crocheting.

SALEM SCHOOL TEACHERS WISH LIST

We will be collecting supplies for the teachers to restock their classrooms. Supplies become scarce in the months of February until the end of school. A list will be posted in January as to what they will be needing.

NATURE WALK/HIKE

We are looking for suggestions for the next walk/hike. Please put your suggestions in the bottom block of the attached ***Senior Citizens' Input Questionnaire***.

THINGS IN THE WORKS

BOWLING

The Norwich Bowling Center is offering Sunday Afternoon bowling. We are looking to setup an afternoon in February 2023 for the group to go bowling. Cost is \$10.00 which allows the bowler 3 games and includes shoes. ***Make your date choice on the attached form.*** If you are interested in bowling or helping, contact Michelle Horan at 860-303-5023 or e-mail at: horan.micheller@gmail.com

POT LUCK DINNER/TALENT SHOW

We are tentatively planning to hold the Pot Luck Dinner/talent show in March or early April 2023. ***Make your date choice on the attached form. We need a Planning Committee and Committee chair person for this event. ★***

BINGO

We have the BINGO Cage, the number balls, and the cards. Neurie Testagrossa has volunteered to help plan/organize and get this activity off the ground. ***We need help!! If anyone is interested in helping, please contact Gary Closius: 860-961-9173 or e-mail: gclosius@sbcglobal.net. We need a Planning Committee and committee chair person for this event. ★***

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.***

A FLOAT FOR THE SENIORS IN THE MEMORIAL DAY PARADE 2023

We need a Planning Committee and committee chair person for this event. ★

SENIOR YOGA AND SITTERCISE OR SIMILAR EXERCISE PROGRAM

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

SENIOR NIGHT/DAY AT THE MOVIES

Kay Zak has volunteered to plan event. Kay has contacted the movie theater corporate office more details are coming.

- ★ If you are interested in helping to plan any of these 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.

BUS TRIPS

We are been in contact with a bus company. They will do both day and overnight bus trips. Please let us know what types of bus trips you want to see by completing the questionnaire at the end of the newsletter.

VOLUNTEER OPPORTUNITIES

GARDNER LAKE AND SALEM FIRE DEPARTMENTS

Both the Salem and Gardner Lake Fire Departments 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>.

VOLUNTEER OPPORTUNITIES (continued)

CEMETERY CLEAN-UP

VOLUNTEERS STILL NEEDED

The Cemetery Clean-up Team will be blowing leaves this fall. For future clean-up/leaf blowing dates contact Kay Zak: 860-889-3989 (home), e-mail: kayzak@hotmail.com or watch the FaceBook website for future dates.

LION'S CLUB

The Lions are looking for volunteers. Contact John Houchin at 860-887-2518 or cell 860-705-1227.

MITCHELL FARMS EQUINE

The retirement Horse farm is looking for help. Contact Dee Doolittle: 860-303-8705, or e-mail dee@mitchellfarm.org.

COMMUNITY NEWS YOU CAN USE

VETERAN'S DAY ASSEMBLY AT SALEM SCHOOL

If you are a veteran and would like to participate, or if you know of any veterans who would like to participate in Salem's School's Annual Veterans Day Assembly on Friday, November 11, please contact Jennifer Kayser at: JKayser@salem.cen.ct.gov.

TAI CHI CLASSES

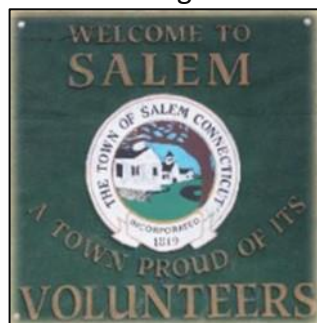
Tai Chi classes are available to Salem residents for \$40 and for non-Salem residents for \$45. The classes are 8-week classes. Please contact Agnes Miyuki at: amiyuki@salemct.gov.

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

TVCCS provides winter heating assistance among other community assistance services. Visit the TVCCA website at: <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.

11TH SALEM UNSUNG HEROES AWARDS BANQUET

The 11th Salem Unsung Heroes Awards banquet will be held at the Gardner Lake Firehouse on **Sunday November 13th at 1:00PM**. The Salem Unsung Heroes Award celebrates the generous and tireless volunteerism of those individuals who have given their time, and energy to make their community a better place for everyone. The following individuals are being honored as Salem's Unsung Heroes:



Richard Chyniski
Gary Closius
Taras Kachorowsky
Diba Kahn Bureau
Elizabeth Lane
Robert Ross
William Schultz
Vernon Vessey

Tickets are \$30 for adults, \$15 for children 4 – 12, and children under 4 are free. Please make checks payable to **Salem Unsung Heroes**. Tickets are available at: Salem Health Mart (next to 2Brothers Pizza). Contact Mary Cikatzen for additional information: 860-287-7275, or, marycikatzen@gmail.com.

COMMUNITY NEWS YOU CAN USE (continued)

SENIORS AND STROLLERS WALKING AT SALEM SCHOOL

A request has been submitted to the Salem School to use their hallways for Seniors & Strollers Walking from October through May on MWF, 7-8AM, and Saturdays through February, 8-10AM (when the school is open). Seniors will need to sign in/out at the front desk on weekdays.

VOTER REGISTRATION SESSION

On Monday, November 07, 2022, the Salem Registrars of Voters will hold a limited voter registration session in their office at the Salem Town Hall, 270 Hartford Road. ***This session is to admit those seeking to register to vote in the November 8, 2022 state election, whose qualification as to age, citizenship or residence was attained since November 01, 2022.*** The hours are from 9:00AM to 5:00PM.

SENIOR CENTERS/ACTIVITIES AVAILABLE TO SALEM RESIDENTS

COLCHESTER SENIOR CENTER:

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. Check out their November newsletter, here is the website address for the Colchester Senior Center newsletter. (Link for the Colchester Senior Center newsletter https://www.colchesterct.gov/sites/g/files/vyhlif4286/f/uploads/nl_10_2022.pdf)

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.

Available Programs & Services*:

- Assorted recreational, health, fitness, educational classes and/or social programs
- Wellness Health Clinics offered monthly including Blood Pressure Screenings, Hearing Screenings and Foot Clinic
- Making Memories Program for those facing memory loss/dementia
- Social Service Programs such as Renter's Rebate and the Connecticut Energy Assistance Program (CEAP), available through Social Services Coordinator at 860-537-7203
- Assistance with Medicare through our CHOICES Counselor (by appointment)
- AARP Tax Aide for free tax preparation assistance (February-April, by appointment)
- Community Cafe meal served on site at 12:00 noon on Monday through Friday
- Meals-on-Wheels deliveries to those who are homebound
- In-Town Senior Transportation for Colchester residents over the age of 60 and those over the age of 18, who are determined to be permanently disabled through Social Security for local errands such as to/from the senior center, grocery shopping, pharmacy, banking, beauty/barber appointments and local medical appointments (see Senior Transportation)
- Out-of-Town Senior Transportation for medical appointments within a 40-mile radius of Colchester (see Senior Transportation)
- Travel Opportunities including local-day trips, overnight trips, cruises and even international travel, as advertised
- * Check with the Colchester Senior Center (860-537-3911) to determine eligibility of non-Colchester residents.

Travel Opportunities

- Day Trips
 - 4 2nd Street at the Goodspeed with Lunch at La Vita, Wednesday, November 2, departure at 11AM. Cost: \$60 p.p. cost of lunch not included.
 - Newport Playhouse "A Christmas for Carol," Tuesday, December 6, departure at 9:30AM. Cost: \$132 p.p.
- Extended Trips & Cruises
 - Painted Canyons of the West, August 13-21, 2023. Cost: \$3,829 p.p. double occupancy, if booked before February 13, 2023.
 - Spain & Portugal: Costa Del Sol to the Portuguese Riviera, October 14-25, 2023. Cost: \$5,029 p.p. double occupancy, if booked before March 15, 2023.

Please see to page 8 of the monthly ***Colchester Senior Center Newsletter*** for trip descriptions and the most up-to-date information about traveling with the Colchester Senior Center.

COMMUNITY NEWS YOU CAN USE (continued)

EAST LYME SENIOR CENTER

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. (Link for the East Lyme Senior Center: <https://eltownhall.com/community/senior-center/regularly-occurring-programs/>)

The Senior Center plans events on a monthly basis. See the current Senior Center Monthly Brochure for a detailed schedule. (Link for *The Courier*, <https://mycommunityonline.com/publication-page/east-lyme-courier?selectedPublication=https://container.parishesonline.com/bulletins/06/5011/20221101N.pdf>)

Below is a listing for what generally occurs.

- Fitness
- Education/Enrichment Classes
- Health Services
- Music Classes
- Cards/Games
- Nutrition Services
- Trips
- Social Scene

OVER THE HILL HIKING GROUP: NOVEMBER HIKES

- Nov 4, Hartman Park, Lyme – Moderate – Leader: Jan
- Nov 11, Devil's Hopyard, East Haddam – Difficult – Leaders: Chuck & Debbie
- Nov 18, Champlain South, Old Lyme – Difficult – Leader: Barry
- Nov 25, Mohegan Park, Norwich – Easy/Moderate – Leader: Chuck

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 A.M. Hikers who wish to carpool should meet at East Lyme Senior Center at 9:00 A.M.

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.

PUBLIC TOWN MEETINGS

- **Board of Selectmen**, 11/01, 7:00pm
- **Library Board of Directors By-Laws Committee**, 11/02, 5:00pm
- **Library Board of Directors By-Laws Committee**, 11/02, 6:30pm
- **Library Board of Directors Policy & Procedure Committee**, 11/03, 1:00pm
- **BOARD OF EDUCATION Long-Range Educational Planning**, 11/07, 5:00pm
- **BOARD OF EDUCATION Personnel/Contract Negotiations**, 11/07, 6:00pm
- **Board of Education**, 11/07, 7:00pm
- **Emergency Preparedness Agency**, 11/08, 7:00pm
- **Planning & Zoning Commission**, 11/08, 7:00pm
- **Gardner Lake Authority**, 11/10, 7:00pm
- **Board of Finance**, 11/10, 7:00pm
- **Inland Wetlands & Conservation Commission**, rescheduled to 11/14, 7:00pm
- **Library Board of Directors Bylaws Committee**, 11/14, 7:00pm
- **Inland Wetlands Conservation Commission Special Meeting**, 11/14, 7:00pm
- **Library Board of Directors**, 11/15, 6:00pm
- **Economic Development Commission**, 11/15, 7:00pm
- **Salem Land Trust**, 11/16, 7:00pm
- **Gardner Lake Volunteer Fire Company Board of Directors**, 11/21, 7:00pm
- **Recreation Commission**, 11/21, 7:00pm
- **BOARD OF EDUCATION Policy**, 11/28, 4:00pm
- **Gardner Lake Volunteer Fire Company Meeting**, 11/28, 7:30pm

PICTURES OF PAST SENIOR EVENTS

WALDEN PRESERVE HIKE



SALEM SENIORS SPONSOR A TRUNK OR TREAT AT THE GLFH



ATTORNEY GENERAL WILLIAM TONG & STATE REP. HOLLY CHEESEMAN VISIT



SALEM SCHOOL GARDEN REPAIR



[Thanks Joan Gaynor!](#)

Joan took on the project to repair this garden at the Salem School.

The garden was the class gift to the school from the class of 2008.

Well Done Joan!!!!

ARTSPACE ART CLASS



MITCHELL FARM BAKE SALE



NEWTON-RANSOM CEMETERY CLEAN-UP

***Salem Seniors Group Member Spotlight***

***Joan
Gaynor***

This edition of ***Salem Seniors Group Member Spotlight*** shines the spotlight on Joan Gaynor. Joan has lived in Salem for 37 years raising two daughters here. She has been a member of the ***Salem Seniors Group*** for less than a year. Joan is the Group's Communications Liaison, a member of the Group's Executive Committee, as well as a member of the Group's Activities Committee. As the Chairperson of the Senior's Dance planning committee, she has organized and planned the up-coming Seniors Dance

(see page 3 for details). As the Group's Communications Liaison Joan develops the Group's monthly Newsletter. She took on the task of weeding the three play areas at the Salem School in an effort to remove the Mugwort and make it look nicer. Joan also took on the task of repairing and restoring a garden at the Salem School which was a class gift to the school from the class of 2008. When she found out that there was a memorial for a fourth grader, Ethan Pelletier, that passed away in 1997, Joan cleaned the area around the memorial and has more plans to improve its appearance. When Robin and Andy (Ethan's parents) found out they were very grateful. She has more garden and landscaping ideas for the school. And if all that wasn't enough, Joan organized this year's Seniors Group's entry for the Trunk-or-Treat at the Gardner Lake Firehouse.

Joan, a great big Thank You and a hearty Well Done!!!!

OFFICERS:

President: Gary Closius
Treasurer: Michelle Horan

Vice President: Mary Cikat
Secretary: Jeanette Girard

Salem Agent for the Elderly: Agnes Miyuki
Communications Liaison: Joan Gaynor
Activities Coordinator: Kay Zak

SENIOR CITIZENS' INPUT QUESTIONNAIRE

Please detach or print and bring the next meeting (November 8^h)

Name (optional):	Place ✓ Below
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QUESTION 1 We are planning a pot luck/talent show. Below are three choices for the date, please choose ONE of the following dates:

- | | |
|----------------------------|--|
| • Friday, March 10, 2023 | |
| • Saturday, March 11, 2023 | |
| • Friday, March 24, 2023 | |
| • Saturday, March 25, 2023 | |
| • Friday, April 14, 2023 | |
| • Saturday, April 15, 2023 | |

QUESTION 2 BINGO is in the planning stage and we need your input. Please make your choice below, check ALL that apply.

- | | |
|--|-----------------------------|
| • Hold the BINGO once per month | |
| • Hold the BINGO twice per month | |
| • How long do you want the BINGO sessions to last? | 1 hr. 2 hr. 3 hr. |
| • Do you want prizes? (If you want prizes list your ideas on the back) | YES NO |

QUESTION 3 For the purposes of planning possible future trips and outings, please check ALL that apply below.

- COST**
- | | |
|---|--|
| • Trips or outings less than \$100 | |
| • Trips or outings greater than \$100 but less than \$500 | |
| • Trips or outings greater than \$500 | |

- DISTANCE**
- | | |
|--|--|
| • Local trips or outings (within 50 miles) | |
| • Trips or outings anywhere in CT, RI, or MA | |

- LOCATION**
- | | |
|-------------------|--|
| • Overnight trips | |
|-------------------|--|

QUESTION 4 Please choose ONE of the following dates for bowling.

- | | | | |
|------------------------------|-------------------------------|-------------------------------|-------------------------------|
| Sun. Feb. 5 | Sun. Feb. 12 | Sun. Feb. 19 | Sun. Feb. 26 |
| Place a ✓ Below | Place a ✓ Below | Place a ✓ Below | Place a ✓ Below |
| Sat. Feb. 4, 2023 | Sat. Feb. 11, 2023 | Sat. Feb. 18, 2023 | Sat. Feb. 25, 2023 |

Please provide 3 or four examples of a trip or outing you would be interested in attending: (e.g., sightseeing, dinner & a show, sporting event, Foxwoods or Atlantic City): *(please print, use the back if needed)*

Please provide any other comments you may have to improve the Salem Senior Citizens Group: *(please print, use the back if needed)*