



**BIRTHDAYS/ANNIVERSARIES****OCTOBER BIRTHDAYS**

Catherine Teel	1 <sup>st</sup>	Dennis Girard	3 <sup>rd</sup>	Sue Chmielewski	5 <sup>th</sup>
John Mainella	5 <sup>th</sup>	Steve Gluck	15 <sup>th</sup>	Shirley Mitsko	18 <sup>th</sup>
Robert Jarman	22 <sup>nd</sup>	Emily Williams	25 <sup>th</sup>	Alexander Wood	29 <sup>th</sup>

**SALEM SENIORS NEWS****SALEM SENIORS INFORMATION AND NEWSLETTERS**

Previous news letters can be found by using the following link to access the Town of Salem webpage: [saalemct.gov/salem-senior-citizens](http://saalemct.gov/salem-senior-citizens). When the webpage opens, click on the box that says "**Click here to check out our new Salem CT Seniors Newsletter**" then click on the month you want to see.

**CHANGES IN THE YEARLY DUES**

At the August meeting a discussion was brought to the membership that it's getting more expensive to put on events and a motion was put to the floor to raise the yearly dues to \$10 (ten dollars). A vote was taken to approve the raise in dues and it passed unanimously. The new dues will take effect on January 1, 2024. Anyone who feels this is a strain on their financial budget can see any one of the executive board members.

**50 / 50 RAFFLE FOR SENIORS HELPING SENIORS FUND**

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

At September's meeting a homemade jar of **Bread and Butter Pickles** was donated to **Kristin Gadbois** to be raffled. A second prize drawing was held. As items are donated, other such raffles will occasionally be held during the course of the year to help raise funds.

**September Meeting Raffle Winners:** 50 / 50 Raffle: Janet Huhtala won \$54.

The 2<sup>nd</sup> prize B&B Pickles was won by Elizabeth (Buffy) Lane.

**SALEM ARTSPACE**

Dawn Shumbo of Salem ArtSpace will have a class held on Thursday October 19<sup>th</sup>, at 2:30 -4:30 PM. Class will cost \$20 per person for product and paint. The theme will be Halloween. **Contact/RSVP to Kay Zak at: 860-889-3989 or e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com).**

**PROVIDER FARMS VEGGIES FOR SALE AT MONTHLY MEETINGS**

Provider Farms will have produce for sale at the monthly meetings. They give the seniors a 10% discount on items purchased at the meetings. A list of what produce will be available will be posted on Facebook before the meetings.

**NOTE: THERE WILL NOT BE ANY PROVIDER FARMS PRODUCE AT OCTOBER'S MEETING.**

**NOVEMBER MEETING GUEST SPEAKER:**

Anges Miyuki has arranged for a guest speaker Deborah Walker to speak and connect with the Salem Seniors Group at our November meeting. Deborah is the Program Coordinator for SERAC (Southeastern Regional Action Council), the Regional Behavioral Health Action Organization for the CT Department of Mental Health and Addiction services for the region. She will be speaking about their available resources for suicide prevention, substance use, and problem gambling awareness.

## HEALTH AND WELLNESS

### MUNICIPAL MEDICAL TRANSPORTATION SERVICE

The Caregiver Mileage Reimbursement and Medical Transportation program is for adults 60+ and persons with disabilities who are unable to drive and need transportation to a medical appointment. **To access this service contact: Agnes Miyuki Salem's Agent for the Elderly at 860-859-3873 X 125.** She can provide all program and eligibility information. **Use the following link to view the Guidelines for the Municipal Medical Transportation Service: [saalemct.gov/sites/g/files/vyhlif4966/f/uploads/transportation\\_fy22\\_packet\\_0.pdf](https://saalemct.gov/sites/g/files/vyhlif4966/f/uploads/transportation_fy22_packet_0.pdf).**

### FLU VACCINATIONS

Flu season is right around the corner. The Salem Health Mart Pharmacy will provide Flu vaccinations during our October meeting. The vaccine for COVID may also be available subject to supply.

**NOTE: you can receive the Flu and the COVID vaccines the same day, however, if you only receive one vaccine you must wait two weeks before receiving either the COVID or the RSV (Respiratory Syncytial Virus) vaccine. Salem Health Mart suggests visiting your personal physician for the RSV vaccines because you have to wait two weeks between it and other vaccines.**

***Be sure you have your insurance and Medicare Health Insurance cards with you.***

### 211 INFOLINE HELP

For detailed information about what 211 can provide, go to our April, May or June newsletters. See **Salem Seniors** information on this page for the link to the town website and our newsletters.

## UPCOMING EVENTS & THINGS TO DO

### BINGO

The next game will be held on **Thursday October 26th, cards go on sale from 12:30 to 12:55 PM and the game starts promptly at 1 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 6<sup>th</sup> 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 is 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](mailto:nunusobx@gmail.com), or Michelle at 860-303-5023 or e-mail: [horan.micheller@gmail.com](mailto:horan.micheller@gmail.com).***

### QUILTING

The Busy Bee Quilters meet at the Salem Library from 10-4 PM 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 Salem Library. The Charity/Community Quilters meet on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month from 10-3:30pm. 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** for more information and 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.

## UPCOMING EVENTS & THINGS TO DO (continued)

### GARDENING TEAM

Now that the courtyard garden refurbishment at the Salem School is complete, Joan Gaynor has set her sights on weeding the playscapes and maintenance. Any and all help is welcome. *If you want to help at the school, please contact Joan Gaynor at [salemtech53@yahoo.com](mailto:salemtech53@yahoo.com). Or call Joan at 860 449-3064*

### SALEM HIKES AND WALKS

#### (NEW) Fall Hikes:

Kim Siebert and Heidi Buchholtz got together and came up with a fall "nature walk" to offer to our group.

- **October 18<sup>th</sup>: 9:30 at Urbanik Reserve in East Haddam**

**Directions:** Take Witch Meadow Road to Alexander Road (road changes name on the Salem/East Haddam border to Old Salem Road). Continue on to the bottom of the hill to the 4-way intersection, take left onto Foxtown Cemetery Road, road ends in 0.6 miles at trailhead (52 Foxtown Cemetery Road). It's about a mile from Witch Meadow Road. There are two 0.6-mile loops, we will probably walk both ways. **Call Chris Newell at 860-917-6282 if you have any questions.**

- **November 15<sup>th</sup>: 9:30 at Hartman Park**

**Directions:** From the Salem Valley Farms Ice Cream Barn take Darling Road to the intersection of Old New Road (on the left), White Birch Road (on the right) and Darling Road straight ahead. Continue on Darling Road to Gungy Goad on left. Take Gungy Road, after passing tall power lines the Hartman Park sign and parking is on left. (122 Gungy Road, Lyme) **Call Heidi Buchholtz at 860-917-6720 if you have any questions.**

**REQUIREMENTS:** Wear sturdy shoes or hiking boots/shoes. Bring water for 2 hours exploration.

**STRONGLY SUGGESTED:** Hat/head covering, Sunscreen, Energy bar or other high energy snack, Walking stick or trekking poles.

### THEATRE AND CONCERTS

- **GOODSPEED OPERA HOUSE SHOWS (6 Main St, East Haddam CT)**

There are 7 members going to *Dreamgirls* at the Goodspeed Opera House December 9<sup>th</sup>.

- **NIANTIC BAY PLAYHOUSE, NIANTIC**

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

➤ *Steel Magnolias*: October 20<sup>th</sup> – November 4<sup>th</sup> 7:30 PM. Senior price 25.00 + Fees

➤ *A Christmas Carol*: December 1<sup>st</sup> – 17<sup>th</sup> @ 7:30 PM. Senior Price 28.00 + Fees

**Tickets:** Go to the website at this link [nianticbayplayhouse.org/](http://nianticbayplayhouse.org/) for more details.

**Tickets can be purchased by calling:** 860-850-5072, e-mail: [info@nianticbayplayhouse.org](mailto:info@nianticbayplayhouse.org), or on-line by using the following link: [nianticbayplayhouse.org/ticket-sales](http://nianticbayplayhouse.org/ticket-sales).

- We have 10 tickets available to *A Christmas Carol* on Sunday, December 10<sup>th</sup> at 2 PM at the Niantic Bay Playhouse, \$25. **Contact/RSVP to Kay Zak at: 860-889-3989 or e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com).**

- **NORWICH ARTS CENTER NORWICH**

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

- ***Steve Hunt & Friends, Friday, October 6<sup>th</sup>, 8 PM.*** Tickets: Adults \$25 seniors/military/students \$23, members \$20.

## **UPCOMING EVENTS & THINGS TO DO (continued)**

### • **NORWCH ARTS CENTER NORWICH (continued)**

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

- *Bridget Kelly Band, Saturday, October 14<sup>th</sup>, 8 PM.* Tickets: Adults \$25 seniors/military/students \$23, members \$20.
- *First Lady of Song, Friday, November 4<sup>th</sup>, 8 PM,* Nichelle Rollins sings from the songbook of Ella Fitzgerald with Miss Lottie's Café Band. Tickets: Adults \$22 seniors/military/students \$20, members \$18.

Contact Norwich Arts Center: Phone: 860-887-2789, or e-mail: [administration@norwicharts.org](mailto:administration@norwicharts.org).

Order tickets by visiting the Norwich Arts Center website: [norwicharts.org](http://norwicharts.org).

### • **GARDE ARTS CENTER, NEW LONDON**

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

- **Manhattan Short, Sunday, October 1<sup>st</sup>, 3 PM.** **Manhattan Short** is the only film festival of its kind where you are the judge with audiences around the world during a one-week period choosing the Best Short Film and Best Actor awards. These are movies you can only see on the giant screen!
- **Ballet Hispanico, Friday, October 6, 2023 8 PM** America's leading Latino dance organization, bringing communities together to celebrate and explore Latino cultures through dance for nearly 50 years.
- **Chris Botti Saturday October 7<sup>th</sup> 8 PM** There's nothing like a **Chris Botti** concert. He's the complete package: a dazzling trumpeter at home in everything from jazz to pop to rock, a brilliant bandleader who lets his players shine, and a born showman whose joy at being onstage is infectious. See him live and you'll understand why musical stars from **Sting** to **Paul Simon** to **Joni Mitchell** have been eager to share his stage.
- **Steve Hackett – Genesis Revisited Friday October 13<sup>th</sup> 8 PM** brings **Foxtrot at Fifty** to North America for a string of eagerly awaited dates following the huge selling UK 2022 tour.
- **Array of Hope Saturday, October 14<sup>th</sup> 7 PM** Blessed Sacrament Parish in cooperation with the Diocese of Norwich presents **ARRAY OF HOPE – An Evening of Faith, Hope and Love, A Musical Multimedia Experience concert.**
- **LIVE Unplugged Sunday October 15<sup>th</sup> at 7:30 PM** with some of the alt-rock era's biggest hits up their sleeve, you don't want to miss an evening with the multi-Platinum band **+LIVE+**
- **Bored Teachers Saturday October 28<sup>th</sup> 8 PM** Bored Teachers presents the 2023 'We Can't Make This Stuff Up' Comedy Tour featuring the funniest teacher-comedians in the world!

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:

[gardearts.org/events/](http://gardearts.org/events/).

### • **FIRST CONGREGATIONAL CHURCH OF SALEM APPLE FESTIVAL**

The church will hold its annual Apple Festival on the Salem Town Green, 244 Hartford Road, **Saturday, October, 28<sup>th</sup> from 9:00 AM – 1:00 PM or until Sold Out.**



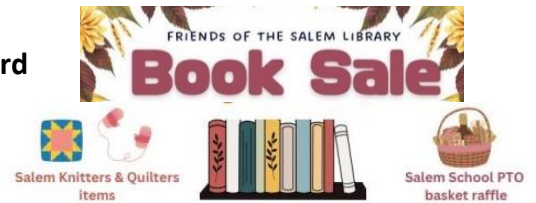
## UPCOMING EVENTS & THINGS TO DO (continued)

### • **THE FRIENDS OF THE SALEM LIBRARY USED BOOK SALE**

The FOSL will hold its used book sale at the Salem School 200 Hartford Road, Salem.

**Friday, October 27<sup>th</sup>.** Early entry for FOSL members at 6 PM, general public entry at 7 PM. Book sale closes at 9 PM.

**Saturday, October 28<sup>th</sup> – 9 AM tp 3PM.** The Bag Sale starts at Noon.



### • **MITCHELL FARM FALL FESTIVAL**

**October 28<sup>th</sup> 11 AM – 4 PM. Rain Date: October 29<sup>th</sup>.**  
**Mitchell Farm, 300 East Haddam Road, RT 82, Salem.**

## **FREE ADMISSION**

- **HAYRIDES** – Pulled by tractor through the horse pastures. Get up close to the beautiful retired horses. \$5 donation (ages 3 & under free). Includes **FREE PUMPKIN** for the first 150 kids under 13. *Hosted by the Salem Lions.*
- *Meet the horses and donkeys.*
- *Vendor*
- **Bake Sale** – *Hosted by the Salem Senior Fair Citizens Group. Proceeds to benefit Mitchell Farm.*

## **BUS TRIPS**

### • **Darrell Len Bus Trips**

We have been in contact with Darrell Len who runs both day and overnight bus trips. Trips are available on a first come first served basis. See below for a listing of the trips he is offering.

- **Haunted Happenings**, Salem, MA, Saturday October 28<sup>th</sup>, \$78.00 per person. Come join us for the ultimate Halloween experience! To assist in planning your visit, go online to [hauntedhappenings.org](http://hauntedhappenings.org).
- **New York City**, Saturday, December 2<sup>nd</sup>, \$78.00 per person. The bus will make numerous stops, allowing you to disembark throughout uptown, midtown or downtown Manhattan. Spend the day at your leisure pursuing an activity that is unique to only the Big Apple – Broadway shows, ethnic restaurants, museums, city tours, and so much more!

**Contact Darrell Len P.O. Box 2141, Salem, CT 06420, e-mail: [darrellsbus@gmail.com](mailto:darrellsbus@gmail.com), or call: 860-884-2754** to get departure, and return locations and times, payment instructions and other information.

### • **OTHER GROUPS THAT HAVE TOURS**

- **Tours of Distinction Trips:** call (800) 426-4324, Website: [toursofdistinction.net/](http://toursofdistinction.net/).
- **Colchester Senior Center trips:** call 860-437-2385, or go to their website: [colchesterct.gov/senior-center/pages/travel-opportunities](http://colchesterct.gov/senior-center/pages/travel-opportunities).
- **East Lyme Senior Center trips:** call 860-537-3911, or go to their website: [eltownhall.com/community/senior-center/trips/](http://eltownhall.com/community/senior-center/trips/).
- **New London Adult Education:** call 860-437-2385, or go to their website: [enrichment.newlondonadulthood.org/CourseCatalog/categoryView.asp?id=679](http://enrichment.newlondonadulthood.org/CourseCatalog/categoryView.asp?id=679).

## THINGS IN THE WORKS

### STRAWBERRY SHORTCAKE BOOTH

The Seniors are considering taking over the strawberry shortcake sale from during the Memorial Day celebration from the Historical Society. Mary Cikatzen has volunteered to head the committee but she needs members to help with research and decision making. *If you are interested in serving on the strawberry shortcake, contact Mary Cikatzen, e-mail: [mcikatzen@yahoo.com](mailto:mcikatzen@yahoo.com), or call: 860-287-7275.*

### SENIOR CITIZEN'S GROUP FUNDRAISER COMMITTEE

- **Fundraising Committee**

We are looking to form a committee to investigate and develop fundraising opportunities to raise money for the Senior's Group's activities. If you are interested in being on the committee, contact **Kay Zak**, e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.

- **Learn to Make Asian Dumplings from Attorney General Tong's mother Fundraiser.**

The Seniors Group is planning a fundraiser after the first of the year (date to be determined). AG Tong has offered to have his mother teach how to make Asian dumplings. We need volunteers to help. *If you are interested in helping contact Kay Zak, e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.*

### GARDNER LAKE VOLUNTEER FIRE COMPANY TRICK OR TRUNK - OCTOBER 2023

The Gardner Lake Fire Department is looking for volunteers to decorate their vehicles and participate in the Trick or Trunk for October. *If you are interested in participating contact Joan Gaynor, e-mail [salemtech53@yahoo.com](mailto:salemtech53@yahoo.com), or call 860-449-3064.*

### HOLIDAY LUNCHEON TO HONOR THE SALEM VOLUNTEER FIRE COMPANY

The annual holiday luncheon will be held at the Salem volunteer Fire Company Firehouse on December 2<sup>nd</sup> at 12 PM. More information to come. *If you are interested in helping contact Kay Zak, e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.*

### THE SENIOR CITIZENS GROUP TO SPONSOR MITCHELL FARMS BAKE SALE

The Senior's will hold a bake sale at the Mitchell Farm Fall Festival on Saturday, October 28<sup>th</sup>. Volunteers are needed to man the tent and make goods to be sold. All the proceeds will be donated to the Mitchell Farm Equine Retirement Home for Horses. **Admission to the Festival is free.** All items for sale must be separately wrapped. Bring your specialty or purchase a baked good to be sold to Jeanette Girard, 42 Sullivan Road. If you don't bake all donations are welcome. This will be discussed at the next Senior's meeting. *If you are interested in helping or baking contact Kay Zak, e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.*

### POT LUCK DINNER AND TALENT SHOW

The Pot Luck Dinner and Talent Show was a hit this past year so planning is beginning for the next one. *If you are interested in helping contact Kay Zak, e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.* This will be discussed at a future Senior meeting.

### SUNDAY BOWLING AT NORWICH TEN PIN

The Seniors are planning to go bowling again at the Norwich Ten Pin on their Sunday Special. *If you are interested contact Michelle Horan at 860-303-5023 or e-mail at: [horan.micheller@gmail.com](mailto:horan.micheller@gmail.com).* This will be discussed at a future Senior meeting.

**THINGS IN THE WORKS (continued)****SUPPLIES FOR THE SALEM SCHOOL FILL THE TEACHERS' SHELVES 2024**

The Seniors are planning to collect school supplies for the Salem School teachers to be presented at the Valentine's Day luncheon again this school year. Sandy Swider and June Mainella have agreed to chairing this effort again this year. This will be discussed at a future Senior's meeting.

**MINIATURE GOLF AT CAMP ODETAH BOZRAH CT**

The Seniors are planning a miniature golf event to be held at **Knolls & Holes Miniature Golf & Ice Cream in Camp Odetah** 38 Bozrah St Extension #1300, Bozrah. The cost would \$8 per person discounted for this event. Their 18-hole championship mini golf course offers demanding play with true adventure style mini golf. Water hazards, sand traps and extreme course contours. ***If you are interested contact Michelle Horan at 860-303-5023 or e-mail at: [horan.micheller@gmail.com](mailto:horan.micheller@gmail.com).*** This will be discussed at a future Senior meeting.

**SALEM SCHOOL THANKSGIVING LUNCHEON**

The annual Thanksgiving luncheon at the Salem School is scheduled for Tuesday, November 14<sup>th</sup> at our normal monthly meeting.

**HOLIDAY GIFT BASKET RAFFLE:**

The seniors are planning a holiday gift basket raffle for our December meeting. This will be a separate raffle to our regular 50/50. The monies will help with activities the group plans.

**VOLUNTEER OPPORTUNITIES****GARDNER LAKE AND SALEM VOLUNTEER FIRE COMPANIES**

Both the Salem and Gardner Lake Volunteer Fire Companies are looking for volunteers of **ALL AGES**.

- Salem Volunteer Fire Company – NON-EMERGENCY PHONE: 860-859-0942
- Gardner Lake Fire Company – NON-EMERGENCY PHONE: 860- 859-1743

Website: [gardnerlakevolunteerfirecompany.com/home](http://gardnerlakevolunteerfirecompany.com/home).

**MITCHELL FARM EQUINE RETIREMENT**

The Horse Retirement, Horse Sanctuary is looking for help. **Contact Dee Doolittle 860 303-8705, or email [dee@mitchellfarm.org](mailto:dee@mitchellfarm.org).**

**FRIENDS OF THE SALEM THE LIBRARY**

The Friends of The Salem Library could always use help sorting books for the book sale, and with the book sales. We are currently sorting books at Zemko property 232 Hartford Road Monday, Wednesday, and Friday from 9 AM- 11AM. ***If you would like to help, contact Carl Nawrocki at 860-608-9970, or Bart Drennen at 860-235-5889.***

**HOME REPAIR AND HANDY-MAN SKILLS**

**Would you like to volunteer, or do you need help?**

**Please let us know:**

- what your skills are and / or what you can help with?
- what your needs are? (i.e., pull a pool cover on in summer; reset a knocked down mailbox; change the oil in a lawn mower; etc.).

**Contact Kay Zak at: 860-889-3989 / e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com), or Gary Closius at: [gclosius@sbcglobal.net](mailto:gclosius@sbcglobal.net), or 860-961-9173.**



## **VOLUNTEER OPPORTUNITIES** *(continued)*

### **LION'S CLUB**

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

### **CEMETERY CLEAN-UP**

The Salem VFW is always looking for help to clean up the cemeteries. Bring your gloves, weedwhacker, mower, rakes and tarps. **Watch the Facebook website for future dates on other cemetery clean up opportunities.**

**If you are interested in helping or have a need contact Kay Zak at: 860-889-3989 or e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com).**

### **SALEM SCHOOL**

Volunteers are always welcome at **Salem School**. Anyone interested in volunteering can mail the volunteer form (which lists volunteer options) to Jennifer Kayser, Executive Assistant to the Superintendent, Salem School District, 200 Hartford Rd. Salem, CT. **Use the following link to go to the Salem School website: [salemschools.org](http://salemschools.org). Put the cursor over the "Our School" tab, & click on the "Forms tab" to access the form.**

## **COMMUNITY NEWS YOU CAN USE**

### **SALEM FREE PUBLIC LIBRARY**

\*\*\* The Salem Free Public Library will be closed Saturday, October 7<sup>th</sup> through Monday, October 9<sup>th</sup> \*\*\*  
\*\*\* It will reopen on Tuesday, October 9<sup>th</sup> at 10 AM. \*\*\*

### **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:**

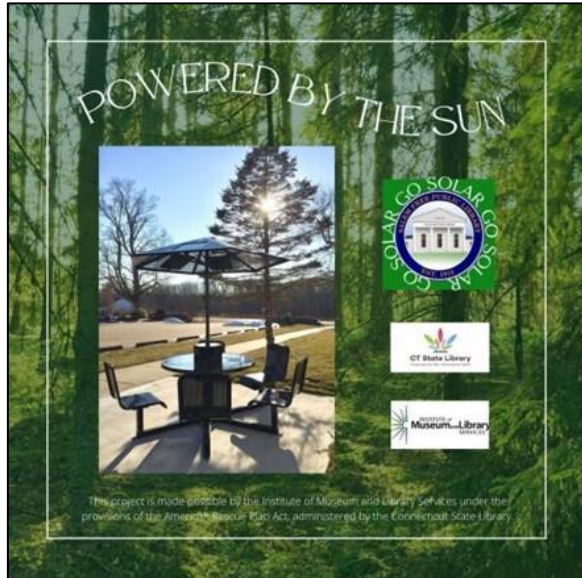
- ▶ Beardsley Zoo, Bridgeport, Valid for \$9 admission per person for up to 6 people in same family
- ▶ Mystic Seaport Museum, Mystic 50% off admission for 2 adults and 3 children
- ▶ Roger Williams Zoo, Pass valid from March 1st through December 21st, \$3 off each paid admission tickets, for up to 4 people. Discount code redeemable online only.

**Use this link to view what they have to offer and pass availability: [salemct.gov/library/pages/museum-passes](http://salemct.gov/library/pages/museum-passes).**

**COMMUNITY NEWS YOU CAN USE (continued)**

**- POWERED BY THE SUN**

Come enjoy our new outdoor solar picnic table located on the south side of the library building. USB ports powered by the sun will charge your devices while you breathe in the fresh air!



**- MR. PUMPKIN'S TEA PARTY**

Salem Free Public Library

**Mr. Pumpkin's Tea Party**

Saturday, October 14, 2023

10:30-11:30 a.m.

Join us for a spook-tacular story time followed by an autumnal tea party.

Please Call (860) 859-1130 to register

Sponsored by the Friends of the Salem Library

**- HALLOWEEN CEMETARIUMS**

Wednesday,  
October 4, 2023 @ 4:00 p.m.

Craft workshop limited to 12 participants, ages 12 to adult.  
All supplies provided.  
Call 860-859-1130 to register.

Sponsored by The Friends of the Salem Library

**- THINGS THAT GO BUMP IN THE NIGHT**

Salem Free Public Library

**Things that Go Bump in the Night**

Wed., Oct. 11, 2023

@ 6:00 p.m.

Presented by Ginny Apple, Master Wildlife Conservationist with the CT DEEP.

Ginny will discuss the local creatures who come out when the sun goes down, what they do, why they matter to the ecosystem, and how we can coexist in an increasingly developed state.

Call 860-859-1130 to register.

Sponsored by The Friends of the Salem Library & The CT DEEP

**- THINGS THAT GO BUMP IN THE NIGHT**

Salem Free Public Library

**WIZARD DAY**

Saturday, October 28, 2023

11:00 a.m. to 1:00 p.m.

- \*Potions class with Wanda Wiggins
- \*Make a "monster" journal
- \*Paint a Wand
- \*Make Quill Pencil
- \*Owl craft for the little ones

Call 860-859-1130 to register!

Sponsored by the Friends of the Salem Library

*There are a number of story times, and a variety of other programs available. For additional information use the following link to visit the Salem Town Webpage for the Library at: [salemct.gov/library](http://salemct.gov/library).*

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

**COMMUNITY NEWS YOU CAN USE (continued)**

**FARMERS MARKETS**

**- COLCHESTER FARMERS MARKET**

Colchester Farmers Market open on Sundays starting on Father's Day June 19<sup>th</sup> through October 15<sup>th</sup> from 9:00 AM to 1:00 PM.

*Located on the Colchester Green, 97 Hayward Avenue.*



**- BOZRAH FARMERS MARKET**

Bozrah Farmers Market open Fridays starting on July 14<sup>th</sup> – October 13<sup>th</sup> from 4 PM – 7 PM.

Located at 45 Bozrah St, Bozrah

- Friday, October 6<sup>th</sup> Taco Night
- Friday October 13<sup>th</sup>, Tent-or-Treat
- Saturday November 18<sup>th</sup>, 11AM – 2PM 2023 Holiday Market



**SALEM TRANSFER STATION AMNESTY/BULKY WASTE DAYS**

Amnesty / Bulky Waste Days will hold on Saturday, October 14<sup>th</sup>, Sunday, October 15<sup>th</sup> and Wednesday, October 18<sup>th</sup>. Do not bring mattresses, metal or electronics on Amnesty/Bulky Waste Days. These items are free. Bring them any other day.

**THE SOUTHEASTERN CT REGIONAL RESOURCES**

**RECOVERY AUTHORITY (SCRRRA)**

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

**2023 Household Hazardous Waste and Confidential Paper Shredding Schedule.**

- **Saturday, Oct. 7<sup>th</sup> – 9:00AM – 1:00 PM** Griswold High Way Garage, 1148 Voluntown Rd. (Rt. 38), Griswold
- **Saturday, Nov. 4<sup>th</sup> – 9:00AM – 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 Basement & Bathroom**

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

**From the Lawn & Garden**

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

**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

**COMMUNITY NEWS YOU CAN USE (continued)**

**SALEM RECREATION DEPARTMENT**

*There are many activities for Salem residents of all ages:*

**- ADULT CO-ED REC PICK-UP GAMES**

Open Gym for Salem & East Lyme Residents  
Age 18 & Over.

**SALEM SCHOOL GYMNASIUM**

*Sign in upon arrival*

<p><b>PICKLEBALL</b></p> 	<p><b>Tuesdays, 5:30-7:30 pm</b> <b>October 3 to May 28</b></p>
<p><b>VOLLEYBALL</b></p> 	<p><b>Fridays, 7-9 p.m.</b> <b>October 6 to May 31</b></p>
<p><b>BASKETBALL</b></p> 	<p><b>Thursdays, 7-9 p.m.</b> <b>October 5 to May 30</b></p>

PHOTOS: PICKLEBALL: COURTNEY SCHROEDER, UNSPLASH BASKETBALL: RICHARD BAGAN, UNSPLASH VOLLEYBALL: PAVEL DAMLYUK, PEXELS

**- PILATES SESSION III**



**Monday Evenings, 5:30 - 6:30 PM**  
**September 11<sup>th</sup> to October 30<sup>th</sup>**  
**Salem Volunteer Fire Company**  
**424 Hartford Road**

**FEE: \$50 Resident; \$55 Non-Resident**  
**Registration: [recreation@salemct.gov](mailto:recreation@salemct.gov).**

**- TRICK OR TRUNK**



**- FIND YOUR FOOTPRINT! MEDALLION PROJECT**



**Hike, Explore and enjoy our Town's trails while searching for your 2023 Footprint!!**

Darling Road Preserve • Zemko Sawmill Preserve  
Multi-purpose Harris Brook Trail • Walden Preserve  
Smuggler's Rock Preserve  
Tatson's Woods Preserve

**And, let us know when you've found one!!**



*It's never too late to report your found footprint!*

Special Thanks to **THE RED HOUSE**  
cultural arts center  
GALLERY • GIFTS • CLASSES



**and all of our Volunteers!**

**COMMUNITY NEWS YOU CAN USE (continued)**

**SALEM RECREATION DEPARTMENT (continued)**

**- COMING SOON**

Volleyball At The Pavilion



**- ATTRACTION TICKETS**



Order tickets at:

[salemct.gov/recreation/goodanytimetickets](https://www.salemct.gov/recreation/goodanytimetickets).

Contact us at: [www.recreation@salemct.gov](mailto:www.recreation@salemct.gov), or call 860-859-3873, x275.

**- ROUNDHILL WILDLIFE GARDEN**



Special Thanks to Veronika & her Team for volunteering to help us beautify the area and support our pollinators!

Visit the Roundhill Wildlife Garden in the works at the Round Hill Road Baseball Fields, located just outside the fence near the playground.

You can also keep up-to-date virtually, at:

[fb.com/roundhillwildlifegarden](https://www.facebook.com/roundhillwildlifegarden)

For additional information on activities provided by the Salem Recreation Commission please visit their website at <https://www.salemct.gov/recreation>.

**PUMPKINTOWN USA**

**AT Paul and Sandy's Too – 93 E High St, East Hampton**

Connecticut's Premiere Non-Scary Fall Attraction. Pumpkintown U.S.A., located in East Hampton Connecticut has been a favorite family destination for over 20 years. Visitors of all ages delight in over 100 Pumpkinhead people and their pets in two venues—The Village and The Forest—each featuring multiple creative settings. The Harvest Store and Garden Center offer the best of the season—pumpkins and gourds, mums, apple cider donuts, and Fall décor. Lorraine (Raine) Spiegel will be at Pumpkin Town making Creative Animal Balloons.

**They will be open daily, 10 AM – 5 PM, weather permitting, Saturday, September 23<sup>rd</sup> through Halloween.**

**Please note: Reservations are required.**

**Admission to The Ride: \$25.00 per Vehicle. NOTE: Personal Vehicles Only**

**Admission to The Village: \$7.00 per person 3 yrs. old and up weekdays and weekends. Free for children 2 and under.**

**For reservations follow this link to their website [pumpkintown.com/](https://www.pumpkintown.com/)**



**COMMUNITY NEWS YOU CAN USE (continued)**

**THAMES VALLEY COUNCIL FOR COMMUNITY ACTION (TVCCA)**



**CONNECTION = Volunteering & Veterans Coffeehouses**

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



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

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

Visit our website at [tvcca.org](http://tvcca.org) or [facebook.com/TVCCArsvp/](https://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](mailto:jhodge@tvcca.org).**

• **ENERGY ASSISTANCE AND OTHER ASSISTANCE PROGRAMS AVAILABLE FROM TVCCA**

TVCCA provides energy assistance among other community assistance services. Use the following link to visit the TVCCA website: [tvcca.org/energy-assistance/](http://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.

• **EVERSOURCE Connecticut Electric Discount Rate**

A bill discount will be available for residential electric customers starting in December 2023. You must have financial hardship status on your electric account. If you do, there are two tiers of discount depending on your annual household income or receipt of a public assistance benefit.

**Eligible income for 10% Discount Rate**

To qualify, your household annual income for all adults over 18 must be at or below 60% of the state median income, or you can show receipt of a public assistance benefit for at least one household member.

Family Size	1	2	3	4	5	6	7	8
Income Level	Up to \$41,553	Up to \$54,338	Up to \$67,124	Up to \$79,910	Up to \$92,695	Up to \$105,481	Up to \$107,878	Up to \$110,275

**Eligible income for the 50% Discount Rate**

To qualify, your household annual income for all adults over 18 must be at or below 160% of the federal poverty guidelines, or you can show receipt of a public assistance benefit for at least one household member.

Family Size	1	2	3	4	5	6	7	8
Income Level	Up to \$23,328	Up to \$31,552	Up to \$39,776	Up to \$48,000	Up to \$56,224	Up to \$64,448	Up to \$72,672	Up to \$80,896

To apply for the 10% or 50% Connecticut electric discount rate visit the EVERSOURCE webpage use the following link: [eversource.com/content/residential/account-billing/payment-assistance/discount-rate](https://eversource.com/content/residential/account-billing/payment-assistance/discount-rate), or call EVERSOURCE at 800-286-2828, or call TVCCA at 860-889-1365.

## COMMUNITY NEWS YOU CAN USE (continued)

- **CARE & SHARE – Website link: [careandshareofel.org/](http://careandshareofel.org/)**

Care & Share of East Lyme, Inc. provides food, financial and emergency support to individuals and families in East Lyme, Niantic and Salem. ***If you are interested in receiving assistance, contact them at 860-739-8502.*** Leave a message with your name, telephone number and the type of assistance you are looking for, as well as the best time you can be reached. A responder will confidentially return your call.

### **PUBLIC TOWN MEETINGS FOR OCTOBER**

- **Inland Wetlands & Conservation Commission,**  
October 2<sup>nd</sup>, 7:00 PM
- **BOE Personnel/Contract Negotiations,**  
October 2nd, 6:00 PM
- **BOE Long-Range Educational Planning,**  
October 2nd, 5:00 PM
- **Board of Education,**  
October 2nd, 7:00 PM
- **Board of Selectmen,**  
October 3rd, 7:00 PM
- **Emergency preparedness Agency,**  
October 10th, 7:00 PM
- **Economic Development Commission,**  
October 17th, 7:00 PM
- **Board of Education Policy,**  
October 23rd, 5:00 PM
- **Planning and Zoning Commission,**  
October 24th, 7:00 PM
- **Library Board of Directors,**  
October 10<sup>th</sup>, 6:00 PM
- **Planning and Zoning Commission,**  
October 10th, 7:00 PM
- **Board of Finance,**  
October 12<sup>th</sup>, 7:00 PM
- **Gardner Lake Authority,**  
October 12<sup>th</sup>, 7:00 PM
- **Recreation Commission,**  
October 16<sup>th</sup>, 7:00 PM
- **Salem Green Cemetery Association,**  
October 17<sup>th</sup>, 2:00 PM
- **BOE Curriculum,**  
October 25th, 6:00 PM
- **Zoning Board of Appeals,**  
October 26th, 7:00 PM

***Use the following link to go the Town Public Meeting Calendar:***  
***[saalemct.gov/calendar-by-event-type/16/month/2023-10](http://saalemct.gov/calendar-by-event-type/16/month/2023-10)***

## 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 newsletter, use the following link: [colchesterct.gov/senior-center/pages/newsletter](http://colchesterct.gov/senior-center/pages/newsletter)***

The Colchester Senior Center has so much to offer. They serve adults (ages 55 and over) from Colchester and surrounding communities with programs and services to meet every interest and ability.

***Use the Colchester Senior Center webpage to view Available Programs & Services and other information by using the following link: [colchesterct.gov/senior-center/pages/programs-services](http://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: [eltownhall.com/community/senior-center/](http://eltownhall.com/community/senior-center/).***

The Senior Center plans events on a monthly basis. See the Monthly Brochure for a detailed schedule. ***To view their newsletter “The Courier” at: [eltownhall.com/community/senior-center/](http://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:**

<i>Date</i>	<i>Location</i>	<i>Difficulty</i>	<i>Leader</i>
October 6 <sup>th</sup>	Tefftweald At Bircheturn, N. Stonington	Easy/Moderate	Nancy B
October 13 <sup>th</sup>	The Preserve, Westbrook	Moderate	Chuck
October 20 <sup>th</sup>	Sprague Land Preserver	Moderate	Susan
October 27 <sup>th</sup>	Moodus Forest	Easy	Gail

● **EAST LYME SENIOR CENTER OFFERS DAY TRIPS.**

Trips depart from Old Lyme, East Lyme, and Waterford. For more details or to register call 860-739-5859 or use the following link to go to the East Lyme Senior Center webpage: [eltownhall.com/community/senior-center/trips/](http://eltownhall.com/community/senior-center/trips/).

For additional information about their trips visit [eltownhall.com/community/senior-center/trips/](http://eltownhall.com/community/senior-center/trips/)

**NEW LONDON ADULT EDUCATION**

● **NEW LONDON ADULT EDUCATION OFFERS DAY TRIPS.**

Trips depart from Shaw’s Cove Three. For more details or to register call 860 437-2385 or 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  
[enrichment.newlondonadulthood.org/](http://enrichment.newlondonadulthood.org/)

**LOOK WHAT’S HAPPENED  
 PHOTOS FROM RECENT SALEM SENIOR’S ACTIVITIES**

***September Hike - Banning Woods, Lyme***





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

**Mitchell Farm Music Festival Featuring: the bands Laurel Canyon & Broken Arrow**

Members of the Senior Citizens Group attended a concert featuring the bands **Laurel Canyon & Broken Arrow** at the **Mitchell Farm Retirement Home for Horses**. A great time was had by all. The seniors walked the farm visiting with the horses and donkeys and enjoyed the music. Our own Brenda Holmwood won the gift basket raffle. There was food available and many took advantage of the ice cream vendor.



*Views of the Farm*



*Members enjoying the donkeys*

*Laurel Canyon on stage*



*Broken Arrow on stage*

*Brenda – gift basket raffle winner*



*Finale, Laurel Canyon & Broken Arrow on stage*

*Members enjoying the music*

**OFFICERS:**

**President:** Gary Closius

**Vice President:** Mary Cikat

**Salem Agent for the Elderly:** Agnes Miyuki

**Treasurer:** Michelle Horan

**Secretary:** Jeanette Girard

**Communications Liaison:** Joan Gaynor

**Activities Coordinator:** Kay Zak

**Newsletter Editors:** Joan Gaynor/Gary Closius

**SALEM SENIORS TREASURER'S REPORT -October 2023**

Salem Seniors Treasurer's Report -Oct 02, 2023

Submitted by - Michelle Horan

**Checking Account**

Balance forward	3464.46
Deposit - Dues	65.00
<b>Ending Balance</b>	<b>3529.46</b>

**Savings Account**

Balance forward	6604.80
Interest	0.05
Debit Card August Monthly Reward	0.08
<b>Ending Balance</b>	<b>6604.93</b>

**Savings Account #2 (Proceeds from 50/50 & donated bingo winnings)**

Balance forward	438.00
Deposit	54.00
<b>Ending Balance</b>	<b>492.00</b>

**Certificate of Deposit**

Balance	32282.77
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**Grand Total** **42909.16**

(as of 30-Jun-2023)