

SALEM CT SENIORS

NEWSLETTER

FOLLOW US ON Facebook: [SALEM CT SENIORS](#)

CONTACT US: email address: salemctseniors@gmail.com

What's Inside

Membership Meeting -----p 1
 Birthdays -----p 1
 Seniors News-----pp 1-3
 SSG March Calendar
 At A Glance -----p 4
 The Nurse's Corner -----pp 4-5
 Health and Wellness -----p 5
 Community News-----pp 5-8
 A Little Humor -----p 8
 Public Town Meetings -----p 9
 Photos from
 Recent Activities -----pp 9-11

SENIOR INFORMATION AND SERVICES

Future Fundraisers -----p 12
 Salem Rec Calendar
 At A Glance -----p 12
 News And Opportunity-----p 13
 Health And Assistance-----pp 14-15
 News And Information -----pp 15-16
 Volunteer Opportunities ----pp 16-17
 Other Activities in
 Our Area-----pp 17-19
 Senior Centers/Activities Available
 to Salem Residents-----p 19
 SSG T-Shirt order Form -----p 20

Reminders

- **Annual Dues: \$10.00** are due pay at the March 2026 meeting.
- **Senior Lunch:** 1st & 3rd Tuesdays of each month, at 2Brothers Pizza, \$5 plus tip for the wait staff. **CASH ONLY.** The Town pays the balance of your meal, so tip appropriately and be kind!!

Monthly Membership Meeting

The membership meeting for March will be March 10th at 10:30 AM at the Gardner Lake Volunteer Fire Co. Firehouse 429 Old Colchester Rd.



The February monthly meeting was attended by between 45 and 50 members.

March Birthdays

Eileen Baukus	Lorraine Cannatta	Cheryle Cassidy	Tony Griggs
Donald Howell	Kevin Lyden	Gene Maiorano	Hugh McKenney
Dawn Mitchell	Connie Pierce	Jean Sullivan	Peter Swider
Nancy Walker			

If your birthday is not currently being acknowledged and you would like it to be, please contact Jeanette Girard at jeanettegirard52@gmail.com.

Salem Seniors News

Thank You To:

- June Mainella and Sandy Swider for their efforts and fantastic job coordinating the **"Restock The Teachers Shelves"** program.

There were many **"thank-yous"** from the teachers as June and Sandy passed out the gifts to the teachers. One special thank-you note was forwarded to the Salem Seniors Group (SSG) Executive Board. (see below)

To Whom It May Concern,

My name is Jessica Orenstein and I am a tutor at Salem School. I started the "Creative Kids Book Club" last year based on my passion for combining art and reading. It has been a great success and this year; I was able to offer TWO sessions! I have loved every minute! I do not receive financial compensation for holding the class and all supplies come out of my own pocket. This can be a challenge at times which made it all the more special and meaningful to me when I received a generous bag of supplies from the Salem Seniors. I was overjoyed by this unexpected (but much appreciated) gift which will certainly be put to good use. I wanted to extend my heartfelt thanks to whomever is responsible.

Thank you, Thank you!!!

All the best, Jessica Orenstein

Fire Company Donations

It is the time of year the Gardner Lake and Salem Volunteer Fire Companies mail out their annual donation requests. Since the SSG uses both facilities at no cost I ask you to consider making a donation if you are able and if you normally make a donation consider adding a little extra if you are able.

Senior's 2Brothers Lunch Rescheduled

The Tuesday, March 17th Seniors lunch at 2Brothers rescheduled to Tuesday March 24th.

[Salem Seniors News](#) *(continued)*

Fundraising Committee Activities

- The winner of the January Pasta Dinner Basket Raffle was June Mainella.
- **50/50 Raffle** – The January raffle collected a total of \$122.00, with \$61.00 going to our winner Cheryl Philopena.
- **Schedule for 2026 Fundraisers:** see the *Future Fundraisers* section (p 12) of the *Information and Services* section of the newsletter.
- Bakers for bake sale fundraisers are needed, if you are interested contact **Arlene Phillips at 860-373-3357**.

Senior T – Shirts

T – Shirts have been finalized for color, style, and price. Examples are shown to the right. **T-Shirt** samples will be available at the membership meeting to look at and touch.

You can place your order during the meeting or use the order form at the end of the newsletter. Please make checks out to **Salem Seniors**.

If you have any questions, contact Mary Cikatz at salemctseniors@gmail.com.

Please see the order form attached to the end of the newsletter.

Mary will be taking **T-Shirt** order at BINGO and the next two monthly meetings.



Sunshine Club

The Salem Seniors Group (SSG) has formed a group called the **Sunshine Club** whose function is to assist members who might need help and cannot get out themselves due to an illness, during recovery from surgery or an injury, etc. The assistance might include things like preparing and delivering a meal or two, delivering groceries or prescriptions, and more. Buffy Lane, has volunteered to chair the *club*. **If you are interested in volunteering or are in need of assistance, please contact Buffy Lane at 860-859-1125.**

Seniors Helping Seniors

The SSG has many members with many skills and a desire to help those in need of help. If you or someone you know needs help with small repairs around the house contact Gary Closius, e-mail: gclosius@sbcglobal.net or call 860-961-9173, or Kay Zak, e-mail: kayzak@hotmail.com, or call 860-889-3989.

New Events, Your Input Is Needed

The SSG Executive Board is always looking for fun and interesting things for our members to do, but we need your ideas and help. Do you have an event or trip you would like to see the seniors do? Is there a place you think having a social event would be of interest to the group? Would you like to be in-charge of organizing an event that you enjoy and sharing it with the group? Let us know your thoughts!!

Contact Kay Zak, e-mail: kayzak@hotmail.com, or call 860-889-3989.

Salem Seniors News *(continued)*

“Song Circle”

WHEN: 1st & 3rd Wednesdays of each month. The next circles are March 4th and 18th from 12:30 – 2:30

WHERE: Salem Volunteer Fire Co. Firehouse.

Do you play an instrument, sing, or just enjoy the sound and music? Do you have a song? Bring a copy of the music to share with all.

Future dates: April 1st and 15th

If you have questions, please call: Gary Closius 860-961-9173.



BINGO

WHEN: 2nd & 4th Thursday of each month; next games March 12th and 26th

TIME: BINGO Cards are on sale from 12:30 PM to 12:55 PM. The games start promptly at 1:00 PM

WHERE: Salem Volunteer Fire Company firehouse meeting room.

Cost \$1 per card, or buy 5 and get the 6th card free.

There will be 12 games played at each session.

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

Michelle at: 860-303-5023 or e-mail: horan.micheller@gmail.com.



Game Night in the Daylight

WHEN: March 18th, and every 3rd Wednesday of the month from 2:00 PM – 4:00 PM.

WHERE: Gardner Lake Volunteer Fire Co. Fire House.

Come out play games, have a few laughs – maybe a few too many, and enjoy other’s company during the winter season. *If you have a bit of a competitive streak, we have that as well. But mostly just for fun and moving during the cold months.*



Senior Games At The Library

Every Tuesday a group of seniors meet at the Salem Free Public Library at 1:00 PM to play cards (Pitch, Set Back, 9 Hole Golf, Bonus 10, etc.) and other games.

We are starting Cribbage at 12:30 PM and we also have *Wii Bowling* available.

If interested please contact Elizabeth (Buffy) Lane at 860-859-1125 with any questions.



St. Patrick’s Day Potluck Lunch *** **Note Date Change** ***

Gather with us and for a Luck of the Irish Pot Luck Luncheon

WHEN: Tuesday March 17th at 1:00 PM

WHERE: Gardner Lake Volunteer Fire Co. Firehouse.

Bring your favorite dish to share. Wear Green and show your spirit. Join the fun!

RSVP to Michelle Horan: Horan.micheller@gmail.com or call /text at: 860 303-5023.



SSG Memorial Day Parade Participation

At the SSG membership meeting Tuesday, March 10th the membership will be asked to vote on whether or not to have a float in the Memorial Day Parade. If the vote is YES, we will also be asking for a volunteer/volunteers to decorate the float. As always, we will need float riders and parade marchers. **Stay tuned for more info.**



SSG March Calendar At A Glance

• Tuesday, March 3 rd	Senior Lunch at 2Brothers Pizza Restaurant
• Tuesday, March 3 rd	Veterans Coffee House, at 6:00 PM at the GLVFC fire house
• Wednesday, March 4 th	Song Circle, at 12:30 PM at the SVFC fire house
• Tuesday, March 10 th	“SSG Membership Meeting, at the 10:30 AM at the GLVFC fire house
• Wednesday, March 11 th	<i>Medication Matters</i> presentation by Salem Health Mart at the SVFC fire house
• Thursday, March 12 th	BINGO , at 12:30 PM at the SVFC fire house
• Tuesday, March 17 th	St Patrick’s Day Pot Luck luncheon the GLVFC fire house <i>(note date change)</i>
• Wednesday, March 18 th	Song Circle, at 12:30 PM at the SVFC fire house
• Wednesday, March 18 th	Game Night in the Day Light, from 2:00 PM– 4:00 PM at the GLVFC fire house
• Tuesday, March 24 th	Senior Lunch at 2Brothers Pizza Restaurant <i>(note date change)</i>
• Tuesday, March 24 th	Veterans Coffee House, at 6:00 PM at the GLVFC fire house
• Thursday, March 26 th	BINGO , at 12:30 PM at the SVFC fire house

GLVFC (Gardner Lake Volunteer Fire Co.), SVFC (Salem Volunteer Fire Co.)

The Nurse’s Corner



Upcoming Brown Bag Lunch, Learn, & Live Brown Bag Series Programs

Medication Matters – March 11th, from 11:30 AM-12:30 PM

A pharmacist will give us an overview of some “hot topics” related to medications, and will offer an optional private “brown bag” review of your medications, both prescription over the counter, and vitamins/supplements. She can answer questions and advise you on potential drug interactions.

Wise Woman Health and Harmony, The Big “M” – April 10th, from 12:00 PM -1:00 PM

An APRN who specializes in health and wellness for older women will chat with us about life with menopause and how we can maintain our health throughout this longest stage of our lives. Topics include nutrition, maintaining and increasing lean muscle mass, community engagement and wellbeing, bone density, exercise and activity, avoiding UTIs, and of course, hormones. *This one’s just for the girls!!*

Step into Spring! – May 7th, from 12:00 PM -1:00 PM.

Emily Alves, RN, from Uncas Health District, will talk to us about safely preparing for Spring activity. Many of us will be happy to get outdoors and walk, run, or bike, or plant in the garden and undertake various Spring and Summer chores. No matter what your level of exercise or your upcoming plans might be, we can all benefit from ramping up our physical activity safely and avoiding injury.

In The Works

Looking Forward, Letting Go

As older adults, our stage of human development includes looking back and assessing our life. Are we satisfied with how we’ve lived our lives to date? Things we’ve done well, and things we think we could have done better? At the same time, today’s older adults are discovering that they’ve collected a lifetime of “stuff”, stuff of memories and reminders of special people and occasions. We’ve also discovered that our kids don’t want our stuff! Accumulations can lead to clutter and that can lead to hazards in the home, like falls. How can we accept our past, look forward to the future, and make peace with a house full of stuff? We will speak about emotional health of older adults and a professional home organizer will help us explore various ways of honoring our memories and bringing some order to our “collections”, and strategies for categorizing our things and deciding what we can let go of.

The Nurse's Corner *(continued)*

In The Works *(continued)*

"Oh My Aching Back"

A discussion about older adults and back pain.

Delicious, Nutritious Dinners for One or Two

How many of us spent decades cooking for a houseful? Now we are faced with cooking for one or two. We will examine the nutritional needs for older adults and how to prepare easy, affordable, nutritious, and tasty meals for one or two.

Keep an eye out for **Lunch, Learn, and Live** flyers, announcements at our monthly meetings, & facebook page.

Health And Wellness

Blood Pressure Check

Uncas Health nurses are available to provide blood pressure checks at most of our monthly meetings.

211 Infoline Help

Follow the link <https://www.211ct.org/> to the webpage for more information on how 211 can assist you or someone you know that needs help.

Important Senior Services

- Care & Share of East Lyme
- Other Food Pantries
- Municipal Medical Transportation Service
- The CTALERT, Emergency Notification System
- Connecticut Prescription Drug Discount Card Program
- Thames Valley Council for Community Action (TVCCA)

(See the Health And Assistance section (pp 14-15) of the Senior Information And Services section of the newsletter)

Community News You Can Use

Salem Free Public Library (SFPL)

News & Events

• **Museum Passes and Discounted Admission Passes**

The Library offers Museum Passes And Discounted Admission Passes to many of the museums in our state, visit the library, or go to the library website by **clicking on:** salemct.gov/library/pages/museum-passes to view the library website for the details on the passes available and pass availability. *(see pp 26-27 of the Information and Services section of the newsletter).*

• **Books in the Afternoon Book Club; Thursday, January 29th, at 1:00 PM.**

"Lessons in Chemistry" by: Bonnie Garmus, Chemist Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself a single mother and the reluctant star of America's most beloved cooking show Supper at Six. Her unusual approach to cooking ("combine one tablespoon acetic acid with a pinch of sodium chloride") proves revolutionary. But as her following grows, not everyone is happy. It turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

Adults over 18 are welcome. To join the group, e-mail Christine Murtha at: murthachristine@yahoo.com.

Community News You Can Use (continued)

News & Events (continued)

• Programs & Events You Can Do With Your Grandchildren

- Winter Storytime

Every Wednesday at 10:30 AM
Beginning December 3rd
Register at the Circulation Desk
Or call 860 859-1130



(Sponsored by the Friends of the Salem Free Public Library)

- LEGOS at The Library

1st Wednesday, of the month,
March 4th, April 1st,
May 6th, & June 3rd
4:00-5:00 PM



Recommended for ages 5+, little LEGOS will be used.

- Winter Reading Program



Saturday, March 7th, at 11:00 AM
 There will be prizes and light refreshments!
Limited to 25 participants ages 7 & up
Call 860 859-1130 to register

(Sponsored by the Friends of the Salem Free Public Library)

- “The Web They Wove”

Saturday, March 14th, at 11:00 AM
 Women & their wardrobes during
 New England’s Revolution



Presented by Dirty Blue Shirts

This program is presented by costumed historians and includes reproduction clothing pieces & fabric samples as well as a PowerPoint presentation with images of extant originals.

Call 860 859-1130 to register

(Sponsored by a grant from the Chelsea Groton Foundation)

- Newfoundland Dog Storytime and Cart Rides



Saturday, March 21st at 11:00 AM
 Join The Land & Sea Newfoundland Training Group for a fun filled storytime followed by cart rides pulled by the beautiful Newfoundlands!

Limited to 24 participants, ages 5 and up

Parents must sign waiver to have children participate in cart ride.

Call 860 859-1130 to register

(Sponsored by the Friends of the Salem Free Public Library)



- The American Woodcock

Wednesday, March 25th, at 6:00 PM



Presented by the Denison Pequotsepos Nature Center.

Join us for a presentation on this unique bird, the American Woodcock.

In this slide show & presentation, learn about the American Woodcock’s strange physical features, spiraling aerial courtship display and much more.

Suitable for teens and adults.

Call 860 859-1130 to register

(Sponsored by a grant from the Eightmile River Wild & Scenic Watershed)

- Still Life Drawing Workshop

Saturday, March 28th
from 11:00 AM to 12:00PM

Bring your own materials! All Materials welcome!
Call 860 859-1130 to register

Community News You Can Use (continued)

Salem Recreation Department

• 33rd Annual Easter Egg Hunt

WHEN: Saturday, March 28th, from 1:00 PM – 3:00 PM

WHERE: Salem School Gymnasium and Bingham Field

Events: Easter Egg Hunt, Easter Art/Pictures Contest, Chocolate Egg Race, Easter Children’s Games & More.
 Bring your Easter Baskets and camera in case the Easter Bunny hops by.

(Sponsored by the Salem Recreation Commission and the Salem Lions Club)



Community News You Can Use (continued)

Salem Recreation Department (continued)

- For the complete **Salem Recreation 2026 Calendar** see p 12 in the Salem Recreation section of the Senior Information And Services portion of the newsletter.

- Winter Walk to School Day** *(rescheduled from February 4th)*

WHEN: Wednesday March 4th at 8:00 AM
From 7:00 PM to 9:00 PM

WHERE: Salem School, Bingham Field.

Come out for a brisk walk and warm up with some hot cocoa, coffee, a juice pack, a morning snack. and giveaways!



Sign up at: www.salemct.gov/recreation/2026wwsd

- Personal Euphoria Virtual Fitness Classes**

Winter Classes

Pilates

April 21 – June 23
6:00 PM to 6:45 PM

Tuesday

Instructor: Rob, Cost: \$85

15 Min. HIIT

April 22 – June 24
8:10 AM to 8:25 AM

Wednesday

Instructor: Maggie, Cost: \$40

Cardio Strength

8:30 AM to 9:15 AM

Instructor: Maggie, Cost: \$85

Skill-Based Strength:

unlock your push-up & deep squat

January 8th – February 5th
12:10 PM to 12:50 PM

Thursday

Instructor: Maggie, Cost: \$42

Core Strength

April 23 – June 25
6:00 PM to 6:45 PM

Instructor: Rob, Cost: \$85

- Adult Co-Ed Pickleball**

Pick-Up Games

When: Saturday mornings
8:00 AM to 10:00 AM, &
Tuesday evenings,
5:30 PM to 7:30 PM



Where: Salem School, Multi Purpose Room
October 4th – April 7th

For Salem & East Lyme Residents, age 18 and up.
Sign in upon arrival

- Adult Co Ed Basketball Pick-up Games**

WHEN: Tuesday & Thursday evenings
From 7:00 PM to 9:00 PM

WHERE: Salem School, Gymnasium
October 7th thru April 7th



For Salem & East Lyme Residents, age 18 and up.
Sign in upon arrival

- Salem Woods Disc Golf Course**

Where: Bob Appleby Fields
At Volunteer Park
24 Forsyth Road



Come and try it out!! Discs available for loan.

Call: 860-859-3873 x275, or

Contact Us:e-mail: recreation@salemct.gov

- Find Your Footprint -Medallion Project**

**Let us know when you've found your
2025 Medallion & submit a photo!**



Find a medallion in the following preserves:

Walden Preserve, Zemko Sawmill Preserve,
Multi-Purpose Path/Harris Brook Trail,
Darling Road Preserve, Smuggler's Rock Preserve,
Salem Riverside Preserve

www.salemct.gov/recreation/footprintproject

**Special Thanks to Kim Ford, The Salem Land
Trust, Teri Natoli, and our Volunteers**

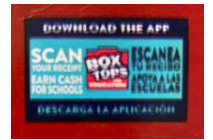
Community News You Can Use (continued)

Veteran’s Coffee House

The next ***Veteran’s Coffee House*** will be held on March 24th at the GLVFCo. fire house starting at 6:00 PM. Please contact Michelle Horan if you plan to attend so we can have a headcount to ensure there is enough food. ***Michelle can be contacted at: Horan.micheller@gmail.com or call /text at: 860 303-5023***

Salem School Fundraiser

See p 15 the Salem Information and Services section of the newsletter for details on the box tops for Salem School fundraiser.



Montville Animal Shelter

Animal Control Officer (ACO) Bruce Rebelo of the Montville Animal Shelter now has three assistants to work with him. Bruce and his assistants cover the towns of Bozrah, Colchester, Mohegan, Montville, and Salem.

Some things of interest:

- If you witness cruelty or abuse on an animal take photos and/or videos of the incident or condition and call the police but never place yourself in danger. Montville Police 860-892-6109 or Lt Radford 860-848-7510, or CT State Police Troop K, Colchester 860-465-5400.
- The construction of the new K-9 Barret Memorial Animal Control Facility is expected to be completed soon.
- In fiscal year 2024/2025 the Town of Salem’s share for the use of the animal shelter was \$14,360.32.

The animal shelter can always use Cat or Dog food, cleaning supplies* and toys for the animals during their stay at the shelter. ***Animal Control can be reached by calling the main number, 860-848-3529.***

* ***Only disinfecting bleach can be used at the shelter.***

Marissa’s Dance Studio

Chair exercise classes targeted for seniors are held on Tuesdays (Yoga) and Thursdays (Aerobics) from 4:15 PM to 4:45 PM.



If you are interested in enrolling please contact Marissa Ruddat, Director of Marissa’s Dance Academy directly. Call/text her at: 860 207-4656, e-mail: info@marissadanceacademy.com. The studio is located at 1 New London Road, Unit 26.

Salem Seniors can take advantage of a trial class by dropping in for no cost, Limited to one class.

Marissa’s Dance Academy has been named by Google Reviews as the Best Dance School in New London County. Congratulations Marissa!

A Little Humor



- Did you hear about the guy who evaporated? No! ----- He will be mist!
- What pronoun does chocolate use? I don’t know ----- Her/She
- You know how things heat up they expand! And ?----- I’m not fat I’m just hot!
- What do you call an angry carrot?----- A steamed vegetable!
- What would bears be without bees? ----- ears
- Why did the golfer bring two pairs of pants? ----- In case he got a hole in one!
- I just found out I’m color blind! ----- The news came out of the purple!
- Why can't a leopard hide? ----- He's always spotted.
- What do you call someone with no body and no nose? ----- Nobody nose.

Public Town Meetings – March 2026

Long Range Educational Planning Monday, March 2 nd , 5:00 PM	BOE Personnel/Contract Negotiations Monday, March 2 nd , 6:00 PM
Inland Wetlands & conservation Monday, March 2 nd , 7:00 PM	Board of Education Regular Meeting Monday, March 2 nd , 7:00 PM
Board of Selectmen Tuesday, March 3 rd , 7:00 PM	Board of Finance Meeting Thursday, March 5 th , 7:00 PM
Library Board of Directors Tuesday, March 10 th , 6:00 PM	Planning and Zoning Commission Tuesday, March 10 th , 7:00 PM
Board of Finance Thursday, March 12 th , 7:00 PM	Recreation Commission Monday, March 16 th , 7:00 PM
Economic Development Commission Tuesday, March 17 th , 6:00 PM	Board of Finance Thursday, March 19 th , 7:00 PM
BOE Policy Meeting Monday, March 23 rd , 5:00 PM	BOE Curriculum Meeting Monday, March 23 rd , 6:00 PM
Planning and Zoning Commission Tuesday March 24 th , 7:00 PM	

Public Meetings Calendar: <https://www.salemct.gov/calendar-by-event-type/16>

Photos From Recent SSG Activities

Senior’s 2Brothers Luncheon

On February 3rd Salem Seniors gathered at 2Brothers Pizza Restaurant for a bite to eat and much conversation.



2Brothers opens their doors on the 1st and 3rd Tuesday of each month at 11:30 AM where the seniors in town can gather and have lunch and camaraderie. Order lunch from a special menu for \$5.00 plus tip, the Town picks up the balance of the cost for the meal. Have a great time, be kind to the staff and please tip accordingly.

Photos From Recent SSG Activities (continued)

February Meeting and "Restocking the Teachers Shelves"

Michelle Treasury Report



First 100 days at Salem School Teacher's Presentation



Pre-K perform their Valentines Day songs



Distributing the "Restock The Teacher's Shelves" items to the HAPPY TEACHERS



Photos From Recent SSG Activities *(continued)*

Red Cross Blood Drive at SVFCo Fire House



On February 17, 2026 the Red Cross held a blood drive at the SVFCo Firehouse. Members of the Salem Lions Club and Salem Seniors Group assisted with registration and making sure the donors received regenerating drinks and snacks after their donating.

SENIOR INFORMATION AND SERVICES

Future Fundraisers

Fundraising Committee Activities

2026 Bake Sale/Basket Raffle Schedule

- **March** – Bake Sale *
- **May** – Bake Sale *
- **July** – Bake Sale *
- **September** – Bake Sale *
- **November** – no fundraiser (meeting at School)
- **February** – no fundraiser (at school)
- **April** – Garden Basket
- **June** – Fun Basket
- **August** – Car Care Basket
- **October** – Baking Supplies
- **December** – Holiday Food Basket

2026 Salem Recreation Calendar

FEBRUARY

- 4** NATIONAL WINTER WALK TO SCHOOL DAY
Bingham Field, Salem School, 8 am
- 7** REGIONAL UNIFIED NIGHT
New London Community Recreation Center
1 Recreation Way, New London
6 to 9 pm

MARCH

- 28** Salem Lions Club
32nd ANNUAL EASTER EGG HUNT
for Toddlers to Grade 4
Salem School Gym & Field, 1 to 3 pm

APRIL

- 16** SPRING CONCERT (Rain date: Saturday, April 18)
with WICKED PEACH
Salem Community Park Pavilion, 6 to 8 pm

- TBD** STARGAZING NIGHT
Salem Community Park Pavilion, Time TBD
Sponsored with Three Rivers United Environmentalists
& the Environmental Engineering Technology Program

- TBD** Salem Little League OPENING DAY
Lou Ulfier's Sports Complex, 10 am

- 25** COMMUNITY TAG SALEM DAY
(Rain date: Sunday, April 26)
Salem Community Park Pavilion, 9 am to 12 pm
Pavilion spots open to all,
Residence listings for Residents only.

MAY

- 6** NATIONAL BIKE TO SCHOOL DAY
Bingham Field, Salem School, 8 am
- 25** MEMORIAL DAY PARADE &
BIKE DECORATING CONTEST
Salem Town Green, following Ceremony

JUNE

- 6** TOUCH-A-TRUCK
Salem Community Park Pavilion, 10 am to 1 pm
- 5** FIND YOUR FOOTPRINT! MEDALLION PROJECT
In cooperation with the Salem Land Trust
Start hunting for this year's Footprint hidden
along select trails

- 25** SUMMER CONCERT
Salem Community Park Pavilion, 6 to 8 pm

JUNE TO EARLY FALL

- FREE VEGGIE SATURDAYS**
Salem Community Park Pavilion, 9 am
Bring Proof of Salem Residency, your own Bag, and Respect
for the needs of others. No Early Birds, please.

JULY

- TBD** Economic Development Commission
4th ANNUAL CHRISTMAS IN JULY
Salem Community Park Pavilion, 9 am to 2 pm
- 30** SUMMER CONCERT
Salem Community Park Pavilion, 6 to 8 pm

AUGUST

- 20** SUMMER CONCERT
Salem Community Park Pavilion, 6:00 to 8:00 pm

JULY TO AUGUST

- 7** SUMMER FUN RUN (Event is Rain or Shine)
Bingham Field, Salem School
Every Tuesday for Six Weeks (final date: August 11)
5:30 pm: 1-mile Walk/Run/Stroll.
6:00 pm: 3-mile Run.

SEPTEMBER

- 26** COMMUNITY TAG SALEM DAY
Rain date: Sunday, September 27
Salem Community Park Pavilion, 9 am to 12 pm
Pavilion spots open to all.
Residence listings for Residents only.

OCTOBER

- 7** NATIONAL WALK TO SCHOOL DAY
Bingham Field, Salem School, 8 am
- TBD** STARGAZING NIGHT
Salem Community Park Pavilion, Time TBD
Sponsored with Three Rivers United Environmentalists
& the Environmental Engineering Technology Program
- 25** Gardner Lake Volunteer Fire Company
MONSTER MASH + TRICK OR TRUNK
Gardner Lake Volunteer Fire Company
2:00 to 5:00 pm

DECEMBER

- 5** ANNUAL HOLIDAY TREE LIGHTING
Center School/ Town Green, 3 to 5 pm

STAY TUNED FOR MORE EVENTS & ACTIVITIES!

EVENTS ARE SUBJECT TO CHANGE. CHECK WEBSITE FOR UPDATES or SIGN UP FOR E-BLASTS!

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

News And Opportunity

Environmental Seminars Available

You may register to be in class to audit the seminar(s) or simply attend, or you may choose to view the seminars virtually. The QR code and link to the right, allow you to view the seminar live online, **but attending in person is highly recommended.**

There is no cost and no homework unless you choose to take the course for credit.

If you would like to attend in person, the seminars will be held at: **CT State Community College – Three Rivers Campus, Room C101. Wednesday seminars begin at 5:30 PM**, and the guest speaker starts at **6:00 PM**.

If you are not currently a student, you may arrive at **5:55 PM**. Each seminar will be followed by a Q&A session.

You are welcome to register to audit or simply come in person.

There are so many reasons to come to the class, including the chance to meet the speakers personally, engage in meaningful conversations, build connections with others who care about environmental issues, and experience the seminar in a more interactive and dynamic setting.

For more details or questions contact Professor Diba Khan-Bureau at: diba.khanbureau@ctstate.edu or call her office -860-215-9443.

The QR code to the right or the link below will allow you to view the seminar live online: <https://tinyurl.com/EnvironmentalSeminarSpring2026> however, attending in person is highly recommended.

SPRING 2026

Environmental Issues Seminars

Rm C101 or <https://tinyurl.com/EnvironmentalSeminarSpring2026>

Wednesday classes start at 5:30 PM. Guest speaker at 6 PM and will be followed with Q&A. Noncredit students/guests are also invited. Free to everyone unless you want credit!

<p>For more info, email Professor Diba Khan-Bureau diba.khanbureau@ctstate.edu office: 1-860-215-9443</p> 	<p>28</p> <p>JANUARY</p>	<p>Corrie Folsom-O'Keefe, Director Bird Conservation, and Jack Matthias, Coastal Resilience Manager of Audubon CT, Coastal Resilience at Hammonasset Beach State Park.</p>		<p>4</p> <p>FEBRUARY</p>	<p>Dr. Christian Bruckner, Professor of Chemistry, UConn – A whirlwind tour through the periodic table of elements from an environmental perspective.</p>	
<p>11</p> <p>Brittney Izbicki, Supervisory Hydrologic Technician, United States Geological Survey (USGS), Coastal monitoring to support nutrient management in Long Island Sound.</p>	<p>18</p>	<p>Judy Preston, MS., Ecologist and Naturalist – Riparian buffers; protecting water with plants!</p>	<p>25</p>		<p>4</p> <p>MARCH</p>	<p>Kim Hargrave, Executive Director Denison Pequotsepos Nature Center – Habitat management and conservation of birds of prey.</p>
<p>11</p> <p>Bill Yule, mycological educator, forager, North American Mycological Association – fungal ecology, symbiotic relationships, and the interconnectedness of forest ecosystems.</p>	<p>25</p> <p>SPRING BREAK</p>		<p>25</p>	<p>Dr. Mike Dietz, Professor of Water Resources, UConn, – National and global concerns of stormwater pollution: stormwater and low impact design.</p>	<p>1</p> <p>APRIL</p>	 <p>Dr. Tom Meyer, Professor of Geomatics, UConn – Using GPS to reveal the secret lives of mountain lions and humpback whales!</p>
<p>8</p> <p>Greg Bugbee and Summer Weidman, Connecticut Agricultural Experiment Station – Invasive aquatic plants in Connecticut's lakes, rivers, and ponds.</p>	<p>15</p>	<p>Dr. James O'Donnell, Professor of Marine Science UConn, Connecticut Institute for Resilience and Climate Adaptation (CIRCA). Global climate change abroad and in Connecticut.</p>	<p>22</p>		<p>29</p>	<p>Beth Timpe Merow, MS., Education Director, Connecticut Forest & Park Association – Conserving the green heart of Connecticut: The future of our forests.</p> <p>Dr. John Lane, United States Geological Survey (USGS) – Water resources in the developing world: volunteering to help supply water for those without.</p>
<p>MAY</p>		<p>6</p>	<p>Dr. William Quimet, Associate Professor of Earth Sciences, UConn – Using sediment cores to study environmental change in Connecticut.</p>	<p>13</p>	 <p>Kevin Franklin, MS., Licensed Land Surveyor, Professor TRCC – Surveying the Earth! Using GIS and drones for surveying.</p>	



[Health And Assistance](#)

Senior Resources Agency On Aging

Senior Resources is a private non-profit organization established in 1976 and authorized by the Older Americans Act of 1965 and state statute. They serve as the Area Agency on Aging in Eastern Connecticut. Their service area covers 56 towns located in New London County, Middlesex County and Windham County as well as a small portion of Tolland County.



Senior Resources is a strong voice for the region's elderly citizens. Through their involvement at the federal, state and local level they work to enhance the quality of life for older persons. In addition to advocating legislatively, their continuing work with volunteers and citizen groups enables us to spread the word about benefits and services.

They work with a strong, diversified network of community-based agencies to offer a wide range of services and supports. Their community partnerships allow them to meet the needs of their consumers.

Their mission is to provide access to information and services to empower adults to live with dignity.

For more info visit their website click on <https://seniorresourcesec.org/>.

The CTALERT – Emergency Notification System

Overview:

The State of Connecticut has a state-of-the-art emergency notification system to alert residents about emergencies in your area. (**State of CT Emergency Notification System (CTALERT)**)

To sign-up for CTALERT go to the website by clicking on:

member.everbridge.net/index/892807736721724#/signup

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 medical appointments.

To access this service contact: Agnes Miyuki, Salem's Agent for the Elderly at 860-859-3873 X 125. Agnes 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

Care & Share

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 need, as well as the best time you can be reached. A responder will confidentially return your call. **To see what other services they provide visit their website by clicking on: careandshareofel.org/.**

Connecticut Prescription Drug Discount Card Program

All Connecticut Residents Can Sign Up for the Free Discount Card to Receive Savings on Medication

A prescription drug discount card program was launched in Connecticut on October 2, 2023, enabling all residents of the state to receive savings on certain prescription drugs. The program was established by a provision of Governor Lamont's health care affordability bill (Public Act 23-171), which was approved by the General Assembly and signed into law in June. It is administered by the Office of the State Comptroller.

For more information on how the **ArrayRx discount card works**, including a list of frequently asked questions and a drug price lookup tool, visit arrayrxcard.com/. or review our **February 2024 Newsletter**

Thames Valley Council for Community Action (TVCCA)

Senior volunteer programs, often part of AmeriCorps Seniors, provide opportunities for individuals aged 55 and older to contribute their skills and experience to their communities. These programs, such as RSVP (Retired and Senior Volunteer Program), connect volunteers with various organizations to address local needs, often in areas like education,

Health And Assistance *(continued)*

TVCCA *(continued)*

health, and social services. Due to cuts in federal and state government funding for the AmeriCorps Seniors the RSVP/Senior Volunteer Program is no longer available. However, assistance for things like food and nutrition, energy, housing, and more is still available through TVCCA. **Please visit the website by clicking on TVCCA.org or call our main receptionist number 860-444-6600.**

Food Pantries

Below 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 can arrange for delivery.

Name	Locations	Contact	Phone Number
Care & Share	12 Roxbury Road	Niantic	860-739-8502
United Way Mobile Food Pantry	Three Rivers Community College	Norwich	860-464-3327
Rosalyn Allen Food Pantry	Mobile Pantry	Norwich	860-822-4146

News And Information

Salem School Fundraiser

The Salem PTO has many fundraisers during the year. Are you looking for an **EASY** way to support Salem School and help us reach our goal? One you can help with is the **Box Tops For Education** fundraiser.

For over 29 years, **Box Tops for Education** has given families an easy way to earn cash for schools with products they already buy! Today, you can find hundreds of participating products throughout the store. Scan or submit your receipt with the Box Tops app within 14 days of purchase, or shop with your Walmart connected account, and you'll earn for your school with every Box Tops product you buy.


















**YOU CAN MAKE A DIFFERENCE FOR SCHOOLS
AMERICA'S SCHOOLS HAVE EARNED \$958,015,672 WITH BOX TOPS...AND COUNTING**

It's so simple:

- ✓ Download the Box Tops for Education app on your device (phone, tablet, computer, etc.), here is the link to the Box Tops for Education website: <https://www.boxtops4education.com/s/>
- ✓ Select **Salem School** (or your school)
- ✓ Submit your receipts by:
 - 🛒 Linking your Walmart account (yep, even for grocery delivery!)
 - 📄 Uploading/emailing a digital receipt (ShopRite, Stop n Shop, Target, Amazon, and more!)
 - 📷 Snapping a pic of your paper receipt

No clipping. No scanning items. Just shop like you normally do — and help us earn cash for PTO programs that benefit our school and students!

Examples of Box Top products:

	Annie's™		Betty Crocker™		Bisquick®		Gold Medal® Flour		Nature Valley™
	Autumn's Gold™		Betty Crocker™ Fruit Flavored Snacks		BLUE™		Golden Grahams™		PediaSure®
	Basic 4™		Big G Cereals		Cheerios™		Girl Scouts Cereal		Pillsbury™
					Go-GURT®		Häagen-Dazs		

Here is the link to download the complete list of participating brands:
<https://www.boxtops4education.com/s/box-tops-products>

[News And Information](#) *(continued)*

Salem Senior Group (SSCG) Information & Newsletters

Previous newsletters can be found on the Town of Salem webpage by clicking on the following link:

<https://www.salemct.gov/salem-senior-citizens/pages/salem-seniors-group-newsletters>.

When the webpage opens, click on the month you want to view.

Seniors Activities at The Library

- **Charity Community Quilters** – 1st and 3rd Fridays of the month from 10:00 AM to 3:00 PM.
- **Knitting & Crocheting Circle** – Thursdays from 10:00 AM to NOON
- **Fun and Games** – Tuesdays from 1:00 PM to 3:30 PM.

Contact Deb Drennen 860-222-8396 for both quilting groups information.

Senior Brochure

The Salem Seniors have designed and printed a brochure to spread the word of our organization's existence. The brochure puts focus on what our group does for the seniors living in our town as well as anyone else who would like to join our group. Mary Cikatz worked hard on the content and design to describe who we are and what we do as a group. The brochure can be found at the Town Hall and the Salem Free Public Library.

[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.** To visit their website, click on: <https://www.salemfireco.com/>.
- **Gardner Lake Fire Company – NON-EMERGENCY PHONE: 860- 859-1743.** To visit their website, click on: gardnerlakevolunteerfirecompany.com/home.

Friends Of The Salem Free Public Library (FOSFPL)

The **Friends of The Salem Library** could always use help sorting books for the book sale, and at the book sales. For future book sorting and book pick-up and work dates, stay tuned and watch for notifications on Facebook. Check out the FOSFPL new webpage at www.friends-of-the-salem-free-public-library.org

If you would like to help, contact Bart Drennen at 860-235-5889.

Mitchell Farm Equine Retirement

The Horse Retirement, Horse Sanctuary is always in need of volunteers.

Contact Dee Doolittle 860 303-8705, or e-mail: dee@mitchellfarm.org.

Salem School

Volunteers are always welcome at **Salem School**. Anyone interested in volunteering can go to the Salem School website by clicking on: salemschools.org. Put the cursor over the "Our School" tab, & click on the "Forms tab" to access the form, OR visit the school and fill out the form at the front desk of the school. Make sure you bring a picture ID with you.

Care & Share

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 volunteering your time, contact them at 860-739-8502.*

[Volunteer Opportunities](#) *(continued)*

Salem Lions Club

The Salem Lions Club is always looking for new members. **Contact Dan Holle at 860-300-7570, or Hugh McKenney at 860-303-0042.**

Cemetery Clean-Up

The Salem VFW always needs help to clean up the cemeteries. **Clean up will begin again in the spring.** Watch for our FB postings. If you are interested in helping or have a need contact Kay Zak at: 860-889-3989 or e-mail at: kayzak@hotmail.com.

The Salem Land Trust

The Salem Land Trust (SLT) is an all-volunteer non-profit organization permanently conserving land in Salem for wildlife, their habitats, and for people to enjoy nature.

For more information or if you are interested in volunteering contact Linda Schroeder: e-mail: lschroeder@snet.net or call 860-908-9553.

[Activities In Our Region](#)

Museum Passes Available at the Salem Free Public Library.

Library Hours: Mononday-Thursday – 10:00 AM to 6:00 PM, Friday – 10:00 AM to 4:00 PM, Saturday – 10:00 AM to 2:00 PM, Closed Sunday (hrs subject to change)



[Discounted Admission Passes](#)

- ***Blithewold Manor, Gardens & Arboretum, Bristol RI***
Admits up to 6 people: Adults \$8.50, Youth (6-17) \$3.00. Open in April through October, Tuesday – Sunday.
- ***Connecticut Science Center Hartford CT***
Library pass provides 20% off general admission for up to four people.
- ***Mystic Seaport Museum, Mystic CT***
One Library pass for each day of the week, 50% off full price admission for up to 2 Adults and 3 Children ages 4-17, on the day of the week printed on the pass. Children under 4 are free.
- ***Niantic Children Museum, Niantic CT***
Admits up to 4 people ½ price.
- ***Roger Williams Park Zoo, Providence RI***
Pass valid from March – December
\$4 off each paid admission ticket for up to 4 tickets. Redeemable in-person or online. **To purchase timed entry tickets online visit the website by clicking on www.rwpzoo.org/tickets.**

[Free Admission Passes](#)

- ***Connecticut's Old State House Hartford CT***
Free admission for up to four visitors
- ***Connecticut River Museum, Essex, CT***
Free Admission for 2 adults and their children or grandchildren under the age of 18.
- ***Connecticut State Parks Pass***
The pass covers the entrance fees to the historic buildings at **Dinosaur State Park, Rocky Hill, Gillette Castle State Park East Haddam & Fort Trumbull State Park in New London.** Pass waives fees for 2 adults and 4 children, 12 and under.
Tickets are required for all visitors entering the castle, regardless of age. Tours can accommodate a maximum of 12 visitors at a time and tour tickets often sell out in advance. **To reserve tickets for tours online visit the website by pressing Ctrl+ Click on www.connecticutstateparks.reserveamerica.com**

Activities In Our Region *(continued)*

Museum Passes *(continued)*

Free Admission Passes *(continued)*

- **Denison Pequotsepos Nature Center Mystic, CT**
Allows free admission for up to five people.
- **Custom House Maritime Museum, New London CT**
Pass allows two free admissions. Open year-around, Wednesday – Sunday 1:00 PM to 5:00 PM, and Saturday 10:00 AM to 5:00 PM. Closed Monday & Tuesday.
- **Florence Griswold Museum, Old Lyme CT**
Admits 2 adults and 2 children (18 & under) into the museum.
- **Lyman Allyn Art Museum New London, CT**
Admits 2 Adults & 2 Children 12 and up. Children under 12 are always free.
- **New Britain Museum of American Art, New Britain, CT**
Free admission for 4 people Closed Monday and Tuesday.
- **Slater Memorial Museum, Norwich CT**
Each pass will allow free admission for one group of up to 5 people.
- **Wadsworth Atheneum Museum of Art, Hartford CT**
Free general museum admission for 2 adults, age 18 & up Youth 17 & under are free.
- **New Membership discount Mystic Aquarium Membership Discount coupon Mystic CT**
Borrow the library coupon for 15% off a Mystic Aquarium Membership Not valid for admission discount.

Museum Pass Rules

- Passes are available on a first come, first serve basis.
- Passes circulate for 3 days Overdue fines on passes are \$1.00 per day.
- No holds, reserves or renewals allowed.
- Only one pass at a time per family.
- Passes must be returned directly to the circulation desk. **Please do not place in the book drop**

Please check each museum's website for more information & current hours of operation before visiting. Hours subject to change.

Goodspeed Opera House

Upcoming Events at The Goodspeed Opera House *(6 Main Street, East Haddam)*

- **"Jesus Christ Superstar"** – April 17th – June 7th
- **"Crazy For You"** – June 19th – Aug 9th
- **"The Snow Goose"** – August 28th – October 18th
- **"Annie"** – October 30th - December 27th

Check the website for times and tickets by pressing Ctrl+ Click on <https://www.goodspeed.org/>

Ivoryton Playhouse

Upcoming Events at The Ivoryton Playhouse *(103 Main Street, Ivoryton)*

- **"I'm Connecticut"** – March 26th – April 19th
- **"Lady Day At Emerson's Bar And Grill"** – May 7th – 31st
- **"1776"** – June 25th July 26th
- **"Come From Away"** – August 6th – September 6th
- **"A Piece Of My Heart"** – October 1st – 25th
- **"Playhouse Holiday Jamboree"** – November 19th – December 20th

Check the website for times and tickets by pressing Ctrl+ Click on <https://www.ivorytonplayhouse.org/>

This Page Intentionally Left Blank

Short Sleeve, Crew Neck (50/50 cotton/poly)

Color: True Royal Light Blue*

Size: S M L XL 2XL 3XL 4XL 5XL 6XL

Price: S-XL (\$10.75), 2XL (\$12.50) 3XL-6XL (\$15.75)

Total Shirts Ordered: _____ Amount Due: _____



Short Sleeve, V Neck (65/35 poly/cotton)

Color: True Royal* Aquatic Blue

Size: XS S M L XL 2XL 3XL 4XL

Price: XS-XL (\$11.75), 2XL (\$13.50) 3XL-4XL (\$15.25)

Total Shirts Ordered: _____ Amount Due: _____



Long Sleeve, Crew Neck (50/50 cotton/poly)

Color: Royal* Light Blue

Size: S M L XL 2XL 3XL 4XL 5XL 6XL

Price: S-XL (\$15.25), 2XL (\$16.75) 3XL-6XL (\$18.25)

Total Shirts Ordered: _____ Amount Due: _____



Long Sleeve, V Neck (50/25/25 poly/cotton/rayon)

Color: Navy Frost* Maritime Frost

Size: XS S M L XL 2XL 3XL 4XL

Price: XS-XL (\$15.25), 2XL (\$17.25), 3XL (\$20.25), 4XL (\$22.25)

Total Shirts Ordered: _____ Amount Due: _____



Name: _____

Phone: _____

Total Due: _____

**Checks Payable to:
Salem Seniors**