

SALEM CT SENIORS

NEWSLETTER

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SENIOR INFORMATION AND SERVICES

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Reminders

- **Annual Dues: \$10.00 are due pay at the NOW.**
- **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 May membership meeting will be Tuesday, May 12th at 10:30 AM at the Gardner Lake Volunteer Fire Co. Firehouse, 429 Old Colchester Rd.

The March monthly meeting was attended by **66** members.

*The total membership is **204** as of April, is members!*



May Birthdays

| | | | |
|----------------|-------------------|-----------------|--------------|
| Tom Cleary | Steve Buck | Heidi Buchholtz | John Cassidy |
| Ed Chmielewski | Robert Cikat | Jeanette Girard | Anne Howard |
| Maureen Hyland | Irena Kachorowsky | Wendy McKenney | Carrie Neri |
| Sharon Schlepp | Kay Zak | | |

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:

- Thank you to Ed and Deb Artale, Jeanette and Dennis Girard, and Neurie Testagrossa for volunteering to help with the bottles and cans fundraiser.

Fundraising Committee Activities

- The April Garden Basket Raffle raised \$104 and was won by Roman Kachorowsky.
- The May fund raiser will be a Bake Sale.
- **50/50 Raffle** – The April raffle collected a total of \$91. The winner was Kay Zak (donated the winnings back).
- **The 2026 Fundraiser Schedule:** see the Future Fundraisers Section of the Information and Services section (p 14) of the newsletter.
- Bakers for bake sale fundraisers are needed, if you are interested contact **Arlene Phillips at 860-373-3357.**

America's 250th Anniversary Celebration

Salem is holding a town wide picnic to celebrate America's 250th Anniversary. (see pp 12 for details) At the next SSG Membership meeting we will discuss/decide if the SSG will attend as a group or as individuals as well as what if any activity we would like to do.



Salem Seniors News *(continued)*

Bottles and Cans Fundraiser

The annual bottle and can SSG fundraiser began April 1st and runs through May 31st.

Again, a tent will be setup at Gary and Kay's front yard on 294 Hartford Road. Please keep the cans and plastic separate from the glass. This will make it easier as it takes separate machines to return them.

To date we have collected \$293. For those not good at math that is 2,930 bottles and cans redeemed.

Any questions please 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.



Sunshine Club

The 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 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.

Game Night in the Daylight

WHEN: May 20th, 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. *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.*



“Song Circle”

WHEN: Every other Wednesday each month. The next circles are May 13th and 27th 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: June 3rd and June 17th. If you have questions, please call: Gary Closius 860-961-9173.



Salem Seniors News *(continued)*

BINGO

WHEN: 2nd & 4th Thursday of each month; next games May 14th and 28th

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.



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.



SSG Memorial Day Parade Participation

During the March 10th membership meeting, the membership voted to have another float entered into the Memorial Day Parade. **We need volunteers to help decorate the float Saturday May 23rd at the Salem Volunteer Fire Co. firehouse.** As always, we will need float riders and parade marchers. **Stay tuned for more info.**



If you are interested in helping with decorating the float contact Joan at salemtech53@yahoo.com or call 860-449-3064.

Be A Tourist In Your Own State!!!

How many times have you just wondered what wonderful things are right here in CT to visit. Did you know there are 169 towns in CT! The rules are simple; you must visit a place in the town you visit to qualify. Mark the date and location on the log sheet. **Log sheets can be found at the end of the April 2026 newsletter, and will be available at the monthly SSG membership meeting.**

https://www.salemct.gov/sites/g/files/vyhlif4966/f/uploads/4_april_newsletter_2026_final.pdf



Tips will be given on things/places in CT to visit in future newsletters throughout the year. Visit as many or as few as you wish. But most the most important rule of all is to **HAVE FUN BEING A TOURIST IN YOUR OWN STATE!!**

Share places you have been and we will post for others to visit in future newsletters.

TIP: Rosland Cottage, 556 Route 169 Woodstock, CT.

Open Thursday – Sunday, June 4th – October 25th.

Admission: Adults \$20.00 Seniors: \$17.00

Tours on the hour from 11:00 AM – 3:00 PM Closed June 19th, July 4th, October 16th, 22nd, and 23rd.

Built in 1846 in the newly fashionable Gothic Revival style. This cottage was the summer home of Henry and Lucy Bowen. The house is instantly recognizable for its pink exterior. Find out more with a visit.

Salem Seniors Group Website

The SSG website, **www.salemctseniors.org** is up and running, so, take a moment and have a look.

Salem Seniors News *(continued)***Picnic At The Sna-Z-Spot****NEW ITEM****WHEN:** *Wednesday, June 17th, starting at noon. (rain date TBD)***WHERE:** *310 Old Colchester Road, Salem*

Hot Dogs, Hamburgers, condiments, and water will be provided. Grills will be available for anyone who prefers to bring their own meats to cook. At May's meeting please sign-up with what side dish you are bringing to share.

THINGS TO BRING:

- A cooler with ice for cold drinks. It's like going to the beach, there is no refrigeration or electricity at the campsite.
- Lawn/camp chair(s)

There is a location to go swimming and boating. Kayaks will be available. Other games such as Corn Hole will also be available, as well as good old conversation.

Parking is right near the picnic site and port-a-potties are close by as well.

**Essex Steam Train and Riverboat "Thar Be Pirates"****NEW ITEM**

Sponsored By:

WHEN: *Friday, August 21st***WHERE:** *1 Railroad Ave, Essex, CT***COST:** *\$99 per person***RSVP to Kay Zak by June 1st**

Please make checks payable to Salem Seniors & mail to Kay Zak, 294 Hartford Road, Salem, CT 06420



Ahoy! Let us show you a wicked good time as you join the crew of the notorious Captain Kidd for an exclusive night of pirate fun on the Connecticut River.

Join a gathering of the legendary pirates of New England as they celebrate the most notorious dreaded pirate of them all aboard the Becky Thatcher, the famed riverboat overtaken by a rowdy crew for this very occasion.

Listen and sing along to ancient sea shanties that speak to the life of a pirate!

Board a train that takes you back to the time when pirates scoured the seas, river, and sound. The train will stop at Deep River Landing where you will be greeted with a complimentary cocktail and board the Becky Thatcher for a 1.5-hour cruise featuring specialty drinks, sea shanties, giveaways and more.

Come aboard if ye dare.....Arrrrrrr!

ITINERARY:

- Board the train at Essex Station at 6:30 PM
- Depart on the train from Essex Station at 6:45 PM
- 1.5-hour cruise on the Connecticut River aboard the Becky Thatcher Riverboat
- Train brings you back to Essex Station approximately at 9:00 PM

**Sabino Steamboat Cruises****IN THE WORKS****SEASON OPENS IN MAY**

Relax and enjoy the ride! Our daily captained cruises explore the Mystic waterfront while the captain offers commentary about the Museum and the surrounding area.

Downriver 90-minute cruise – \$36.00*, departs at 2:30 PM, date TBD

Stay tuned for more information.



* All ticket prices are non-member prices. Group excursions do not require museum admission.

Salem Seniors News *(continued)*

Sea Unicorns Baseball Game

NEW ITEM

WHEN: *Friday, June 5th and Friday July 31st*

WHERE: *Dodd Stadium, Norwich,*

COST: *\$8.00 per person.*



Family and friends welcome, carpooling recommended for those who don't drive at night.

Please make checks payable to Salem Seniors and mail to Kay Zak, 294 Hartford Road, Salem, CT 06420

Senior T – Shirts

The "SalemCTSeniors on the go" T-shirts were delivered at the April membership meeting. They look great! ***Please make sure that you read the laundering instructions, especially where it says "no fabric softener".***

Most of the shirts have been delivered and the remaining shirts will be available for pickup at the next membership meeting, Tuesday, May 12th.

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

SSG April Calendar At A Glance

| | |
|---|---|
| • Tuesday, May 5th | Senior Lunch at 2Brothers Pizza Restaurant |
| • Thursday, May 7th | Brown Bag Lunch, Learn, & Live Series, Step Into Spring at the SVFC fire house |
| • Tuesday, May 12th | SSG Membership Meeting , at the 10:30 AM at the GLVFC fire house |
| • Wednesday, May 13th | Song Circle , at 12:30 PM at the SVFC fire house |
| • Thursday, May 14th | BINGO , at 12:30 PM at the SVFC fire house |
| • Tuesday, May 19th | Senior Lunch at 2Brothers Pizza Restaurant |
| • Wednesday, May 20th | Game Night in the Day Light , from 2:00 PM– 4:00 PM at the GLVFC fire house |
| • Saturday, May 23rd | Decorate the SSG Memorial Day Float , at the SVFC fire house |
| • Tuesday, May 26th | Veterans' Coffee House , at 6:00 PM at the GLVFC fire house |
| • Wednesday, May 27th | Song Circle , at 12:30 PM at the SVFC fire house |
| • Thursday, May 28th | 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

Allergy Season

Welcome to allergy season! I don't know about you, but I now suffer terribly from seasonal allergies and I never did before as a child or young adult. It's no fun!

Seasonal allergies (tree and grass pollen, ragweed, and other outdoor allergens) can affect older adults more than younger people, with symptoms that can feel like a common cold: post-nasal drip, coughing, and frequent throat clearing. Heavy post-nasal drip and coughing can trigger bronchitis and this can be particularly difficult for people with other breathing problems like asthma or COPD.

So, what can we do? After a long winter we all want to get outside and walk or do yard chores and we often want to sleep with the windows open and enjoy the fresh air.

The first thing many people do is turn to allergy medication. A lot of allergy medication is over the counter (OTC), and while generally safe, OTCs may not interact well with a person's existing prescription medication or may not

The Nurse's Corner (continued)

Allergy Season *(continued)*

be the best choice for older adults. For instance, older adults are advised to use Benadryl with caution or to avoid it, since it can trigger dizziness, delirium, and confusion in older adults, and that can lead to a fall and potential fractures. According to Harvard Health, safer alternatives include second-generation antihistamines like loratadine (Claritin), cetirizine (Zyrtec), or fexofenadine (Allegra), which do not have the same severe effects on the brain.

Ways to survive seasonal allergies:

- Check the daily pollen count to determine when you need the highest degree of prevention strategies. You can google this or “ask Alexa or Siri” if you have those devices. (Hint: most all modern iPhones have “Siri”- just ask your phone by stating “hey Siri” and then your question!)
- Medications: OTC and prescription; ask your provider or pharmacist. Many get relief with the OTC steroid nasal spray Fluticasone (Flonase) as well as oral medication.
- Wear a well-fitting mask over mouth and nose when outdoors on the highest pollen-count days.
- Wearing glasses/sunglasses outdoors and help keep allergens away from your eyes.
- Use air conditioning and a HEPA air filter indoors and keep windows closed on the highest pollen-count days. Replace the filters regularly.
- Vacuum daily and make sure your vacuum has a HEPA filter and replace the filter frequently.
- Change clothes and shower immediately after outdoor activity. Your dog might need frequent bathing or rinsing off if they spend significant time outdoors.
- See an allergist for allergy testing if you suspect significant seasonal allergies. Testing can pinpoint your specific allergies and an allergist can design the best medication routine for you or offer desensitizing shots if that will help. If your allergies are like mine and trigger an asthma-like reaction, you might need an inhaler to help with those symptoms.

There is a new indoor spray, *Clorox PURE*, designed to minimize allergens indoors per the *Clorox* web site. They state the plant-based active ingredient neutralizes allergens by changing the shape of the protein structure itself, so the allergen can no longer bond to receptors in the body and trigger a reaction. I can't find the actual studies, so decide for yourself. It's about \$5 per aerosol can and I'm giving it a try.

Good luck managing and avoiding seasonal allergies- it was a long, cold, snowy winter and we all deserve a dose of outdoor time without coughing, sneezing, wheezing, and being miserable!

References/Articles:

- **Acute Bronchitis:** <https://www.hopkinsmedicine.org/health/conditions-and-diseases/acute-bronchitis>.
- **Allergic Bronchitis – Symptoms, Treatment, and More:** <https://www.healthline.com/health/allergic-bronchitis>.
- **Diphenhydramine – It is time to say a final goodbye – PMC:** <https://pmc.ncbi.nlm.nih.gov/articles/PMC11803843/>.
- <https://www.health.harvard.edu/blog/common-anticholinergic-drugs-like-benadryl-linked-increased-dementia-risk-20150128812>.
- **Seasonal allergies – Nip them in the bud - Mayo Clinic:** <https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>.
- **Investors – The Clorox Company:** <https://investors.thecloroxcompany.com/news/news-details/2026/A-New-Way-to-Stop-Allergens-Introducing-Clorox-PURE-Allergen-Neutralizer/default.aspx#:~:text=Powered%20by%20a%20plant%2Dbased,body%20and%20trigger%20a%20reaction>.

The Nurse's Corner *(continued)*

Upcoming Brown Bag Lunch, Learn, & Live Series Programs

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**
- **“Oh My Aching Back”**
- **Delicious, Nutritious Dinners for One or Two**

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

Health And Wellness

Blood Drive

The **American Red Cross** blood drive sponsored by the **Salem Lions' Club**

WHEN: *Thursday June 16th, from 1:00 PM – 6:00 PM.*

WHERE: *Salem Volunteer Fire Co. Fire House, 424 Hartford Road, Meeting Room*

Schedule your appointment at: 1-800-Red Cross (1-800 733-2767) or visit www.RedCross.org and enter SalemCT to register. Register for the blood drive and receive a \$20.00 e-gift card to the merchant of your choice.



Blood Pressure Check

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

Important Senior Services

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

(See the Health And Assistance section (pp 14-22) of the Senior Information And Services section of the newsletter for more information)

988 Life Line

If you need to talk, the 988 Lifeline is here. The 988 Lifeline is available 24/7/365. Your conversations are free and confidential. (Visit their website at: <https://988lifeline.org/>) (See the Health And Assistance section (p-16) of the Senior Information And Services section of the newsletter for more information)

211 Infoline Help

211 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week online and over the phone. (See the Health And Assistance section (p 17) of the Senior Information And Services section of the newsletter for more information)

Community News You Can Use



The Southeastern CT Regional Resources Recovery Authority (SCRRA)

SCRRA is the waste management and recycling authority for the 12 member municipalities of East Lyme, Griswold, Groton, Ledyard, Montville, New London, North Stonington, Norwich, Preston, Sprague, Stonington, and Waterford. ***Even though Salem is not a member municipality, Salem IS a participating community in SCRRA Household Hazardous Waste Collection (HHW) & Confidential Paper Shredding program and Salem residents can participate in any of the 8 annual collection events.***

For the schedule of the 8 annual HHW collection events, participation protocol, and a listing of acceptable and unacceptable items and limits see p 18 of the Senior Information And Services section of the newsletter.

Salem Lions' Club

In 2025 the Salem Lions' Club donated more than \$14,000 for charities and other worthy causes within our community. The following are some examples:

THOSE IN NEED

Providing firewood

For sale by cord for heating. Assistance is available.

Salem Benevolent Fund

Support

Care & Share

Support

Salem Volunteer Fire Co.

Secret Santa

Support

Special Projects

To aid those in the community.

YOUTH

Scholarships

Presented annually to 2 graduating seniors living in Salem

VO-TECH Grants

Presented annually to 2 graduating 8th graders living in Salem.

Civic & Grange Awards

To deserving 6th, 7th and 8th grade students at the Salem School

Easter Egg Hunt

At the Salem School

COMMUNITY

Vision Needs

Providing **eye exams**, collecting, and providing **eyeglasses** for the needy and arranging adaptive **equipment** for the sight impaired, **KidSight USA**, pediatric vision screening and adult eye screening (see below)

The Red Cross

"**Sound The Alarm**" smoke detector program support, and assist in their blood drives in Salem

KidSight USA, Pediatric Vision Screening And Adult Eye Screening

The Salem Lions care about the vision of our children and adults by conducting vision screenings with our special camera. As fast and easy as taking a picture, the device detects vision issues across all age groups – from toddlers to teenagers. On average, Connecticut Lions detect that 10% of those screened need further examination by an eyecare professional. Our goal is to find anomalies before a student's vision impacts their learning. If you want to make a difference in our community, consider joining the Salem Lions' Club. (see p 19 in the Volunteer Opportunities Section of the Senior Information And Services section of the newsletter for contact information).

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: <https://www.salemct.gov/library/pages/museum-passes> to view the library website for the details on the passes available and pass availability. (see pp 20-21 of the Information and Services section of the newsletter).

Community News You Can Use *(continued)*

Salem Free Public Library (SFPL) *(continued)*

News & Events *(continued)*

- **Books in the Afternoon Book Club; Thursday, May 28th, at 1:00 PM.**

"The Book of Doors" by Gareth Brown: This is the story of Cassie Andrews who works in a New York City bookshop, shelving books, making coffee for customers, and living an unassuming, ordinary life. Until the day one of her favorite customers—a lonely yet charming old man—dies right in front of her. Cassie is devastated. She always loved his stories, and now she has nothing to remember him by. Nothing but the last book he was reading. But this is no ordinary book...It is the Book of Doors.

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

- **Passport to CT Libraries 2026**

April 1st – April 30th

Beginning April 1st, stop by the Library to pick up your program passport and a list of participating libraries.



Visit as many of the participating libraries as you like between April 1st and April 30th & get your passport stamped and receive a small gift.

Turn your passport in no later than May 11th.

Anyone who visits at least five different participating libraries will be entered into the random drawing for one of the CT Library Association's (CLA) prizes.

(The passports will be mailed to the CLA for the prize drawing)

- **Programs & Events To Enjoy With Your Grandchildren And Family**

- **Drop-in Play Group**

Wednesdays after Storytime, from 11:00 AM – Noon.

Stop by for a drop-in playgroup for children and their caregivers! Our playroom offers a welcoming space to have fun, explore, and learn together. Have the chance to make new friends, learn through play, and build early literary skills.

- **Spring Storytime**

Every Wednesday at 10:30 AM
Beginning in March

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,
April 1st, May 6th, & June 3rd,
from 4:00-5:00 PM

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



- **The Lucky Husky**

Saturday, May 2nd, at 11:00 AM

- › Storytime with the author of the **"Lucky Husky"** & **"The Dairy Bar Disaster"**.
- › Meet the UCONN mascot, Jonathon!
- › Husky pawprint scavenger hunt.
- › Activity sheets to take home.



Books will be available for sale & signing. (\$21.26 hard-cover; \$12.99 paper-back)

Suitable for ages 3 to 10, with a parent

Call 860 859-1130 to Register

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

Community News You Can Use *(continued)*

Salem Free Public Library (SFPL) *(continued)*

• **Programs & Events To Enjoy With Your Grandchildren And Family** *(continued)*



- **The FOSFPL Annual Plant Sale**

Come visit The Friends of the Salem Free Public Library (FOSFPL) at their annual plant sale.

Anything related to Gardens: we will sell it!!

Most locally grown: Trees, Shrubs, Perennials, Vegetables, Herbs, Annuals, House Plants Hanging Baskets, Pots,

WHEN: Thursday, May 7th 10:00 AM – 6:00 PM, Friday, May 8th, 10:00 AM – 4:00 PM
Saturday, May 9th, 10:00 AM – 2:00 PM

WHERE: Salem Free Public Library, 264 Hartford Road, (RT 85), Salem.

To donate or help contact Elizabeth Lane: 860 859-1125. To contact the Library call: 860 859-1130

- **Cookbook Club**

Choose a recipe, make it, and bring it with you to Cookbook Club!

WHEN: Thursday, May 14th at 5:00 PM.



WHERE: Salem Free Public Library, 264 Hartford Road, (RT 85), Salem.

Cookbook will be available behind the circulation desk

Call 860 859-1130 to Register

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

- **Fearsome Foursome**

Raccoon, Opossum, Skunk, & Porcupine

WHEN: Saturday, May 16th at 11:00 AM.



WHERE: Salem Free Public Library, 264 Hartford Road, (RT 85), Salem.

DEEP master Wildlife Conservationist, Ginny Apple, will talk about the life and habits of four common CT nocturnal creatures: the Opossum, Skunk, Raccoon, and Porcupine and how unique characteristics help them navigate their environment, evade predators and survive.

Call 860 859-1130 to Register

(Sponsored by a grant from the Eight-mile River Wild & Scenic Watershed and the national Park Service.)

- **Craft Swap**

Looking to find a new home for your unwanted craft supplies?

Bring your unused craft supplies to the Library from May 1st through May 23rd and then join us for a craft swap.

WHEN: Saturday, May 30th from 11:00 AM – 1:00 PM.

WHERE: Salem Free Public Library, 264 Hartford Road, (RT 85), Salem.

Your donation might inspire someone else to get creative and try a new hobby.



- **Author Storytime With Amanda Fee**

WHEN: Saturday, June 6th at 11:00 AM.

WHERE: Salem Free Public Library, 264 Hartford Road, (RT 85), Salem.



Suitable for ages 2 – 8

Books will be available for signing.

Call 860 859-1130 to Register

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

Salem Recreation Department

• **Salem Recreation 2026 Calendar**

For the complete **Salem Recreation 2026 Calendar** (see p 14 in the Salem Recreation Calendar section of the Senior Information And Services portion of the newsletter).

Community News You Can Use *(continued)*

Salem Recreation Department *(continued)*

• **Pilates – In-Person Classes**

WHEN: Monday evenings,
April 6th to May 11th
5:30 PM to 6:30 PM, (6 weeks)



WHERE: Old Library, 216 Hartford Road
\$60 Residents, \$65 Non-Resident

Please wear comfortable clothing, bring a yoga mat, and water. Extra mats are available if needed.

Register Early, limit 6 participants:

or call 860-859-3873 x275, or

visit: <https://www.salemct.gov/recreation/register>

• **Personal Euphoria Virtual Fitness Classes**

Winter Classes

Pilates

Tuesday

April 21 – June 23
6:00 PM to 6:45 PM
Instructor: Rob, Cost: \$85

15 Min. HIIT

Wednesday

April 22 – June 24
8:10 AM to 8:25 AM
Instructor: Maggie, Cost: \$40

Cardio Strength

8:30 AM to 9:15 AM
Instructor: Maggie, Cost: \$85

Core Strength

Thursday

April 23 – June 25
6:00 PM to 6:45 PM
Instructor: Rob, Cost: \$85

Summer Classes Begin July 7th

• **Bike & Roll To School Day**

WHEN: Wednesday,
May 6th, 7:30 AM.



WHERE: Bingham Field, Salem School

Sign-up Form:

<https://www.salemct.gov/recreation/2026brtsd>

• **In-Person Yoga Classes**

WHEN: Tuesday evenings,
April 7th to May 12th
5:30 PM to 6:30 PM (6 weeks)



WHERE: At the Salem Volunteer Fire Co. firehouse, 424 Hartford Rd.

----- OR -----

WHEN: Thursday Mornings,
April 9th to May 19th
10:00AM to 11:00 AM (6 Classes)

WHERE: Old Library 216 Hartford Rd.

\$60 Residents, \$65 Non-Resident
Register Early Limit 6 participants

Please wear comfortable clothing, bring a yoga mat, and water. Extra mats are available if needed.

To Register call 860-859-3873 x275 or

visit: <https://www.salemct.gov/recreation/register>

• **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

• **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

• **2026 Touch-A-Truck Registration**



WHEN: Saturday, June 6th
From 10:00 AM to 1:00 PM

WHERE: Salem Community Park Pavillion,
89 Norwich Road (Rte. 82)

Emergency Vehicles, Construction Trucks, and more ---All ages FREE---

Community News You Can Use (continued)

America's 250th Anniversary Celebration

Come Join Your Friends And Neighbors
At A Community Picnic

WHEN: July 18th, from 11:00 AM to 4:00 PM

WHERE: Salem Community Park, 89 Norwich Road/Route 82

All are welcome, come with your family, group, church, etc.

Bring your picnic, blanket and chairs

There will be music, food trucks, and demonstrations by:

Marrissa's Dance Academy



Cornerstone School of Karate, and more.



Stay tuned for more information

Veterans' Coffee House

The next **Veteran's Coffee House** will be held on May 26th 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

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 Academy

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!



Box Tops For Education Fundraiser

See p 17 the Salem Information and Services section of the newsletter for details on the box tops for Salem School fundraiser.

Community News You Can Use (continued)



Transfer Station Spring Amnesty/Bulky Waste Days

The spring Transfer Station Amnesty days are: Saturday, May 16th, Sunday May 17th and Wednesday, May 20th.

Do not bring mattresses, metal or electronics on Amnesty/Bulky Waste Days. These items are free any time. Bring them any other day.

Public Town Meetings – May 2026

| | |
|--|---|
| Long Range Educational Planning Monday, May 4 th , 5:00 PM | BOE Personnel/Contract Negotiations Monday, May 4 th , 6:00 PM |
| Inland Wetlands & conservation Monday, May 4 th , 7:00 PM | Board of Education Regular Meeting Monday, May 4 th , 7:00 PM |
| Board of Selectmen Tuesday, May 5 th , 7:00 PM | Budget Town Meeting Wednesday, May 6 th , 7:00 PM |
| Library board of Directors Tuesday, May 12 th , 6:00 PM | Planning and Zoning Commission Tuesday, May 12 th , 7:00 PM |
| Budget Referendum Wednesday, May 13 th 6:00 – 8:00 PM | Board of Finance Meeting Thursday, May 14 th , 7:00 PM |
| BOE Policy Meeting Monday, May 18 th , 5:00 PM | BOE Curriculum Meeting Monday, May 18 th , 6:00 PM |
| Recreation Commission Monday May 18 th , 7:00 PM | Economic Development Commission Tuesday, may 19 th , 6:00 PM |
| Planning and Zoning Commission Tuesday May 26 th , 7:00 PM | |

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

Photos From Recent SSG Activities

SSG Members In action – Cleaning the Newtom-Ransom Cemetery



SENIOR INFORMATION AND SERVICES

Future Fundraisers

Fundraising Committee Activities

2026 Bake Sale/Basket Raffle Schedule

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

* *Bakers always needed, if interested contact Arlene Phillips: 860-204-0289, Deb Okarmus: 860-823-7984, or Cindy Holle: 860-908-6456*

2026 Salem Recreation Calendar

MARCH

4 NATIONAL WINTER WALK TO SCHOOL DAY
Bingham Field, Salem School, 8 am
**re-scheduled, originally scheduled February 4*

14 REGIONAL UNIFIED NIGHT
New London Community Recreation Center
1 Recreation Way, New London, 6 to 9 pm
**re-scheduled, originally scheduled February 7*

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

25 Salem Little League OPENING DAY
Lou Uffers Sports Complex, 10 am

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

To view the *Town of Salem Events & Activities Booklet* visit :

https://www.salemct.gov/sites/g/files/vyhlif4966/f/uploads/2026_springsummer_v1.pdf

[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](https://www.tvcca.org) or call our main receptionist number 860-444-6600.**

988 Life Line

If you need to talk, the 988 Lifeline is here. The 988 Lifeline is available 24/7/365. Your conversations are free and confidential. (Visit their website at: <https://988lifeline.org/>)

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. **You are not alone.**

Using the 988 Lifeline is free. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides you judgment-free care. Connecting with someone can help save your life.

CALLING THE 988 LIFELINE

Here is what you can expect when making a call to the 988 Lifeline:

- First, you'll hear a message that gives you service selection options including Veterans (Press 1), Spanish-language (Press 2), or your local 988 Lifeline contact center.
- They will play some hold music while you are connected to a live counselor.
- A counselor will say hello and introduce themselves. Your skilled counselor will ask you if you are safe.
- After they ask about your safety, your counselor will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful.

TEXTING WITH THE 988 LIFELINE

Here is what you can expect when texting the 988 Lifeline.

- When you send a text to 988, you will be given options to connect with a live counselor from the main 988 Lifeline or our Spanish-language (text AYUDA) and information on how to text the Veterans Crisis Line at 838255.
- When you text "Next" you will be accepting our Terms of Service.
- You will be asked to complete a brief survey to help your counselor understand how they can best support you.
- You'll receive a "Wait" message with a survey link to optional questions while we connect you to a counselor.
- Your counselor will say hello and introduce themselves. Your skilled counselor will ask if you are safe.
- After they ask about your safety, they will be calm and comforting, listen to you, and provide support. They may also share helpful resources.

CHATting WITH THE 988 LIFELINE

Here is what you can expect when starting a chat with the 988 Lifeline.

- After clicking "Chat" a new window with a brief survey will open. This survey helps our live counselors understand how to best support you and takes less than 5 minutes to complete.
- When you click "Start a Chat", you are accepting our Terms of Service.
- You will then see a message that indicates we are connecting you to a live counselor.
- When you are connected, a counselor will say hello and introduce themselves. Your skilled counselor will ask if you are safe.

After they ask about your safety, they will be calm and comforting, listen to you, and provide support. They may also share helpful resources.

[Health And Assistance](#) (continued)

211 INFOLINE HELP

211 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week online and over the phone.

211 is fully certified in crisis intervention by the American Association of Suicidology and is certified by InformUSA. InformUSA is the professional association for over 1,200 community Information and Referral (I&R) providers.

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.

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:



Here is the link to download the complete list of participating brands:

<https://www.boxtops4education.com/s/box-tops-products>

News And Information *(continued)*

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 Cikatzen 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: salemsschools.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.**

Salem Lions Club

The Salem Lions Club is always looking for new members. **Contact Dan Holle at 860-300-7570.**

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

Cemetery Clean-Up

The Salem VFW always needs help to clean-up the cemeteries. ***Cemetery Clean-up is beginning again, tentative dates are: April, 18th, 25th and May 2nd. Please come and join the effort.***

Watch for our postings on Facebook. ***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***
- ***Denision Pequotsepos Nature Center Mystic, CT***
Allows free admission for up to five people.

Activities In Our Region *(continued)*

Museum Passes *(continued)*

Free Admission Passes *(continued)*

- **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/>

Activities In Our Region (continued)

Niantic Bay Playhouse

The Niantic Bay Playhouse (279 Main Street, Niantic)

- **“Legally Blonde Jr”** – March 13th – 15th, and March 20th – 22nd
- **“Little Shop Of Horrors”** – April 25th – 26th, April 30th – May 3rd, and May 7th – May 10th
- **“Barefoot In The Park”** – May 29 – 31st, June 5th – 7th, and June 11th – 14th
- **“Anastasia”** – July 16th – 19th, July 23rd – 26th, and July 30th – August 1st
- **“To Kill A Mockingbird”** – October 9th – 11th, October 15th – 18th, and October 23rd – October 25th
- **“A Christmas Carol The Musical”** – December 4th – 6th, December 10th – 13th, and December 17th – 20th,

Check the website for times and tickets by pressing Ctrl+ Click on nianticbayplayhouse.org/.

Senior Centers / Activities Available to Salem Residents

Colchester Senior Center News

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 at their new location 15 Louis Lane, Colchester, CT 06415. Phone: 860-537-3911.**

The NEW Colchester Senior Center is now open, come check it out!

To check out their newsletter, click on: colchesterct.gov/senior-center/pages/newsletter



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.**

<https://mycommunityonline.com/organization/east-lyme-courier>

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 go to the New London Adult Education webpage by clicking on: enrichment.newlondonadulthood.org/.**

Contact the Senior Centers in other towns to determine their requirements for membership

Officers

| | |
|--------------------------------------|--------------------------------------|
| President ----- Gary Closius----- | Secretary ----- Jeanette Girard |
| Vice President---- Mary Cikatz ----- | Activities Coordinator- Kay Zak |
| Treasurer ----- Michelle Horan----- | Health Coordinator ----- Cindy Holle |
| Communications | Newsletter Editors-----Joan Gaynor, |
| Coordinator ----- Joan Gaynor | Gary Closius |
| Salem Agent for the Elderly ----- | Agnes Miyuki |

If you or your group would like to advertise your event or function, please contact:
Joan Gaynor at salemtech53@yahoo.com, or call 860-449-3064 or Gary Closius gclosius@sbcglobal.net, or call 860-961-9173.