

SALEM CT SENIORS

NEWSLETTER

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CONTACT US: email address: salemctseniors@gmail.com

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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 April membership meeting will be April 14th at 10:30 AM at the Gardner Lake Volunteer Fire Co. Firehouse, 429 Old Colchester Rd.

The March monthly meeting was attended by **61** members.

*As of March, the total membership as risen to **200+** members!*



April Birthdays

Deb Artale	Charlie Baukus	Dave Carlson	Deb Drennen
Barbara James	Barbara Jewett	Diana Little	Robin Pelletier

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:

- A big thank you to the fundraising committee for the wonderful bake sale. Many items were donated and bought. The event raised \$245 for the *Seniors-Helping-Seniors* fund.
- Thank you to Ed Artale, and Jeanette and Dennis Girard for volunteering to help with the bottles and cans fundraiser.

Salem Seniors Group Liability Insurance

The Salem Seniors Group (SSG) will be required to carry liability insurance to be able to use Town facilities. The SSG Executive Board is researching the insurance policies and costs with insurance companies. The membership authorized spending not more than \$2,000 per year. More to come.

Fundraising Committee Activities

- The March bake sale raised \$245. Thank you to all who baked and bought the goods.
- The April fund raiser will be a **Garden Basket**.
- **50/50 Raffle** – The March raffle collected a total of \$92. The winner Deb Drennen chose to donate her winnings back to the SSG. **Thank you, Deb!**
- **The 2026 Fundraiser Schedule:** see the *Future Fundraisers Section of the Information and Services section (p 16) of the newsletter.*
- Bakers for bake sale fundraisers are needed, if you are interested contact **Arlene Phillips at 860-373-3357.**

FLASH!!!

Our website, www.salemctseniors.org is up and running! There is still a lot of tweaking to be done.

Salem Seniors News *(continued)*

Bottles and Cans Fundraiser

The annual bottle and can SSG fundraiser will begin on April 1st.

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. The fundraiser will run from April 1st to May 31st.

Any questions please contact Gary Closius, e-mail: [**gclosius@sbcglobal.net**](mailto:gclosius@sbcglobal.net) or call 860-961-9173, or Kay Zak, e-mail: [**kayzak@hotmail.com**](mailto:kayzak@hotmail.com), or call 860-889-3989.



Senior T – Shirts

The T – Shirts will be available for pick-up at our regular membership meeting Tuesday, April 14th. If you have any questions, contact Mary Cikatza at salemctseniors@gmail.com.

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

“Song Circle”

WHEN: 1st & 3rd Wednesdays of each month. The next circles are April 1st and 15th 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: May 6th and May 20th. 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 April 9th and 23rd

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: April 15th, 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.



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 are asking for volunteers to decorate the float. 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! You will find a sheet for you to log the towns you have already visited in the back of the *Information and Services* section (pp 25-30) of the newsletter. Take the sheets and go from there. The rules are simple; you must visit a place in the town you visit to qualify. Mark the date and location on the sheet. 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.

Our 1st 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 News *(continued)*

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 April Calendar At A Glance

• Wednesday, April 1 st	Song Circle , at 12:30 PM at the SVFC fire house
• Tuesday, April 7 th	Senior Lunch at 2Brothers Pizza Restaurant
• Thursday, April 9 th	BINGO , at 12:30 PM at the SVFC fire house
• Tuesday, April 14 th	SSG Membership Meeting , at the 10:30 AM at the GLVFC fire house
• Friday, April 10 th	Wise Woman Health and Harmony, The Big “M” at the SVFC fire house
• Wednesday, April 15 th	Song Circle , at 12:30 PM at the SVFC fire house
• Wednesday, April 15 th	Game Night in the Day Light , from 2:00 PM– 4:00 PM at the GLVFC fire house
• Tuesday, April 21 st	Senior Lunch at 2Brothers Pizza Restaurant
• Thursday, April 23 rd	BINGO , at 12:30 PM at the SVFC fire house
• Tuesday, April 28 th	Veterans’ Coffee House , at 6:00 PM at the GLVFC fire house

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

The Nurse’s Corner

A **Lunch, Learn, and Live** was recently held featuring Wendy Mikolinski, PharmD, who spoke to us about several timely topics and offered medication reviews for attendees. Below are some topics that were discussed:

Medication Sharing and Gifting or Recycling

Some of the reasons why sharing medications, or giving unused medications to others is not safe were discussed: It can be easy to mix medications up. Some have similar-sounding names, and between brand names and generic names, it’s easy to confuse them. They may look alike, names may sound alike, and they can be for very different purposes.

Some medications can have more than one form— they may come in both regular and extended-release versions and are not interchangeable. Some medications should never be cut or split in half and if your dose is only half the amount of a “gifted” drug, you might be cutting a drug that is unsafe to break apart.

If someone is sharing medications with you that have not been prescribed for you, there is no one that is checking to make sure you truly need it and that it’s compatible with other medications that you take.

There is no “*chain of custody*” for gifted or recycled meds. There is no record of proper storage that can be necessary for medications that need to be refrigerated, for example. Pharmacies and hospitals, for instance, are required to monitor temperatures of medication refrigerators. An end-user, the customer, is not. Pharmacies keep records of inventory so that if a medication is recalled, they can notify consumers.

There is no assurance that a gifted medication has been handled properly. You cannot be assured that a multi-dose vial has been properly accessed or that the person that had that medication before you washed their hands before accessing the medications, accidentally dropped a different pill into the bottle, or otherwise mixed up or contaminated the medication.

If you are done with a prescription, and there is any medication left, ask your pharmacist how to dispose of them. There are kits and home-grown methods for safely disposing of unneeded medications. Don’t share!

The Nurse's Corner *(continued)*

Discount Cards

It is well known how expensive prescription medications can be! Drug costs, especially those still on patent, can be high and insurance doesn't always cover the medications we need. Some people can find discounts directly with drug manufacturers for some medications – it's worth investigating. Wendy cautioned us about discount card programs like **GoodRx** and similar. These are not manufacturer coupons. Wendy informed us that these companies, in their fine print, obtain our permission to sell our data that is gathered during the discount process. She said that such companies sell data about our health and medication use. One example of this is the selling of information to auto insurance companies about conditions that might make us high risk for auto accidents. This can lead to higher prices for the drivers on the list. If you are trying to find an affordable option for a medication that your insurance doesn't cover, start with your pharmacist. Ask if they know of any manufacturer discount programs that you can apply for. And always be very careful about signing up for things like discount cards – *read the fine print and know what you're agreeing to.*

The Beers Criteria

There was a brief discussion about the **Beers Criteria**: a widely used, regularly updated guideline identifying medications that are potentially inappropriate for adults aged 65 and older. It aims to reduce risks of adverse effects, prevent polypharmacy, and improve care quality. The list includes categories to avoid, use with caution, or adjust based on specific diseases or conditions.

That is not to say that anyone over 65 should automatically avoid medications on the list, but use the list as a conversation-starter with your physician, APRN, or PA about your use of the medication and if you should consider using an alternative.

You may be only using one or two medications on the list, or use them occasionally "as needed", or for a short duration, and have no untoward effects. But you may be taking several, and the cumulative effect of several could pose a problem. (Remember that game we had as kids, the straw that breaks the camel's back??). It's worth a discussion with your provider. And don't forget to mention your OTCs (over the counter meds and supplements). Some drugs on the list are OTCs, and your provider might not know you're taking them.

The list is fairly long and different medications on the list pose different potential problems, too long to print here. Copies of the list, as well as a handy version that lists drugs by both the generic and brand name, will be made available at our monthly membership SSG meetings on the literature table. Additionally, be in the lookout for a **NEWSFLASH** on this item.

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

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 well-being, 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**
- **"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 April 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.

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 19) of the Senior Information And Services section of the newsletter for more information)

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 17-19) 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-18) 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 (SCRRRA)

SCRRRA 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 SCRRRA 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 20 of the Senior Information And Services section of the newsletter.

Community News You Can Use *(continued)*

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

YOUTH

COMMUNITY

Providing firewood

For sale by cord for heating. Assistance is available.

Scholarships

Presented annually to 2 graduating seniors living in Salem

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)

Salem Benevolent Fund

Support

VO-TECH Grants

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

The Red Cross

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

Care & Share

Support

Civic & Grange Awards

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

Salem Volunteer Fire Co.

Secret Santa

Support

Easter Egg Hunt

At the Salem School

Special Projects

To aid those in the community.

KidSight USA, Pediatric Vision Screening And Adult Eye Screening

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 21 in the Volunteer Opportunities Section of the Senior Information And Services section of the newsletter for contact information).

33rd Annual Salem Road Race April 11th

Free T-Shirts will be provided to all pre-registered 5K runners (registered by March 30th). Free T-Shirts will be provided to all children in the 1-mile Fun Run/Walk. There will be a limited number of shirts for sale at the Friday night registration & on race day. An award ceremony with free refreshments will be held in the Salem School Multipurpose room after the 5K race.



Brought to you by the Salem Lion's Club
www.SalemCTSalemRoadRace.org

Friday April 10th:

6:00 – 7:30PM Salem School – Front lobby.
Friday night registration.
Pre-Registered runners can also pick up their shirts and BIBs.

Saturday April 11th:

7:30AM Race Day Registration Begins
9:00AM 1.0 Mile Children's Fun Run/Walk
10:00AM Main Event: 5K Race
10:45AM Post-Race Food and Awards



Salem Free Public Library (SFPL)

News & Events

• **Museum Passes and Discounted Admission Passes**

The SFPL Will Be Closed:
Friday, April 3rd & Saturday, April 4th
For the Easter Holiday

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 22-23) 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, April 30 at 1:00 PM.**

"Fall on Your Knees" by Ann-Marie MacDonald

A sprawling saga about five generations of a family from Cape Breton, Nova Scotia, **"Fall on Your Knees"** is the impressive first fiction from Canadian playwright and actor Ann-Marie MacDonald. This epic tale of family history, family secrets, and music centers on four sisters and their relationships with each other and with their father. Set in the coal-mining communities of Nova Scotia in the early part of this century, the story also shifts to the battlefields of World War I and the jazz scene of New York City in the 1920s.

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 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 Show & Tell Book Club**

Monday April 6th at 5:00 PM

Bring in the books you have been loving and discuss them with others!

Call 860 859-1130 to Register

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



- **Steinhagen Pottery**

Saturday, April 11th at 12:30 PM

Time-change due to road race

The Steinhagen's will present a thumbnail history of colonial pottery, including unusual and often quirky pottery vessels of the colonial period.

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 With Your Grandchildren And Family**

- **The Midnight Ride of Paul Revere**

Wednesday, April 15th,
at 6:00 PM



Presented in costume by:
Nathan Rumney of Dirty Blue Shirts.

A dramatic recitation of the Longfellow poem, an historical background on the Lexington alarm & the riders who carried it, and a review of the romance that the revolution inspired.

Call 860 859-1130 to Register
(Sponsored by the Friends of the Salem Free Public Library)

- **Poppi's Planet**

Saturday, April 18th, at 11:00 AM

Music, dance, and puppetry!
Suitable for ages 1 – 8



Limited to 24 children, with a parent or caregiver.

Call 860 859-1130 to Register
(Sponsored by a grant from the Chelsea Foundation)

- **Faux Fairy Gardens In A Teacup**

Wednesday, April 22nd at 6:00 PM

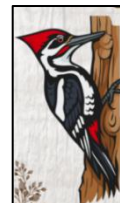
Come make a faux fairy garden
in a teacup! Ages 12 and up
Limited to 24 children,
with a parent or caregiver.



Call 860 859-1130 to Register
(Sponsored by the Friends of the Salem Free Public Library)

- **The Pileated Woodpecker**

Saturday, April 25th, at 11:00 AM
The CT Audubon Bird of the Year!
Presented by: Joe Attwater, from
the CT Audubon Society's Roger
Tory Peterson Estuary Center



Come learn how these birds live and behave and why they are so important to our local history and landscape.

Call 860 859-1130 to Register
(Sponsored by a grant from the Eight-mile River Wild & Scenic Watershed and the national Park Service.)

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

Salem Recreation Department

• **Salem Recreation 2026 Calendar**

For the complete **Salem Recreation 2026 Calendar** (see p 16 in the Salem Recreation section of the Senior Information And Services portion of the newsletter).

• **Spring Concert** *(concert is a make-up from last summer's weather cancellation)*

WHEN: Thursday, April 16th, 6:00 PM

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

Admission FREE

Join the fun, bring chairs or a blanket and a picnic and enjoy the music.



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

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

Core Strength

Thursday

April 23 – June 25

6:00 PM to 6:45 PM

Instructor: Rob, Cost: \$85

Summer Classes Begin July 7th

• **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

• **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.

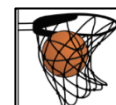
Call: 860-859-3873 x275, or

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

• **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

Community News You Can Use (continued)

Salem Recreation Department (continued)

COMMUNITY TAG SALEM DAY

WHEN: Saturday, April 25th from 9:00 AM to 12:00 AM (rain date: Sunday, April 26th)

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

FREE entry for shoppers! No Early Birds PLEASE!

10' X 10' spaces available at The Pavillion or have your Residence or Business listed for \$10.00*

Reserve your space by Monday, April 20th at:

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

Forms also available at the Salem Town Hall and the Salem Free Public Library.

Map & list of Tag Sales available: Wednesday, April 22nd.

* Pavillion spaces are open to all; participants must supply their own tables/tents, etc. Listings open to Salem Residences and Businesses only. All profits from fees will benefit the Town of Salem's Benevolent Fund, serving our community's residents in need.

Salem School Fundraisers

- Cougar Palooza fundraiser for Salem School. Saturday May 30, 2026

Each year the Salem PTO holds a giant fundraiser raise money to help fund programs for the Salem School students. Programs like supplies to put on puppet shows, student participation in science events, field trips and much more. Through the tireless efforts of the PTO in scheduling and holding events through the year raising the more the than \$3,000 it takes to fund these programs benefiting the Salem School students. Each grade receives a certain \$ amount to help with these events. Your help by participating in some of these fundraiser events is greatly appreciated. The **Cougar Palooza** is one of those events.



Food Trucks • Vendors • CowPatty Raffle

The **CowPatty Raffle** is done by fencing off a section of Bingham field and marking it with a grid of squares. Then a cow is let loose in the field and when the cow poops, the square the cow poops in is the winner. The purchaser of that square is the winner.

The **CowPatty Raffle** rules will be published in a future newsletter.

Tickets On Sale Online \$ Around Town, at 2 Brothers Pizza Restaurant, and other local spots; or contact Nikole Zis: e-mail: SalemSchoolPTO@yahoo.com, or call 860-949-2923.

- Box Tops For Education Fundraiser

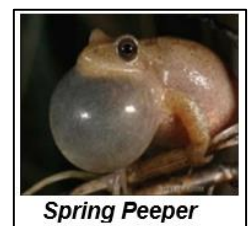
See p 19 the Salem Information and Services section of the newsletter for details on the box tops for Salem School fundraiser.

Salem Land Trust's (SLT) 25th Annual Amphibian Hunt

WHEN: Friday, April 10th, at 5:30 PM

WHERE Walden Preserve, Hagen Rd., Salem

Salem's Diba Khan-Bureau, Ph.D. will lead! Diba is Program Coordinator for the Environmental Engineering Technology Program at CT State Community College, Three Rivers Campus, and a research scientist at UCONN. A number of her students from the Environmental Engineering Technology program will be there to help the participants find "Spring Peepers" and other creatures. This adventure is extremely popular with families and for children of all ages. **No rain date, remember amphibians love the rain!**



Spring Peeper

Please call 859-3520 for more information or visit: www.salemlandtrust.org.

Community News You Can Use (continued)

Veterans' Coffee House

The next **Veteran's Coffee House** will be held on April 28th 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 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 Marissia'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 kidnapping at school? -----Don't worry he woke up!
- What do you call an Irishman who hangs from the ceiling -----Sean D'Olier!
- What do you call a bulletproof Irishman?-----Rick O'Shea
- Sunday was a bad day-----But the day before that was a Sadder Day!
- What's Irish and sits outside all day and all night-----Patty O' furniture
- Why did the coffeepot file a police report-----it got mugged
- Why is Saturday and Sunday the strongest days?-----Because the rest those are weak days
- What do you call crows that stick together?-----Vel crow's
- What did the gardener say when he planted the wrong flowers?-----Oops a daisy!
- Where does a dog go when he loses his tail? Where?-----A retail store
- What do you call hard water?-----Ice
- Shopping centers are so boring, because-----if you've seen one, you've seen the mall
- What do you call a factory that makes okay products?-----A satisfactory!

Public Town Meetings – April 2026

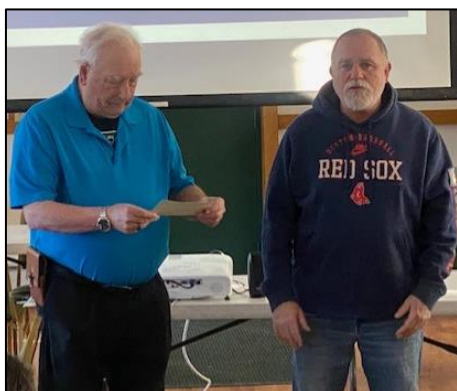
Long Range Educational Planning Monday, April 6 th , 5:00 PM	BOE Personnel/Contract Negotiations Monday, April 6 th , 6:00 PM
Inland Wetlands & conservation Monday, April 6 th 7:00 PM	Board of Education Regular Meeting Monday, April 6 th 7:00 PM
Board of Selectmen Tuesday, April 7 th , 7:00 PM	Board of Finance Budget Meeting Thursday, April 8 th , 7:00 PM
Board of Finance Meeting Thursday, April 9 th , 7:00 PM	Planning and Zoning Commission Tuesday, April 14 th , 7:00 PM
Emergency Preparedness Agency Meeting Wednesday, April 15 th , 7:00 PM	Recreation Commission Monday April 20 th , 7:00 PM
Salem Green Cemetery Association Tuesday, April 21 st , 2:00 PM	Library board of Directors Tuesday, April 21 st , 6:00 PM
Economic Development Commission Tuesday, April 21 st , 6:00 PM	BOE Policy Meeting Monday, April 27 th , 5:00 PM
BOE Curriculum Meeting Monday, April 27 th , 6:00 PM	Planning and Zoning Commission Tuesday April 28 th , 7:00 PM

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

Photos From Recent SSG Activities

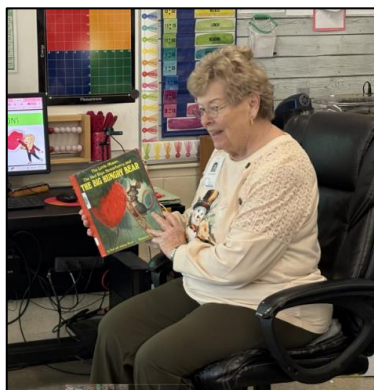
MDA-UAW LOCAL 571 Donation To The Veterans' Coffee House

On March 24th, the Salem Veterans Coffee House gathered for another round of food, fun, and Camaraderie. During the meeting MDA-UAW Local 571 President Bill Louis presented a check in the amount of \$770 to help benefit veterans. Thank you to Mr. Louis and the members of the MDA UAW for this generous donation.



Photos From Recent SSG Activities *(continued)*

Salem Seniors Take Part In Read Across America at Salem School



Seniors Alice Knowles (upper left), Joan Gaynor (left), and Ed and Debra Artale (below) read to the Salem School students. Joan dressed as Snow White her favorite character and visited grades Pre-K to 3rd grade popping her head into the classrooms a saying hello to the students. She received a very warm welcome and had two children give her hugs. She left her dwarf friends at home.



March 17th, St. Patrick's Day Potluck Luncheon



Photos From Recent SSG Activities (continued)

March 17th, St. Patrick's Day Potluck Luncheon (continued)



SENIOR INFORMATION AND SERVICES

Future Fundraisers

Fundraising Committee Activities

2026 Bake Sale/Basket Raffle Schedule

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

<p>FEBRUARY</p> <p>4 NATIONAL WINTER WALK TO SCHOOL DAY Bingham Field, Salem School, 8 am</p> <p>MARCH</p> <p>28 Salem Lions Club 32nd ANNUAL EASTER EGG HUNT for Toddlers to Grade 4 Salem School Gym & Field, 1 to 3 pm</p> <p>APRIL</p> <p>16 SPRING CONCERT (Rain date: Saturday, April 18) Salem Community Park Pavilion, 6 to 8 pm</p> <p>TBD Salem Little League OPENING DAY Lou Ulffer's Sports Complex, 10 am</p> <p>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.</p> <p>MAY</p> <p>6 NATIONAL BIKE TO SCHOOL DAY Bingham Field, Salem School, 8 am</p> <p>25 MEMORIAL DAY PARADE & BIKE DECORATING CONTEST Salem Town Green, following Ceremony</p>	<p>JUNE</p> <p>6 TOUCH-A-TRUCK Salem Community Park Pavilion, 10 am to 1 pm</p> <p>5 FIND YOUR FOOTPRINT! MEDALLION PROJECT in cooperation with the Salem Land Trust Start hunting for this year's Footprint hidden along select trails</p> <p>25 SUMMER CONCERT Salem Community Park Pavilion, 6 to 8 pm</p> <p>JUNE TO EARLY FALL</p> <p>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.</p> <p>JULY</p> <p>TBD Economic Development Commission 4th ANNUAL CHRISTMAS IN JULY Salem Community Park Pavilion, 9 am to 2 pm</p> <p>30 SUMMER CONCERT Salem Community Park Pavilion, 6 to 8 pm</p> <p>AUGUST</p> <p>20 SUMMER CONCERT Salem Community Park Pavilion, 6:00 to 8:00 pm</p>	<p>JULY TO AUGUST</p> <p>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.</p> <p>SEPTEMBER</p> <p>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.</p> <p>OCTOBER</p> <p>7 NATIONAL WALK TO SCHOOL DAY Bingham Field, Salem School, 8 am</p> <p>25 Gardner Lake Volunteer Fire Company MONSTER MASH + TRICK OR TRUNK Gardner Lake Volunteer Fire Company 2:00 to 5:00 pm</p> <p>DECEMBER</p> <p>5 ANNUAL HOLIDAY TREE LIGHTING Center School/Town Green, 3 to 5 pm</p> <p>STAY TUNED FOR MORE EVENTS!</p> <p>STARGAZING NIGHTS @ THE PAVILION Salem School PTO COUGARPALOOZA Salem School PTO BACK TO SCHOOL BASH</p>
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EVENTS ARE SUBJECT TO CHANGE, CHECK WEBSITE FOR UPDATES!
www.salemct.gov/recreation · 860-859-3873 · x275 · recreation@salem.gov

[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.

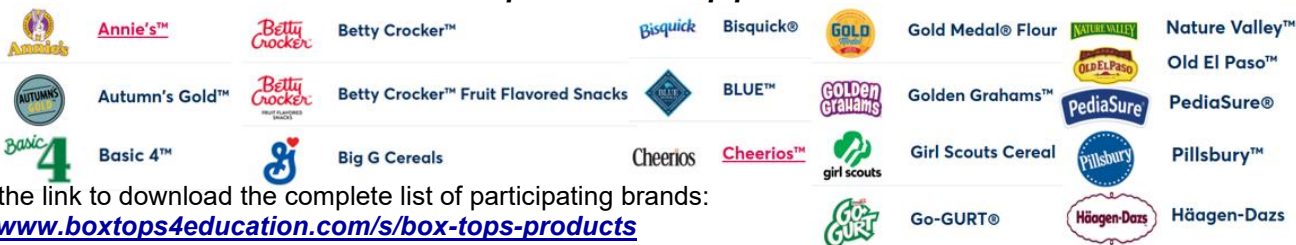
**YOU CAN MAKE A DIFFERENCE FOR SCHOOLS
AMERICA'S SCHOOLS HAVE EARNED \$958,015,672 WITH BOX TOPS...AND COUNTING**

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 Cikatiz 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.**

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.

<i>Town name</i>	<i>County</i>	<i>Year Established</i>	<i>When Visited</i>	<i>Where Did You Go</i>
Andover	Tolland	1848		
Ansonia	New Haven	1889		
Ashford	Windham	1714		
Avon	Hartford	1830		
Barkhamsted	Litchfield	1779		
Beacon Falls	New Haven	1871		
Berlin	Hartford	1785		
Bethany	New Haven	1832		
Bethel	Fairfield	1855		
Bethlehem	Litchfield	1787		
Bloomfield	Hartford	1835		
Bolton	Tolland	1720		
Bozrah	New London	1786		
Branford	New Haven	1685		
Bridgeport	Fairfield	1821		
Bridgewater	Litchfield	1856		
Bristol	Hartford	1785		
Brookfield	Fairfield	1788		
Brooklyn	Windham	1786		
Burlington	Hartford	1806		
Canaan	Litchfield	1739		
Canterbury	Windham	1703		
Canton	Hartford	1806		
Chaplin	Windham	1822		
Cheshire	New Haven	1780		
Chester	Middlesex	1836		
Clinton	Middlesex	1838		
Colchester	New London	1698		
Colebrook	Litchfield	1779		
Columbia	Tolland	1804		
Cornwall	Litchfield	1740		
Coventry	Tolland	1712		

<i>Town name</i>	<i>County</i>	<i>Year Established</i>	<i>When Visited</i>	<i>Where Did You Go</i>
Cromwell	Middlesex	1851		
Danbury	Fairfield	1687		
Darien	Fairfield	1820		
Deep River	Middlesex	1635		
Derby	New Haven	1675		
Durham	Middlesex	1708		
East Granby	Hartford	1858		
East Haddam	Middlesex	1734		
East Hampton	Middlesex	1767		
East Hartford	Hartford	1783		
East Haven	New Haven	1785		
East Lyme	New London	1839		
East Windsor	Hartford	1768		
Eastford	Windham	1847		
Easton	Fairfield	1845		
Ellington	Tolland	1786		
Enfield	Hartford	1683		
Essex	Middlesex	1852		
Fairfield	Fairfield	1639		
Farmington	Hartford	1645		
Franklin	New London	1786		
Glastonbury	Hartford	1690		
Goshen	Litchfield	1739		
Granby	Hartford	1786		
Greenwich	Fairfield	1665		
Griswold	New London	1815		
Groton	New London	1705		
Guilford	New Haven	1643		
Haddam	Middlesex	1668		
Hamden	New Haven	1786		
Hampton	Windham	1786		
Hartford	Hartford	1635		

<i>Town name</i>	<i>County</i>	<i>Year Established</i>	<i>When Visited</i>	<i>Where Did You Go</i>
Hartland	Hartford	1761		
Harwinton	Litchfield	1737		
Hebron	Tolland	1708		
Kent	Litchfield	1739		
Killingly	Windham	1708		
Killingworth	Middlesex	1667		
Lebanon	New London	1700		
Ledyard	New London	1836		
Lisbon	New London	1786		
Litchfield	Litchfield	1719		
Lyme	New London	1667		
Madison	New Haven	1826		
Manchester	Hartford	1823		
Mansfield	Tolland	1702		
Marlborough	Hartford	1803		
Meriden	New Haven	1806		
Middlebury	New Haven	1807		
Middlefield	Middlesex	1866		
Middletown	Middlesex	1651		
Milford	New Haven	1639		
Monroe	Fairfield	1823		
Montville	New London	1786		
Morris	Litchfield	1859		
Naugatuck	New Haven	1844		
New Britain	Hartford	1850		
New Canaan	Fairfield	1801		
New Fairfield	Fairfield	1740		
New Hartford	Litchfield	1738		
New Haven	New Haven	1638		
New London	New London	1646		
New Milford	Litchfield	1712		
Newington	Hartford	1871		

<i>Town name</i>	<i>County</i>	<i>Year Established</i>	<i>When Visited</i>	<i>Where Did You Go</i>
Newtown	Fairfield	1711		
Norfolk	Litchfield	1758		
North Branford	New Haven	1831		
North Canaan	Litchfield	1858		
North Haven	New Haven	1786		
North Stonington	New London	1807		
Norwalk	Fairfield	1651		
Norwich	New London	1662		
Old Lyme	New London	1855		
Old Saybrook	Middlesex	1854		
Orange	New Haven	1822		
Oxford	New Haven	1798		
Plainfield	Windham	1699		
Plainville	Hartford	1869		
Plymouth	Litchfield	1795		
Pomfret	Windham	1713		
Portland	Middlesex	1841		
Preston	New London	1687		
Prospect	New Haven	1827		
Putnam	Windham	1855		
Redding	Fairfield	1767		
Ridgefield	Fairfield	1709		
Rocky Hill	Hartford	1843		
Roxbury	Litchfield	1796		
Salem	New London	1819		
Salisbury	Litchfield	1741		
Scotland	Windham	1857		
Seymour	New Haven	1850		
Sharon	Litchfield	1739		
Shelton	Fairfield	1789		
Sherman	Fairfield	1802		

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Simsbury	Hartford	1670		
Somers	Tolland	1734		
South Windsor	Hartford	1845		
Southbury	New Haven	1787		
Southington	Hartford	1779		
Sprague	New London	1861		
Stafford	Tolland	1719		
Stamford	Fairfield	1641		
Sterling	Windham	1794		
Stonington	New London	1662		
Stratford	Fairfield	1639		
Suffield	Hartford	1674		
Thomaston	Litchfield	1875		
Thompson	Windham	1785		
Tolland	Tolland	1715		
Torrington	Litchfield	1740		
Trumbull	Fairfield	1797		
Union	Tolland	1734		
Vernon	Tolland	1808		
Voluntown	New London	1721		
Wallingford	New Haven	1670		
Warren	Litchfield	1786		
Washington	Litchfield	1779		
Waterbury	New Haven	1686		
Waterford	New London	1801		
Watertown	Litchfield	1780		
West Hartford	Hartford	1854		
West Haven	New Haven	1921		
Westbrook	Middlesex	1840		
Weston	Fairfield	1787		
Westport	Fairfield	1835		
Wethersfield	Hartford	1634		

<i>Town name</i>	<i>County</i>	<i>Year Established</i>	<i>When Visited</i>	<i>Where Did You Go</i>
Willington	Tolland	1727		
Wilton	Fairfield	1802		
Winchester	Litchfield	1771		
Windham	Windham	1692		
Windsor	Hartford	1633		
Windsor Locks	Hartford	1854		
Wolcott	New Haven	1796		
Woodbridge	New Haven	1784		
Woodbury	Litchfield	1673		
Woodstock	Windham	1690		

NOTES: