

# SALEM CT SENIORS

## NEWSLETTER

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### Reminders

- **Annual Dues: \$10.00 are due NOW if you haven't paid yet.**
- **Senior Lunch:** 1<sup>st</sup> & 3<sup>rd</sup> 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 June membership meeting will be Tuesday, June 9<sup>th</sup> at 10:30 AM at the Gardner Lake Volunteer Fire Co. Firehouse, 429 Old Colchester Rd.

The May monthly meeting was attended by **68** members.

*The total membership is **208** as of April.*



### June Birthdays

Mary Ellen Addy	Elby Burr	Debbie Delorimiee	Judy Gadbois
Kristin Gadbois	Charles Hebert	George Horan	Michelle Horan
Rita Howell	Janet Huhtala	June Mainella	Jack O'Brien
Pat O'Connor	Thomas Phillips	Aurelia Seals	Ed Natoli

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

### Salem Seniors News

#### **Many Thank Yous:**

- Cindy Holle, Arlene Phillips, and Deb Okramus for the wonderful bake sale. Thank you to all who purchased and baked for the event.
- Tom and Arlene Phillips for hosting and providing dinner at the May Veterans Coffeehouse.
- Chris Newell for storing our town planters over the winter and setting them up for the Memorial Day Celebration.
- Burnett's Country Gardens for the flowers donated for the planters at the town green.
- Kay and Gary for hosting the bottles and cans drive, Deb and Ed Artale, Dennis and Jeanette Girard as well as Neurie Testagrossa for bringing them to the redemption center.

#### **Fundraising Committee Activities**

- The Bake Sale raised \$198.00.
- **50/50 Raffle** – The May raffle collected a total of \$122.00. The winner was Deb Fuller who donated the money back to the senior fund.
- **The 2026 Fundraiser Schedule:** see the Future Fundraisers Section of the Information and Services section (page 18) of the newsletter.
- The June fund raiser will be a Fun Basket. If you are interested in donating to the basket, contact **Arlene Phillips at 860-373-3357.**

**Salem Seniors News** *(continued)*

**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.**

**Game Night in the Daylight \*\*\*\*\* Canceled for the Month of June \*\*\*\*\***

***This month the Game Night will be canceled and will be replaced with the SNA-Z-Spot pot luck luncheon at 310 Old Colchester Road. See page 3 for details on the Pot Luck!***



**“Song Circle”**

**WHEN:** Every other Wednesday of the month. The next circles are **June 10<sup>th</sup> and 24<sup>th</sup>** 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:** **July 8<sup>th</sup> and July 22<sup>nd</sup>**. If you have questions, please call: Gary Closius 860-961-9173.



**BINGO**

**WHEN:** 2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month; the next games are on June 11<sup>th</sup> & 25<sup>th</sup>

**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 6<sup>th</sup> 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](mailto:nunusobx@gmail.com)**, or **Michelle at: 860-303-5023 or e-mail: [horan.micheller@gmail.com](mailto:horan.micheller@gmail.com)**.



**Salem Seniors News** *(continued)*

**Block Island Dinner and Cruise**

**WHEN:** *Thursday August 6<sup>th</sup>, the boat leaves dock at 3:10 PM and will return approximately 8:10 PM*

**WHERE:** *Block Island Ferry, 2 Ferry St. New London CT, dinner location: TBD*

**COST:** *\$34.00 plus, Dinner at your cost. Please make checks payable to Salem Seniors and mail to Kay Zak, 294 Hartford Road, Salem, CT 06420*



**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.***



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



Tips on things/places in CT to visit are in the Seniors Information and Services Section. 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.***

**Picnic At The Sna-Z-Spot**

**WHEN:** *Wednesday, June 17<sup>th</sup>, 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. Please sign-up with what side dish you are bringing to share at the June membership meeting.

**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.

**Sea Unicorns Baseball Game**

**WHEN:** *Friday, June 5<sup>th</sup> and Friday July 31<sup>st</sup> Game starts: 6:30 PM*

**WHERE:** *Dodd Stadium, Norwich*

**COST:** *\$8.00 per person. Please make checks payable to Salem Seniors and mail to Kay Zak, 294 Hartford Road, Salem, CT 06420*



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

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

### **America's 250<sup>th</sup> Anniversary Celebration**

Salem is holding a town wide picnic to celebrate America's 250<sup>th</sup> Anniversary. (see page 12 for details). At the May meeting the SSG decided to have a potluck picnic table at the festival for our seniors to enjoy. The SSG will also have a hot dog booth selling hot dogs, soda and chips. Money earned will go towards the general fund. If you would like to help with the booth please contact **Kay Zak**, e-mail: [\*kayzak@hotmail.com\*](mailto:kayzak@hotmail.com), or call 860-889-3989.



### **Sabino Steamboat Cruises**

**Updated**

**WHEN:** *Wednesday, July 29<sup>th</sup>, downriver 90-minute cruise departs at 2:30 PM*

**WHERE:** *Mystic Seaport Museum, please meet Kay at the Museum's South Entrance at 2:00 PM to pick up your ticket.*

**COST:** *\$29.00 please make checks payable to Salem Seniors and mail to: Kay Zak, 294 Hartford Road, Salem, CT 06420.*



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. Passengers may bring food and beverage aboard Sabino. *Smoking is prohibited.*

### **Charity Community Quilters**

The **Charity Community Quilters** meet twice a month at the Salem Library. Members of this group come from various towns throughout Southeastern Connecticut. Some of the members are also members of the *Clamshell Quilt Guild* which meets in Waterford, CT.

The **Charity Community Quilters** purpose is to make quilts and other sewn items to help support local non-profits, especially those serving children. They primarily work with donated fabric, both from the public and from the quilters' personal stashes.



Every month the Quilters donate utility bags and pillowcases to Safe Futures in New London and baby quilts to the NICU at Lawrence and Memorial Hospital. Members of the Quilters make all the items that are available for sale at the Salem Library throughout the year. They also sell items at the annual Friends' book sale in October. Money from these sales is donated to the Friends of the Free Public Library to help pay for all the wonderful programs at the library.

For the past three years the Quilters have been making annual donations to Paul Newman's Hole in the Wall Gang Camp in Ashford, CT. This camp serves children with serious illnesses and their families. Throughout the year they make items to be donated to the camp and deliver them every May before their summer camps begin. This May, Deb and Bart Drennen delivered the following items made by the Quilters to the camp: 60 quilts, 62 pillowcases, 45 drawstring bags, 11 aprons and potholders. The camp really appreciates the Quilters' donations and the Quilters are very motivated to continue to support this camp.

Occasionally the Quilters are able to make additional donations to some other nonprofits. This May they were able to donate 13 quilts to Project Linus, which provides quilts for hospitalized children. In the past the Quilters have donated quilts to help with fundraising for the Alzheimer's Association and Bags of Hope (supporting children in foster care). They have also donated placemats to Meals on Wheels, quilts for veterans and quilts for Habitat for Humanity.

As you can see the Quilters are a very busy quilting group. Besides sewing at the library, the Quilters spend countless hours sewing at their homes to make these donations possible.

If anyone has any questions or has an interest in working with the **Charity Community Quilters** or has quality cotton quilting fabric they are looking to re-home, contact **Deb Drennen** at 860-941-7915 or at [\*dedkreates@comcast.net\*](mailto:dedkreates@comcast.net).

**Salem Seniors News** *(continued)*

**Senior T – Shirts**

The "SalemCTSeniors on the go" T-shirts are available for purchase again.

Mary Cikatz will place another order in the fall. Please get your order in asap. There will be "fall" attire available with this order. If you have any questions, contact Mary Cikatz at [salemctseniors@gmail.com](mailto:salemctseniors@gmail.com).

**Salem Seniors Group Website**

The SSG website, [www.salemctseniors.org](http://www.salemctseniors.org) is up and running, so, take a moment and have a look.

**SSG June Calendar At A Glance**

• Tuesday, June 2 <sup>nd</sup>	<b>Senior Lunch</b> at 2Brothers Pizza Restaurant
• Friday, June 5 <sup>th</sup>	<b>Sea Unicorns Baseball Game Dodd Stadium Game</b> time: 6:30 PM
• Tuesday, June 9 <sup>th</sup>	<b>SSG Membership Meeting</b> , at the 10:30 AM at the GLVFC fire house
• Wednesday, June 10 <sup>th</sup>	<b>Song Circle</b> , at 12:30 PM at the SVFC fire house
• Thursday, June 11 <sup>th</sup>	<b>BINGO</b> , at 12:30 PM at the SVFC fire house
• Tuesday, June 16 <sup>th</sup>	<b>Senior Lunch</b> at 2Brothers Pizza Restaurant
• Tuesday, June 16 <sup>th</sup>	<b>Blood Drive</b> 1:00 pm – 6:pm– at the SVFC fire house
• Wednesday, June 17 <sup>th</sup>	<b>Sna-Z-Spot Pot Luck Picnic</b> Starts 12:00 PM– 4:00 PM at 310 Old Colchester Rd
• Saturday, June 20 <sup>th</sup>	<b>K of C Pasta Dinner</b> , after 4:00 pm service 128 Norwich Road, Colchester
• Saturday, June 20 <sup>th</sup>	<b>Document Shredding</b> – Town Landfill- 189 Rattlesnake Ledge Rd
• Tuesday, June 23 <sup>rd</sup>	<b>Veterans' Coffee House</b> , at 6:00 PM at the GLVFC fire house
• Wednesday, June 24 <sup>th</sup>	<b>Song Circle</b> , at 12:30 PM at the SVFC fire house
• Thursday, June 25 <sup>th</sup>	<b>BINGO</b> , at 12:30 PM at the SVFC fire house

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

**Health And Wellness**

**Blood Drive**

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

**WHEN:** Tuesday June 16<sup>th</sup>, 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](http://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.

**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 page 20) of the Senior Information And Services section of the newsletter for more information)

## Health And Wellness (continued)

### 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 pages 14-17) 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 (page 21) of the Senior Information And Services section of the newsletter for more information)

## Community News You Can Use

### Hebron Mini Golf

**(New Just Opened)**

**WHEN:** Hours: Sunday 10:00 AM – 7:00 PM

Monday – Wednesday 1:00 PM to 8:00 PM, Thursday – Saturday 10:00 AM to 9:00 PM

**WHERE:** 290 Church Street, Amston, CT

**PRICING:** Admission \$12.00. Kids under 3 years old are free!

The mini-golf course will be joined by a new plant nursery and supply center next door. They plan to sell plants, landscaping supplies, and more.



### Bozrah Farmers Market

**WHEN:** Fridays from 4:00 to 7:00 PM

**WHERE:** 45 Bozrah St, Bozrah

#### 2026 Vendors

Beach Buns

Killam & Bassette Farmstead, LLC

Log Cabin Quilts

Them Nuts

Dude's Donuts CT LLC

Lemon Twist Lemon Aid

Munchies Food Truck

Thirsty Cactus

Fenner Forest Farm

Moonstone Teas and Botanicals

Paradis Pastries

Treatzles Pet Treats

Granny's Pie Factory

No Cows Harmed

Rare Breed Cheese

Whisktopia LLC

Holy Cannoli

Spray paint Art by Cowboy

Red Horse Pottery

Whoopies 'n Cream

Jeff's Kettle Corn

Whisk Together Catering

Red Lion Burger

Wilkinson Farm

The Farmers Market runs from July to October. Look in our July newsletter for details.



### FREE Summer Concerts In The Area – 2026

#### • Concerts In The Park, Groton

**WHERE:** Washington Park, Meridian Street, Groton

**WHEN:** Fridays, 6:30 PM



#### DATES

June 19<sup>th</sup>

June 26<sup>th</sup>

July 3<sup>rd</sup>

July 10<sup>th</sup>

#### BAND

Mystic Dead

Branded

Wild Nights

The Cartell's

#### DATES

July 17<sup>th</sup>

July 21<sup>st</sup>

July 24<sup>th</sup>

#### BAND

Whiskey Boulevard

Diva and the Playboys

Wicked Peach

**Community News You Can Use (continued)**

**Concerts In The Park, Groton (continued)**



**Food Truck Dates for Groton Concerts in the Park**

<u>DATES</u>	<u>TRUCK #1</u>	<u>TRUCK #2</u>	<u>DESSERT TRUCK</u>
June 19 <sup>th</sup>	Taqueria Cinco	Par 4 Curbside Catering	Robin's Ice Cream
June 26 <sup>th</sup>	Supreme Hot Dogs	Issa Catering	Kona Ice
July 3 <sup>rd</sup>	Taqueria Cinco	Philly's A Taste of Philly	Robin's Ice Cream
July 10 <sup>th</sup>	Par 4 Curbside	Issa Catering	TBD
July 17 <sup>th</sup>	Taqueria Cinco	TBD	Robin's Ice Cream
July 21 <sup>st</sup>	Par 4 Curbside	Supreme Hot Dog	Kona Ice
July 24 <sup>th</sup>	Taqueria Cinco	Issa Catering	Robin's Ice Cream

Additionally, June 19<sup>th</sup> and July 24<sup>th</sup> Travelin' Toms Coffee Truck

• **Salem Concerts**

**WHERE:** 89 Norwich Road (Route 82) At the Pavilion

**WHEN:** Thursdays, 6:00 PM

<u>DATES</u>	<u>BAND</u>	<u>FOOD TRUCK</u>
June 25 <sup>th</sup>	<u>Fusion</u>	Woodfellas Pizza & Wings, & Jumping Cow Ice Cream
July 1 <sup>st</sup>	<u>Don't Tell Lisa</u>	
August 30 <sup>th</sup>	<u>Branded Country That Rocks</u>	OZ n BONES

Bring a lawn chair and a friend.

Special thanks to our sponsors: Sid's Auto Sales, RADCOR, LLC, Anonymous Sponsor



• **East Lyme Concerts**

**WHERE:** McCook Point Park, 8-10 Atlantic Street, Niantic

**WHEN:** Wednesdays, 6:00 PM to 8:00 PM

Fridays, 6:00 PM to 8:00 PM

ON THE BEACH

<u>DATES</u>	<u>BAND</u>
June 24 <sup>th</sup>	Rick & Derek
July 1 <sup>st</sup>	Secret Lita
July 8 <sup>th</sup>	Red Lion
July 15 <sup>th</sup>	Three 57
July 22 <sup>nd</sup>	The Berkshires
July 29 <sup>th</sup>	Azalea Drive
Aug 5 <sup>th</sup>	Low Tidlers
Aug 12 <sup>th</sup>	3 Hours Later
Aug 19 <sup>th</sup>	Boat House Blued Band
Aug 26 <sup>th</sup>	Five Bean Row

AT THE BANDSHELL

<u>DATES</u>	<u>BAND</u>
June 19 <sup>th</sup>	Fuson
July 26 <sup>th</sup>	Don't Tell Lisa
July 3 <sup>rd</sup>	Nick Bosse
July 10 <sup>th</sup>	Wicked Peach
July 17 <sup>th</sup>	Sugar
July 24 <sup>th</sup>	Feedback
July 31 <sup>st</sup>	Mick Louis Band
Aug 7 <sup>th</sup>	Nightshift
Aug 14 <sup>th</sup>	Chis Marra Band
Aug 21 <sup>st</sup>	Shaded Soul Band
Aug 28 <sup>th</sup>	Rusty Nutz

Grab your beach chairs and see you at McCook's!!



Community News You Can Use *(continued)***19<sup>th</sup> Annual Mitchell Farm Music Festival.**

WHEN: September 18<sup>th</sup>, 19<sup>th</sup>, & 20<sup>th</sup>

WHERE: 300 East Haddam Rd, Salem, CT

Experience the Magic of Live Music At Mitchell Farm!

*You can't beat the energy generated by hundreds of people sharing the experience of LIVE 70's music surrounded by peaceful grazing horses.*

*Friday at 7:00 PM*

**Jon Pousette-Dart**

**Acoustic Duo**

*Saturday at 2:30 PM*

**Laurel Canyon Band**

**Broken Arrow**

*Sunday at 2:30 PM*

**Mystic Dead**

**Discounted Advance Tickets**

ON SALE NOW! at [www.mitchellfarm.org](http://www.mitchellfarm.org)

*Special Discount For SSG Members, \$25 For Each Show.*

*Contact Kay Zak: email: [kayzak@hotmail.com](mailto:kayzak@hotmail.com), or call 860-889-3989.*

*Gates open at 1:30 PM. Music begins at 2:30 PM.*

*Bring a blanket or lawn chair! Bring a picnic if you like.*

*B.Y.O.B. Tented event! Please, NO DOGS.*

*Rustic StrEats food truck on-site Sat & Sun.,*

*The Grill by Kay on Fri.*

Net proceeds support the horses & donkeys retired to Mitchell Farm.

Mitchell Farm is a non-profit 501(c)3 equine sanctuary.

*Thanks to our sponsors (so far)!*

*Pasta Vita, Reynolds Subaru, Humble Utopia*

For information on becoming a sponsor

contact Dee at: email [dee@mitchellfarm.org](mailto:dee@mitchellfarm.org),

visit the website: <https://www.mitchellfarm.org>

or call: (860)303-8705

## **Community News You Can Use (continued)**

### **Knights of Columbus Cardinal Spellman Council Pasta Dinner**



The members of the Knights of Columbus Cardinal Spellman Council in Colchester invite you, your family and friends to enjoy an Italian dinner featuring penne pasta with marinara sauce and meatball, garden salad, Italian bread, garlic bits, stuffed appetizer and your choice of various drinks and desserts.



**WHEN:** June 20<sup>th</sup>, immediately following the 4:00 PM Mass until 7:00 PM

**WHERE:** St. Andrew Roman Catholic Church Meeting Hall, 128 Norwich Ave, Colchester.

**COST:** Adults \$16.00, Seniors \$12.00, Children 8 – 12 years \$10.00 & children 5 years and under FREE.

The proceeds will be used to fund some of our annual charities including the Fr. McGivney Scholarship, Coats for Kids, Wheel Chair Fund, Colchester Hayward Volunteer Fire Dept and the Colchester Lions' Club.

### **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.

For the schedule of the 8 annual HHW collection events, participation protocol, and a listing of acceptable and unacceptable items and limits see page 22 of the Senior Information And Services section of the newsletter.

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

#### **Programs & 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 pages 24-25 of the Information and Services section of the newsletter for details).

#### **• Books in the Afternoon Book Club; Thursday, June 25<sup>th</sup>, at 1:00 – 3:00 PM.**

“**My Friends**” by: Fredrik Backman. This novel is about the unexplained but well-known work of art, a painting that will unexpectedly be placed into eighteen-year-old Louisa’s care. She embarks on a surprise-filled cross-country journey to learn how the painting came to be and to decide what to do with it. The closer she gets to the painting’s birthplace, the more nervous she becomes about what she’ll find. Louisa is proof that happy endings don’t always take the form we expect in this stunning testament to the transformative, timeless power of friendship and art.

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

#### **• 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.

**Community News You Can Use (continued)**

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

**Programs & Events (continued)**

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

**- 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**

1<sup>st</sup> Wednesday, of the month,  
April 1<sup>st</sup>, May 6<sup>th</sup>, & June 3<sup>rd</sup>,  
from 4:00-5:00 PM

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



**- Coffee and Cribbage**

Every Wednesday at 2:00 PM

Catchup with friends over a cup  
of coffee and a game of cribbage.

No Registration Required

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



**- SFPL Knitting Group**

Thursdays, 10:00 AM to Noon

Bring your knitting or crochet projects to  
work on and chat with the group.

The group also works on items that will be for sale  
during the holidays to support the Friends of the Salem  
Free Public Library.



**- Living with Connecticut's Wildlife**

Wednesday, June 10<sup>th</sup>, at 6:00 PM

Presented by Paul Colburn, DEEP Master  
Wildlife Conservationist.

Species covered include: Black Bears, Eastern  
coyote, Bobcat, Fisher, Raccoon, Skunk, Virginia  
Opossum, Red and Gray Fox, Woodchuck,  
White Tailed Deer, Birds, Bats Venomous and  
non-venomous reptiles, and amphibians.



Call 860-859-1130  
to register

(Sponsored  
by a grant for the Eight-mile River  
Wild & Scenic Watershed &  
the National Park Service)

**- Author Storytime With Amanda Fee**

WHEN: Saturday, June 6<sup>th</sup>  
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)

**- SFPL Summer Reading Program**

Plant a Seed and Read!

WHEN: June 22<sup>nd</sup> thru  
August 8<sup>th</sup>



Registration for the summer reading program  
begins June 1<sup>st</sup>. To register Call 860-859-1130

**- Little Blue Truck STORYTIME**

WHEN: June 24<sup>th</sup> at 10:30 AM

This program is part of the Plant a  
Seed and Read Summer Reading  
program and begins June 1<sup>st</sup>.



This program is limited to 35 participants.

Registration begins June 1<sup>st</sup>,

To register Call 860-859-1130

(Sponsored by the Carole Eckhart and  
Carl Nawrocki Memorial Reading Fund)

**Community News You Can Use** *(continued)*

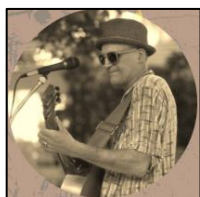
**Salem Free Public Library (SFPL)** *(continued)*

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

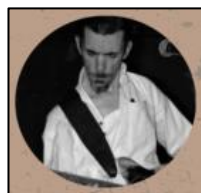
- **SFPL Concert**

Tuesday, June 23<sup>rd</sup>, at 6:00 PM

Kip Sturgeon



Claton Allen



To register Call 860-859-1130

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

- **Author Storytime Giant Cuttlefish: Chameleon of the Sea**

**WHEN:** Saturday, June 27<sup>th</sup>  
at 11:00 AM.

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



Suitable for ages 4 – 8  
Registration begins June 1<sup>st</sup>,  
To register Call 860-859-1130

*(Sponsored by the Carole Eckhart and Carl Nawrocki Memorial Reading Fund)*

**Salem Recreation Department**

• **Salem Recreation 2026 Calendar**

For the complete **Salem Recreation 2026 Calendar** (see page 18) in the Salem Recreation Calendar section of the Senior Information and Services portion of the newsletter).

• **Free Veggie Saturdays!** **NO EARLY BIRDS, PLEASE**

**WHEN:** Saturday Mornings, 9:00 AM to 11:00 AM beginning June 27<sup>th</sup>

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

Bring proof of Salem residency, a bag and respect for the needs of others in our community.

Limit one bag per household. The garden is a volunteer run group. Volunteers are always welcome!

Let us know if you're interested in joining, contact the Rec. Commission at:

[recreation@salemct.gov](mailto:recreation@salemct.gov) or 860 859-3678 x275



• **2026 Touch-A-Truck**

**WHEN:** Saturday, June 6<sup>th</sup>  
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---



• **Salem Woods Disc Golf Course**

**Where:** Bob Appleby Fields  
At Volunteer Park  
24 Forsyth Road



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

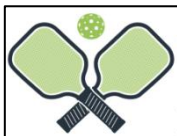
Call: 860-859-3873 x275, or

Contact Us: e-mail: [recreation@salemct.gov](mailto:recreation@salemct.gov)

**Community News You Can Use** *(continued)*

**Salem Recreation Department** *(continued)*

● **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:** Round Hill Road Tennis/  
Pickleball Courts  
April through September

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

● **Pilates – In-Person Classes**

**WHEN:** Monday evenings,  
June 1<sup>st</sup> to July 6<sup>th</sup>  
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 8 participants:  
or call 860-859-3873 x275, or

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

● **FUN RUN Series Is Back**



**When:** Tuesdays,  
July 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>, & August 4<sup>th</sup> & 11<sup>th</sup>,  
Check in begins at 5:00 PM  
Beginners 1 mile walk/run at 5:30 PM  
3-mile Fun Run at 6:00 PM

**Where:** Salem School, Bingham Field

To Pre-Register Click [HERE](#) to download the registration form, or visit the Rec Commission website at:  
[www.salemct.gov/summerfunrunseriesregistration](http://www.salemct.gov/summerfunrunseriesregistration)

● **In-Person Yoga Classes**



**WHEN:** Tuesday evenings,  
June 2 to July 7<sup>th</sup>  
5:30 PM to 6:30 PM (6 weeks)

**WHERE:** Salem Volunteer Fire Co.  
firehouse, 424 Hartford Rd.  
---- OR ----

**WHEN:** Thursday Mornings,  
June 4<sup>th</sup> to July 9<sup>th</sup>  
10:00AM to 11:00 AM (6 Classes)

**WHERE:** Old Library 216 Hartford Road  
\$60 Residents, \$65 Non-Resident  
Register Early Limit 8 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>

● **4<sup>th</sup> Annual Christmas in July**



**When:** Saturday, July 11<sup>th</sup>  
From 9:00 AM to 2:00 PM  
Rain Date July 12<sup>th</sup>

**Where:** 89 Norwich Road (Rte. 82) Pavillion

Scavenger Hunt! Free popcorn,  
snow cones, or cotton candy!



Contact Salem Economic Development  
Commission at [salemedc@salemct.gov](mailto:salemedc@salemct.gov).

● **Find Your Footprint Medallion Project**



Let us know when you've found  
your 2025 Medallion & submit a photo!  
Find a medallion in the following preserves:

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

[www.salemct.gov/recreation/footprintproject](http://www.salemct.gov/recreation/footprintproject)

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

**Community News You Can Use** *(continued)*

**Salem Recreation Department** *(continued)*

• **Personal Euphoria Virtual Fitness Classes**

**Summer Classes**

**Tuesday**  
Pilates  
 July 7<sup>th</sup> – August 25<sup>th</sup>  
 6:00 PM to 6:45 PM  
 Instructor: Allison (8 weeks)  
 Cost: \$70

**Thursday**  
Core Strength  
 July 9<sup>th</sup> – August 24<sup>th</sup>  
 6:00 PM to 6:45 PM  
 Instructor: Rob (8 weeks)  
 Cost: \$70

**Wednesday**  
15 Min. HIIT  
 July 8<sup>th</sup> – September 2<sup>nd</sup>  
 No Class August 5<sup>th</sup> or 12<sup>th</sup>  
 8:10 AM to 8:25 AM  
 Instructor: Maggie (7 weeks)  
 Cost: \$30  
Cardio Strength  
 8:30 AM to 9:15 AM  
 Instructor: Maggie (7 weeks)  
 Cost: \$60

Fall Classes Begin September 15<sup>th</sup>

• **Lake Compounce Good Any Day Tickets**

Click [HERE](#) for the 2026 Lake Compounce Calendar, or visit the Salem Rec. Commission website at:

[https://www.salemct.gov/sites/g/files/vyhlf4966f/uploads/2026\\_lake\\_compounce\\_calendar.pdf](https://www.salemct.gov/sites/g/files/vyhlf4966f/uploads/2026_lake_compounce_calendar.pdf)



Although tickets apply to all normal days and hours of operation for Lake Compounce, to avoid disappointment due to weather or an unusual situation, you are urged to call ahead to confirm days and hours for your visit. No refunds will be given once tickets have been used.

**Parking:** \$10.00 per vehicle. Parking fee is subject to change. Fee is payable to Lake Compounce on the day of your visit.

**NOTE:** Lake Compounce is a cashless park only accepting electronic payments such as debit cards, credit cards, and mobile payments like Apple Pay and Google Pay. Guests will have free access to multiple easy-to-use Cash to Card Kiosks conveniently located throughout Lake Compounce. You can transfer your cash free of charge onto a card, use it throughout the park, and if you have money left over, use it anywhere else that cards are accepted.

**America's 250<sup>th</sup> Anniversary Celebration**

**Come Join Your Friends And Neighbors  
 At A Community Picnic**

**WHEN:** July 18<sup>th</sup>, 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.

Stay tuned for more information

**Community News You Can Use** *(continued)*



**Veterans' Coffee House**

**WHEN:** Tuesday June 23<sup>rd</sup>, at 6:00 PM

**WHERE:** Gardner Lake Volunteer Co. firehouse, 49 Old Colchester Road, Salem

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](mailto:Horan.micheller@gmail.com) or call /text at: 860 303-5023

**K-9 Barrett Memorial Animal Control Facility** *(Montville Animal Shelter)* **(update)**

**The K-9 Barrett Memorial Animal Control Facility Grand Opening and ribbon cutting Ceremony**

**WHERE:** Saturday June 13<sup>th</sup>, at 11:00 AM

**WHERE:** 225 Maple Avenue Uncasville

The K-9 Barrett Memorial Animal Control Facility is a regional animal shelter located at 225 Maple Avenue, Uncasville. The state-of-the-art facility serves the towns of Montville, Salem, Bozrah, Colchester, and the Mohegan Tribe. It is named in honor of a fallen police K-9.

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](mailto: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** **(this is a year around event)**

See page 21 the Salem Information and Services section of the newsletter for details on the box tops for Salem School fundraiser.

**Document Shredding Coming To Salem**



**WHEN:** Saturday: June 20<sup>th</sup>, from 9:00 AM to 12:00 PM or until the truck is full.

**WHERE:** Town Transfer Station, 128 Rattlesnake Ledge Road

The town will have a document shredding truck at the town Transfer Station. Limit: 2 banker size boxes.

**Salem Lions Club Tag Sale**



**WHEN:** Saturday, August 15<sup>th</sup>, 8:00 AM to 3:00 PM & Sunday, August 16<sup>th</sup>, 8:00 AM to 1:00 PM

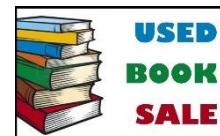
**WHERE:** 232 Hartford Road

If you have items to donate to the Lions to sell at the tag sale contact Steve Wlodarczyk at 860-334-5285. **PLEASE** no mattresses, bed frames or anything upholstered.

**Community News You Can Use** *(continued)*

**Friends of the Salem Free Public Library Book Sale**

**When:** Saturday, August 16<sup>th</sup>, 8:00 AM to 3:00 PM  
**Where:** 232 Hartford Road



**Salem Historical Society**

**WHEN:** Wednesday, June 24<sup>th</sup> at 6:30 PM  
**WHERE:** Salem Historical Society Museum on The Green, 240 Hartford Road, Salem

Come hear about Major General Israel Putnam, a hero of the American Revolution by Robert E. Hubbard, retired professor Albertus Magnus College, author of the book **“Major General Israel Putnam, Hero of the American Revolution”**.



**Books will be available for purchase at this free presentation.**

The book details Putnam's close relationships with Aaron Burr, Alexander Hamilton, and John and Abigail Adams. This biography of Putnam examines the life of a revolutionary whose seniority in the Continental Army was second only to that of George Washington.

Israel Putnam (1718-1790) played a key role in the French and Indian War and the Revolutionary War. It was he who reportedly gave the command "Don't fire until you see the whites of their eyes" at the Battle of Bunker Hill.

In 1758 Putnam barely escaped being burned alive by Mohawk warriors. He later commanded a force of 500 men who were shipwrecked off the coast of Cuba.

**Public Town Meetings – June 2026**

<b>Long Range Educational Planning</b> Monday, June 1 <sup>st</sup> , 5:00 PM	<b>BOE Personnel/Contract Negotiations</b> Monday, June 1 <sup>st</sup> , 6:00 PM
<b>Inland Wetlands &amp; conservation</b> Monday, June 1 <sup>st</sup> , 7:00 PM	<b>Board of Education Regular Meeting</b> Monday, June 1 <sup>st</sup> , 7:00 PM
<b>Board of Selectmen</b> Tuesday, June 2 <sup>nd</sup> , 7:00 PM	<b>Library Board of Directors</b> Tuesday, June 9 <sup>th</sup> , 6:00 PM
<b>Planning and Zoning Commission</b> Tuesday, June 9 <sup>th</sup> , 7:00 PM	<b>Board of Finance Meeting</b> Thursday, June 11 <sup>th</sup> , 7:00 PM
<b>Recreation Commission</b> Monday June 15 <sup>th</sup> , 7:00 PM	<b>Salem Green Cemetery Association</b> Tuesday June 16 <sup>th</sup> , 2:00 PM
<b>Economic Development Commission</b> Tuesday, June 16 <sup>th</sup> , 6:00 PM	<b>BOE Policy Meeting</b> Monday, June 22 <sup>nd</sup> , 5:00 PM
<b>BOE Curriculum Meeting</b> Monday, June 22 <sup>nd</sup> 6:00 PM	<b>Planning and Zoning Commission</b> Tuesday June 23 <sup>rd</sup> , 7:00 PM

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

**Photos From Recent SSG Activities**

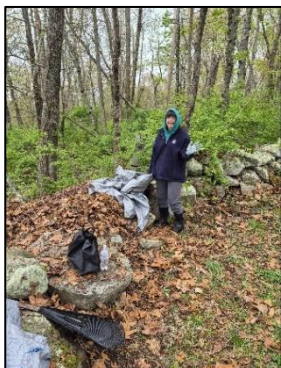
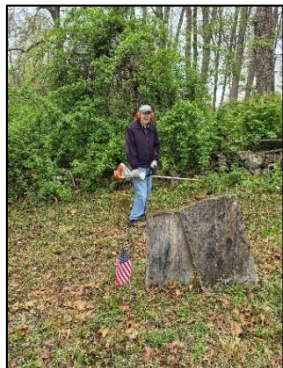
**Helping A Veteran**



*Some SSG members got together with some Veterans to help an injured veteran to get wood ready for the winter season. People from all over who read the post on FB calling for volunteers, saw the need and came to help. Approximately 20 volunteers showed up to lend a hand. One veteran visiting from Maine read about it and stop by to help. Thank you to all who came out and helped.*

**Photos From Recent SSG Activities**

**SSG Members In Action Cleaning Paugwonk Baptist Cemetery #1**



**SSG members Gordon Gillaspie, Gary Closius, Joan Gaynor, Kay Zak, Bob Cikatz, and Taras Kachorowsky, helping members of Salem Memorial VFW Post 2774 cleaning and mowing Paugwonk Baptist Cemetery #1 in preparation of placing U.S. flags for Memorial Day.**

**SSG Members Planting Flowers On The Town Greene For Memorial Day**



**Seniors Kay Zak, Deb Artale, Joan Gaynor, Joan Ferraro (not pictured) Gary Closius, and Alice Knowles were filling the planters with flowers donated by Burnett's Country Gardens at the town green for the Memorial Day Celebration. The planters were stored over the winter at the Newell's and Chris delivered them to the town green.**

## Photos From Recent SSG Activities

### SSG Members Decorating The SSG Memorial Day Parade Float

The Lions' Wagon was decorated for the Memorial Day Parade on Saturday May 23<sup>rd</sup> by Deb Okramus, Sermsiri (Sam) Slawinski, Brenda Holmwood, Jane and Larry Wellbrock, Kay Zak, Gary Closius and Joan Gaynor. Unfortunately, mother nature wasn't in agreement with us this year and the Parade and Celebration had to be cancelled due to the incumbent weather. Hopefully next year the powers that be will be in our favor.



### SSG Collecting Returnable Bottles and Cans Fundraiser

The annual bottle and can SSG fundraiser began April 1<sup>st</sup> and ran through May 31<sup>st</sup>. To date we have collected **\$432**. For those not good at math that is **4,320** bottles and cans redeemed. Thank you to Kay and Gary for using their tent to collect the bottles and cans. Deb and Ed Artale, Kay and Gary, Dennis and Jeanette Girard, and Neurie Testagrossa for bringing them to the redemption center.



# SENIOR INFORMATION AND SERVICES

## Future Fundraisers

### Fundraising Committee Activities

#### 2026 Bake Sale/Basket Raffle Schedule

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

\* 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><b>MARCH</b></p> <p><b>4</b> NATIONAL WINTER WALK TO SCHOOL DAY Bingham Field, Salem School, 8 am <i>*re-scheduled, originally scheduled February 4</i></p> <p><b>14</b> REGIONAL UNIFIED NIGHT New London Community Recreation Center 1 Recreation Way, New London, 6 to 9 pm <i>*re-scheduled, originally scheduled February 7</i></p> <p><b>28</b> Salem Lions Club 32nd ANNUAL EASTER EGG HUNT for Toddlers to Grade 4 Salem School Gym &amp; Field, 1 to 3 pm</p> <p><b>APRIL</b></p> <p><b>16</b> SPRING CONCERT (Rain date: Saturday, April 18) with WICKED PEACH Salem Community Park Pavilion, 6 to 8 pm</p> <p><b>TBD</b> STARGAZING NIGHT Salem Community Park Pavilion, Time TBD Sponsored with Three Rivers United Environmentalists &amp; the Environmental Engineering Technology Program</p> <p><b>25</b> Salem Little League OPENING DAY Lou Uffers Sports Complex, 10 am</p> <p><b>MAY</b></p> <p><b>6</b> NATIONAL BIKE TO SCHOOL DAY Bingham Field, Salem School, 8 am</p> <p><b>25</b> MEMORIAL DAY PARADE &amp; BIKE DECORATING CONTEST Salem Town Green, following Ceremony</p>	<p><b>JUNE</b></p> <p><b>6</b> TOUCH-A-TRUCK Salem Community Park Pavilion, 10 am to 1 pm</p> <p><b>5</b> 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><b>25</b> SUMMER CONCERT Salem Community Park Pavilion, 6 to 8 pm</p> <p><b>JUNE TO EARLY FALL</b></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><b>JULY</b></p> <p><b>TBD</b> Economic Development Commission 4th ANNUAL CHRISTMAS IN JULY Salem Community Park Pavilion, 9 am to 2 pm</p> <p><b>30</b> SUMMER CONCERT Salem Community Park Pavilion, 6 to 8 pm</p> <p><b>AUGUST</b></p> <p><b>20</b> SUMMER CONCERT Salem Community Park Pavilion, 6:00 to 8:00 pm</p>	<p><b>JULY TO AUGUST</b></p> <p><b>7</b> 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><b>SEPTEMBER</b></p> <p><b>26</b> 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><b>OCTOBER</b></p> <p><b>7</b> NATIONAL WALK TO SCHOOL DAY Bingham Field, Salem School, 8 am</p> <p><b>TBD</b> STARGAZING NIGHT Salem Community Park Pavilion, Time TBD Sponsored with Three Rivers United Environmentalists &amp; the Environmental Engineering Technology Program</p> <p><b>25</b> Gardner Lake Volunteer Fire Company MONSTER MASH + TRICK OR TRUNK Gardner Lake Volunteer Fire Company 2:00 to 5:00 pm</p> <p><b>DECEMBER</b></p> <p><b>5</b> ANNUAL HOLIDAY TREE LIGHTING Center School/Town Green, 3 to 5 pm</p>
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**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 Rev. 3/10/2026

To view the *Town of Salem Events & Activities Booklet* visit :  
[https://www.salemct.gov/sites/g/files/vyhlif4966/f/uploads/2026\\_springsummer\\_v1.pdf](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](https://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](https://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/](https://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/](https://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.**

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### **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)**



**The Southeastern CT Regional Resources Recovery Authority (SCRRA)**

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

SCRRA funds and administers a household hazardous waste (HHW) collection program for residents of our member municipalities however, residents from Salem can go to ANY of the 9 Household Hazardous Waste (HHW) collection events.

**2026 Household Hazardous Waste and Confidential Paper Shredding Schedule.**

- **Saturday, April 4<sup>th</sup>** Stonington Stonington High School, 176 So. Broad St
- **Saturday, May 2<sup>nd</sup>** Waterford Waterford High School, 20 Rope Ferry Rd.
- **Saturday, June 13<sup>th</sup>** Norwich Norwich Public Works, 50 Clinton Ave.
- **Saturday, July 11<sup>th</sup>** Groton Fitch High School, 101 Groton Long Point Rd.
- **Saturday, August 1<sup>st</sup>** Montville Tyl Middle School, 166 Chesterfield Rd. (Oakdale)
- **Saturday, September 19<sup>th</sup>** North Stonington Route 2, across from Wheeler High School
- **Saturday, October 3<sup>rd</sup>** Griswold Griswold Public Works, 1148 Voluntown Rd. (Rte. 138)
- **Saturday, November 7<sup>th</sup>** Ledyard Ledyard High School, 24 Gallup Hill Rd.

**Participation Protocol**

All events start at 9:00 AM and end promptly at 1:00 PM. As you enter the event line, a SCRRA team member will greet you and conduct a brief survey. Please stay in your vehicle for safety. If your items are in your trunk, pop the trunk for easy unloading by our crew. If you want your totes and other containers returned, let our crew know. For gas can returns, we will move your vehicle to the side while the gas cans are emptied and then returned to your vehicle.

SCRRA covers the costs associated with these events, so they are free to households within our participating communities. Commercial and large generators of hazardous waste are NOT accepted.

**Use caution when transporting HHW materials! Use the original containers when possible. Secure items safely during transport to avoid spillage.**

**ACCEPTABLE ITEMS**

<b><u>From the Shed &amp; Garage</u></b>	<b><u>From the Lawn &amp; Garden</u></b>	<b><u>From the Basement &amp; Bathroom</u></b>	<b><u>NOT ACCEPTED</u></b>
Kerosene	Insecticides	Latex & Oil Paint, Stains & Varnish	Tires
Old Gasoline	Pool Chemicals	Paint Thinner	Ammunition / Gun Powder
Radiator Chemicals	Herbicides	Drain Cleaners	Auto & Marine Flares
Auto Body Chemicals	Rat Poison	Photographic Chemicals	Radioactive Materials
Fuel Additives	Moth Balls	Nail Polish Remover	Large Barrels or Drums
Car Battery Acid	Fungicides	Oven Cleaners	Commercial Qty's of Paint, etc.
Camp Stove Fuel	Weed Removal Chemicals	Toilet Bowl Cleaners	Businesses with large amounts of Paper Shredding
All Light Bulbs	And much more!!	All Home Batteries	

**Salem Senior Group (SSCG) Information & Newsletters**

Previous newsletters can be found on the Town of Salem webpage by clicking on the following link:  
<https://www.salemct.gov/salem-senior-citizens/pages/salem-seniors-group-newsletters>.

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

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

### **Seniors Activities at The Library**

- **Busy Bee Quilters** – second Wednesday of the month, 10:00 a.m. to 4:00 p.m.
- **Charity Community Quilters** – 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month from 10:00 AM to 3:00 PM.
- **Knitting & Crocheting Circle** – Thursdays from 10:00 AM to NOON
- **Fun and Games** – Tuesdays from 1:00 PM to 3:30 PM.

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

### **Senior Brochure**

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

## **Volunteer Opportunities**

### **Gardner Lake And Salem Volunteer Fire Companies**

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

- **Salem Volunteer Fire Company – NON-EMERGENCY PHONE: 860-859-0942.** To visit their website, click on: <https://www.salemfireco.com/>.
- **Gardner Lake Fire Company – NON-EMERGENCY PHONE: 860- 859-1743.** To visit their website, click on: [gardnerlakevolunteerfirecompany.com/home](http://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](http://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](mailto: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](http://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**

Do you want to make a difference and help people in our town? If the answer is **YES**, the Salem Lions' Club is always looking for new members. **Contact Bill Martin at 860-705-6062, or Kay Zak at 631-942-8169.**

## **Volunteer Opportunities** *(continued)*

### **Cemetery Clean-Up**

**WHEN** Saturday, June 13<sup>th</sup> at 9:00 AM.

**WHERE** Hilliard Cemetery, Music Vale Road.

**Please bring your mowers, weed whackers, and community spirit, and come and join the effort.**

**If you are interested in helping or have a need contact Kay Zak at: 860-889-3989 or e-mail at:**

**[kayzak@hotmail.com](mailto:kayzak@hotmail.com).**

### **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](mailto: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](http://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](http://www.connecticutstateparks.reserveamerica.com)**
- ***Denison Pequotsepos Nature Center Mystic, CT***  
Allows free admission for up to five people.

## **Activities In Our Region** *(continued)*

### **Museum Passes & 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** *(2026 season schedule)*

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

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

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

### **Ivoryton Playhouse** *(2026 season schedule)*

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

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

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

**Activities In Our Region** *(continued)*

**Niantic Bay Playhouse** *(2026 season schedule)*

**The Niantic Bay Playhouse** *(279 Main Street, Niantic)*

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

Check the website for times and tickets by pressing Ctrl+ Click on [nianticbayplayhouse.org/](http://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](http://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/](http://enrichment.newlondonadulthood.org/).**

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

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**Officers**

President ----- Gary Closius-----	Secretary ----- Jeanette Girard
Vice President---- Mary Cikatzen -----	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](mailto:salemtech53@yahoo.com), or call 860-449-3064 or Gary Closius [gclosius@sbcglobal.net](mailto:gclosius@sbcglobal.net), or call 860-961-9173.**