

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

Monthly Meeting Location

Gardner Lake Volunteer Fire Co. Firehouse, at 429 Old Colchester Rd. at 10:30 AM the 2nd Tuesday of the month.



January Birthdays

Ed Artale	Debbie Arbucci	Palma Canniff	Maryann Demers
Doris McTigue	Karen Serrenho	Edward Shancey	Scott Wardewell
Paula Wollman	Alice Knowles		

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

Energy Assistance Available

- Five discount tiers are available from **Eversource** to be applied to your electric bill. See pp 14-15 for qualification and application requirements.
- The Connecticut Energy Assistance Program assistance is available through TVCCA. It serves low-income households in need of assistance with their home energy bills. See p 16-17 for qualification and application requirements.

Thank You To:

- Joan Gaynor for creating the Seniors Holiday Card.
- Michelle Horan for agreeing to organize and chair the Veterans Coffee House.

December Meeting Attendance

The December monthly membership meeting was attended by **64** members.

The Salem Free Public Library (SFPL)

The SFPL will be closed Saturday, January 17th – Monday January 19th in honor of Martin Luther King Jr.'s birthday.

Blasting For I-95 Project In East Lyme Schedule Change

Officials have moved the start of scheduled blasting for the Interstate 95 reconstruction project in Flanders to Jan. 5th from a previously planned date of Dec. 17th (as reported in the December 17th **NewsFlash**).

Blasting on the southbound side of I-95 will close both sides of the highway twice daily between 9:00 AM and 1:30 PM Monday to Friday for about five to 10 minutes each blast. Blasts may be postponed in bad weather.

Salem Seniors News (continued)

Fundraising Committee Activities

- **At the January meeting there will be a Pasta Dinner Basket Raffle. The basket will consist of All the trimmings for a pasta Italian Dinner. For more info contact Arlene Phillips at 860 373- 3357.**
- **Schedule for 2026 Fundraisers: see the Future Fundraisers section (pp 13) of the Information and Services section of the newsletter**
- **50/50 Raffle** – The December raffle collected a total of \$102.00, with \$51.00 going to our winner **Kitty Green**.
* Bakers are needed, if you are interested contact **Arlene Phillips at 860 373- 3357**.

Supplies For Stock The Teachers' Shelves – February 2026 (updated)

June Mainella and Sandy Swider are once again chairing this effort. The list was at the December meeting and if you missed it and would like to donate, please contact June or Sandy. *The current needs list is attached to the back of the newsletter. An updated list will be available at the January meeting.* If you prefer, you can make a donation and June and Sandy will use money toward purchasing items requested.

If you have any questions, please contact June Mainella at: 860-889-4027 or Sandy Swider at: 860-912-2498.



Senior T – Shirts

The **T – Shirt** committee will be meeting again in January to finalize where the shirts will be purchased, the final logo and shirt style and colors. The committee members are hoping to have a final look and some shirts available for you to touch and feel the material.

More to come!!



Sunshine Club

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

Seniors Helping Seniors

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

Salem Seniors Coffee House

The first Salem Seniors coffee house will be Monday January 19th from 10:00 AM to 12:00 PM. at the Old Library. Going forward it will be held on the third Monday of each month.

Salem Seniors News (continued)

New Events, Your Input Is Needed

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

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

“Song Circle”

WHEN: 1st & 3rd Wednesdays of each month, next circle January 7th and 21st 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: February 4th and 18th

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



BINGO

WHEN: 2nd & 4th Thursday of each month; next games January 8th and 22nd

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**.

SOMETHING NEW: Starting in January, the group is adding a 2nd BINGO on the 2nd Thursday of the month.



Game Night in the Daylight

WHEN: Beginning Wednesday, January 21st
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 to many laughs and enjoy others company during the winter season. **If you have a bit of a competitive streak, we have that as well. But mostly just for fun and moving during the cold months.**



Senior Games At The Library

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

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

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



Health And Wellness

Adult Sight Program *(updated)*

The Salem Lions Club will hold an Adult Sight screening program in 2026 during one of our meetings. They will screen anyone wishing to have their eyes checked. There is no cost to participate and the results are confidential. Keep a look out in our newsletter for details.



Blood Pressure Check

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

Important Senior Services

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

(See the Health And Assistance section (pp 14-18) of the Information and Services section of the newsletter)

Community News You Can Use

PATRIOT CARE PACKAGE

Support For Our CT National Guard

Salem Veteran Nik Alevras is setting up care packages to send to the 1-102nd Infantry BN (Mountain) that has been deployed. Below is a list of things he is collecting for the care packages.

Donations can be dropped off at 2 Brothers Pizza Restaurant at 20 Hartford Rd, Salem Tuesday – Saturday during operating hours.

Body wash	Sunscreen	Tea	Honey Sticks
Baby wipes	Shampoo	Regular Coffee	Powder drink mixes
Chapstick	Conditioner	Flavored Coffee	Red Bull (all flavors)
Liquid IV packets	Razors	Beef Jerky	Energy Drinks
Men’s Toiletries,	Lip balm	Juice boxes	Socks (black good quality)
Deodorant	Foot Powder	Hot Cocoa	Hygiene items (Good American brands)
Woman’s Toiletries	Tylenol, Advil	Protein Bars	Small clip-on fans for their beds
Tampons	Hand warmers	Granola Bars	Batteries AA/AAA/9V
Lotion	Magazines	Cough drops	Instant noodles/single
Hand sanitizer	Books	Slim Jims	Hand written cards from kids

Important Message from the Salem & Gardner Lake Volunteer Fire Companies.

The Salem Fire Co. is selling **Emergency “911” Reflective Address Signs** that will have your street number on it. These signs make it easier for emergency responders to find your home or property at any time of the day or night. **If emergency response workers can’t find you, they can’t help you! Minutes and seconds count in emergencies.** They are 6” x 18” in size and come in green or blue.

Cost: \$15.00 (see the order form at the end of the newsletter)



Community News You Can Use

Salem Free Public Library (SFPL)

News & Events

- **Museum Passes and Discounted Admission Passes**

The Library offers Museum Passes And Discounted Admission Passes to many of the museums in our state, visit the library, or go to the library website by clicking on: salemct.gov/library/pages/museum-passes to view the library website and view what they have to offer and pass availability. (see pp 21-22 of the Information and Services section of the newsletter).

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

"Once Upon a Wardrobe" – by Patti Callahan: 1950: Margaret Devonshire (Megs) is a seventeen-year-old student of mathematics and physics at Oxford University. When her beloved eight-year-old brother asks Megs if Narnia is real, logical Megs tells him it's just a book for children, and certainly not true. Homebound due to his illness, and remaining fixated on his favorite books, George presses her to ask the author of the recently released novel "The Lion, the Witch, and the Wardrobe" a question: "Where did Narnia come from?"

Despite her fear about approaching the famous author, who is a professor at her school, Megs soon finds herself taking tea with C. S. Lewis and his own brother Warnie, begging them for answers.

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

- **Programs And Events You Can Do With Your Grandchildren At The Library**

- **Winter Storytime**

Every Wednesday at 10:30 AM
Beginning December 3rd
(no storytime on December 24th & 31st)

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,
December 3rd, January 7th, &
February 4th, 4:00-5:00 PM

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



- **Clever Corvids**

Saturday, January 10th, at 11:00 AM

Corvids a family of birds including crows, ravens, and Jays are renowned for their intelligence.

Explore with us the specific, and often amusing behaviors that illustrate their complex cognitive abilities. This 1-hour program features a crow, raven, owl, and hawk.

Call 860 859-1130 to register

(Funds for this project were provided by the Eightmile River Wild & Scenic Coordinating Committee & the National Park Service under CFDA: 15-692-Eightmile Wild and Scenic River Assistance)



- **American Girl Doll Tea Party**

Saturday, January 3rd
from 10:30 AM – 12:00 PM

Bring your favorite doll. It does not have to be an American Girl Doll.

Join us for a delightful morning tea. Bring your doll and indulge in a relaxing morning with treats, a selection of beverages and a fun craft activity designed for your doll. **Ages 6-14**

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



- **The Show & Tell Book Club**

Monday, January 12th, at 5:00 PM

Let's talk about your favorite books over Coffee!

Ages: 18 & Up
Call 860 859-1130 to register

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



- **Color a Quilt**

Wednesday, January 21st at 4:00 PM

Each child will color a quilt block that will then be turned into a quilt and displayed in the library!

Program is limited to 24 participants ages 5 & up
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)

News & Events (continued)

- Garden Party

January 31st, from 11:00 AM – 1:00 PM

Beat your winter blues and join us as we prepare for the upcoming gardening season. Learn how you can support your community, save seeds, and protect our pollinators



No registration required

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

- 2026 Winter Reading Program For All Ages

January 12th thru February 28th

Register at the circulation desk to receive your BINGO reading log. Receive a raffle ticket for each BINGO completed when you turn in your completed reading log by **March 7th**.



The prize raffle will be drawn on **March 9th**.

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

- Sock Drive

The Salem Free Public Library will be collecting new socks for all ages for Care & Share of East Lyme.

Donation Period: November 10th, to January 31st.

Drop off Location: Salem Library, 264 Hartford Rd, at the Circulation desk.



- Simmer Pots

Saturday, January 24th at 11:00 AM
Spice up you home with a cozy simmer pot!



This program is limited to 35 participants
Call 860 859-1130 to register

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

- Basic Sewing Skills

Saturday, January 24th
from 11:00 to 12:30 PM.



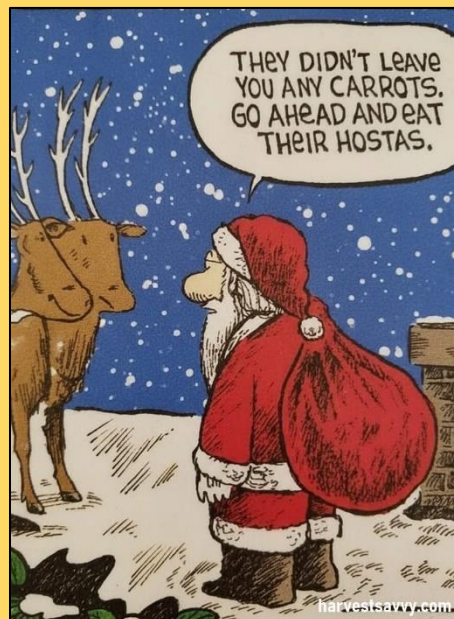
Presented by **Deb Drennen**

Basic sewing skills such as threading a needle, sewing a button on, pathing a hole, repairing ripped seams, and hemming will be covered.

Limited to 6 participants, ages 12 and & up.

Call 860 859-1130 to register

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



Community News You Can Use (continued)

Salem Recreation Department

• **Pilates – In-Person Classes**

WHEN: Monday evenings,
5:30 PM to 6:30 PM



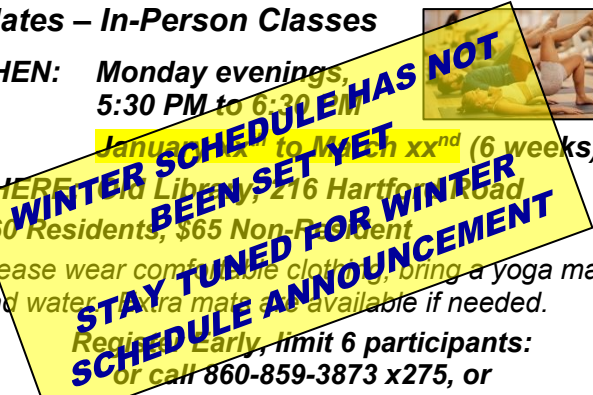
January xxnd to March xxnd (6 weeks)

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 January 6th – March 31st
6:00 PM to 6:45 PM
Instructor: Rob, Cost: \$111

15 Min. HIIT

Wednesday January 7th – April 1st
8:10 AM to 8:25 AM
Instructor: Maggie, Cost: \$52

Cardio Strength

8:50 AM to 9:15 AM
Instructor: Maggie, Cost: \$111

Skill-Based Strength:

unlock your push-up & deep squat

Thursday January 8th – February 5th
12:10 PM to 12:50 PM
Instructor: Maggie, Cost: \$42

Core Strength

January 6th – April 2nd
6:00 PM to 6:45 PM
Instructor: Rob, Cost: \$111

• **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

• **In-Person Yoga Classes**

WHEN: Tuesday evenings,
5:30 PM to 6:30 PM



January xxnd to March xxnd
(6 Classes)

WHERE: At the Salem Volunteer Fire
Co. fire house, 124 Hartford Rd.

OR
Thursday Mornings,
10:00 AM to 11:00 AM
January xx to March xx
(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>

• **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

• **Find Your Footprint -Medallion Project**

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



Find a medallion in the following preserves:

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

www.salemct.gov/recreation/footprintproject

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

Community News You Can Use (continued)

• **Salem Recreation 2026 Calendar**

MARCH	JUNE	SEPTEMBER
<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>6 TOUCH-A-TRUCK Salem Community Park Pavilion, 10 am to 1 pm</p> <p>5 FIND YOUR FOOTPRINT! MEDALLION PROJECT <i>in cooperation with the Salem Land Trust</i> 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>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>
APRIL	JULY	OCTOBER
<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 Ulfner'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>TBD Economic Development Commission 4th ANNUAL CHRISTMAS IN JULY Salem Community Park Pavilion, 9 am to 2 pm</p> <p>28 SUMMER CONCERT Salem Community Park Pavilion, 6 to 8 pm</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>
MAY	AUGUST	DECEMBER
<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>20 SUMMER CONCERT Salem Community Park Pavilion, 6:00 to 8:00 pm</p>	<p>5 ANNUAL HOLIDAY TREE LIGHTING Center School/Town Green, 3 to 5 pm</p> <p style="background-color: black; color: white; padding: 2px;">STAY TUNED FOR MORE EVENTS!</p> <p>STARGAZING NIGHTS @ THE PAVILION Salem School PTO COUGARPALOOZA Salem School PTO BACK TO SCHOOL BASH</p>
<p>EVENTS ARE SUBJECT TO CHANGE. CHECK WEBSITE FOR UPDATES.</p> <p>salemct.gov/recreation 860-859-3873, x275 recreation@salemct.gov</p>		

Salem School Fundraiser

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



Montville Animal Shelter

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, 860-848-7510 dispatch # 5.

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



Community News You Can Use

Environmental Seminars Available

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

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

If you would like to attend in person, the seminars will be held at:

CT State Community College – Three Rivers Campus, Room C101. Wednesday seminars begin at 5:30 PM, and the guest speaker starts at 6:00 PM.

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

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

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

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

SPRING 2026

Environmental Issues Seminars

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

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

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

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



Public Town Meetings – January 2026

Board of Selectmen,
Tuesday, January 6th, 7:00 PM

Long Range Educational Planning,
Monday, January 12th, 5:00 PM

Emergency Preparedness Agency,
Tuesday, January 13th, 7:00 PM

Recreation Commission,
Monday, January 19th, 7:00 PM

Board of Finance,
Thursday, January 8th, 7:00 PM

Library Board of Directors,
Tuesday, January 13th, 6:00 PM

Planning and Zoning Commission,
Tuesday, January 13th, 7:00 PM

Economic Development Commission,
Tuesday, January, 20th, 6:00 PM

Public Meetings Calendar: <https://www.salemct.gov/calendar-by-event-type/16/month/2026-01>

A Little Humor



- What’s your biggest regret? Not listening to Mom! What did she say?--- Not sure I wasn’t listening.
- What do you call it when a snow man ignores you?----- The Cold Shoulder
- What’s the difference between blackeye peas and chickpeas? ----- Blackeye peas can sing us a song but chickpeas can only hummus one.
- How do celebrities stay cool? ----- They have many fans.
- Why did the picture go to prison? ----- Because it was framed.
- What gets wetter the more it dries? ----- A towel.
- What do you call cheese that isn't yours? ----- Nacho cheese.
- I was wondering why the frisbee kept getting bigger and bigger. ----- Then it hit me.
- Wanna hear a joke about paper? ----- Never mind. It’s tearable.
- How many apples grow on a tree?----- All of them!
- Why do I talk to myself because sometimes you ask? I just need expert advice.
- How did I deal with my addiction to the hokey-pokey? ----- I turned myself around.
- What do you call someone who tells dad jokes but isn't a dad?----- A faux pa.
- Why won't I tell a joke about pizza? ----- Because it's a little cheesy.
- What do you call someone who sees a crime at an Apple store? ----- An iWitness.
- Why is Peter Pan always flying? ----- Because he Neverlands.
- What do you call a sleeping bull?----- A bulldozer.
- How do you throw a party in outer space?----- You planet.
- Why was the broom late to class? ----- It over-swept.
- How do you make an octopus laugh? ----- With ten-tickles!

Photos From Recent SSG Activities

Seniors Membership Meeting – December 9th

During the December membership meeting a trash truck came by the firehouse on fire. The quick-thinking driver pulled into the parking lot and dumped his load possibly preventing losing the truck to the flames.



Rudolph was in the house

Seniors Helping The Community



Salem Seniors and Salem Loins Club members delivering turkeys and all the fixings for Thanksgiving dinner for Salem residents.

A Salem Senior plays Santa at an event hosted by the Salem EDC (below)

Salem Seniors Helping Care & Share Distribute Christmas Dinner Baskets (below)



Photos From Recent SSG Activities (continued)

Veterans Coffee House Build A Bike Event – December 9th

The Salem Lions Club along with the SSG hosted a veterans coffee house. The Salem Lions Club purchased 5 bikes, which the vets including SSG vets assembled. The bikes were donated on to the Resident Troopers Toy Drive.



Lobster Trap Christmas Tree And Luncheon



SENIOR INFORMATION AND SERVICES

Future Fundraisers

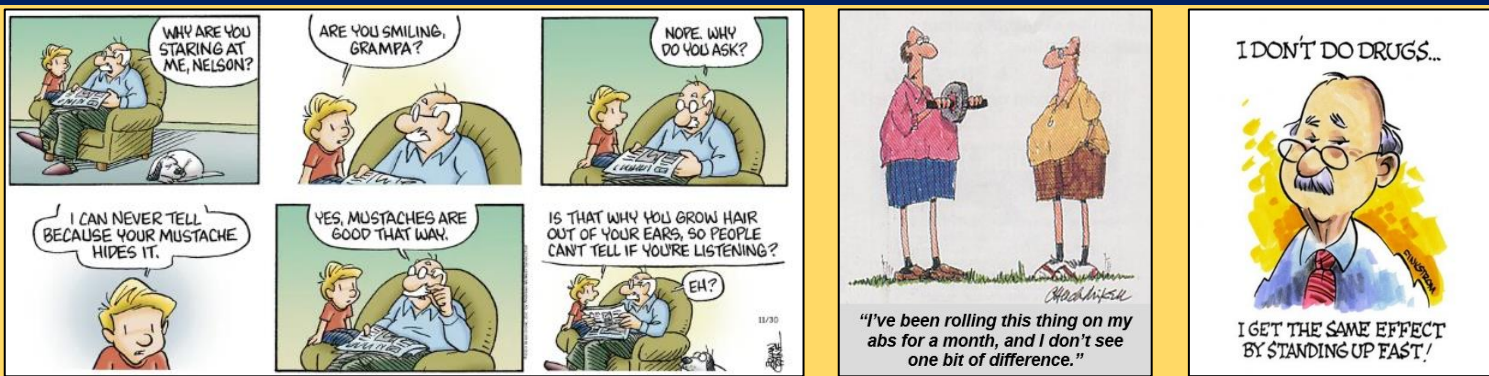
Fundraising Committee Activities

2026 Bake Sale/Basket Raffle Schedule

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

SSG Calendar At A Glance

• Saturday, January 3rd	SSG Holiday Luncheon 12:00 noon at the Gardner Lake Volunteer Fire Co. (GLVFCo.) fire house
• Tuesday, January 6th	SSG Luncheon at 2 Brothers (see pg. one for details)
• Wednesday, January 7th	SSG Song Circle at the Salem Volunteer Fire Co. (SVFC) fire house at 12:30 PM
• Thursday, January 8th	SSG Bingo at the SVFCo. fire house at 12:30 PM
• Tuesday, January 13th	SSG Membership Meeting at the GLVFCo fire house at 10:30 AM
• Tuesday, January 13th	Collecting supplies for the February Teachers Fill the Shelves
• Tuesday, January 13th	2026 Dues are due see Michelle Horan
• Monday, January 19th	SSG Coffee House at the Old Library from 10:00 AM to 12:00 PM
• Tuesday, January 20th	SSG Luncheon at 2 Brothers (see pg. one for details)
• Wednesday, January 21st	SSG Game Night in the Daylight at GLVFCo fire house from 2:00 PM to 4:00 PM
• Thursday, January 22nd	SSG Bingo at the SVFCo. fire house at 12:30 PM
• Wednesday, January 21st	SSG Song Circle at SVFCo. fire house at 12:30 PM



Health And Assistance

Connecticut Electric Discount Rate



Five discount tiers are available

Step 1: See If You Qualify

To qualify for the 5%, 15%, 20%, 40% or 50% discount rate, you need to:

- Meet household income requirements in **Table One** (below) **or**
- Receive a public assistance benefit for at least one household member in **Table Two** (below).

Table One: Household Annual Income By Family Size

How much can you make to qualify for the electric discount rate? Your annual household income is for all adults 18 and over.

	5%	15%	20%	40%	50%
1	\$47,764	\$33,022	\$25,040	\$19,563	\$15,650
2	\$62,460	\$44,627	\$33,840	\$26,438	\$21,150
3	\$77,157	\$56,232	\$42,640	\$33,313	\$26,650
4	\$91,854	\$67,837	\$51,440	\$40,188	\$32,150
5	\$106,550	\$79,442	\$60,240	\$47,063	\$37,650
6	\$121,247	\$91,047	\$69,040	\$53,938	\$43,150
7	\$124,002	\$102,652	\$77,840	\$60,813	\$48,650
8	\$126,758	\$114,257	\$86,640	\$67,688	\$54,150

Table Two: Public Assistance Benefits That Qualify You

5%	15%	20%	40%	50%
Medicare Savings Programs (MSP) - Additional Low-Income Medicare Beneficiary (ALMB) - Special Low-Income Medicare Beneficiary (SLMB) HUSKY A, B, C - HUSKY (B and 1, Prenatal) - HUSKY A Pregnant Women and Postpartum - HUSKY C Long-Term Services and Supports Special/Limited Medical Benefit Connecticut Energy Assistance Program CEAP Level 3 Section 8 Housing/ Rental Assistance Program (RAP)	Supplemental Nutrition Assistance Program (SNAP) Connecticut Energy Assistance Program CEAP Level 2 Husky A children under 19 Medicare Savings Program (MSP) Qualified Medicare Beneficiary Program (QMB) Women Infants and Children (WIC) Connecticut Free or Reduced Lunch*	Medicaid or Access Health - Husky D, Husky A Parents and Caretakers	Connecticut Energy Assistance Programs (CEAP Level 1)	Temporary Family Assistance (TFA or TNFA) Refugee Cash or Medical Assistance Medicaid/HUSKY C (non-LTSS) State Administered General Assistance (SAGA) State Cash Assistance or State Supplement Head Start

* Citywide free school meal program participants are not eligible for the discount rate, unless income is certified by the school food service manager.

Health And Assistance (continued)

Connecticut Electric Discount Rate (continued)

Step 1 (continued):

Your total discount is determined by your household income, or the type of public assistance benefit you receive. This information will need to be verified annually to continue to have your service protected from shut off during the winter months and to receive a discount on your electric bill.

If the Connecticut Department of Social Services (DSS) certifies on your behalf that you receive a DSS benefit, your enrollment will be automatically renewed with us.

Your discount will apply to a limited amount of electricity used monthly. Any usage above that amount will not be discounted.

Step 2: Provide Proof of Income or Benefits

You may submit your proof of income for all adults 18 or older in the household, or benefit documents securely in several ways.

- Contact your local **Community Action Agency**. Your local agency can also help you apply for other assistance, including the Connecticut Energy Assistance Program (CEAP). (see *CEAP F/Y 2025-2026 Benefit Matrix pp 16 -17*)
- Sign in to your account to **upload your documents**.
- Send them via U.S.P.S. mail at **Eversource**, Attn: Credit Dept., P.O. Box 270, Hartford, CT 06141.
- Submit documents via fax at 866-438-6476.
- Call **Eversource** at **800-286-2828**.

How the Discount Rate Is Applied to Your Bill

Heating customers

If you qualify, your next electric bill will have a discount applied to the first 1,200 kWh of your monthly electric usage.

On the monthly electric bill example below, if a customer uses 1,450 kWh of electricity in August, the first 1,200 kWh will be discounted, but the remaining 250 kWh will not.

A kilowatt-hour (kWh) is a unit that tells Eversource how much electricity something uses over time. It's like measuring how much water you use with gallons or how far you travel with miles.

You can see how many kWh of electricity you use each month in the "Monthly kWh Use" table typically shown on page two of your bill.

Non-heating customers

If you qualify, your next electric bill will have a discount applied to the first 800 kWh of your monthly electric usage.

On the monthly electric bill example below, if a customer uses 1,450 kWh of electricity in August, the first 800 kWh will be discounted, but the remaining 650 kWh will not.

A kilowatt-hour (kWh) is a unit that tells

Eversource how much electricity something uses over time. It's like measuring how much water you use with gallons or how far you travel with miles.

You can see how many kWh of electricity you use each month in the "Monthly kWh Use" table typically shown on page two of your bill.



Health And Assistance (continued)

Thames Valley Council for Community Action (TVCCA)

TVCCA Energy Assistance Program

The Connecticut Energy Assistance Program serves low-income households in need of assistance with their home energy bills. Program services include: financial assistance toward a household’s energy bill; emergency assistance if a household’s home energy service is shut-off, about to be shut off, or out of fuel; and a range of other energy related services including heating system repair and replacement, budget counseling, and referrals for weatherization improvements.

- **Call to schedule an appointment: (860) 425-6681**
- **Schedule Your Appointment On-line: <https://tvcca-portal.communityappointments.com/>**
- **Apply On-line: <https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/How-To-Apply>.**
- **Or download the application, email it to ESS@tvcca.org, mail it to our Uncas (Norwich) Office, or drop it off in person.**
 - https://www.tvcca.org/wp-content/uploads/2025/09/W-1104-CEAP-Application-Only_FFY26-EN-Fillable.pdf (English).
 - https://www.tvcca.org/wp-content/uploads/2025/09/W-1104-CEAP-Application-Only_FFY26-SP-Fillable.pdf (Spanish).

The 2025-26 Energy Season started September 1st! Schedule your appointment online by pressing Ctrl + Click [HERE](#): or by visiting <https://tvcca-portal.communityappointments.com/>.

If you are driving or a walk-in, our program offices are located in NORWICH at 401 West Thames St. (Uncas on Thames complex), Unit 201 and in NEW LONDON at 83 Huntington St.

Important Dates to Remember for the 2025/26 Season

- September 1, 2025:** First day for a household to apply for the program
- November 3, 2025:** First day for fuel deliveries that can be paid for by the program
- April 1, 2026:** Deadline for fuel authorizations or deliveries
- May 29, 2026:** The last day that a household can apply to establish eligibility for benefits
- June 17, 2026:** Last day to submit deliverable fuel bills

Categorical Eligibility:

Any household that makes direct to vendor payments for heat and in which a household member is participating in one or more of the following benefit programs is considered categorically eligible and will automatically be considered income eligible for energy assistance at a benefit level not less than that provided for a household with income between 201% of the federal poverty guidelines (FPG) and or below 60% of the state median income (SMI):

1. Temporary Family Assistance (TFA)
2. State Supplement to the Aged, Blind and Disabled
3. Refugee Cash Assistance Program
4. Supplemental Nutrition Assistance Program (SNAP)
5. Supplemental Security Income (SSI)

Although categorically income eligible, you must meet all other eligibility requirements to receive benefits.

View the Benefit Matrix below:

Connecticut Energy Assistance Program (CEAP) Fiscal Year 2025-2026 Benefit Matrix

MAXIMUM INCOME ELIGIBILITY								
Household Size	1	2	3	4	5	6	7	8
Annual Income	\$47,764	\$62,460	\$77,157	\$91,854	\$106,550	\$121,247	\$124,002	\$126,758

Health And Assistance (continued)

TVCCA Energy Assistance Program (continued)

Connecticut Energy Assistance Program (CEAP) Fiscal Year 2025-2026 Benefit Matrix (continued)

BASIC BENEFITS			
(Available for both Deliverable Fuel and Utility - Heated Households)			
Benefit Level	Income Level	Vulnerable	Non-Vulnerable
1	Up to 125% Federal Poverty Guidelines	\$645	\$595
2	126% Federal Poverty Guidelines – 200% Federal Poverty Guidelines	\$495	\$445
3	201% Federal Poverty Guidelines – 60% State Median Income	\$345	\$295

NOTE: Households that are categorically eligible but exceed the income limit are not denied benefit; instead, they qualify for a Level 3 benefit.

CRISIS ASSISTANCE BENEFITS				
(Available for Deliverable Fuel-Heated Households Only)				
Benefit Level	Income Level	1st Benefit	2nd Benefit	3rd Benefit
1	Up to 125% Federal Poverty Guidelines	\$425	\$425	\$425
2	126% Federal Poverty Guidelines – 200% Federal Poverty Guidelines	\$425	\$425	\$425
3	201% Federal Poverty Guidelines – 60% State Median Income	\$425	\$425	\$425

RENTAL ASSISTANCE BENEFITS		
(This benefit is available to households that have heating cost included in their rent)		
Benefit Level	Income Level	Amount
1	Up to 125% Federal Poverty Guidelines	\$425
2	126% Federal Poverty Guidelines – 200% Federal Poverty Guidelines	\$425
3	201% Federal Poverty Guidelines – 60% State Median Income	\$425

Rental Assistance:

- Rental Assistance Benefits are available to those households who do not make direct-to-vendor payments for their primary source of heat and have annual gross incomes up to 60% of state median income. Boarders are not eligible to receive Rental Assistance Benefits.

Liquid Assets/ Bank Statements:

- TVCCA no longer requires bank statements to be submitted as part of the Energy Assistance Application.

Income:

- Applicants may establish their income eligibility by providing income verification from a period of 4 consecutive weeks within the 3 months prior to their application date.

Benefits:

- **Please note: CEAP benefit amounts are determined based upon the funding provided by the U.S Department of Health and Human Services Low Income Home Energy Assistance Program Block Grant, and are not determined by TVCCA.**

For more information press Ctrl + Click [HERE](https://portal.ct.gov/dss/Economic-Security/Winter-Heating-Assistance/Energy-Assistance—Winter-Heating) or visit: <https://portal.ct.gov/dss/Economic-Security/Winter-Heating-Assistance/Energy-Assistance—Winter-Heating>.

TVCCA serves residents in the following communities: Bozrah, Colchester, East Lyme, Franklin, Griswold, Groton, Jewett City, Lebanon, Ledyard, Lisbon, Lyme, Montville, New London, North Stonington, Norwich, Old Lyme, Preston, Salem, Sprague, Stonington, Voluntown, & Waterford.

[Health And Assistance \(continued\)](#)

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

Food Pantries

Below are a few of the local food pantries available in our area. Please contact them directly to get on their list and for more information as to when they are open for pick up. If you need assistance with pick up let the agency know and they can arrange for delivery.

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

[News And Information](#)

Salem Senior Group (SSCG) Information & Newsletters

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

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

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

Seniors Activities at The Library

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

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

Senior Brochure

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

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

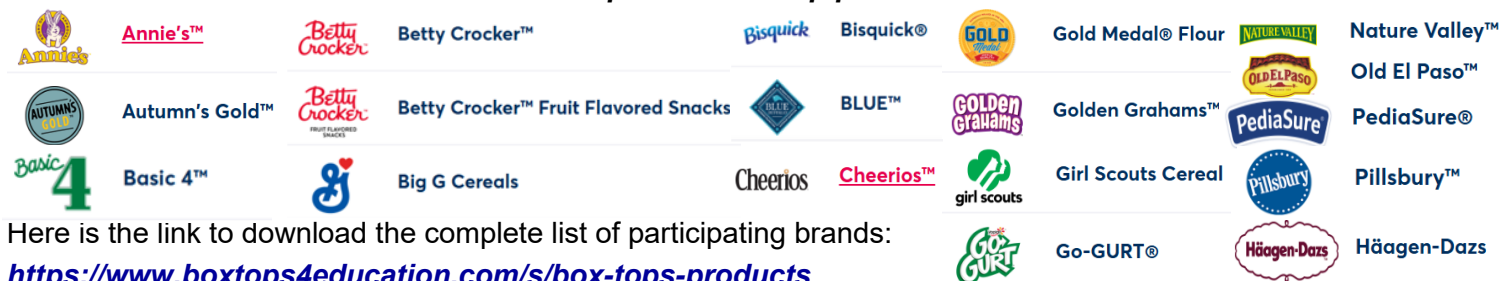
AMERICA'S SCHOOLS HAVE EARNED \$958,015,672 WITH BOX TOPS...AND COUNTING

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>

[Volunteer Opportunities](#)

Gardner Lake And Salem Volunteer Fire Companies

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

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

Friends Of The Salem Free Public Library (FOSFPL)

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

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

Mitchell Farm Equine Retirement

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

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

Salem School

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

Salem Lions Club

The Lions are looking for volunteers. **Contact Dan Holle at 860-300-7570, or Hugh McKenney at 860-303-0042.**

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.**

Cemetery Clean-Up

The Salem VFW always needs help to clean up the cemeteries. **Clean up will begin again in the spring.**

Watch for our FB postings. If you are interested in helping or have a need contact Kay Zak at: 860-889-3989 or e-mail at: kayzak@hotmail.com.

The Salem Land Trust

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

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

[Activities In Our Region](#)

Goodspeed Opera House

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

- Check website for details go to **Goodspeed website** at: <https://www.goodspeed.org/>

Activities In Our Region (continued)

Ivoryton Playhouse

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

- Check website for times and tickets by clicking on <https://www.ivorytonplayhouse.org/>

Niantic Bay Playhouse

The Niantic Bay Playhouse (279 Main Street, Niantic)

- Check website for times and tickets by clicking on: nianticbayplayhouse.org/.

Museum Passes Available at the Salem Free Public Library.

Library Hours: Monday-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: 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. Please reserve tickets for tours online: www.connecticutstateparks.reserveamerica.com
- ***Denison Pequotsepos Nature Center Mystic, CT***
Allows free admission for up to five people.
- ***Custom House Maritime Museum, New London CT***
Pass allows two free admissions. Open year-around, Wednesday – Sunday 1:00 PM to 5:00 PM, and Saturday 10:00 AM to 5:00 PM. Closed Monday & Tuesday.
- ***Florence Griswold Museum, Old Lyme CT***
Admits 2 adults and 2 children (18 & under) into the museum.
- ***Lyman Allyn Art Museum New London, CT***
Admits 2 Adults & 2 Children 12 and up. Children under 12 are always free.

Activities In Our Region (continued)

Museum Passes (continued)

Free Admission Passes (continued)

- **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.

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.newlondonadulted.org/.**

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

911 REFLECTIVE ADDRESS SIGN ORDER FORM

Please mail the completed order form along with a check for \$15.00 to:

**Salem Volunteer Fire Company
424 Hartford Road
Salem, CT 06420**

Name _____

Address _____

City/Town _____

State _____

Zip Code _____

Telephone Number _____

Best Contact Time _____

E-mail Address _____

ADDRESS #:

SIGN ORIENTATION: Horizontal \longleftrightarrow Vertical \updownarrow

COLOR PREFERENCE: GREEN BLUE

Questions? Please call the Salem Volunteer Fire Company at 860 859 0942



Cut here and mail the completed form to the address above.

Officers

President----- Gary Closius	Secretary ----- Jeanette Girard
Vice President----- Mary Cikatz	Activities Coordinator -- Kay Zak
Treasurer-----Michelle Horan	Health Coordinator ----- Cindy Holle
Communications Coordinator ----- Joan Gaynor	Newsletter Editors ----- 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.*

Re-stock The Teacher's Shelves List – Revised

ITEM	✓
12x14 white construction paper	
Dot marker coloring books	
Forks, spoons, straws (plastic)	
Paper lunch bags	
Binder clips (approx. medium size)	
Black standard sharpies	
Black fine point sharpies	
Sticky notes	
Bubbles	
Standing desk	
12x18 oaktag	
12x18 oaktag	
Staples	
Colored zip pouches	
Plastic card containers	
Clear plastic 2 pocket folders	
Elmer's glue sticks	
Velcro tape and/or Velcro circles	
Black fine tip dry erase markers	
Post-it notes	
Neon cardstock paper	
Highlighters	
Crayola markers – thin	
Black sharpies	
Sharpies	
Coloring markers	
Liquid glue	
Bic white out tape	
Paper clips	
Expo markers	
Stapler	
Small tape measures	
Glue sticks	
Scented markers	
Embroidery string	
Paper clips	
Glue sticks	

ITEM	✓
Mechanical pencils	
Black sharpies	
Clipboards	
Graph paper	
Bottled glue	
Colored clay	
Handheld pencil sharpeners with lids for colored pencils	
Pencils	
Markers	
Headphones	
Command books	
Amazon – hand2mind calming sounds sensory	
Tubed, rain sound fidget	
Ouisi: Classroom Bestseller Bundle (original & nature)	
Amazon – Yewang kids meteorologist costume set - Weather man	
Amazon – Hand2mind explore the weather counters	
Amazon – hand2mind changing seasons sensory tubes	
Class set headphones	
Erasable highlighters (1 pack)	
6 th grade size scissors (class set 24)	
Bean bags (new or used)	
Individual pencil sharpeners	
Board games & puzzles for indoor recess (grade 6)	
Flash cards – multiplication	
Speed stacks – 6 sets (\$49.99 each x 6 = \$299.94)	
6'x4' Soccer goal (4) (\$65.99 each x 4 = \$263.96)	
8 ½ x 11 cardstock paper	
Amazon basics sticky easel pad	
Mr. Sketch scented markers	
8 ½ x 11 cardstock (light colors & white)	
Sharpened pencils	
Replacement Scotch Tape	
Rulers – colorful - class set (20)	
Laminating sheets – 3 mil – 200 pack	
Book: <u><i>James And The Giant Peach</i></u> (6 copies)	
Midliner double-ended highlighters	