



Town of Salem, NH



Community Services ♦ Senior Division *Ingram Senior Center*

1 Sally Sweets Way, Salem, NH 03079

<https://www.townofsalemnh.org> ♦ (603)890-2190

Facebook: www.facebook.com/salemnhsenior

May/June 2023

A Communication of News, Programs, Activities & Opportunities for the Town of Salem's Active Seasoned Citizens

Congratulations to Maria Augeri, our new Program/Volunteer Coordinator!



We are so excited to announce the promotion of Maria to Program/Volunteer Coordinator. Maria has been with the Town of Salem since 2004. Beginning in her position as a teacher then Director of the Palmer Preschool, followed by Front Desk Clerk here at the senior center, Maria has slipped in seamlessly.

Her excitement for what she does shows in everything she touches. Even now Maria has created many new programs while serving as the interim Program/Volunteer Coordinator. She has already played a critical role in returning the center's programming to pre-covid levels. Her tremendous enthusiasm, knowledge and skills have driven the Ingram Senior Center forward. She plans on spending time visiting the existing programs and is eager to create more. She has so many ideas bubbling in her head that she cannot wait to implement.

Maria earned her bachelor's degree from Merrimack College. She has two grown children and after living in Salem for nearly 25 years has returned to her childhood home in Methuen. In her free time, she enjoys gardening, fishing and walking the various trails at Lake Massabesic.

Please join us in congratulating Maria on her well deserved promotion! We are so grateful to have her on the team.

Community Services Staff

Katie Duffey - Comm. Services Director
Maria Augeri - Programs/Volunteers
Wendy Peters - Administrative/Trips
Trina Reed - Front Desk Clerk
Doug Cole - Recreation Coordinator
To be determined - Custodian

Center hours

Monday - Thursday 8:30am - 4:30pm
Friday 8:30am - 3:30pm

Participation

Free for Salem Residents
Grandfathered Non-Residents \$50 annually
(No longer accepting new Non-Residents)
Outdoor-only Registration \$25 annually

■ Special Events:

Craft Fair



Come to our craft fair at the Ingram Senior Center, **Wednesday, May 10th, *new times** 11am-2pm. Free admission, snacks and coffee. Crafters will be selling their handmade goods and some of the Senior Center's craft groups will be showcasing their talent. Tables are available to rent for \$10. The senior center will provide the table. See Maria if interested.



Cooking with Fresh Herbs



Join Michael Hill, Director of Restaurant Operations from The Residence at Salem Woods, for a cooking demonstration here at the Senior Center **Wednesday, May 24th** from 1-2pm. Using fresh herbs is one of the best ways to take a dish from basic to brilliant. For some people incorporating fresh herbs can be intimidating. Ever wonder what certain herbs taste like, when should you add them in the cooking process, or what flavors go well together? Come to the cooking demo to find out! Limited to 40 people. Sign up at the front desk starting May 8th. Free

FREE Outdoor Concert in the Senior Center parking lot Sponsored by the Kelley Library



When: Wednesday, June 7th, 1-2pm
Rain Date: Thursday, June 8th, 1-2pm
You must bring your own chair.

Featuring Howie Newman - Knock on Wood Acoustic folk-rock duo.

You're welcome to bring food and drinks, restrooms will be available for use. We will not be sectioning off seating spaces or directing parking as we have in the past. The concert will take place in the upper left part of the parking lot by the left side of the building.

There is no rush as we are not limiting the number of cars but we do ask you to RSVP. This concert is FREE. Please remember to bring your own chair.



Cookout with the Cops
Wednesday, June 28th
Food served 12-12:30pm



Don't miss the opportunity to meet some of our Salem Police Officers and enjoy their delicious barbeque lunch (Hotdogs and Hamburgers). Enjoy your lunch inside the air conditioning or outside in the sun (this is not a drive by lunch). Sign up at the front desk starting May 22nd. Free.

It's Time for Family Feud!!!



Survey says... join us as we enter into a friendly afternoon of game play. We'll form teams and go into battle. Thursday, May 18th, 1-3pm. RSVP at the front desk and let us know if you want to just watch or be a participant. Snacks served and Prizes will be awarded.

■ New Programs

Zumba gold is back!!! Get active with great people at the dance party workout that moves at your pace. Led by Gen Worthington. \$40.00 for a 6 week session, starts Friday, May 12th, 11:30-12:15pm, Exercise Room.



Line Dancing - Instructor Jason McCollin will lead you through the dance steps. Wednesdays, 10-11am, Multipurpose Room, \$20/4wk session. Next session begins May 24th. Sign up at the front desk.

Darts - 2nd day added! Wednesdays and Thursdays from 1-3pm, 2nd floor open area. Bring darts if you have your own or use the darts provided. Free



***New - Strength & Stretch is now for men and women!** Wednesdays at 8:45am in the Exercise Room, next session begins May 17th. Improve your strength and flexibility by building muscle with weight training. Also helps with balance, developing stronger bones, mobility and endurance so that you can walk and stand longer. Adding weight training will also slow down the involuntary muscle loss that occurs with age. The cost will be \$40.00 for a 4 week session, 45-minute class, provided we get a minimum of 5 participants. If we receive more than 5 people the cost will be lower.



30-Minute Toning with Maria, Join Maria Tuesdays starting May 16th after the Walkaerobics class, approx. 9:30am in the Multipurpose Room for A New Way to Move, a toning/balance session. Each week will be a different exercise routine. Free

Walkaerobics/Cardio and Toning with Maria

Join Maria on Fridays at noon. Similar to the Monday class but preceded by a 30 minute Walkaerobics/cardio session. The toning portion of this class will be a different routine than Monday's class. You are welcome to attend either portion of this class or both. The first half will be cardio/walking, followed by a toning/balance session. Every week will be different. Fridays at noon in the Multi-purpose Room. Free

The only time you fail is when you fall down and stay down.

Stephen Richards, Author

■ With Our Thanks...

On behalf of the entire Salem community, we wish to express and display our tremendous gratitude to those who have given to Salem Senior Services. Any size contribution is greatly appreciated. While Salem Senior Services is funded by the Town of Salem, these gifts help underwrite programming. You may send your donation payable to Town of Salem, NH, c/o Salem Senior Services, 1 Sally Sweets Way, Salem, NH 03079.

Donations since last newsletter include:

Off Broadway Thrift & Gift Shop (2023 to date)	3,208
Bingo Group (2023 to date)	570
Correction - the donation of \$85 (imo Rose Choquette) was made by the Tues/Thur Building Bones class not the Friday Bone Builders class as previously stated	
Mr. Joseph Potvin (in appreciation of taxes)	100
Ms. Patricia Hodgkins (in appreciation of taxes)	100
Ms. Joanne Slater (in appreciation of taxes)	40
Ms. Carol Coombs (in appreciation of taxes)	20
Ms. Donna Loranger (in appreciation of taxes)	50

The happiness of your life depends upon the quality of your thoughts.

~
Marcus Aurelius, Roman Emperor

■ Please Note:

The Center's 2023 upcoming closings or programs cancelled due to holidays or special events are:

Mon. May 8th Election preparation - programs that start at noon or later that are normally in the multi-purpose and dining rooms will be on the 2nd floor to play if desired.

Tues. May 9th closed - Special election for Town Council

Wed. May 10th Voting booth removal / Craft Fair - programs that that are normally in the multi-purpose and dining rooms will be relocated to the 2nd floor with location posted.

Mon. May 29th closed - Memorial Day

Mon. June 19th closed - Juneteenth

Salem Historical Society Program

310 Main Street, Salem

May 9th: An Evening with Walt Whitman.

Presenter: Stephen Collins

June 13th: Exemplary Country Estates of NH

Presenter: Cristina Ashjian

All Programs start at 7pm. Light refreshments will be served at the end. Free and open to the public.

Information: infosalemnhist@comcast.net

Note: The Salem NH Historical Society Museum is open for public viewing each Monday afternoon from 2-5pm from now until mid-November.

Medicare Educational Seminar

(Meetings will be every Tuesday @ 6 PM
and every Wednesday @ 2 PM)

MAY							JUNE							JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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7	8	9	10	11	12	13	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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28	29	30	31				25	26	27	28	29	30			23	24	25	26	27	28	29	30	31				
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How do you sign up for Medicare?

How do you avoid Late Enrollment Penalties?

How do I pick a plan?

Senior Benefits Services of NH is now offering Educational Seminars to Retirees on how to sign up for these benefits and educate you on how the Medicare system works.

Located at 400 Harvey Rd Manchester (next to the airport runway off South Willow St).

Come learn how to navigate the "Medicare Maze." Light refreshments and beverages will be served.

Please call ahead! Seating is limited!

Bruce K. Royer
Senior Benefit Services of NH
603-273-0951 (TTY: 711)
Monday - Friday, 10 AM - 4:30 PM
bruce@sbsnh.com
www.sbsnh.com

Senior Benefit Services of NH is a licensed agency in the State of NH offering these Educational Meetings to individuals and Seniors who are coming onto Medicare struggling to understand how to use their benefits and services. This is an advertisement. A licensed health insurance agent will be present at this educational event but no sales will be conducted. For accommodations of persons with special needs at meetings call 603-273-0951 (TTY: 711). Not affiliated with Medicare or any government agency.

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Ingram Senior Center, Salem, NH

06-5384

■ Day Trips & Parties:

Don't wait to register... our events and trips fill up quickly! Payment is required with registration, however we do not cash checks until the event happens.

Trip Cancellation policy - The cancel by date for a refund matches that of the event facility and will vary accordingly. The date is noted on each of the trip flyers.

Handicapped Seating policy Only persons requiring the use of a wheelchair or walker will be assigned seating in the first few rows of the bus regardless of date reserved. All others will be assigned seating in order of paid reservation. We regret the need to institute such a policy but must in fairness to all.

Trip Departure Location All trips depart from the Icenter located at 60 Lowell Rd. (Route 38) in Salem.

Payment - Checks are to be made PAYABLE to the TOWN OF SALEM and DATED the DAY of the TRIP/EVENT.



Foxwoods Resort Casino

Ledyard, CT

FOXWOODS IS BACK!!!!!!!!!!

Currently taking reservations for **Wednesday, June 14th**. Bingo is played at Foxwoods on Wednesdays. Cost: \$36pp includes motorcoach, driver tip. *PR 45 people are needed to make this trip happen. [Trip flyer](#)

Please note: Foxwoods is not offering any package at this time. Prior to reserving for this trip we recommend that you contact the casino to see what areas of the casino are currently open. The breakfast buffet is open as are regular restaurants but they have not reopened the Grand Buffet.

If this Foxwoods trip is successful I will schedule another.

Spreading It Around at the Newport Playhouse, Newport, RI. One bus sold out - get on the waitlist for a possible Bus 2! Need to sell 15 more seats to make the 2nd bus a go.

Guests are welcome at just \$10 more! They don't need to be a Salem resident or member of the center.

A bountiful Buffet, followed by the hilarious play "Spreading it Around", concluding with an entertaining Cabaret.

The Play... Angela Drayton, a wealthy widow living in an up-scale retirement community, is tired of handing out money to her unappreciative children. So she starts the "S.I.N. (Spending It Now) Foundation," to give to those truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. This poignant family comedy has played numerous theatres in the US, and continues spreading the laughs around.

Thursday, June 1st, 8:45am-6:45pm. Cost: \$99pp includes buffet dinner, show, cabaret, coach and tip. [Click here for trip flyer](#)

■ Day Trips & Parties *(continued)*:

The Texas Tenors at Danversport Yacht Club. One bus sold out - get on the waitlist for a possible Bus 2! Need to sell 14 more seats to make the 2nd bus a go. Guests are welcome at just \$10 more! They don't need to be a Salem resident or member of the center.

Since appearing on America's Got Talent in 2009, The Texas Tenors have performed over 1,300 concerts, released 4 Studio Albums, 2 PBS Specials, 4 DVD's, and multiple singles that have earned them impressive recognition including 3 Emmy Awards. Their latest albums "Rise" and "A Collection of Broadway & American Classics" both debuted at #1 on the charts making them Billboard Magazine's #10 Classical Crossover Artist in the World.

These classically-trained, versatile tenors have performed around the world including headline shows in Las Vegas, China and a 24-city tour in the United Kingdom. The Texas Tenors were honored to be included among the top 50 acts in the world. Best of Times Travel is proud to bring this incredible national treasure to the stage. Don't Miss Out! **Wednesday, June 21st, 10:45am-4:30pm.** Cost: \$106pp incl. dinner, show, motorcoach and tip. [Click here for trip flyer](#)

***NEW! Harbor Lights & Sights Cruise.** Portland, ME harbor & lighthouse cruise with lunch at Foster's Clambake. At the always delicious Foster's Clambake we will feast on delicious New England favorites including: 1 1/8 Lb. Succulent Maine Lobster (1/2 BBQ Chicken or Vegetarian Polenta w/ Roast Vegetables and Marinara Sauce are substitutes for lobster). Next, we'll experience the iconic lighthouses and sights of Portland Harbor and the picturesque waterway known as Diamond Pass as we make our way through Casco Bay. On this 105-minute fully narrated tour we'll explore the bustling inner harbor and main shipping channel to get close up views of civil war era forts and you will see as many as four lighthouses including a close up view of Portland Head Light, Maine's oldest and most photographed lighthouse. **Tuesday, July 11th, 10:45am-6pm.** Cost: \$104pp incl. dinner, cruise, coach, boat staff and bus driver gratuities. [Click here for trip flyer](#)

Live from Vegas—The Edwards Twins with lunch at Lake Pearl in Wrentham, MA!!! Las Vegas' number one impersonators of all time. Anthony & Eddie Edwards use state of the art make-up and dazzling costumes to look and sound like the superstars of today and yesterday. All your favorite legendary Superstars come alive in SUPER STARS ON STAGE THE ULTIMATE VARIETY SHOW. **LIVE** singing and no gimmicks, just plain talent as they fully embody the stars. This is a trip not to be missed!! **Mon., July 31st, 10:15am-6pm.** Cost: \$93pp incl. dinner, show, coach & tip. *PR [Click here for trip flyer](#). Visit their website for a sneak preview. <https://theedwardstwins.com/>

Save the Date:

Thur., Oct. 19th, Splish Splash the music of Bobby Darin at Castleton, Windham.

■ Senior Resources:

Lunch or Meals-On-Wheels Programs, call and speak to April at Rockingham Nutrition at 893-2137.

ServiceLink provides highly specialized, free information, support and referral services for seniors, call 893-9769.

Transportation:

Cart provides low cost door-to-door service (M-F) and a free shopping shuttle. Call 434-3569 for details.

Caregivers provides private door-to-door transportation to seniors through a volunteer base. Priority is given to rides for medical appointments. Caregivers is always in need of new volunteers. Call 898-2850 for details.

* * * * *

Walk with a Police Officer



Wednesdays starting May 3rd
and continuing through the Fall!
Meet at the Salem Police Station at 9am.

Enjoy the fresh air while you walk on selected routes which will differ every week. This is a great opportunity to meet some Salem Police Officers while getting some exercise as well.

■ Free Tax Preparation



AARP Tax-Aide is the nations largest, free, volunteer-run tax counseling and preparation service. Their free service can answer most of the tax issues faced by low and middle-income taxpayers, with special attention to those age 60 and older.

The **NH Low and Moderate Income Homeowners Property Tax Relief Program**

If approved by Legislators, the program will run between May 1 and June 30. Volunteers will be available at the center May 10th by appointment only, to help those who are eligible. To schedule an appointment call the Senior Center at 890-2190 on or after May 1st.

An eligible claimant is a person who is:

1. Single with adjusted gross income equal to or less than \$37,000; Married or head of NH household with adjusted gross income equal to or less than \$47,000; who must also
2. Own a homestead subject to the State Education Property Tax, and have resided in that homestead on April 1 of the year for which the claim is made.

This year the volunteer AARP tax consultants will meet with you in person. MASKS ARE REQUIRED DURING

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Town Wide Yard Sale

Do you have "treasures" in your garage, shed, basement, or attic that you don't need any more but can't bear the thought of throwing it away? Now is your chance to eliminate that clutter, make a few bucks, and regain that space. Sign up with Salem's Community Services Department (Ingram Senior Center) for our first ever Town Wide Yard Sale.

Event Date: Saturday, June 17th, 9am-3pm

(you may adjust your own hours)

Rain date: Saturday, June 24th

Registration Deadline: June 1st

Maps Available: June 13th

Payment: Checks made payable to Town of Salem, NH

Yard Sales will be hosted at your residence. Don't have a yard? Spaces available in the parking lot of the Ingram Senior Center (\$10) on a first come first served basis (priority is given to seniors 60+). We will advertise our Town Wide Yard Sale through various media outlets to all potential shoppers. Prior to the event a numbered map and corresponding list of participant's addresses as well as their big ticket items will be posted for potential shoppers.

The cost to participate in this event is \$10 for residents, \$20 for home based businesses such as Avon, Tupperware, etc.



NH Philharmonic

Spring Pops - "Hollywood in Africa"

Saturday, May 20th at 7:30pm and Sunday, May 21st at 2:00pm in the Seifert Performing Arts Center, Salem High School. Africa has inspired great movies and great movie music - Lion King, Invictus, Hotel Rwanda, and Out of Africa, to name a few. NH Phil music director, Mark Latham, was born in Africa and will lead you on an adventure exploring the great music of these memorable films. We'll also welcome Grammy nominated African musician Mamadou Diabate to share the exuberance and rhythms of African music on the balafon, a xylophone like instrument whose sounds you will instantly recognize as the essence of African music.

Questions about tickets? Please call 603-647-6476

Click here for detailed concert info: <https://nhpo.booktix.com/view/35/029b320752bd98c2/>

Did you know... that Maria updates our bulletin boards regularly? The small board on the wall next to the entrance of the Dining Room is updated on Mondays with that week's events. The first large bulletin board in the long hallway has Ingram Senior Center current month's and future events. The second board has local events.



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■ Recreation Programs:

As our outdoor activities do not impact the strain on our building and parking capacities, we accept Non-Resident registrations with a limit to OUTDOOR ONLY Activities (aquarobics, golf, pickleball, tennis, and Zumba) for only \$25/year.

Signup sheets are available inside the senior center. Click this link for the [Outdoor Only registration forms](#) and [COVID Waiver](#). All outdoor activities officially start in May.

Horseshoes Group is looking for players! Thursdays (starting May 25th), 8:30am-12pm. Horseshoe pits at end of Senior Center parking lot, Free. Drop in.

You are always welcome to play anytime. Bring your own horseshoes or borrow ours at the front desk.

Pickleball is a fast growing paddle sport that combines elements of tennis, badminton and ping pong while played on a court smaller than a tennis court. Play is at the town tennis courts on Lawrence Road, next to Mary Queen of Peace Church. Mondays & Wednesdays 9am-12pm (summer hours 8-11), Fridays all day, courts 3 & 4, Free. Drop in.

Tennis Anyone? Play mixed doubles at the town courts on Lawrence Road, next to Mary Queen of Peace Church. Fun, non-competitive, for anyone with some level of experience (no lessons given). Tues. and Thurs. (starting May 2nd), 8 to 10am, Free.



2023 Field of Dreams Summer Concert Series

FIELD OF DREAMS is a family park & playground located at 48 Geremonty Drive. Check out the *Field of Dreams website* at www.fieldofdreams-nh.org.

Concerts are Thursday evenings (weather permitting) beginning at 6:30pm. Concerts are **FREE!** A 50-50 raffle is held at each concert with the proceeds targeted for the new pavilion.

Bring your blanket or chairs and enjoy the music!

July 6th, 13th, and 20th	To be announced
July 28th (FRIDAY) Salem Boyz	Classic Rock & Roll
August 3rd, 10th, and 17th	To be announced

The advertisements contained in this newsletter do not constitute endorsement or recommendation by Salem Senior Services.

We advocate "buyer beware"; be an educated consumer. We are not responsible for the claims or representations made by advertisers and sponsors.

■ Regular Monthly Programs:

Below is a listing of the Activities, Programs and Events offered on a regular monthly basis by Salem Senior Services. Regular, daily and weekly activities are on the last page. You're welcome to drop-in on these activities anytime, unless noted for (*PR) pre-registration required.

Alzheimer's Caregiver Support Group:

1st Mondays, 1:30-3:00, Multipurpose Room, Free. *PR

Ask A Nurse Blood Pressure Clinic:

2nd Tuesdays, 10:30-11:30, Lobby, Free, Drop-in.

Foot Clinic: by appointment - Call 603-580-6668

1st and 4th Fridays, Exam Room, \$25. *PR

Hearing Clinic: by appt. - put your name on the clipboard

2nd Tuesdays, 10:00-11:30, Exam Room, Free. *PR

Men's Roundtable: May 1st, speaker - Bob Hansen, June 5th, speaker - Fire Chief Larry Best, July 3rd - no meeting. 1st Mondays, 10:00, Multipurpose Room, Free, Drop-in.

Movies in the multipurpose room: May 24th - A Man Called Otto, June 28th - no movie. Movies shown are subject to change based on availability. Popcorn will be served. Bring your own lunch or order from Wesley in the kitchen (Rockingham Nutrition), 4th Wednesday, 12:30pm.

Notary Public Services: (Maria Gruning) 2nd Wednesdays, 11:00am-12pm in the Exam Room or (Barbara LaPointe) Tuesdays 10:30am-12pm and Thursdays 10:30am-2pm (ask front desk for her location), Free

Orientation of the Senior Center:

Learn what you've been missing. Get a complete overview of all of the programs and services offered by Salem Senior Services. Includes a tour of the facility. 3rd Tuesdays, 10:00, Salem Room, Drop-in.

Puzzle Games: (Word/Math Puzzles, Brainteasers)

1st Fridays, 11:00-12:00, Creative Arts Rm, Free. Drop-in

Video and Editing Club - Digitize your old VHS tapes. Tom from SCTV shows you how to digitize and edit them. Archive your family media for future generations. 3rd Mondays, 2:00, 2nd Floor, Free. *PR

You can find Ingram Senior Center updates and information on:

Bulletin boards and Tv's around the Senior Center

Our Newsletter

Our Facebook page www.facebook.com/salemnhsenior

Salem channel 17 at 11am

Channel 17 webpage www.SCTV17.com

Salem Life Newspaper



Schedule at a glance!

Below is a listing of the regular Daily, and Weekly Activities, Programs and Events offered by Salem Senior Services. You are welcome to drop-in on these activities anytime, based

***PR = pre-registration required at center or call phone # noted** ***MR = Medical Release Form Required**

■ Monday

8:45-9:15 Walkaerobics 2 miles, Multipurpose Rm, Free
 9:00 BJ's Bread & Pastry, Dining Rm, Free - *when avail.*
 9-10:30 Nickels (card game), Dining Rm **Bring nickels*
 9-11 Circuit Exercise, Salem Room, Free
 9-11:30 Quilting Group 1, Creative Arts Room, Free
 9-11 Ping Pong, 2nd Floor, Free
 9-12 Pickleball, Michele Memorial Park, Free
 9:30-10:30 Aquarobics, Salem Athletic Club, \$3 pd to instructor
 10-11 Beginner Tap Lessons, Exercise Rm, \$5 pd to instr.
 11:15-12:15 Fitness Fun, Exer. Rm, \$25, 10wk session starts 5/22 **PR*
 11:15-12:15 ZENgevity, Multipurpose Room, Free
 12-3 Pinochle, Dining Room, Free
 12:15 Cribbage, Dining Room, Free
 12:30-2:30 Quilting Group 2, Creative Arts Room, Free
 12:30-3:30 Mahjong, Salem Room, Free
 1-2:15 Walkaerobics 1 mile/Easy Arthritis, Exer. Rm, Free
 1:30-3:30 Hand and Foot, Dining Room, Free

■ Tuesday

8-10 Tennis, Michele Mem'l Park, Free **starts May 2nd*
 8:45-9:15 Walkaerobics 2 miles, Multipurpose Rm, Free
 8:45-9:45 Tai Ji Quan, Exercise Rm, Free **PR*
 9:30-10 Toning with Maria, Multipurpose Rm, Free
 10-11 Building Bones & Balance, Exercise Room, Free
 10-11 Bible Study, *will resume in September*
 11-12 Bone Builders (*Dolly's*) Exercise Rm, **PR, *MR*
 12-4 Billiards, Lobby, drop-in, Free
 12:30-3 Artist at Play, Creative Arts Rm, Free
 12:30-3:15 Bingo, Dining Rm, .25¢ per card, *12pm cards sold*
 1-4 Bridge, Salem Room, Free
 2-3 Zumba Gold, Salem Athletic Club, \$3 pd to instructor
 5:35 Aquarobics, Salem Athletic Club, \$3 pd to instructor

■ Wednesday

8:45-9:30 Walkaerobics 2 miles, Multipurpose Rm, Free
 8:45-9:30 Strength & Stretch, Exer. Rm, \$40, 4wk session, starts 5/17 (*min. 5 people needed for class to happen*) **PR*
 9-10:30 Nickels (card game), Dining Rm **Bring nickels*
 9-11 Circuit Exercise, Salem Room, Free
 9-12 Pickleball, Michele Memorial Park, Free
 9:30-10:30 Aquarobics, Salem Athletic Club, \$3 pd to instructor
 9:30-11:30 Wood Carving Club, Creative Arts Room, Free
 10-10:30 Chair Pilates, Exer. Rm, \$20, 4wk session starts 5/10 **PR*
 10-11 Line Dancing, Multipurp. Rm, \$20/4wk session **PR*

■ Wednesday continued...

11:15-12:15 ZENgevity, Multipurpose Room, Free
 12-3:30 Canasta, Dining Room, Free
 12:30-3 Whist, Salem Room, Free
 1-2:15 Walkaerobics 1 mile/Arthritis, Exer Rm, Free
 1-3 Darts, 2nd floor open area, Free
 1-4 Billiards, Lobby, Ladies only, Free

■ Thursday

8-10 Tennis, Michele Mem'l Park, Free **starts May 2nd*
 8:30-12 Horseshoes, Sr. Ctr. parking lot **starts May 25th*
 8:45-9:30 Walkaerobics 2 miles, Multipurpose Rm, Free
 9:00 Corn Hole (Bean Bag toss), 2nd Floor, Free
 9-11 Tap Dancing, Exercise Room, Free
 10-11:30 Grief Share, *will resume in September*
 11-12 Bone Builders (*Dolly's*), Exer Rm, Free **PR, *MR*
 12:30-1:30 Chair Yoga, Multipurp. Rm, \$45, 8wk. session - starts 5/11 ** This class is led by Gen Worthington *PR*
 12:30-2:30 Knit & Crochet, Creative Arts Room, Free
 1-3 Fan Tan, Dining Room, Free
 1-3 Darts, 2nd floor open area, Free
 1-3:30 Poker, 2nd floor open area, Free
 1-4 Scrabble, Dining Room, Free
 1-4 Bridge, Salem Room, Free
 5:35 Aquarobics, Salem Athletic Club, \$3 pd to instructor

■ Friday

All Day Pickleball, Michele Memorial Park, Free
 8:30-10 Computer Solutions, Creative Arts Rm, Free
 8:45-9:45 Tai Ji Quan, Exercise Rm, Free **PR*
 8:45-9:45 Yoga, Multipurpose Rm, Free
 9:00 BJ's Bread & Pastry, Dining Rm, Free - *when avail.*
 9-10:30 Nickels (card game), Dining Rm **Bring nickels*
 9-11 Circuit Exercise, Salem Room, Free
 9-11 Shuffleboard, 2nd Floor, Free
 10-11 Building Bones & Balance, Exercise Rm, Free
 10-11:30 Wii Bowling, Multipurpose Rm, Free
 10:30 Aquarobics, Salem Athletic Club, \$3 pd to instructor
 11:30-12:15 Zumba gold, Exer. Rm, \$40, 6wk session, starts 5/12 ** This class is led by Gen Worthington *PR*
 12-1 Walk/Cardio & Toning with Maria, Multipurp. Rm, Free
 12-2:30 45's, Dining Room, Free **Draw partners at 11:45*
 12-3 Genealogy, Creative Arts Room, Free
 12-3 Billiards, Lobby, drop-in, Free

** Scheduled events are subject to change*

Lunch Monday - Friday 11:30am, \$3 pd to Rockingham Nutrition Program, call Wesley at 893-2137