

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

March/April 2023

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

Mindfulness. It's a pretty straightforward word. It suggests that the mind is fully attending to what's happening, to what you're doing, to the space you're moving through. That might seem trivial, except for the annoying fact that we so often veer from the matter at hand. Our mind takes flight, we lose touch with our body, and pretty soon we're engrossed in obsessive thoughts about something that just happened or fretting about the future. And that makes us anxious.



Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. BY [MINDFUL STAFF](#) JULY 8, 2020 [WELL-BEING](#)

Have you ever felt stressed out or frustrated to the point of wanting to give up? Or felt like you were going crazy because you lost your car keys again or aren't feeling quite yourself? Of course, we've all had this problem at one time or another... especially as we grow older.

Throw a pandemic into the mix and my mind really started to wander, having the tendency to zone out as the days blurred together. So what's to be done? After all, we're easing back into normalcy now, which means **getting back into a routine again**.

You've complained to a family member or friend and **no one seems to understand**. They may have even given you, "the look". **At this point, you probably feel angry... which is normal, but can't continue**. By doing mindfulness activities for seniors, you can avoid becoming overly emotional over slight details and **focus on being positive**.

Continued on page 6

Community Services Staff

Katie Duffey— Comm. Services Director
Maria/Wendy - Programs/Volunteers
Wendy Peters - Administrative/Trips
Maria Augeri - Front Desk Clerk
Doug Cole - Recreation Coordinator
Hector Rivera - 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:



Don't forget to VOTE! Town elections Tuesday Mar. 14th, polls open 7-7. Absentee ballots may be obtained at the Town Clerk's office.



Coffee with a Cop

Wednesday, March 1st,
9:30-11am, Free
in the Dining Room



Enjoy coffee, breakfast pastries, and conversation with the Salem Police and their new comfort dog!



Pancake Breakfast

Thursday, March 23rd
9am in the Dining Room



\$4/person - 2 pancakes and choice of drink

Freshly made buttermilk and blueberry pancakes cooked by the staff. Served with choice of orange juice, coffee or tea. Limit of 60 people. Sign up forms are near the front desk.



Showstoppers Dance Show

The Sixties Revolution

Thursday, March 30th
11:30 am (w/lunch) or 12:15pm (no lunch)
Pre-register with Maria for the show.



Lunch must be preordered at the kitchen by March 15th. The show is FREE. Cost for lunch is \$3.00.



Senior's 50's Sock Hop

Friday, April 28th, 6-10pm
Ingram Senior Center

Come for a fun, enjoyable evening of music, dancing and a light buffet. Outfits from that era - optional. Dance to the Music of DJ --- Jim Kocztat

Tickets will go on sale Monday, April 3rd. \$12.50/person.
No tickets will be sold after April 21st.

Light buffet meal, coffee, soft drinks, water, desserts.
Come & Have Fun! Lets relive some old memories!



Craft Fair



Come to our craft fair at the Ingram Senior Center, Wednesday, May 10th, 10am-1pm. 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 in renting a table.



Senior Benefit Services of NH

Bruce Royer, Medicare Specialist will be at the Ingram Senior Center to provide information on Medicare plans and options. Monday, March 20th, 1:00 pm, Multipurpose Room. Free

■ Are you Interested?

New exercise classes!!!

Chair Pilates. Wednesdays, 10am in the Exercise Room beginning February 22. This 30 minute class will improve your posture and balance, increase your flexibility, stability and core strength, and enhance your breathing and circulation. \$20.00 for a 4 week session.

Fitness Fun. Mondays, 11:15am in the Exercise Room beginning March 6th. A different workout every week. Combinations of cardio, strength, balance and stretching using various fitness equipment (hand weights, bands and fitness balls). \$25.00 for a 10 week session.

Men's Strength & Stretch. Wednesdays at 8:45am in the Exercise Room beginning March 1st. Improve your strength and flexibility by building muscle with weight training. This helps improve balance, develop stronger bones, and improve 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 \$32.00 for a 4 week session, 45-minute class provided we get a minimum of 5 participants.

Tai Ji Quan for Balance on Tuesdays, 8:45am, Exercise Rm. New session starts in March. Free

Walkaerobics & Toning with Maria



Join Maria on Fridays at Noon for a 1, 2 or 3 mile walk followed by a toning session. Each week we will walk to a different DVD and tone a different part of the body. Fridays at noon in the Multi-purpose Room. Begins March 10th. Free

Darts. Can you hit the bullseye? If interested in playing darts put your name in at the front desk and let's get a group together.

Grief Share in the Creative Arts Room, 10-11:30am, Free. This runs on a 13 week cycle. You can join any time during the thirteen weeks, each class is a separate lesson.



Movies in the Multipurpose Room.

March 22nd - Elvis, April 26th - Ticket to Paradise. Movies shown are subject to change based on availability. Popcorn and refreshments will be served. Bring your own lunch or order from April in the kitchen (Rockingham Nutrition), 4th Wednesday, 12:30pm. Free

Wii Bowling is Back!!! Come have a good time with this fun and rowdy group. Wii bowling simulates the real action of bowling on our 12' screen through a hand-held remote that throws your ball down the alley. Fridays, 10-11:30am, Multipurpose Room. Free



■ 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 (2022 total)	11,794
Bingo Group (2022 total)	2,147
Anonymous (in appreciation of Reiki)	10
Ms Elaine Cobucci	100
Bone Builders Friday class (imo Rose Choquette)	85
Ms Addie Tarbell (imo Rose Choquette)	50
Ms Marilyn Springmann (imo Justine Butterworth)	15
Ms Patricia Archambault (imo Justine Butterworth)	25
M/M Ben Roberge, M/M Nick Ardagna, and	
Mrs Antonetta Sirois (imo Justine Butterworth)	300
M/M Chris & Nancy Baker (imo Justine Butterworth)	30
M/M Tim & Donna Heney (imo Justine Butterworth)	100
Anonymous (in appreciation of taxes)	100
Ms Marie Hobbs (in appreciation of taxes)	100

Medicare Educational Seminar

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

JULY					AUGUST					SEPTEMBER					OCTOBER				
S	M	T	W	F	S	M	T	W	F	S	M	T	W	F	S	M	T	W	F
3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5
24	25	26	27	28	29	30	31								2	3	4	5	6
31															7	8	9	10	11

**Do you need to sign up for your Social Security Benefits yet?
Do you know how to enroll into Medicare Part A & Part B?
Would you like someone to assist on how to Navigate the
"Medicare Maze"?**

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 - Thursday, 10 AM - 5 PM

bruce@sbsnh.com

www.sbsnh.com

■ Please Note:

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

Mon. March 6th 1pm - Town Manager discusses warrant articles. 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.

Mon. Mar. 13th 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. Mar. 14th closed - Voting - Town Elections

Wed. Mar. 15th Voting booth removal - programs that start before 10am that are normally in the multi-purpose and dining rooms will be cancelled.

Thur. Mar. 23rd Walkaerobics is cancelled

NH Philharmonic

"Drawn to the Music" - Saturday, April 15th at 2pm and Sunday, April 16th at 2:00pm in the Seifert Performing Arts Center, Salem High School. The students of New Hampshire share their interpretations of music through their drawings.

Questions about tickets? Please call 603-647-6476

Click here for detailed concert info: <https://nhpo.booktix.com/view/34/73e41a0eedf054ba/>

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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.



St. Patrick's Day Party! The Irish Cottage, Methuen, MA, Monday, March 13th, 11am-3pm. Broiled (red) Corned Beef Dinner or Chicken Broccoli Alfredo. Dancing, dinner and entertainment by Brian Corcoran. Cost: \$39pp includes dancing, door prizes, dinner & show. *PR [Click here for party flyer](#)

My Fair Lady at the Boston Opera House. We'll be dining at the absolutely, positively always delicious Maggiano's in Boston. Followed by, "a sumptuous new production of the most perfect musical of all time" (Entertainment Weekly). This glowing production "is thrilling, glorious and better than it ever was" (NY Times). Boasting such classic songs as "I Could Have Danced All Night," "The Rain in Spain," "Wouldn't It Be Loverly,"

MY FAIR LADY tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady." But who is really being transformed? Sunday, April 23rd, 9:45am-5pm. Cost: \$105pp incl. dinner, show, motorcoach and tip. *PR [Click here for trip flyer](#)

Spreading It Around at the Newport Playhouse, Newport, RI. 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, motorcoach and tip. [Click here for trip flyer](#)

■ Day Trips & Parties (continued):

The Texas Tenors at Danversport Yacht Club. 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. *PR [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:

Tues., July 11th, Portland, ME harbor & lighthouse cruise with lunch at Foster's Clambake

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

Salem Historical Society Program

310 Main Street, Salem

April 11th: Operation Delta Dog. Operation Delta Dog is a non-profit whose mission is to rescue homeless dogs and train them to be service dogs for veterans with Post Traumatic Stress Syndrome.

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

Information: infosalemnhhist@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.

*Springtime is the land awakening.
The March winds are the morning yawn.
~ Lewis Grizzard*

■ 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.

* * * * *

Leaving town?? New contact info??

If you're heading south for the winter, or don't have email or a computer, you may supply us with self-addressed stamped envelopes if you'd like us to mail the newsletter to you. Also, our newsletter is on the Town website: www.townofsalemnh.org, go to the Department tab then click on Senior Services Division.

Also, if you're moving permanently or your phone or email changes, please let us know.

■ 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.



Trained volunteer AARP tax consultants will be available at **TWO** convenient Salem locations this year, by appointment only.

They will be at the Ingram Senior Center through April 12th on Tuesdays and Wednesdays from 9am to 1pm. Seniors may schedule their appointment by calling the Senior Center at 890-2190 provided they have all of their paperwork ready and complete.

Anyone, including seniors, may schedule an appointment at the Centerpoint Community Church, 101 School St., Salem by dialing 211 and they will assist you.

Be sure to pick up an intake/interview sheet which is a must to bring with you to your tax appointment.

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

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Ingram Senior Center, Salem, NH

06-5384

What is Mindfulness?

Research has suggested that [mindfulness activities](#) for seniors **may help combat the decline in memory or cognitive function**. Exercising regularly, eating a healthy diet, acquiring enough sleep, reading fiction, and learning a new skill are also lifestyle practices to enhance mental abilities.

Being mindful can also benefit you by improving your social skills and helping you meet new people. You can do this by taking a yoga or meditation class, or practicing active listening. **There are several benefits** of mindfulness activities for seniors including:

- * Boost emotional well-being
- * Ease depression
- * Improve sleep quality
- * Focus better
- * Reduce stress
- * Cope with pain
- * Enhance calmness
- * Build memory skills

Click on the following link for some great ideas for mindfulness activities for seniors to help you gain peace of mind and find your way back to feeling like your old self again! [27 Mindful Activities for Seniors](#)

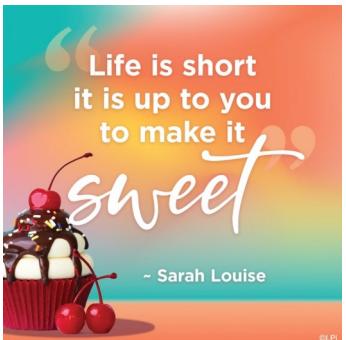
Edited/Excerpts from <https://www.happierhuman.com/mindfulness-activities-seniors/>

—March 3, 2022 by Sarah Kristenson

Adult Protective Services Presentation

Thursday, April 13th, 10am in the Multipurpose Room.

"Adult Protection Law identifies six types of abuse: Physical, emotional, sexual, neglect, self-neglect and exploitation. As required by law, the NH Dept of Health and Human Services, Bureau of Elderly and Adult Services, receives and investigates reports of adult abuse and, when necessary, provides protective services." Come and learn more about Adult Protective Services and what to do if you feel you or someone you know is in need of our help or assistance.



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■ Recreation Programs:

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

Signups for our outdoor activities will begin April 3rd - 7th. Signup sheets will be available inside the senior center. We will also post a link for your convenience. Click this link for the [Outdoor Only registration forms](#) and [COVID Waiver](#). All outdoor activities officially start in May.

The Golden Eagles Golf League offers five great leagues including course variety for varied skill levels. Play in as many as you wish! Greens fees listed below, carts extra. Register April 3rd-7th at Center. Pick up league schedules April 18th. Play starts week of May 8th.

The Links at LaBelle Winery: \$13, play Monday-Friday, any time (Senior Center I.D. required).

Atkinson CC: \$13, w/cart \$20 Tuesdays, 8:30am, starts May 9th.

Windham CC: \$30, Wednesdays, 1-2pm, Players are responsible for scheduling their own tee time during those hours. Play starts May 10th.

Atkinson CC: \$13, w/cart \$20 Thursdays, 8:30am, starts May 11th.

Campbell's: \$15 Fridays, 6:30am, May 5th - Sept. 29th.

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, starting in April, 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. *PR

■ 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: March 6th, speaker - Maura Palmer (Woodbury School Construction Project), April 3rd, speaker - Police Chief Dolan, May 1st, speaker - Katie Duffey, Comm. Services Director. 1st Mondays, 10:00, Multipurpose Room, Free, Drop-in.

Movies in the multipurpose room: March 22nd - Elvis, April 26th - Ticket to Paradise. Movies shown are subject to change based on availability. Popcorn will be served. Bring your own lunch or order from April in the kitchen (Rockingham Nutrition), 4th Wednesday, 12:30pm. Free

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

"Youth is the gift of nature, but age is a work of art."
- Stanislaw Jerzy Lec

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.

Your Vote is important!

Be sure to attend:

Town Elections

Tuesday, March 14th. Polls open 7 to 7





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
9:30-10:30 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 Mar. 6th
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

8:45-9:15 Walkaerobics 2 miles, Multipurpose Rm, Free
8:45-9:45 Tai Ji Quan, Exercise Rm, Free *PR
10-11 Building Bones & Balance, Exercise Room, Free
10-11 Bible Study, Creative Arts Rm, Free
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 Men's Strength & Stretch, Exer. Rm, \$32, 4wk session starts 3/1 (min. 6 men needed for class to happen)
9-10:30 Nickels (card game), Dining Rm *Bring nickels
9-11 Circuit Exercise, Salem Room, Free
9:30-10:30 Aquarobics, Salem Athletic Club, \$3 pd to instructor
9:30-11:30 Wood Carving Club, Creative Arts Room, Free

■ Wednesday continued...

10-10:30 Chair Pilates, Exercise Rm, \$20, 4wk. session
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
1-4 Billiards, Lobby, Ladies only, Free

■ Thursday

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, Creative Arts Room, Free
11-12 Bone Builders (Dolly's), Exer Rm, Free *PR, *MR
12:30-1:30 Chair Yoga, Multipurp. Rm, *6wk. session - starts March 2nd, \$35. (min. 9 people required)
* This session will be led by Gen Worthington
12:30-2:30 Knit & Crochet, Creative Arts Room, Free
1-3 Fan Tan, Dining Room, 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

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
12-1 Walkaerobics & 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 April at 893-2137

Ingram Senior Center

Off Broadway Thrift Shop

Mon.-Thur. 9am - 2:30pm

Fri. 9am - 2pm

Home décor, clothing, shoes, jewelry and misc. items!

Bottles of water .50¢

Clean, smoke and mildew free donations always welcome.

DONATIONS - We respectfully request that clothing donations be in season. With minimal storage available, it is difficult to store summer clothes all winter long and visa versa. We also kindly ask that book donations be soft cover. Please, no more hard cover books. Did you know that we also accept donations of the following: puzzles (500 piece preferred), eye glasses, medical equipment, Home décor, shoes, and jewelry!