

Town of Salem, NH

Ingram Senior Center

Community Services ♦ Senior Division

1 Sally Sweets Way, Salem, NH 03079

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

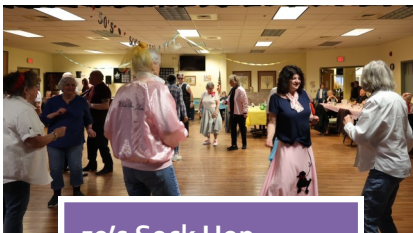
Facebook: www.facebook.com/salemnhsenior

January/February 2024

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

Looking Back at 2023 and Forward to 2024

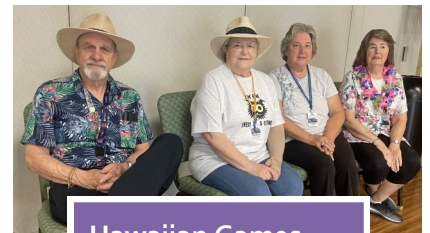
It's always great to look back and remember all the wonderful times of the past year. We enjoyed fun trips, parties and events. Some of us made new friends or reminisced with old ones. We experienced new programs and the return of old favorites. As we look back and smile at the memories we made, we look forward to 2024 with new hopes and goals. Our wish to all of you is health, happiness and enjoying life to the fullest.



50's Sock Hop



Hawaiian Luau



Hawaiian Games



Line Dancing Returns



Around the World



Return of Ladies' Tea

Community Services Staff

Katie Duffey - Comm. Services Director

Maria Augeri - Programs/Volunteers

Wendy Peters - Administrative/Trips

Trina Reed - Front Desk Clerk

TBD - Recreation Coordinator

Dave Boucher - Custodian



Center hours

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

Friday 8:30am - 3:30pm

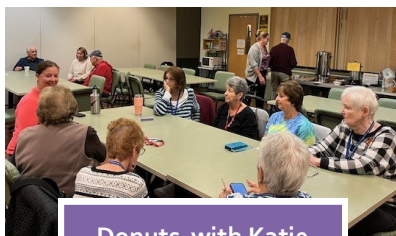
Participation

Free for Salem Residents

Grandfathered Non-Residents \$50 annually
(No longer accepting new Non-Residents)

Outdoor-only Registration \$25 annually

■ Remembering 2023:



Donuts with Katie



Tournaments



Police Cookout



Foster's Clambake



Ice Cream Social



Newport Playhouse



Volunteer Luncheon



Golf Tournament



Russ Ingram 1925-2003

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

■ New Programs:

Women's Workshop

A new monthly program for women who want to be more informed about our town. Every month, the Men's Morning invites a guest speaker from various departments in the town to provide information and changes about the town.



This program would provide a similar experience. Our Women's Workshop will be held in the Multipurpose Room at 10:30 am. Our first guest speaker will be the Town Planning Director, Jacob LaFontaine on Thursday, January 11.

Our second guest speaker will be our Town Manager, Chris Dillon on February 8.

Senior Dance Aerobics

Mondays 9:30 -10:30 in the Exercise Room. Join our dance instructor Marie Cammarata, for a fun and low impact dance class. Cost: \$20.00 for a 4 week session. Start date to be determined. Please contact Maria if you are interested.



A Happy Healthy You Meditation Class

A weekly hour long class that welcomes new and experienced meditators. In a relaxed, comfortable atmosphere, we will practice over time a variety of meditation and mindfulness techniques. You will learn how to live a healthier and more balanced life. Find companionship and make new friends or bring yours to class and practice together. Next Session begins Thur., January 18th at 1:45pm. Cost: \$45.00 for 6 weeks, minimum of 6 people.



■ Closings & Schedule Changes:

Closings

Monday, January 15 - Martin Luther King, Jr. Day

Tuesday, January 23 - NH Primary

Monday, February 19 - President's Day

Program Changes:

Monday, January 22 - Pinochle, Cribbage, Hand & Foot will be relocated upstairs due to voting set up.

Wednesday, January 24 - Nickels will be canceled. Walkaerobics and Line Dancing will be relocated upstairs due to voting breakdown.

■ Special Events:



Elderly Property Tax Exemption Program

Thursday, January 18th
10:00am, Dining Room

Did you know that the Town of Salem offers exemptions and credits to help decrease your property tax bill? Amanda from the Assessing Department will present information on who qualifies and how to apply.

Around the World



Thursday, January 25th
12:00pm, Multipurpose Room



Have you ever wanted to travel to a different country but never had the time or money? Join us for a new quarterly program, where we will travel across the globe visiting different countries without needing to board a plane or go through customs. We will enjoy a delicious lunch provided by The Residence at Salem Woods while listening to music native to that country. After lunch we will learn about the heritage, how to speak the language and view pictures and information on our large projection screen. This is a free trip but space is limited to 50 people. Registration forms are located near the Front Desk & Dining Rm entrance.

■ Special Events (*continued*):

Patriot Nissan Car Care Clinic



Thursday, February 1
11am, Dining Room

A service representative from Patriot Nissan will be visiting the senior to center to discuss car safety and maintenance. Some of the topics are preventative maintenance, warning lights and emergency supplies every driver should carry.

Ladies' Tea

Thursday, February 22
1:00 - 3:00pm



Dining / Multipurpose Room

Enjoy an afternoon of fun & friendship while snacking on cheese, crackers, grapes, a mini croissant sandwich, tea and dessert. Our event will feature The Happy Hearts Singers. Registration forms are located in the Program & Event rack near the Front Desk and Dining Room entrance. Cost: \$4.00



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
1	2	3	4	5	6		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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
14	15	16	17	18	19	20	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29	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 agent 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.

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 lcenter located at 60 Lowell Rd. (Route 38) in Salem.

Payment - Checks are to be made PAYABLE to the TOWN OF SALEM and will be deposited at the end of the week in which it was received.



Mardi Gras Party "Fat Monday" at the Senior Center. DJ Chris Brunelle will play all the music you love to listen to and have you on the floor dancing like you're at Carnival in the Big Easy. Bring your Mardi Gras masks, wear your beads, purple, green and gold are the colors of the day! We will provide masks and beads for anyone who doesn't have. *Laissez les bon temps rouler* (Let the good times roll)! Let's get this Mardi started! **Date:** Mon., February 12th, 12-2:30pm **Meal includes:** a choice of pizza / finger sandwiches served with chips, drinks and dessert. **Cost:** \$9.00/person. [Click here for trip flyer.](#)



St. Patrick's Day Party! At The Irish Cottage, Methuen, MA.

Let the shenanigans begin! Everyone's Irish today! **Date:** Monday, March 11th, 11am-3pm. **Meal includes:** Broiled (red) Corned Beef Dinner or

Chicken Broccoli Alfredo served with rolls, salad, coffee/tea, ice cream. Dancing, dinner and featuring live entertainment by Irish singer/storyteller Brian Corcoran. Eat, drink, and be Irish. Let's shamrock and roll. **Cost: \$39pp** Includes: Lunch, Show & Gratuities. [Click here for trip flyer.](#)

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.townofsaalemnh.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.

Day Trips & Parties (continued):



The Beach Boys Ultimate Tribute Show at Castleton in Windham, NH. We'll join Best

of Times Travel as we celebrate

one of America's greatest bands of all time – The Beach Boys – with the country's most authentic tribute show featuring – Still Surfin. **Remember the Hits:** "Surfin", "I Get Around", "Good Vibrations", "Surfer Girl", "Barbara Ann", "Sloop John B", "California Girls", "Little Deuce Coupe", "Help Me Rhonda", "Fun, Fun, Fun"...and so many more!

Brothers Brian, Dennis and Carl Wilson, their cousin Mike Love, and friend Al Jardine hit the charts with their first big hit and ingrained their group The Beach Boys as an American icon. The Beach Boys constructed the most intricate, gorgeous harmonies ever heard from a pop band. The group amassed over eighty songs that hit the music charts worldwide, thirty-six of them United States Top 40 hits (the most by an American band), four reaching number-one on the Billboard Hot 100 chart. The Beach Boys have sold in excess of 100 million records worldwide, making them one of the world's best-selling bands of all time. Come celebrate "America's Band" with the ultimate Beach Boys tribute show featuring Still Surfin. Still Surfin has been performing the greatest hits of the Beach Boys for over 20 years. Their performances are as true to form as the originals in concert, featuring the incredible five part harmonies of the Beach Boys, so much so you just might forget this is a tribute show.

Date: Thur., April 25th, 11:30-3:30pm. **Meal includes:** Choice of - Apple Cranberry Stuffed Chicken or Vegetarian Lasagna, served with Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea. **Cost: \$82pp** Includes: Lunch, Show & Gratuities. [Click here for trip flyer.](#)

■ Inclement Weather Policy: ❄️

- ♦ If Salem NH schools have a delayed opening, then all of our morning programs and activities are cancelled. Afternoon programs will take place (center will open at 11:00am).
- ♦ If there is NO SCHOOL for Salem there are NO ACTIVITIES at the Center. The Center is closed.
- ♦ Closings and delays will also be posted on WMUR (Channel 9), the town website and saalemnh.myrec.com.
- ♦ Rockingham Meals on Wheels will post their closings on WMUR or you can call them at 893-2137.

■ 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 (Jan - Nov)	\$12,863
Bingo Group (Jan - Nov)	\$2,303
Anonymous Donation (in memory of Betty Stultz)	20

A special thank you to our volunteer, Simone Sommers:

Simone Sommers has decided after 11 years to retire from teaching Zengevity. We are sad to see Simone go, but wish her the best. We are very grateful for the time and dedication she has given us. We are also grateful that Marie Scionti has decided to stay on as the instructor so we can continue to offer this wonderful program. There will be a minor time change to the class. Zengevity will be from 11:15-12, and the short break will be eliminated.



Off Broadway Thrift Shop

Hours

Monday - Thursday: 9am - 2:30pm

Friday: 9am - 2pm



Home décor, clothing, shoes, jewelry and miscellaneous items at great prices!

Bottles of water and snacks .50¢ each.

Donations of in-season clothing and small household items are gratefully accepted. Please be sure all items are clean, smoke free and mildew free.

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■ 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.



1 - The Ingram Senior Center: February 6th through April 10th on Tuesdays and Wednesdays from 9:00 am to 1:00 pm. Seniors may schedule their appointment starting **January 16th** by calling the Senior Center at 890-2190 provided they have all of their paperwork ready and complete.

2 - Centerpoint Community Church:

The Centerpoint location (101 School St.) will hold appointments on Fridays and Saturdays from 9:00 am - 1:00 pm beginning February 2nd. Anyone, including seniors, may schedule an appointment at this location 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.

■ Senior Resources:

Lunch or Meals-On-Wheels Programs

Call and speak to Wesley at Rockingham Nutrition at 893-2137.

ServiceLink

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

The representative from Service Link will be at the Senior Center every **Wednesday from 10:30am to 2:30** pm in the Exam Room.




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.



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■ Session Programs:

Some of the following programs require preregistration and payment. Forms can be found near the Front Desk or Dining Room entrance. Dates are subject to change

Fitness Fun: A different workout every week. Combinations of cardio, strength, balance and stretching using various fitness equipment. Mondays, 11:15 - 12:15 in the Exercise Room. \$25.00 / 10 Weeks. Next session begins January 8.

Line Dancing: Join our instructor, Jason McCollin as he leads you through various Line Dancing steps. Wednesdays, 10 - 11 in the Multipurpose Room. \$20.00 / 4 Weeks. Next session begins January 10, there will be no class on Jan. 17.

Chair Pilates: This 30-minute seated full body Pilates workout will help to improve your posture and balance, increase your flexibility and mobility, while enhancing your breathing and circulation. Wednesdays, 12:30 - 1 in the Multipurpose Rm. \$20.00 / 4 Weeks. Next session begins January 17.

Chair Yoga: This 1 hour seated yoga class is led by our Chair Pilates instructor Gen Worthington. Thursdays, 12:30 - 1:30 in the Multipurpose Rm. \$45.00 / 8 Weeks. Next session begins February 15.

Zumba Gold: Fit for the young at heart. Get active with great people at the dance party workout that moves at your pace. Fridays, 11:30 - 12:15 in the Exercise Rm. \$25 / 4 Weeks. Next Session begins January 19.

Tai Ji Quan: Moving for Better Balance: Evidence based falls prevention program developed by Dr. Peter Li of the Oregon Research Institute improves balance, reduces fear of falling. The Program is also recognized as an arthritis evidence-based intervention to improve quality of life. It is a 48 session program that runs for 24 weeks. Tuesdays and Fridays, 8:45 - 9:45 in the Exercise Room. This is a free program, registration is required. Further information is available at www.Dpbalance.net and www.TJQMBB.org.

Grief Share: This is a free program that runs on a 13 week cycle. You can join any time during the thirteen weeks, each class is a separate lesson. Grief Share will resume its next session on March 7th.



■ 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. **Programs are free unless noted with ☼ and cost.** Some activities require preregistration (*PR)

Alzheimer's Caregiver Support Group: 2nd Mondays, 1:30-3:00 in the Multipurpose Room *PR

Ask A Nurse Blood Pressure Clinic: 2nd Tuesdays, 10:30-11:30 in the Lobby (Drop-in)

Foot Clinic: 1st and 4th Fridays in the Exam Room by appointment - Call 603-580-6668 *PR ☼ \$25

Hearing Clinic: 2nd Tuesdays, 10:00-11:30 in the Exam Room. *PR - Appt schedule is on the clipboard by the Exam Room door.

Men's Roundtable: 1st Mondays, 10:00 in the Multipurpose Room (Drop-in). **January 1st:** No Meeting / **February 5th:** Guest Speaker - Dan Zavisza

Movies in the multipurpose room: 12:30pm in the Multipurpose room.

Sign up is now required for all movies.

We will be offering an optional lunch and drink. Please indicate at signup if you want the lunch and what your choices are. Price will vary see registration form for details. The movie and popcorn are free.

Wednesday, January 24th - The Book Club: The Next Chapter. Please sign up at the front desk by 1/19

Wednesday, February 28th - Murder Mystery. Please sign up at the front desk by 2/23

Movies shown are subject to change based on availability. Popcorn will be served. Bring your own lunch or order from us or Wesley in the kitchen (Rockingham Nutrition)

Notary Public Services: Tuesdays, 10:30am-12pm and Thursdays 10:30am-2pm (Ask the front desk for Barbara LaPointe's location).

Orientation of the Senior Center: 3rd Tuesdays, 10:00 on the 2nd Floor in the Open Area. Learn what you've been missing. Get a complete overview of all the programs and services offered by Salem Senior Services. Includes a tour of the facility.

Puzzle Games (Word/Math Puzzles, Brainteasers): 1st Fridays, 11:00 am -12:00 pm in the Creative Arts Room (Drop-in)

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



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 on space availability as determined by group leader. **Programs are free unless noted with Ⓢ and cost.** *PR = pre-registration required at center *MR = Medical Release Form Required

■ Monday

8:45-9:15 Walkaerobics 2 miles: Multipurpose Rm
 9:00 BJ's Bread & Pastry: Dining Rm, *when avail.*
 9-10:30 Nickels (card game): Dining Rm *Bring nickels
 9-11 Circuit Exercise: Salem Room
 9-11:30 Quilting Group 1: Creative Arts Room
 9-11 Ping Pong: 2nd Floor Open Area
 9-12 Pickleball: Michele Memorial Park
 9:20-10 A New Way 2 Move-Toning & Balance: Multipurp. Rm
 9:30-10:30 Aquarobics: Salem Athletic Club, \$3 pd to instructor
 11:15-12:15 Fitness Fun: Exer. Rm - *PR Ⓢ \$25 / 10wks
 11:15-12:00 ZENgevity: Multipurpose Room
 12-3 Pinochle: Dining Room
 12:15 Cribbage: Dining Room
 12:30-2:30 Quilting Group 2: Creative Arts Room
 12:30-3:30 Mahjong: Salem Rm
 1-2:15 Walkaerobics 1 mile/Easy Arthritis: Exercise Rm
 1:30-3:30 Hand and Foot: Dining Room

■ Tuesday

8:45-9:15 Walkaerobics 2 miles: Multipurpose Rm
 8:45-9:45 Tai Ji Quan: Exercise Rm - *PR
 9-11 Circuit Exercise: Salem Room
 9:20-10 A New Way 2 Move-Toning & Balance: Multipurp. Rm
 10-11 Building Bones & Balance: Exercise Room
 10-11 Bible Study: Creative Arts Room
 11-12 Bone Builders (*Dolly's*): Exercise Rm - *PR & *MR
 12-4 Billiards: Lobby - drop-in
 12:30-3 Artist at Play: Creative Arts Rm
 12:30-3:15 Bingo: Dining Rm -.25¢ per card *Cards sold 11:30 - 12:15
 1-4 Bridge: Salem Room
 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
 9-10:30 Nickels (card game): Dining Rm *Bring nickels
 9-11 Circuit Exercise: Salem Room
 9-12 Pickleball: Michele Memorial Park
 9:20-10 A New Way 2 Move-Toning & Balance: Multipurp. Rm
 9:30-10:30 Aquarobics: Salem Athletic Club, \$3 pd to instructor
 9:30-11:30 Wood Carving Club: Creative Arts Room
 10-11 Line Dancing: Multipurp. Rm - *PR Ⓢ \$20 / 4wks
 11:15-12 ZENgevity: Multipurpose Room

■ Wednesday continued...

12:30-1 Chair Pilates: Multipurp. Rm -*PR Ⓢ \$20/ 4wks
 12-3:30 Canasta: Dining Room
 12:30-3 Whist: Salem Room
 1-2:15 Walkaerobics 1 mile/Arthritis: Exer Rm
 1-3 Darts: 2nd floor
 1-4 Billiards: Lobby - Ladies only

■ Thursday

8:45-9:30 Walkaerobics 2 miles: Multipurpose Rm
 9:00 Corn Hole (Bean Bag toss): 2nd Floor
 9-11 Circuit Exercise: Salem Room
 9-11 Tap Dancing: Exercise Room,
 9:20-10 A New Way 2 Move-Toning & Bal: Multipurp. Rm
 11-12 Bone Builders (*Dolly's*): Exer Rm *PR & *MR
 12:30-1:30 Chair Yoga: Multipurp. Rm - *PR Ⓢ \$45 / 8wks
 12:30-2:30 Knit & Crochet: Creative Arts Room
 1-3 Fan Tan: Dining Room
 1-3:30 Poker: 2nd floor
 1-4 Scrabble: Dining Room
 1-4 Bridge: Salem Room
 5:35 Aquarobics: Salem Athletic Club-\$3 pd to instructor

■ Friday

All Day Pickleball: Michele Memorial Park
 8:30-12 Computer Solutions: Creative Arts Rm
 8:45-9:45 Tai Ji Quan: Exercise Rm - *PR
 8:45-9:45 Yoga: Multipurpose Rm
 9:00 BJ's Bread & Pastry: Dining Rm - *when avail.*
 9-10:30 Nickels (card game): Dining Rm - *Bring nickels
 9-11 Circuit Exercise: Salem Room
 9-11 Shuffleboard: 2nd Floor
 10-11 Building Bones & Balance: Exercise Room
 10-11:30 Wii Bowling: Multipurpose Rm
 10:30 Aquarobics: Salem Athletic Club-\$3 pd to instructor
 11:30-12:15 Zumba gold: Exer. Rm - *PR Ⓢ \$25/4wks
 12-12:30 A New Way 2 Move - Cardio: Multipurp. Rm,
 12:30-1 A New Way 2 Move-Toning/Balance: Multipurp. Rm
 12-2:30 45's: Dining Room - *Draw partners at 11:45
 12-3 Genealogy: Creative Arts Room
 12-3 Billiards: Lobby - drop-in
 1-2:15 Walkaerobics 1 mile/Arthritis: Exer Rm

Seasonal outdoor programs will continue as long as the weather permits and participants are still interested in playing.

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

* Scheduled events are subject to change

Salem Senior Services ■ Jan. / Feb. 2024