

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

June 2024

Welcome Aboard



Please join us in welcoming our new Recreation Coordinator, Juliann Isabelle and Custodian, Dennis Iacono. We are excited to have them join our team and wish them the best of luck in their new positions.



Community Services Staff

Katie Duffey - Comm. Services Director
Maria Augeri - Programs/Volunteers
Wendy Peters - Administrative/Trips
Trina Reed - Front Desk Clerk
Julie Isabelle - Recreation Coordinator
Dennis Iacono - Custodian



Center hours

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

Participation

Free for Salem Residents
Grandfathered Non-Residents \$50 annually



Julianne Isabelle - Recreation Coordinator

I started my position as the Recreation Coordinator for the Town of Salem, NH at the end of February 2024. Prior to my role as the Rec. Coordinator, I worked as a Pre-K teacher in Windham, NH holding an Associate's degree in Elementary Education from Middlesex Community College. In addition to my Associates degree, I recently received my Bachelor's Degree in Business Administration with a concentration in Marketing from Southern New Hampshire University. I have used this education in

my role as a Marketing Coordinator in-between my time as a Pre-K Teacher and before assuming the role as Recreation Coordinator. I am excited to use both my real word experience and skill set towards serving our community in Salem, New Hampshire. In my personal life I am a mother to a beautiful baby girl, and am getting ready for my October 2024 wedding to my High School Sweetheart. As a family we enjoy spending time with each other doing crafts and reading. We also enjoy going on hikes and are looking forward to taking our daughter on her first hike this Summer. My partner and I both grew up in Pelham, New Hampshire and moved back in 2021 from Nashua, where I moved after high school.



I am proud for getting the opportunity for employment with the Town of Salem, NH. I had a positive experience from the start through the interview process with the Katie Duffey and James Pacheco. I grew up in Methuen, Massachusetts. My family moved to Shadow Lake in Salem, NH. I graduated from Salem High School in 1997. I moved to Danville, NH shortly after graduation and lived there for nine years. I decided to move back to Salem, bought a home and have done much remodeling over the years. Prior to being hired at the Ingram Senior Center, I worked for the Town of Derry. I have worked in property maintenance and landscaping for

20 years. In my spare time, I enjoy working on my home and taking care of my yard. I look forward to meeting and getting to know everyone at the Senior Center.



ROCKINGHAM
NUTRITION & MEALS
ON WHEELS

Father's Day Special Luncheon

Thursday, June 13
11:30 am

Senior Center Dining Room

Hot Option: Big Daddy Cheeseburger with Onions & Peppers, Zucchini & Tomatoes, Potato Salad, Bulkie Roll, Double Chocolate Chip Cookie.

Cold Option: Turkey Cobbler Sandwich (Sliced Turkey /Stuffing), Cranberry Sauce, Green Bean Salad, White Bread, Orange

Place your order with Wesley or Kim by June 7th. All are welcome to attend.

Suggested Donation: \$3.00 per meal.

Monthly Guest Speaker

Fire Chief, Craig Lemire

Men's Morning: Monday, June 3rd
10:00 am

Women's Workshop: Thurs, June 6th
10:00 am

Monthly Movie

Arthur the King



Wednesday, June 26th
12:30pm
Multipurpose Room

We will be offering an optional lunch and drink. Please indicate your choice at signup. Price will vary, see registration form for details. Movie and popcorn are free.


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Day Trips & Parties

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 will be deposited at the end of the week in which it was received.

Please note: Trips and parties now have specific registration dates. Trips that are sold out have a waitlist for a potential 2nd Bus. Payment is required at time of registration with the exception of the waitlist. If you have specific food allergies let Wendy know and she will see if other accommodations can be made.



****1ST BUS SOLD OUT! SIGNUP ON WAITLIST FOR 2ND BUS!****

Little Shop of Horrors at New London Barn Playhouse. ~ Friday, June 21st, 10:15am-5:45pm {\$97pp for Meat Lasagna or Chicken Fingers, \$106pp Broiled Haddock w/Bread Crumbs}. Prices include dinner, show, motorcoach and tip). Lunch at the Puritan Backroom Restaurant in Manchester. The show: Meek flower shop assistant Seymour pines for co-worker Audrey and is berated by his boss Mr. Mushnik daily. During a total eclipse, he discovers an unusual plant he names Audrey II, which feeds only on human flesh and blood and soon begins to sing for his supper. The growing plant attracts a great deal of business for the previously struggling store. Seymour feeds Audrey's sadistic dentist boyfriend, Orin, to the plant after Orin's accidental death and later, Mushnik for witnessing the death of Audrey's ex. Now he must come up with more bodies for the increasingly blood thirsty plant. Will Audrey II take over the world or will Seymour and Audrey defeat it? [Click here for trip flyer](#).

****1ST BUS SOLD OUT! SIGNUP ON WAITLIST FOR 2ND BUS!****



Gloucester Lobsterbake Cruise , Gloucester, MA ~ Wednesday July 17th, 10am-5pm. {\$124pp includes cruise, dinner, motorcoach and tip}. Cruise around one of New England's most photogenic harbors aboard the elegant Beauport Princess. You will dine and dance to a DJ during this 2-2.5 hour cruise.

We will be on a handicap accessible deck. Menu is a Lobsterbake Buffet lunch (see flyer for more details). Following the cruise we will stop for an hour in the quaint town of Rockport. [Click here for trip flyer](#).



Million Dollar Quartet at Interlakes Theatre, Meredith, NH. ~ Wednesday, August 14th 10am-5pm. {\$105pp includes dinner, show, motorcoach and tip}. Wet your appetite at The Homestead Restaurant and Tavern in Bristol, NH with a delicious buffet. Then we'll see the Tony Award winning Broadway musical Million Dollar Quartet. Inspired by the electrifying true story of the famed recording session that brought together four rock 'n' roll icons (Elvis, Jerry Lee Lewis, Carl Perkins, and Johnny Cash) for the first and only time. [Click here for trip flyer](#).



Fenway Park Tour in Boston ~ Monday, Sept. 9th 10am-4:30pm. {\$98pp includes dinner, tour, motorcoach and tip}. First we'll Indulge in a delicious meal at Maggiano's followed by a tour of the legendary Fenway Park. Since 1912, fans have flocked to Fenway Park to watch the home team play in the heart of Boston. It is referred to as, "America's Most Beloved Ballpark" by Major League Baseball and sports enthusiasts. Home to Red Sox Legends, Williams, Yaz, Fisk, Rice, and Pedro to name a few. Take in the magnificent view atop the fabled Green Monster, standing 37 feet 2 inches high, overlooking left field. Let our experienced tour guides lead you through the hallowed walls and legendary moments of historic Fenway Park. [Click here for trip flyer](#)

Registration for this trip begins on Monday, June 3rd.

Day Trips & Parties cont'd



Encore Boston Harbor ~ Monday, July 29th, leave the Icenter in Salem at 9am, return approx. 4pm.
{\$32pp includes casino package, motorcoach, tip. }. \$10 slot play (subj. to change). [Click here for trip flyer.](#)



Happy 2 Gather - Ultimate 60's Show at Castleton in Windham, NH. ~ Thur., Sept. 19th, 11:30-3:30pm.

{\$82pp includes dinner, show & gratuities}. We'll join Best of Times Travel for this 60's flashback show not to be missed. This amazing live concert event features one of the cruise industries most requested acts, JOZAY and PATTI. Come and join them as they take you back to the sixties with their headline show "HAPPY 2 GATHER". They will perform, in harmony, some of the most beloved artists of that decade. Sing along to the sounds of "Janis Joplin", "Simon and Garfunkel", "Roy Orbison", "The Mamas and the Papas", "The Turtles", and many more. This show promises to be a trip to that decade of LOVE, leaving you feeling GROOVY. [Click here for trip flyer.](#)

Registration for this trip begins on Monday, June 3rd.



Join Us
COOKOUT WITH THE COPS
Wednesday, July 24th
2 seatings
12pm & 12:30pm
* Sign up starting *
Monday, June 3rd
Ingram Senior Center
Dining Room



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06-5384

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 the Town of Salem, NH, c/o Salem Senior Services, 1 Sally Sweets Way, Salem, NH 03079.

Donations since last newsletter:

April

Off Broadway Thrift Shop	\$2,263
Bingo Group	\$349
Anonymous Donations	\$115
Paula Vancoppenolle	\$50
Elizabeth Jackson	\$100
Lisa Ouellet (Pat Parent's Daughter) 3 sets of hand weights	

2024 (Jan - Apr)

Off Broadway Thrift/Gift Shop	\$4,173
Bingo Group	\$794

Kick Off to Summer BBQ

Monday, June 24th

11:30 am - 3:00 pm



\$16.00



Enjoy a delicious BBQ lunch followed by the musical entertainment of Howie Newman. The event will be outside weather permitting or in the Multipurpose / Dining Room if it rains. Fun games and activities. Registration forms are available in the program and event rack near the Clinic Room. Registrations will be accepted until June 7th.



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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: Resumes in the fall.

Grief Share: Resumes in the fall

Bible Study: Resumes in the fall

Line Dancing: Join our instructor, Jason McCollin as he leads you through various Line Dancing steps. Wednesdays, 10 - 11 am in the Multipurpose Room. \$20.00 / 4 Weeks. Class does not meet on 3rd Wednesday of the month. Next session begins June 5th.

Video and Editing Club

3rd Mondays at 2:00pm

2nd Floor



Tom from SCTV shows you how to digitize and edit your old VHS tapes. Archive your family media for future generations. *PR

Puzzle Games

Word / Math Puzzles & Brainteasers

5th Fridays

11 am - Noon

Creative Arts Room



Closings & Program Changes

The Ingram Senior Center will be closed on Wednesday, June 19th in celebration of Juneteenth.

Bodies in Motion & Chair Fitness will not take place on Thursday, June 6th, 13th and 20th due to a scheduling conflict. We will hold a class on Wednesday, June 5th, 12th for both of these classes at the same time as the Thursday class.

Bodies in Motion - 12pm

Chair Fitness - 1pm



SENIOR CLINICS / RESOURCES

Some Programs require preregistration (*PR) and /or cost ★

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

Blood Pressure Clinic: 2nd Tuesdays, 10:30-11:30 in the Lobby.

Foot Clinic: 1st and 4th Fridays in the Exam Room by appointment - Call 603-580-8753 *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.

Lunch or Meals-On-Wheels Programs *PR★ \$3 Call and speak to Wesley at Rockingham Nutrition at 893-2137.

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. Tour the senior center and get a complete overview of all the programs and services.

ServiceLink

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

The representative from Service Link is available by appointment only at the Senior Center. Call 603-516-9547 to book an appointment with Karen, Resource Center Specialist.

Transportation

- Cart** - provides low cost door-to-door service (M-F) and a free shopping shuttle. *PR★ 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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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: MP Rm
9:30-10:30 Aquarobics: Salem Athletic Club, \$3 pd to Club desk
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: Ends Resumes in the Fall
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 Club desk
5:35 Aquarobics: Salem Athletic Club, \$3 pd to Club desk

■ 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
9:20-10:30 Aquarobics: Salem Athletic Club, \$3 pd to Club desk
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...*

12-3:30 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 & Balance: MP Rm
10-11:30 Grief Share: Resumes in the Fall
11-12 Bone Builders (Dolly's): Exer Rm *PR & *MR
12 - 12:45 Bodies in Motion: Multipurpose Rm
1:00-1:45 Chair Fitness: Multipurp. Rm
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 Club desk

■ Friday

All Day Pickleball: Michele Memorial Park
8:30-10:00 Computer Solutions (Walk In): 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
10-12 Computer Solutions (Appt Only): Creative Arts Rm
10:30 Aquarobics: Salem Athletic Club-\$3 pd to Club desk
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

■ June. 2024