

Town of Salem, NH

Ingram Senior Center

Community Services ~ Senior Division

1 Sally Sweets Way, Salem, NH 03079 ■ (603)890-2190

Town Website: <https://www.townofsalemnh.org>

Facebook: www.facebook.com/salemnhsenior

Online Registration: www.salemnh.myrec.com

July 2024

AND I'M PROUD TO BE AN AMERICAN
WHERE AT LEAST I KNOW I'M FREE
AND I WON'T FORGET THE MEN WHO DIED
WHO GAVE THAT RIGHT TO ME
AND I'D GLADLY STAND UP NEXT TO YOU
AND DEFEND HER STILL TODAY
'CAUSE THERE AIN'T NO DOUBT
I LOVE THIS LAND
GOD BLESS THE U.S.A.

- LEE GREENWOOD



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

Anniversary Celebration & Tournament Schedule!



Let the fun and games begin! The merriment and challenges continue between our Seasoned Citizens! Pins awarded for all Tournament Games

**Sign up is required for all events!
Registration begins July 1st.**

Registration forms and sign up sheets will be located in the Program Rack near the Clinic Room.

Monday, August 5

- 9:00 Ping Pong Tournament
- 11:30 Pizza and Refreshments. Cost: \$4.00
- 12:00 Pinochle
- 12:15 Cribbage
- 12:30 Mahjong Tournament
- 1:30 Hand and Foot Tournament



Tuesday, August 6

- 11:00 Popcorn and Lemonade. Free
- 12:00 Billiards Tournament
- 12:30 Bingo (Ice Cream Treat)
- 1:00 Bridge Tournament



Wednesday, August 7

- 11:30 Hotdogs and Refreshments. Cost: \$3.00
- 12:00 Canasta Tournament
- 12:30 Whist Tournament
- 1:00 Darts Tournament
- 1:00 Ladies Billiards Tournament



Thursday, August 8

- 8:30 Horseshoe Tournament
- 9:00 Corn Hole
- 12:00 Ice Cream Social sponsored by Aspen Rehab. Free
- 1:00 Scrabble Tournament
- 1:00 Poker Tournament
- 1:00 Fan Tan Tournament



Friday, August 9

- 9:00 Shuffleboard Tournament
- 9:30 Breakfast sponsored by Cedar View. Free
- 10:00 Wii Bowling Tournament
- 12:30 45's Tournament





ROCKINGHAM
NUTRITION & MEALS
ON WHEELS



Picnic Special

Thursday, July 18
11:30 am

Outside {Weather Permitting}
Hot Option: Pulled Pork w/ BBQ Sauce, Baked Potato, Sour Cream & Bacon Bits, Broccoli Salad, Bulkie Roll, Strawberry Cake.

Cold Option: Turkey & Cheese Sandwich, Confetti Coleslaw, Chips, Multigrain Bread, Chocolate Pudding.

Enjoy a delicious lunch, music and fun activities. Sign up on the registration sheet located near the Clinic Room

Place your food order with Wesley or Kim by July 12th.
Suggested Donation: \$3.00.



ROCKINGHAM
NUTRITION & MEALS
ON WHEELS

National Hot Dog Day!

Tuesday, July 23
11:30 am
Dining Room

Hot Option: Hot Dog with Mustard, Roasted Potatoes, Green Beans, Whole Wheat Bread, Chocolate Chip Cookie.

Cold Option: Turkey Club Sandwich, Lettuce & Bacon, Tomato Salad, Bean Salad, Multigrain Bread, Vanilla Pudding.

Place your food order with Wesley or Kim by July 16th.
Suggested Donation: \$3.00.

Reflections Hair Care



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Cut & Style \$30
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Ingram Senior Center, Salem, NH

06-5384

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.



****2 BUSES SOLD OUT! PLACE YOUR NAME ON THE WAITLIST****

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](#)



****BUS 1 SOLD OUT! PLACE YOUR NAME ON THE WAITLIST FOR A POSSIBLE BUS 2!****

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](#)



Happy 2 Gather - Ultimate 60's Show at Castleton in Windham, NH. Thursday, 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](#)

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.](#)



The Quechee Gorge, VT trip scheduled for

October will not be offered.

Construction is being done on the Quechee Bridge and they have closed down the side from which you view the Gorge. Construction is expected to last 3 years. A different trip is being organized for October. Please stay tuned for information in the August newsletter.

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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Ingram Senior Center, Salem, NH

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:

May

Off Broadway Thrift Shop	\$1,926
Bingo Group	\$236
Anonymous Donations	\$63
Friends of the Ingram Senior Center Hanging Flower Pots and Freezer (\$100 value)	

2024 (Jan - May)

Off Broadway Thrift/Gift Shop	\$6,099
Bingo Group	\$1,031

SCOA Dance Party



The Salem Council on Aging (SCOA) will be sponsoring a **60's Dance Party!** in celebration of the 22nd Anniversary of the Russell & Roberta Ingram Senior Center.

Come enjoy listening, singing, dancing and trivia of your favs of the 60's! Have fun, socialize with friends and meet new people! Saturday, August 3, 6:30-9:30pm at the Ingram Senior Center. Refreshments will be served.

This celebration party is open to all Salem residents 60+ years young, however, capacity is limited to the first 100 people. **Registrations begin July 1st**, the sign up sheet for this fun event is located in the Program Rack near the Clinic Room.



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Monthly Movie

My Big Fat Greek Wedding 3
Wednesday, July 31st
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.

Registration begins Monday, July 1st

Closings / Program Changes

The Ingram Senior Center will be **closed** on Thursday, July 4th in celebration of Independence Day.

Bodies in Motion & Chair Fitness will not take place on Thursday, July 18th.

Men's Morning & Women's Workshop will not take place in July.



SESSION PROGRAMS

Some of the following programs require preregistration and payment. Forms can be found next to the Clinic Room in the Program and Event Rack.

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.

Line Dancing is now using a punch card system. You may purchase 1 class for \$5.00, 3 classes for \$15.00, 5 classes for \$25.00 or 8 classes for \$40.00.

Video and Editing Club

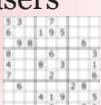
3rd Mondays at 2:00pm
2nd Floor



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



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 Clinic Room by appointment - Call 603-580-8753 *PR ★ \$25

Hearing Clinic: 2nd Tuesdays, 10:00-12:00 in the Exam Room. *PR - Appt schedule is on the clipboard by the Clinic Room door.

Lunch / Meals-On-Wheels Programs *PR★ \$3 Call 893-2137. Lunch is served by Rockingham Nutrition at 11:30 Monday-Friday. Enjoy lunch and socialize with friends.

Notary Public Services: Inquire at the Front Desk for availability.

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.

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.

Schedule at a glance!

Below is a listing of the Activities, Programs and Events offered by the Ingram Senior Center. Monthly and special events are highlighted in red, please note the specific date of these events. 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 **⊕**. ***PR = pre-registration required at center | *MR = Medical Release Form Required**

Monday

8:00-12:00 ► Pickleball: Michele Memorial Park
8:45-9:15 ► Walkaerobics 2 miles: Multipurpose Rm
9:00 ► BJ's Bread & Pastry: Dining Rm/when avail.
9:00-10:30 ► Nickels(card game): Dining Rm *Bring nickels
9:00-11:00 ► Circuit Exercise: Salem Room
9:00-11:30 ► Quilting Group 1: Creative Arts Room
9:00-11:00 ► Ping Pong: 2nd Floor Open Area
9:20-10:00 ► A New Way 2 Move: Multipurpose Rm
9:30-10:30 ► Aquarobics: Salem Athletic Club/\$3 pd to Club
11:15-12:15 ► Fitness Fun: Resumes in the Fall
11:15-12:00 ► ZENgevity: Multipurpose Room
12:00-3:00 ► Pinochle: Dining Room
12:00-2:00 ► Around the World: July 15*PR – FULL
12:15 ► Cribbage: Dining Room
12:30-2:30 ► Quilting Group 2: Creative Arts Room
12:30-3:30 ► Mahjong: Salem Rm
1:00-2:15 ► Walkaerobics 1 mile / Arthritis: Ex Rm
1:30-3:30 ► Hand and Foot: Dining Room
1:30-3:00 ► Alzheimer's Caregiver Support: July 8*PR
2:00 ► Video and Editing Club: 2nd Floor - July 15

Tuesday

8:00-10:00 ► Tennis: Michele Memorial Park
8:45-9:15 ► Walkaerobics 2 miles: Multipurpose Rm
8:45-9:45 ► Tai Ji Quan: Exercise Rm - *PR
9:00-11:00 ► Circuit Exercise: Salem Room
9:20-10:00 ► A New Way 2 Move: Multipurp. Rm
10:00-11:00 ► Building Bones & Balance: Class Full
10:00-11:00 ► Bible Study: Resumes in the Fall
10:00-12:00 ► Hearing Clinic: Clinic room -July 9*PR
10:00-11:00 ► Senior Center Orientation: July 16
10:30-11:30 ► Blood Pressure Clinic: Lobby- July 9
11:00-12:00 ► Bone Builders[Dolly's]: Ex Rm- *PR/*MR
11:30 ► Meals on Wheels Hot Dog Day: Jul 23*PR ⊕
12:00-4:00 ► Billiards: Lobby - drop-in
12:30-3:00 ► Artist at Play: Creative Arts Rm
12:30-3:15 ► Bingo: Dining Rm -*Cards sold 11:30-12:15
1:00-4:00 ► Bridge: Salem Room
2:00-3:00 ► Zumba Gold: Salem Athletic Club/\$3 pd to Club
5:35 ► Aquarobics: Salem Athletic Club/\$3 pd to Club

Wednesday

8:00-12:00 ► Pickleball: Michele Memorial Park
8:45-9:30 ► Walkaerobics 2 miles: Multipurpose Rm
9:00-10:30 ► Nickels(card game): Dining Rm *Bring nickels
9:00-11:00 ► Circuit Exercise: Salem Room
9:20-10:30 ► Aquarobics:Salem Athletic Club/\$3 pd to club
9:30-11:30 ► Wood Carving Club: Creative Arts Room
10:00-11:00 ► Line Dancing: Multipurp. Rm - *PR ⊕

Wednesday cont'd

10:00-5:00 ► Gloucester Trip: July 17*PR ⊕-Waitlist
11:15-12:00 ► ZENgevity: Multipurpose Room
12:00 ► Police Cookout: July 24 *PR
12:00-3:30 ► Canasta: Dining Room
12:30 ► Monthly Movie: July 31 *PR ⊕
12:30-3:00 ► Whist: Salem Room
1:00-2:15 ► Walkaerobics 1 mile/Arthritis: Exer Rm
1:00-3:00 ► Darts: 2nd floor
1:00-4:00 ► Billiards: Lobby - Ladies only

Thursday

8:00-10:00 ► Tennis: Michele Memorial Park
8:30-11:30 ► Horseshoes: Outside / Parking Lot
8:45-9:30 ► Walkaerobics 2 miles: Multipurpose Rm
9:00 ► Corn Hole (Bean Bag toss): 2nd Floor
9:00-11:00 ► Circuit Exercise: Salem Room
9:00-11:00 ► Tap Dancing: Exercise Room,
9:20-10:00 ► A New Way 2 Move: MP Rm
10:00-11:30 ► Grief Share: Resumes in the Fall
11:00-12:00 ► Bone Builders[Dolly's]: Ex Rm- *PR/*MR
11:30 ► Meals on Wheels Picnic: July 18 *PR ⊕
12:00-12:45 ► Bodies in Motion: Multipurpose Rm
1:00-1:45 ► Chair Fitness Multip Rm{**No Class-July 18**}

12:30-2:30 ► Knit & Crochet: Creative Arts Room
1:00-3:00 ► Fan Tan: Dining Room
1:00-3:30 ► Poker: 2nd floor
1:00-4:00 ► Scrabble: Dining Room
1:00-4:00 ► Bridge: Salem Room
5:35 ► Aquarobics: Salem Athletic Club/\$3 pd to Club

All Day ► CLOSED - Independence Day: July 4

Friday

8:00-12:00 ► Pickleball: Michele Memorial Park
8:30-10:00 Computer Solutions (Walk In): CrArts 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.*
9:00-10:30 ► Nickels(card game): Dining Rm *Bring nickels
9:00-11:00 ► Circuit Exercise: Salem Room
9:00-11:00 ► Shuffleboard: 2nd Floor
10:00-11:00 ► Building Bones & Balance: Class Full
10:00-11:30 ► Wii Bowling: Multipurpose Rm
10:00-12:00 ► Computer Solutions (Appt Only): CrArts Rm
10:30 ► Aquarobics: Salem Athletic Club-\$3 pd to Club
12:00-1:00 ► A New Way 2 Move: Multipurp. Rm,
12:00-2:30 ► 45's: Dining Room - *Draw partners at 11:45
12:00-3:00 ► Genealogy: Creative Arts Room
12:00-3:00 ► Billiards: Lobby - drop-in
1:00-2:15 ► Walkaerobics 1 mile/Arthritis: Exer Rm