



August 2024

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of laughing, learning & living life to it's
fullest!**

Community Services ~ Senior Division

1 Sally Sweets Way, Salem, NH 03079

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

Facebook: www.facebook.com/salemnhsenior

Online Registration: www.salemnh.myrec.com

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

(No longer accepting new Non-Residents)

Outdoor-only Registration \$25 annually



In an effort to continue transparency and open communication from the Town to the community, the Town is hosting this community event on Tuesday, August 6 at 3 pm at the Ingram Senior Center.

Please join Chairman Joe Sweeney and Interim Manager Joe Devine for this exciting community conversation! Ice Cream will be provided!

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.

Hawaiian Day
Thursday, August 29th
12:00 pm - 3:00 pm
\$9.00

Learn how to do the Haka Dance, used by Polynesian people during ceremonies and celebrations to honor guests and show the importance of the occasion. After learning the dance, we will serve a delicious lunch, consisting of Hawaiian sandwiches, chips and a drink. Enjoy fun games and dance Hawaiian style.

Registration forms are available in the program and event rack near the Clinic Room. Hawaiian attire is optional.



Registrations begin Monday, August 5th.



Wear it Purple Day
Friday, August 30th

Wear your favorite shade of purple and receive a raffle ticket for a chance to win a purple sand pail filled with arthritis friendly kitchen supplies. Donated by Northeast Rehab. Drawing will be done at 3:00 pm, you do not need to be present to win. Visit the Front Desk to show off your purpleness.

Anniversary & Tournament Week

August 3 - SCOA 60's Dance Party
6:30 pm-9:30 pm {Free}

August 5 - Pizza & Refreshments
11:30 am {\$4.00}

August 6 - Popcorn & Lemonade
11:00 am {Free}

August 7 - Hotdogs & Refreshments
11:30 am {\$3.00}

August 8 - Ice Cream Social
12:00 pm {Free-sponsored by
Aspen Rehab}

August 9 - Breakfast
9:30 am {Free-sponsored by
Cedar View}



Seafood Special

Thursday, August 15
11:30 am in the Dining Room

Option 1 : Shrimp & Seafood Salad, Coleslaw, Potato Salad, Roll, Lemon Mousse w/Topping

Option 2 : Cape Cod Chicken Salad, Coleslaw, Potato Salad, Roll, Lemon Mousse w/Topping

Cold Option: Turkey Club, Greek Pasta Salad, Marinated Roasted Vegetables, Wheat Bread, Chilled Apricots

Place your food order with Wesley or Kim
by August 9th.
Suggested Donation: \$3.00.

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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.

****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](#)

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



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](#)

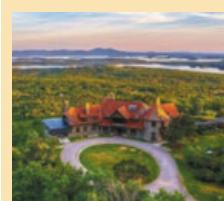


Happy 2 Gather - Ultimate 60's Show at Castleton in Windham, NH.

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](#)



***NEW* Castle in the Clouds in Moultonborough, NH~Monday, October 7th, 8am-4:45pm. {\$89pp includes dinner, tour & gratuities}.** Join us as we visit one of New Hampshire's most famous landmarks! Appreciate the truly breathtaking views from this spectacular historic 1914 sixteen-room mansion perched high on a pristine 5500-acre mountaintop estate overlooking Lake Winnipesaukee! You'll take a self-guided tour of the mansion, learning about everything from the original furnishings and vintage clothing to innovative features that were unheard of at the time. Enjoy a delicious buffet including New England Style Haddock, Pot Roast and Statler Walnut Chicken at the Common Man in Plymouth, NH. [Click here for trip flyer](#)



Registration for this trip begins on Monday, August 5th.

Day Trips & Parties cont'd



***NEW* Halloween Party at Lenzi's, Dracut, MA (Only 14 minutes and 9.8 miles from Rockingham Park Blvd.) ~ Wednesday, October 30th, 11am-3pm. {Cost: \$39pp, includes dancing, door prizes, dinner and show}.** This is a drive yourself event. Dinner served family style ~ Lenzi's famous chicken pot pie, tossed salad, rolls & butter, cranberry sauce, potatoes, vegetable, coffee, tea and warm apple crisp. Fun music and entertainment by DJ Chris Brunelle! **Costume Contest (costumes optional)**

NEW BIGGER PRIZES!!! Market Basket gift cards (\$75-1st place, \$50-2nd place, \$25-3rd place). [Click here for trip flyer.](#) **Registration for this trip begins on Monday, August 5th.**



***NEW* Encore Boston Harbor ~ Monday, November 4th, 9am-4pm (approx.) {Cost: \$32pp includes casino package, motorcoach and tip}. \$20 SLOT PLAY (subj. to change).** [Click here for trip flyer.](#)

Registration for this trip begins on Monday, August 5th.



***NEW* Whitewater Rafting Trip, Charlemont, MA. ~ Thursday, August 22nd, 7:45am-5:15pm. {Cost: \$125pp, includes transportation, rafting adventure, BBQ lunch and gratuities}.** Join Katie for an unforgettable whitewater rafting adventure on the Deerfield River Fife Brook Section. This beautiful 7 mile rafting trip through mild whitewater (Class 1 & 2 with one Class 3) is the perfect outing. Rafting time is approximately 2.5 hours with a hearty meal included after rafting. Meals are served dry and warm at Crab Apple's riverside base camp. **Everyone in the raft must help paddle. Life jackets fit a chest size up to 58 inches. Rain or Shine. Transportation via Senior Center van.** Only 7 seats available! [Click here for trip flyer.](#)

**** SOLD OUT! ****

Registration takes place immediately.

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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:

June

Off Broadway Thrift Shop	\$1,144
Bingo Group	\$257
In Memory of Linda Cignoni	\$50
(Donated by Linda's Daughter, Charlene Brenner & Major Edwards Elementary School)	

2024 (Jan - June)

Off Broadway Thrift/Gift Shop	\$7,243
Bingo Group	\$1,287

Monthly Movie

Fall Guy

Wednesday, August 21st
12:30pm
Multipurpose Room

Lunch and drink available for purchase. Movie and popcorn are free. Please indicate your choice at signup. Price will vary, see registration form for details.

Registration begins August 5th.

Monthly Guest Speaker

Interim Town Manager, Joe Devine

Men's Morning: Monday, August 5th
Women's Workshop: Thurs, August 8th
10:00 am

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emailed to you.



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Closings / Program Changes



Bodies in Motion & Chair Fitness will not take place on Thursday, August 29th.

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: Resume 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.

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
10:00-11:00 ► Men's Morning: August 5
11:30-12:00 ► Pizza & Refreshments: Aug 5 PR ★
11:15-12:15 ► Fitness Fun: Resumes in the Fall
11:15-12:00 ► ZENgevity: Multipurpose Room
12:00-3:00 ► Pinochle: Dining Room
12:15 ► 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: Aug 12*PR
2:00 ► Video and Editing Club: 2nd Floor - Aug 19

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 Rm Aug 13*PR
10:00-11:00 ► Senior Center Orientation: Aug 20
10:30-11:30 ► Blood Pressure Clinic: Aug 13
11:00-12:00 ► Bone Builders[Dolly's]: Ex Rm- *PR/*MR
11:00 ► Popcorn & Lemonade: August 6*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 ★
11:15-12:00 ► ZENgevity: Multipurpose Room
11:30 ► Hot Dogs & Refreshments: August 7 PR ★

Wednesday cont'd

12:00-3:30 ► Canasta: Dining Room
12:30 ► Monthly Movie: August 21 *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
10:00-11:00 ► Men's Morning: August 8
11:00-12:00 ► Bone Builders[Dolly's]: Ex Rm- *PR/*MR
11:30 ► Meals on Wheels Special: August 15 *PR ★
12:00 ► Ice Cream Social: August 8 *PR
12:00-3:00 ► Hawaiian Day: August 29 *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

Friday

8:00-12:00 ► Pickleball: Michele Memorial Park
8:30-3:00 ► Wear it Purple Day: August 30
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
9:00-2:00 ► Foot Clinic: August 2 & 23 *PR★
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
9:30 ► Breakfast: August 9 *PR
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
11:00-12:00 ► Puzzles & Games: August 30
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