

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

October 2024



ROCKINGHAM
NUTRITION & MEALS
ON WHEELS



Fun making connections
through knowledge

Celebrate Halloween with the Ingram Senior Center and Rockingham Nutrition/Meals on Wheels on October 31st. Enjoy a delicious hot lunch {Chicken Dijon with parslid rice, peas, wheat bread and a fruit cup} or cold lunch {The Dogwood Sandwich-ham, turkey, salami, cheese, lettuce, and rye bread with pesto pasta salad, roasted corn & black bean relish, and an orange}. Lunch will be served at 11:30 followed by a costume contest and a fun game of Trivia Tunes (1:00 pm) .

Place your food order with Wesley or Kim by October 25th. Suggested Donation: \$3.00.

Sign up for Trivia Tunes near the Clinic Room.

Community Services Staff

Community Services Director
Katie Duffey

Programs/Volunteers: Maria Augeri
Administrative/Trips: Wendy Peters
Front Desk Clerk: Trina Reed
Recreation: Juliann Isabelle
Custodian: Dennis Iacono



Center hours

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

Friday 8:30am - 3:30pm

Participation

Free for Salem Residents
Outdoor-only Registration
\$25 annually

Health Fair
Wednesday, October 2nd
10:00 am - 2:00 pm

We will be having our annual Health Fair with 20+ exhibitors. There will be raffle prizes, giveaways and health screenings (blood pressure, anxiety & depression, oral health).

Men's Morning & Women's Workshop
10:00am
Multipurpose Room

Interim Town Manager, Joe Devine will be our guest speaker for October.

Women's Workshop: Thursday, October 3
Men's Morning: Monday, October 7

Pizza & Movie Day
Wednesday, October 16
12:30pm in the Multipurpose Rm
The Miracle Club

Order a pizza lunch for \$4.00. You may choose the lunch and movie or just the movie. Movie and popcorn are free. Please indicate your choice at signup.
Registration begins Monday, September 30

Keeping Up with Katie
Thursday, October 10
9:30am in the Dining Room

Join our Director, Katie Duffey and catch up on what's happening at the senior center. This will be a large group discussion. Coffee and pastries will be served. **Registration begins Monday, September 30.**



50's Sock Hop
Tuesday, October 8
5:00 - 8:00 pm
Multipurpose Room



Come for a fun evening of music and dancing to the Music of DJ, Jim Koczat.. Outfits from that era are optional. Meal choice of Chicken, Broccoli, Ziti or Chicken with Rice and a tossed salad. Registration forms can be found in the Program and Event Rack near the Clinic Room. Cost \$12.50.

Registration begins Monday, September 30



Ladies' Tea
Thursday, October 17
1:00pm in the Dining Room



Enjoy an afternoon of food, friendship and fun. We will be having a hat contest, wear your favorite hat or design your own. Prizes awarded for Most Original, Most Creative, Funniest, and Most Beautiful. Our Elder Affairs Officer, Shalyn Spencer will be our guest speaker at the tea. Registration forms are located in the Program & Event rack near the Clinic Room. Cost: \$4.00. **Registration begins Monday, September 30**

45's Tournament
Salem vs. Pelham
Friday, October 4

11:00 am check in /12:00 pm start
Dining Room

Enjoy some friendly competition with the Pelham Senior Center. Signup sheet is located in the Program & Event Rack near the Clinic Room.

Video & Editing Club: 3rd Monday, 2:00 pm on the 2nd Floor. Tom from SCTV show you how to digitize and edit your old VHS tapes. Archive your family media for future generations.

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.

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:

August

Off Broadway Thrift Shop.....\$1,029
Bingo Group \$264
Anonymous\$1
MaryAnn Doyle.....\$50

2024 (Jan - August)

Off Broadway Thrift/Gift Shop \$9,448
Bingo Group \$1,852

Closings

The Ingram Senior Center will be closed on the following days:

Monday, October 14 – Columbus Day
Tuesday, November 5 – Election Day

Program Schedule Changes

Wednesday, October 2: All programs will be canceled due to the Health Fair.

Monday, November 4: All programs after 12:00 pm will be canceled due to Election set up.

Wednesday, November 6: All programs before 10:00 am will be canceled due to Election breakdown.



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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.



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.](#)



****SOLD OUT! PUT YOUR NAME ON THE WAITLIST!****

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



The Sicilian Tenors Downtown Abbey concert, Castleton, Windham, NH. ~ Thursday, November 14th 11:30am-3:30pm. {\$82pp includes dinner, show, and gratuities}. This is a drive yourself event. We'll join Best of Times Travel and "journey" to Highclere Castle* with The Sicilian Tenors *As Seen in Downtown Abbey® with a reproduction of their Nationwide Broadcast - An Evening with the Sicilian Tenors - LIVE in Concert. The Sicilian Tenors, the acclaimed international singing sensations, perform some of their classic repertoire along with songs from that show's period (1910-1930). Among the songs performed are With A Song in My Heart, If You Were The Only Girl In The World, I Hear You Calling Me, Stardust, and the Libiamo ne' lieti calici (from La Traviata). *****Please note that Lady Carnarvon will not be in attendance at this live show***.** Dinner is a choice of a Thanksgiving Dinner with the Fixings & Sides or Vegetable Lasagna - both served with Dessert, Coffee/Tea. [Click here for trip flyer.](#)



Thanksgiving Party at Castleton, Windham, NH, Friday, November 22nd, 11am-3pm. {\$38pp, includes dancing, door prizes, dinner and show}. This is a drive yourself event. Dinner includes a fully dressed turkey dinner, salad, rolls & butter, dessert, coffee, and tea. Entertainment by **The Legendary B Street Bombers!** [Click here for trip flyer.](#)



***NEW* Kenny & Dolly - "A Smoky Mountain Christmas" at Castleton in Windham, NH. ~ Tues., Dec. 3rd, 11:30-3:30pm.** {\$82pp includes dinner, show & gratuities}. This is a drive yourself event. After sell out shows across North America and abroad, Best of Times Travel presents the country's Number 1 Tribute show to two of the biggest names in Country Music this Century. Wendy T and Dave Karl recreate the magic of Country Music's Favorite Couple. [Click here for trip flyer.](#) **Registration begins Monday, Oct. 7th.**



NEW! Salem, MA Trolley & The Gallows Hill Theatre presents... "A Christmas Carol" by Charles Dickens. ~ Sunday, Dec. 8th, 12:15pm-4:15pm. {\$42pp incl. trans. and trolley show.}** Now entering into it's 38th season, this humorous & whimsical interactive performance reimagines Charles Dickens' timeless seasonal holiday classic. Experience A Christmas Carol with a twist. Ride along with Scrooge on the Salem Trolley as the classic tale is brought to life in a completely unexpected way. *This trip requires getting on/off the trolley a few times and a fairly steep set of stairs. Limited to the 1st 10 people who sign up. Transportation is by our van and will leave from the Senior Center. [Click here for party flyer.](#) Registration begins Monday, Oct. 7th.**



***NEW* Christmas Time at Reagle Music Theatre, Waltham, MA. ~ Sunday, Dec. 15th, 10:15am-5:30pm. {\$111pp includes dinner, show, motorcoach & gratuities}.** Haul out the holly! Don't miss this musical extravaganza that brings the true spirit of the holidays to life. Featuring a cast of more than 100 performers including precision dancers, a living nativity, a visit to the North Pole, a glimpse of Victorian Christmas in Boston, and more than twenty yuletide tunes – all backed by a full live orchestra. Greater Boston area's best seasonal show! Dinner at The Chateau in Waltham. [Click here for trip flyer.](#) Registration begins Monday, Oct. 7th.



***NEW* Holiday Party! Four Oaks Country Club, Dracut, MA. (Only 21 minutes from Rockingham Park Blvd). ~ Wednesday, Dec. 18th, 11am-3pm. {\$48pp includes dinner, show, dancing, and door prizes.}** This is a drive yourself event. Dinner is a sumptuous buffet including Stuffed Chicken Breast, Baked Haddock and Ham with fresh Garden Salad, Potato, Vegetable, Rolls & Butter, Coffee and Dessert. Our entertainer is back by popular demand. We're so excited to bring you Bobby G. He's a seasoned performer who sings everything from Sinatra to Doo-Wop and more. Bob has a 3-octave range and will dazzle you with his falsetto. [Click here for party flyer.](#) Registration begins Monday, October 7th.

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Volunteers Needed!

- **AARP Foundation Tax-Aide New Hampshire**

AARP is seeking volunteers who want to serve their community. Tax-Aide provides free tax-preparation services with a focus on serving older adults or those with low or moderate income. We help them secure much-needed tax refunds. Volunteers are trained, and classes are generally held in December or January for the upcoming tax filing season. The amount of training required depends on the position you will perform. During the 10-week February to April tax filing season, volunteers will assist taxpayers in preparing federal and state tax returns, submitting their returns electronically and request refunds (or payments) as instructed by the taxpayer. In Salem, we will staff operations at the Salem Ingram Senior Center on Tuesday's and Wednesday's and at the Centerpoint Community Church on Friday's and Saturday's. Volunteer's time commitment starts at four hours per week during tax season. AARP Foundation Tax-Aide is the largest free tax preparation service in the US with over 5,000 locations in neighborhood libraries, malls, banks community centers and senior centers. Here in New Hampshire, we have 42 locations Interested volunteers should visit www.aarpfoundation.org/taxaidevolunteer or New Hampshire Tax Help - Home (nhtaxhelp.org). You may also contact us at 603 230-4121 or email NH1@aarpfoundationtaxaide.org.

- **The Intergenerational Collaborative of Salem (ICS)**

ICS is a collaborative of organizations, businesses and individuals committed to helping Salem bridge the gaps between older and younger generations. We host and support events that bring senior citizens and children together for activities that promote mutual understanding and respect. If you enjoy reading aloud, playing chess, playing 45s, please consider volunteering. Days and times are flexible. Volunteers could choose between different sites including; The Learning Co-operative, St. Joseph Regional Catholic School, Birches Academy of Science and Art and Salem Boys and Girls Club. Ages of children range from preschool through grade 8. if you would like more information, please email Nancy at ics.salem.nh@gmail.com.

Fall Fest

Saturday, October 5 / 10:00 am – 2:00 pm / Hedgehog Park

The Community Services Department will be hosting a Fall Festival at Hedgehog Park. There will be Craft and Food Vendors, a Scarecrow Contest and much more. Register at salemnh.myrec.com or at the Ingram Senior Center. Craft Vendors may reserve a table for a fee of \$10, online or at the Senior Center. Table rental fee will be waived for Ingram Senior Center member.

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Line Dancing

Wednesdays / 10:00 - 11:00
Exercise Room

Line Dancing uses 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. There is no class on the third Wednesday of the month. Registration Forms can be found next to the Clinic Room in the Program and Event Rack.



ROCKINGHAM
NUTRITION & MEALS
ON WHEELS

Harvest Special

Thursday, October 24

11:30 am in the Dining Room

Hot: Roast Pork with Gray, Long Grain & Wild Rice, Carrot & Turnip Blend, Dinner Roll, Cinnamon Bread Pudding

Cold: Turkey Gobbler Sandwich— Sliced Turkey with Stuffing, Cranberry Sauce, Green Bean Salad, White Bread, Seasonal Fruit

Place your food order with Wesley or Kim by October 18. Suggested donation-\$3.00

October Specials

Thursday, October 10 ~ Hot: Swedish Meatballs, Egg Noodles, Peas, Whole Wheat Bread, Mandarin Oranges. **Cold:** Cuban Sandwich—Ham, Swiss, Pork, Pickles, Citrus Rice Salad, Apple & Zucchini Salad, Club Roll, Apple. Place order by October 4.

Thursday, October 25 ~ Hot: Hot Dog, Baked Beans, Carrots & M & M Cookie. **Cold:** Dill Tuna Salad, Lettuce, Potato & Egg Salad, Cole Slaw, Wheat Bread and Chilled Apricots. Place order by October 18.

Thursday, October 31 ~ Hot: Chicken Dijon with Parslied Rice, Peas, Wheat Bread and a Fruit cup | **Cold:** The Dogwood Sandwich—Ham, Turkey, Salami, Cheese, Lettuce, and Rye Bread with Pesto Pasta Salad, Roasted Corn & Black Bean Relish, and an Orange. After lunch enjoy a costume contest followed by a fun game of Trivia Tunes. Place order by October 23. Suggested Donation: \$3.00.

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 or visit their website <https://salemnh.gov/427>.

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 or visit their website at <https://salemcare.org>.

Care Ride – door to door transportation for people in wheelchairs to medical appointments and Adult Day Services. Call 603–759–3994 or visit their website <https://careridewheelchair.com>.

Daily Schedule

Below is a listing of the Activities, Programs and Events offered by the Ingram Senior Center. Monthly and special events are highlighted in orange, 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

Closed ► Columbus Day: October 14

8:00-4:45►Castle in the Clouds Trip: Oct 7*PR ☉

8:00-12:00 ►Pickleball: Michele Memorial Park

8:45-9:15 ►Walkaerobics 2mi: Multipurpose Rm

9:00 ►BJ's Bread & Pastry: Dining Rm/when avail.

9:00-10:30 ►Nickels: Dining Rm *Bring nickels

9:00-11:00 ►Circuit Exercise: Salem Room

9:00-11:30 ►Quilting Group 1: Creative Arts Rm

9:00-11:00 ►Ping Pong: 2nd Floor Open Area

9:20-10:00 ►A New Way 2 Move: Multipurpose Rm

9:30►Aquarobics: Salem Athletic Club (\$3 to Club)

10:00 ►Men's Morning with Joe Devine: Oct 7

11:15-12:15 ►Fitness Fun: ☉\$25

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 Rm

12:30-3:30►Mahjong: Salem Rm

1:00-2:15 ► Walkaerobics 1mi/ Arthritis: Ex Rm

1:30-3:30 ► Hand and Foot: Dining Room

2:00 ►Video and Editing Club: 2nd Fl -Oct 21

Tuesday

8:00-10:00 ► Tennis: Michele Memorial Park

8:45-9:15 ► Walkaerobics 2 mi: 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► Building Bones & Balance: Class Full

10:00-11:00 ►Bible Study: Creative Arts Room

10:00-12:00 ►Hearing Clinic: Clinic Rm Oct 8*PR

10:00-11:00 ►Senior Center Orientation: Oct 15

10:30-11:30 ►Blood Pressure Clinic: Oct 8

11:00-12:00►Bone Builders[Dolly's]:Ex Rm-*PR/*MR

12:30-3:00 ► Artist at Play: Creative Arts Rm

12:30-3:15 ►Bingo: (Cards sold from 11:30-12:00)

1:00-4:00 ►Bridge: Salem Room

2:00►Zumba Gold: Salem Athletic Club/\$3 to Club

5:00-8:00►50's Sock Hop Oct 8

5:35 ►Aquarobics: Salem Athletic Club/\$3 to Club

Wednesday

8:00-12:00 ►Pickleball: Michele Memorial Park

8:45-9:30 ►Walkaerobics 2 mi: Multipurpose Rm

9:00-10:30►Nickels: Dining Rm*Bring nickels

9:00-11:00 ►Circuit Exercise: Salem Room

9:20►Aquarobics: Salem Athletic Club/\$3 to Club 9:30

-11:30►Wood Carving Club: Creative Arts Rm

10:00-11:00 ►Line Dancing: Multipurp. Rm-*PR☉

10:00-2:00 ►Health Fair: Oct 2

11:00 ►Halloween Party @ Lenzi's: Oct 30 *PR ☉

11:15-12:00 ►ZENgevity: Multipurpose Room

Wednesday cont'd

12:00-3:30 ►Canasta: Dining Room

12:30 ►Monthly Movie: October 16 *PR ☉

12:30-3:00 ► Whist: Salem Room

1:00-2:15 ► Walkaerobics 1 mi/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 mi: 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

9:30►Keeping Up with Katie: Oct 10

10:00►Women's Workshop w/ Joe Devine: Oct 3

10:00-11:30 ► Grief Share: Creative Arts Room

11:00-12:00►Bone Builders[Dolly's]:Ex Rm-*PR/*MR

11:30► Meals on Wheels Special: Oct 10 *PR

11:30► Meals on Wheels Harvest Special: Oct24*PR

11:30► Meals on Wheels Halloween Special: Oct31*PR

12:30-2:30► Knit & Crochet: Creative Arts Rm

1:00 ►Trivia Tunes: Multipurpose Rm- Oct 31

1:00 ►Ladies' Tea: Oct 17*PR ☉

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 to Club

Friday

8:00-12:00 ►Pickleball: Michele Memorial Park

8:30-10:00► Computer Solutions (Walk In): CrArt

8:45-9:45 ► Tai Ji Quan: Exercise Rm - *PR

8:45-9:45 ► Yoga: Multipurpose Rm

9:00-2:00 ► Foot Clinic: Oct 4 & 25 *PR☉

9:00 ►BJ's Bread & Pastry: Dining Rm, *when avail.*

9:00-10:30 ►Nickels: Dining Rm*Bring nickels

9:00-11:00 ►Circuit Exercise: Salem Room

9:00-11:00 ► Shuffleboard: 2nd Floor

10:00► Building Bones & Balance: Class Full

10:00-11:30 ►Wii Bowling: Multipurpose Rm

10:00-12:00 ►Computer Solutions (Appt Only)

10:30►Aquarobics: Salem Athletic Club/\$3 to Club

11:30► Meals on Wheels Hot Dog Special: Oct25*PR

12:00-1:00 ► A New Way 2 Move: Multipurp. Rm

12:00-2:30 ► 45's: Dining Rm-Draw partners at 11:45

12:00►45's Tournament-Salem vs Pelham: Oct4*PR

12:00-3:00 ► Genealogy: Creative Arts Room

12:00-3:00 ► Billiards: Lobby - drop-in

1:00-2:15 ► Walkaerobics 1 mi/Arthritis: Exer Rm