

# 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](http://www.facebook.com/salemnhsenior)

Online Registration: [www.salemnh.myrec.com](http://www.salemnh.myrec.com)

## November 2024



### Meet the New Town Manager

Joe Devine is a dedicated municipal manager and government affairs specialist currently serving as the Town Manager for Salem, NH. With a deep commitment to public service, Joe leads a team of over 200 employees, overseeing a \$65 million budget to ensure the effective delivery of services and strategic planning for the Town's growth and sustainability.

Since stepping into his role as Town Manager, Joe has focused on strengthening community partnerships, enhancing transparency, and implementing strategic initiatives to improve fiscal management and organizational leadership. He is particularly passionate about advancing community development projects and ensuring Salem remains a welcoming and vibrant place to live and work.

Beyond his professional achievements, Joe is an avid sports fan, with a special passion for basketball. He has been married to his wife, Keri, for 22 years, and they have three boys: Nathan (18), Jacob (16), and Lucas (12). When he's not working, you can often find him supporting his sons at their sports events or enjoying time with his family.

### 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

## Meet the New Town Manager – cont'd

Joe holds a Master of Public Administration from the University of New Hampshire and a Bachelor of Science in Business Administration from Southern New Hampshire University. He is a Certified Public Manager (CPM) and Project Management Professional (PMP) and is an active member of the New Hampshire Municipal Managers Association and the International City/County Management Association.

Joe looks forward to continuing to work closely with residents and local leaders to build a strong and prosperous future for Salem.

### Men's Morning

**Monday, November 4**

**10:00 am / Multipurpose Room**

Guest Speaker: Planning Director  
Jacob LaFontaine

### Meet & Greet

with the

**New Town Manager**

**Wednesday, November 6**

**10:30 am / Dining Room**

Coffee & Pastries will be served.

**Register now for this event.**

### Around the World

**Germany**

**12:00 pm / Multipurpose Rm**

**Thursday, November 7**

Sponsored by Residence at  
Salem Woods



**OR**

**Monday, December 16**

Sponsored by Bridges by Epoch

Join us as we travel across the globe without needing to board a plane or go through customs. We will enjoy a delicious lunch, learn about the country, and how to speak the language. View beautiful landscapes and information on our projection screen. **Register now for one of these fun events!**

### Movie Day

**Home For The Holidays**

**Wednesday, November 13**

**12:30pm / Multipurpose Rm**

Order a pizza lunch for \$4.00. You may choose the lunch and movie or just the movie. Movie and popcorn are free.

**Registration begins November 4**

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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

### Keeping Up with Katie

**Wednesday, November 20**

**9:30am / Dining Room**

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

**Registration begins November 4**



## 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 {September}

Off Broadway Thrift Shop.....	\$1,369
Bingo Group .....	\$205
Anonymous .....	\$4
In Memory of Joe Drouin	
– Carla, Bill, Sarah & Will Caraccio.....	\$75
– Elaine & Charles DiPietro.....	\$50
– George Mullen, Jr.....	\$35
– Joyce Hatfield.....	\$5
– Sandra Madruga.....	\$25
– Kenneth Collins, Cheryl Nordengren, & Brian Belinski.....	\$50

### 2024 {January - September}

Off Broadway Thrift/Gift Shop	\$10,817
Bingo Group	\$2,057

## Closings

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

Tuesday, November 5 – Election Day  
Monday, November 11 – Veterans Day  
Thursday & Friday, November 28 & 29  
{Thanksgiving Holiday}



## Program Schedule Changes

**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.

### The Sicilian Tenors Downton Abbey Concert Castleton, Windham, NH

**Thursday, November 14th / 11:30am-3:30pm.  
{\$82pp for 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 Downton 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 ~ Castleton Windham, NH,

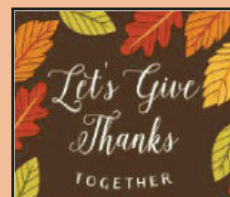
**Friday, November 22nd / 11am-3pm**

**{\$38pp, for dancing, door prizes, dinner & 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.](#)



### Kenny & Dolly ~ "A Smoky Mountain Christmas" Castleton ~ Windham, NH.

**Tues., Dec. 3rd / 11:30-3:30pm.**

**{\$82pp for 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.](#)



**\*SOLD OUT! PLACE YOUR NAME ON THE WAITLIST\***

### Salem, MA Trolley & The Gallows Hill Theatre presents

**"A Christmas Carol" by Charles Dickens.**

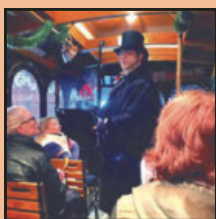
**Sunday, Dec. 8th / 12:15pm-4:15pm.**

**{\$42pp for 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.](#)



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

### 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.](#)





## **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.](#)**

## **Zengevity - Program Change**

Zengevity will now require preregistration. You may register for a 10 week session for either the Monday or Wednesday class. You will have the option to choose both classes if space is available. Registration begins October 28 for the first session. Registrations will take place every 10-11 weeks, watch the newsletter for details.

## **The Intergenerational Collaborative of Salem (ICS) ~ Volunteers Needed**

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](mailto:ics.salem.nh@gmail.com).



## **Scam Presentation with the Salem Police Dept and Attorney General's Office Thursday, November 21 10:00 am / Multipurpose Room**

See bulletin board for details.

**Registration begins November 4**

## **Winter Fest Thursday, December 19 5:00 - 7:30 PM Ingram Senior Center**

Fun for all ages! Horse drawn carriage rides, Firepit for smore making, Shopping, Music and More! Vendors interested in renting a table can register at the Senior Center or online at [Salemnh.myrec.com](http://Salemnh.myrec.com). The table fee is \$10.00 for outside vendors, and free for Senior Center Members. The shopping will be inside the center.

## **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 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. We have 42 locations in New Hampshire. Interested volunteers should visit [www.aarpfoundation.org/taxaidevolunteer](http://www.aarpfoundation.org/taxaidevolunteer) or New Hampshire Tax Help - Home ([nhtaxhelp.org](http://nhtaxhelp.org)). You may also contact us at 603 230-4121 or email [NH1@aarpfoundationtaxaide.org](mailto:NH1@aarpfoundationtaxaide.org).



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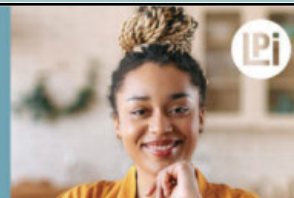
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Ingram Senior Center, Salem, NH

06-5384

## Line Dancing

**Wednesdays / 10:00 - 11:00**  
**Exercise Room**

Line Dancing uses a punch card system. You may purchase 1 class for \$5, 3 classes for \$15, 4 classes for \$20, 5 classes for \$25 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..



**ROCKINGHAM**  
NUTRITION & MEALS  
ON WHEELS

## Thanksgiving Special

**Thursday, November 21**  
**11:30 am in the Dining Room**

**Hot:** Roasted Turkey with Gravy, Cranberry Sauce, Whipped Potatoes, Herbed Stuffing, Butternut Squash, Snowflake Roll, Pumpkin Pie with Whipped Topping.

**Cold:** Chef Salad with Turkey, Roasted Red Pepper Hummus, Pita Bread, Fruit Cup.

Place your food order with Wesley or Kim by November 15. Suggested donation-\$3.00

## November Specials

**Friday, November 8 @11:30 am**

**Hot:** Breaded Fish **or** Spinach Frittata, Roasted Potatoes, Broccoli, Whole Wheat, Jello.

**Cold:** Chicken Waldorf, Salad, Lettuce Leaf, Pesto Pasta Salad, Chic Pea Salad, Oatmeal Bread, Pudding. Place order by November 1..

**Thursday, November 14**

**Hot:** Meatballs with Mushroom Gravy, Egg Noodles, Green Beans, Whole Wheat Bread, Cookie.

**Cold:** Dill Tuna Salad, Lettuce/Pickles, Chips, Carrot Raisin Salad, Sandwich, Roll, Apple. Place order by November 8.  
**Suggested Donation for meals: \$3.00.**

**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.

## 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 ► Veterans Day: November 11**

**All Programs canceled after 12pm► Nov 4**

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.

**9:00-4:00 ►Encore Trip: Nov 4 \*PR ☼**

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 w/ Jacob LaFontaine: Nov 4**

11:15-12:15 ►Fitness Fun: ☼\$25

**11:15-12:00 ►ZENgevity: Multipurpose Room \*PR**

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: Nov 18**

## Tuesday

**Closed ► Election Day: November 5**

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: Exercise Rm\*PR

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

**10:00-12:00 ►Hearing Clinic: Nov12\*PR**

**10:00-11:00 ►Senior Center Orientation: Nov19**

**10:30-11:30 ►Blood Pressure Clinic: Nov12**

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

1:30►Zumba Gold: Salem Athletic Club/\$3 to Club

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

## Wednesday

**All Programs canceled before 10am► Nov 6**

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

**9:30►Keeping Up with Katie: Nov 20**

10:00-11:00 ►Line Dancing: Exercise. Rm-\*PR☼

{No Class on Nov 20}

**10:30 ►Meet & Greet w/Town Manager: Nov 6**

## Wednesday cont'd

**11:15-12:00 ►ZENgevity: Multipurpose Room \*PR**

12:00-3:30 ►Canasta: Dining Room

**12:30 ►Pizza & Movie: Nov 13 \*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

**Closed ► Thanksgiving Day: November 28**

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

**10:00►Scam Presentation w/Salem Police & Attorney General's Office: Nov 21**

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

**11:30-3:30► Sicilian Tenors Trip: Nov 14 \*PR ☼**

**11:30► Meals on Wheels Special: Nov 14 \*PR**

**11:30► Meals on Wheels Thanksgiving: Nov 21\*PR**

**12:00►Around the World {Residence Woods}: Nov 7**

**12:00►Around the World {Bridges by Epoch}: Dec 16**

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

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

**Closed ► Thanksgiving Holiday: November 29**

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: Nov 1 & 22 \*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: Exercise Rm\*PR

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

**11:00-3:00► Thanksgiving Party: Nov 22 \*PR ☼**

11:30-12:30 ► A New Way 2 Move: Multipurp. Rm

**11:30► Meals on Wheels Special: Nov 8 \*PR**

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

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