

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

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

## December 2024



Welcome, December.  
Let the magic  
begin!

### 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

**Men's Morning**  
**Monday, December 2**  
**10:00 am /Multipurpose Rm**

Guest Speaker  
Superintendent of Schools,  
Maura Palmer

**Movie Day**  
**Four Christmases**  
**Wednesday, December 11**

**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.

**Register now for this event.**

**Around the World**  
**Germany**  
**12:00 pm /Multipurpose Rm**

**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 this event.**

**Ladies Tea**  
**Thursday, December 5**  
**1:00pm / Multipurpose Rm**

Enjoy an afternoon of food, friendship and fun. Registration forms are located in the Program & Event rack near the Clinic Room. Cost: \$4.00.

**Register now for this event.**

**Showstoppers**  
**Dance Show**  
**12:00 pm /Dining Rm**

**Thursday, December 12**

Our senior and recreation dancers will entertain you with their amazing talents. Sign up for lunch with Meals on Wheels, and have lunch before the show at 11:30. The show is free, lunch is a suggested donation of \$3.00. Sign up sheet is located near the Clinic Rm.

**Registration begins December 2.**

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**Zengevity**  
**Mondays or Wednesdays**  
**11:15 - 12:00 / Multipurpose Rm**  
Zengevity is now a 10 week session class that requires registration. You may register for either the Monday class or the Wednesday class. Class size is limited to 25 for each day. You will have the option to choose both classes if space is available. Participants that choose the second day option (if available) will be placed in a lottery. Anyone who has already attended a second day in the last session will not be eligible.  
Next Session begins January 6.

**Registration begins December 2.**

## 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 {October}

Off Broadway Thrift Shop .....	
\$1,573	
Bingo Group .....	
\$326	
Miscellaneous .....	
\$14	

### 2024 {January - October}

Off Broadway Thrift/Gift Shop	\$12,390
Bingo Group	\$2,382

## Closings

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

Tuesday, December 24 & 31  
Close at Noon

Wednesday, December 25 & January 1  
Closed All Day

## Program Schedule Changes

**Monday, December 9:** All programs are canceled due to the Firemen's Luncheon.

**Thursday, December 12:** Fan Tan and Scrabble will start at 1:30, Knit & rochet will be relocated upstairs until 1:30 due to the Dance Show.

**Thursday, December 19:** All programs in the Dining Room will need to end by 3:00 pm.

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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.

## 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.](#)

**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.](#)

**\*\*Sold out!\*\***

## 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 its 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 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.](#)



# The Salem Firemen's Annual Holiday Luncheon

## Monday, December 9th



Be treated to a delicious Italian luncheon. Sign up for the 11am or 12:30pm seating. There are 2 clipboards in the rack next to the Clinic Room. Due to its high popularity, this event is open to registered participants only. **All programs will be canceled on this day.** Please bring a cash or food donation for the food pantry. \*Note - you will not need to swipe in for this event.



## MEALS ON WHEELS ROCKINGHAM COUNTY

## Holiday Special

Thursday, December 19  
11:30 am in the Dining Room

**Hot:** Savory Roast Beef w/ Onion Gravy, Chive Mashed Potatoes, Glazed Baby Carrots, Chocolate Cake w/ Candy Cane Frosting.

**Cold:** Turkey Gobbler Sandwich {Sliced Turkey & Stuffing}, Cranberry Sauce, Green Bean Salad, White Bread, Apple.

Place your food order with Wesley or Kim by December 13. Suggested donation-\$3.00

**Register  
Now!**



Sign-up sheet located near Clinic Rm

## Surviving the Holidays

Thurs., December 5  
10:00 am  
Creative Arts Rm



## OVERNIGHT TRIP

Spellbinding Alaska Vacation via Cruise, Rail & Lodge. 12 days/11 nights, August 12th - 23rd, 2025.

This package includes: Roundtrip motorcoach transportation to the airport, Roundtrip airfare from Logan Airport, 4-night land tour with a 7-night voyage of the glaciers on the Sapphire Princess, Free drinks on board the ship, Pre-paid on board gratuities, Free Wi-Fi, On board credit, Drivers gratuities for local transfers, and a Best of Times Travel cocktail party. Optional insurance is available for a fee. \*A Valid Passport is REQUIRED for this trip. Prices Per Person, Double Occupancy range from \$4,899 for an inside cabin to \$6,759 for a mini-suite with a balcony. Plus \$600 for taxes, transfers, & Government fees. Flyers with full details are available in the trip rack.



## Munchable Mentions

Thursday, December 12  
11:30 am in the Dining Room

**Hot:** Roast Pork w/ Gravy, Whipped Potatoes, Peas, Whole Wheat Bread and a Cookie.

**Cold:** Chef Salad w/Turkey, Citrus Rice Salad, Dinner Roll, Apple.

Place your food order with Wesley or Kim by December 6. Suggested donation-\$3.00

## Friday, January 3

11:30 am in the Dining Room

**Hot:** Breaded Fish or Pulled Pork, Lyonnaise Potatoes, Bean Medley, Bulkie Roll, Cookie.

**Cold:** Dill Tuna Salad, Lettuce Leaf, Cole Slaw, Potato & Egg Salad, Oatmeal Bread, Orange.

Place your food order with Wesley or Kim by December 26. Suggested donation-\$3.00



## Reflections Hair Care

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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, 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..

## **\*\*New Program\*\***

### **It's Your Birthday!**

#### **2nd Wednesday**

#### **beginning in January**

#### **11:30am / Dining Room**

Join staff as we celebrate your birthday with you. Enjoy a lunch from Meals on Wheels, followed by a special birthday treat. Feel free to bring a picture of you as a child for a fun conversation piece. January birthdays will be celebrated on Wednesday, January 8.

Sign up sheet for January birthdays is located near the Clinic Rm. Place your food order with Wesley or Kim by December 26. Suggested donation-\$3.00

**Registration begins December 2.**

## **Winter Fest**

### **Thursday, December 19**

#### **5:00 - 7:30 PM**

#### **Ingram Senior Center**

Fun for all ages! Horse drawn carriage rides, 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.

## **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:**  
served by Rockingham Nutrition at 11:30 Monday-Friday. Enjoy lunch and socialize with friends. \*PR Ⓢ \$3 Call 893-2137.

**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 603-334-6594.

#### **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

**Firemen's Luncheon**► Dec 9/All Programs Canceled  
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 w/ Maura Palmer: Dec 2**  
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: Dec 16

## Tuesday

**Closing at Noon** ► Christmas Eve: December 24  
**Closing at Noon** ► New Years Eve: December 31  
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: Dec 10\*PR  
10:00-11:00 ►Senior Center Orientation: Dec 17  
10:30-11:30 ►Blood Pressure Clinic: Dec 17  
11:00-12:00►Bone Builders[Dolly's]:Ex Rm-\*PR/\*MR  
**11:30-3:30► Kenny & Dolly Trip: Dec 3 \*PR ®**  
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

**Closed** ► Christmas Day: December 25  
**Closed** ► New Years Day: January 1  
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: Exercise. Rm-\*PR®  
**11:00-3:00► Holiday Party: Dec 18 \*PR ®**  
**11:15-12:00 ►ZENgevity: Multipurpose Room \*PR**

## Wednesday cont'd

12:00-3:30 ►Canasta: Dining Room  
**12:30 ►Pizza & Movie: Dec 11 \*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

**Dec 19 ►All programs in the Dining Rm to end at 3**  
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 ► Grief Share Surviving the Holidays  
11:00-12:00►Bone Builders[Dolly's]:Ex Rm-\*PR/\*MR  
**11:30-3:30► Sicilian Tenors Trip: Nov 14 \*PR ®**  
**11:15►Meals on Wheels Munchable Mentions: Dec12PR**  
**11:30► Meals on Wheels Holiday Special: Dec19\*PR**  
**12:00►Showstoppers Dance Show: Dec 12**  
**12:00►Around the World {Bridges by Epoch}: Dec 16**  
**1:00►Ladies Tea: Dec 5 \*PR ®**  
12:30-2:30► Knit & Crochet: Creative Arts Rm  
**1:00-3:00 ► Fan Tan: Dining Room: Dec 12\* 1:30**  
1:00-3:30 ► Poker: 2nd floor  
**1:00-4:00 ► Scrabble: Dining Room: Dec12\* 1:30**  
1:00-4:00 ► Bridge: Salem Room  
**5:00-7:30pm► Winter Fest: Dec 19**  
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: Dec 6 & 27 \*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  
**11:15►Meals on Wheels Munchable Mentions: Jan3PR**  
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