

# 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)

## January 2025

2024 has come to an end, but its memories will forever be etched in our hearts as we journey into 2025.



### 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



*"The closing of one chapter is the beginning of another. Here's to the adventures awaiting us in the year 2025."*



### *Men's Morning*

**Monday, January 6**

**10:00 am / Multipurpose Rm**

Guest Speaker: Fire Chief, Craig Lemire

### *Ladies Tea*

**Thursday, January 16**

**\*12:00 pm\* | Multipurpose Rm  
{Rescheduled from December}**

Enjoy an afternoon of food, friendship and fun. Cost is \$4.00. Register now for this event.

### *Property Tax Exemption & Credit Programs*

**Wednesday, January 15  
10:00 am / Dining Room**

Did you know that the Town of Salem offers exemptions and credits to help decrease your property tax bill? Amanda from the Assessing Department will present information on who qualifies and how to apply. Registration begins Jan 6.

### *Movie & Pizza Day* **Unsung Hero**

**Wednesday, January 22  
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. Please indicate your choice at signup. Registration takes place January 6 - January 21



## We are thankful...

On behalf of the 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. . . . . \$1,511  
 Bingo Group . . . . . \$149  
 Miscellaneous . . . . . \$15

2024 {January - November}  
 Off Broadway Thrift/Gift Shop . . . \$13,901  
 Bingo Group . . . . . \$2,531

## Closings

The Ingram Senior Center will be closed on Monday, January 20 in observance of Martin Luther King, Jr. Day.

## Inclement Weather

The Ingram Senior Center follows the Salem, NH School District's policy for closing and delays. Closings and delays can be found on the town website, salemnh.myrec.com and WMUR/Ch 9.

- Salem Schools delayed opening means the Senior Center opens at 11:00.
- The closing of Salem schools means the Senior Center will be closed and all activities at the center are canceled for that day.
- Meals on Wheels: Rockingham County will post their closings on WMUR or you can call them at 893-2137.

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit [lpicomunities.com](http://lpicomunities.com)



SUPPORT OUR ADVERTISERS!

LET'S GROW YOUR BUSINESS  
 Advertise in our Newsletter!

CONTACT ME  
**Susanne Carpenter**

[scarpenter@lpicomunities.com](mailto:scarpenter@lpicomunities.com)  
 (800) 477-4574 x6348





## 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 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.

### Overnight Trip

#### Spellbinding Alaska Vacation via Cruise, Rail & Lodge

August 12th - 23rd, 2025

12 days/11 nights

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.

[Click here for trip flyer.](#)



[Click here for the registration form.](#)

### Mardi Gras Party

Thursday, February 27th

12:00 - 2:30pm

{ \$10.00pp includes choice of pizza and/or finger sandwiches served with chips, drinks and dessert }

Come shake off the winter blues and celebrate "Fat Thursday" at the Senior Center. DJ Chris Brunelle will play all the music you love to listen to and have you on the floor dancing like you're at Carnival in the Big Easy. Bring your Mardi Gras masks, wear your beads, purple, green and gold are the colors of the day! We will provide masks and beads for anyone who doesn't have them. Laissez les bon temps rouler (Let the good times roll)! Let's get this Mardi started! Flyers with full details are available in the trip/party rack.

[Click here for party flyer.](#)



Registration begins January 6



## St. Patrick's Day Party

Monday, March 10th

11:00 am-3:00 pm

The Irish Cottage, Methuen, MA.

{ \$41pp includes lunch, show & gratuities }

Let the shenanigans begin! Everyone's Irish today! Lunch includes a Traditional (red) Corned Beef Dinner and Chicken Broccoli Alfredo served with rolls, salad, coffee/tea, dessert, dancing, dinner, and live entertainment by Irish singer/storyteller Brian Corcoran. Eat, drink, and be Irish. Let's shamrock and roll.

[Click here for trip flyer.](#)



Registrations begin Monday, January 6

SNOWFLAKE SPECIAL



Thursday, January 23

11:30 am in the Dining Room

**Hot**

Hearty Pot Roast w/ Mushroom Gravy, Scalloped Potatoes, Peas with Pearl Onions and Herbs, Snowflake Dinner Roll, Coconut Cream Cake.

**Cold**

Cheese Tortellini & Vegetable Salad with Chicken, Marinated Vegetable Salad, Whole Wheat Dinner Roll, Cookie.



Place your food order with Wesley or Kim by January 17. Suggested donation-\$3.00



## Munchable Mentions

Wednesday, January 15

11:30 am in the Dining Room

**Hot**

Baked Ziti w/ Beef, Broccoli, Whole Wheat Bread, Apple Crisp



**Cold**

Cuban Sandwich {Ham, Swiss, Pork, Pickles}, Corn & Black Bean Salsa, Butternut Squash Salad, Rye Bread, Sliced Pears.



Place your food order with Wesley or Kim by January 9.  
Suggested donation-\$3.00



Wednesday, January 29

11:30 am in the Dining Room

**Hot**

Oven Fried Chicken w/ Country Gravy, Mashed Potatoes, Mixed Vegetable, Whole Wheat Bread, Cookie



**Cold**

Bologna & Cheese, Lettuce Leaf, Chips, Apple & Zucchini Salad, White Bread, Seasonal Fruit.



Place your food order with Wesley or Kim by January 23.  
Suggested donation-\$3.00

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.





## Reflections Hair Care

Perm, Cut & Style \$65  
Color, Cut & Style \$60  
Cut & Style \$30  
Call For Appointment  
**603-893-0377**

OVER 40 YEARS EXPERIENCE  
HOME APPOINTMENTS AVAILABLE

## Affordable Hearing LLC



**FREE Hearing Evaluation**  
**Lowest Hearing Aid Prices**

**CALL: 603-305-8226**

*Christopher Streeter*  
Licensed Hearing Instrument Specialist  
[kipstreeter@comcast.net](mailto:kipstreeter@comcast.net)  
NH LIC#H547/MA LIC#198

## Douglas & Johnson Funeral Home

214 Main Street • Salem, NH

Offering Traditional and Cremation Services • Pre- Arrangements

*Proudly Serving Our Community Since 1991*

J. Tyler Douglas / Susan Douglas Hopkins  
Mark A. Gosselin / Paul D. Caillouette



**603-898-8848 • [www.douglasandjohnson.com](http://www.douglasandjohnson.com)**

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized  
Provider

**SafeStreets**

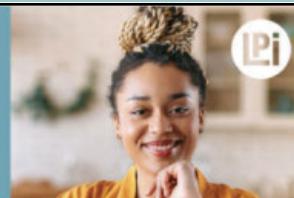
**833-287-3502**

## WE'RE HIRING!

**AD SALES EXECUTIVES**

**BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4ipi.com](mailto:careers@4ipi.com) or  
[www.4ipi.com/careers](http://www.4ipi.com/careers)

# SUPPORT OUR ADVERTISERS!

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT **[WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4ipi.com](http://www.4ipi.com)

Ingram Senior Center, Salem, NH

06-5384



## *It's Your Birthday!*

**2nd Wednesday**

**11:30 am / Dining Room**

Enjoy a lunch from Meals on Wheels or bring your own, followed by a special birthday treat. Feel free to bring a picture of yourself as a child for a fun conversation piece. January birthdays will be celebrated on Wednesday, January 8 {sign up by Dec 26}. February birthdays will be celebrated on Wednesday, February 12 {Registration takes place January 6 - February 6}. Place your food order with Wesley or Kim. Suggested donation-\$3.00



## *Free Tax Preparation*

AARP Tax-Aide is the nation's largest, free, volunteer-run tax counseling and preparation service. Their free service can answer most of the tax issues faced by low and middle-income taxpayers, with special attention to those age 60 and older. Trained volunteer AARP tax consultants will be available at TWO convenient Salem locations this year, by appointment only.

**1 - The Ingram Senior Center (NH Residents only):** February 4 through April 9 on Tuesdays and Wednesdays from 9:00 am to 1:00 pm. Seniors may schedule their appointment starting January 13 by calling the Senior Center at 890-2190 provided they have all of their paperwork ready and complete.

**2 - Centerpoint Community Church:** The Centerpoint location (101 School St.) will hold appointments on Fridays and Saturdays from 9:00 am - 1:00 pm. Anyone, including seniors, may schedule an appointment at this location by dialing 211 and they will assist you.

Be sure to pick up an intake/interview sheet which is a must to bring with you to your tax appointment.

## *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 Tues, 10:30-11:30 in 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 clipboard is on the Clinic Room door.

Meals-On-Wheels Rockingham County: Monday - Friday at 11:30 in the Dining Rm. Enjoy lunch and socialize with friends. \*PR☺ \$3 Call 893-2137.

Notary Public Services: Inquire at the Front Desk.

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: Free information, support and referral services for seniors, call 603-334-6594.

Transportation Services:

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 volunteers. Priority is given 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>.

## *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.



# 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 | \*MR = Medical Release Form Required.

## Monday

Closed ► Martin Luther King Jr. Day: Jan 20  
 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/ Fire Chief-Craig Lemire Jan 6  
 11:15-12:15 ► Fitness Fun: Ex Rm\*PR☉ - Begins Jan 6  
 11:15-12:00 ► ZENgevity: Multipurp Rm \*PR-Begins Jan 6  
 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  
 1:30-2:00 ► Alzheimer's Caregiver Support: Jan 13

## Tuesday

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: Jan 14\*PR  
 10:00-11:00 ► Senior Center Orientation: Jan 21  
 10:30-11:30 ► Blood Pressure Clinic: Jan 14  
 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

Closed ► New Year's Day: Jan 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☉  
 10:00 ► Property Tax Abatement: Exercise. Rm Jan 15  
 11:15-12:00 ► ZENgevity: Multipurp Rm \*PR-Begins Jan 8  
 11:30 ► It's Your Birthday Celebration: Dining Rm -Jan 8  
 11:30 ► Meals on Wheels Munchable Mentions: Dining Rm  
 Jan 15 & Jan 29

## Wednesday cont'd

12:00-3:30 ► Canasta: Dining Room  
 12:30 ► Pizza & Movie: Jan 22 \*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

8:45-9:30 ► 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  
 11:00-12:00 ► Bone Builders[Dolly's]: Ex Rm-\*PR/\*MR  
 11:30 ► Meals on Wheels Special: Jan 23 \*PR  
 12:00 ► Ladies Tea: Jan 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

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

