

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

February 2025

Together, we can
make the world a
better place,
one act of
kindness at a
time.

Studies have shown
that being
compassionate not
only helps other
people, but also
makes one happy
and healthier.

People who are kind
are thought to have
lower risk for heart
and blood pressure-
related diseases.

Random Acts of
Kindness Day

February 17

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, February 3
10:00 am / Multipurpose Rm
Guest Speakers: Katie Duffey,
Community Services Director and
Shalyn Spencer, Elder Affairs officer

**Around the World
to Scotland**
Thursday, February 20
Sponsored by Residence at
Salem Woods
OR
Monday, March 24
Sponsored by Bridges by
Epoch
12:00 pm / Multipurpose Rm

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!

Registration begins
February 3

Game Day
Senior Center Feud
Salem Police

vs
Salem Seniors
Monday, February 24
12:30 pm / Multipurpose Rm
Gather your friends and let's team up to play a fun game of Senior Center Feud against the Salem Police Department. You may also join a group if there is space available. Spectators are welcome to cheer your friends on! Registration begins February 3.

Movie & Pizza Day

The Fabulous Four

Wednesday, February 26
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
February 3 - 25

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

{December}

Off Broadway Thrift Shop.....	\$954
Bingo Group	\$144
Miscellaneous Donations.....	\$50

2024 {January - December}

Off Broadway Thrift/Gift Shop	\$15,039
Bingo Group	\$2,675

Closings

The Ingram Senior Center will be **closed** on Monday, February 17 in observance of Presidents' 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.



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.

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.](#)

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 party flyer.](#)

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.

Casino Encore Boston Harbor

Monday, April 7th



9:00 am - 4:00 (approx.)

{\$32pp includes casino package,
motorcoach, tip}

\$20 slot play (subj. to change). This
trip leaves from the Icenter

[Click here for trip flyer](#)

Registration begins February 3rd.

Warm Wholesome Lunches with Wonderful Wesley

Beginning in March

Monthly on Mondays

11:30 am in the Dining Room

Join Wesley from Meals on Wheels
for lunch, laughs, and conversation.

MEALS ON WHEELS
ROCKINGHAM COUNTY



VALENTINE'S SPECIAL

Thursday, February 13

11:30 am in the Dining Room

Hot

Chicken Parmesan with Cheese and
Marinara Sauce, Fettucine Pasta, Zucchini
& Summer Squash, Snowflake Roll, Double
Chocolate Chunk Cookie.

Cold

Egg Salad, Lettuce Leaf, Old Fashion Carrot
Salad, Chips, Rye Bread, Diced Pears.

Place your food order with Wesley
or Kim by February 7.

Suggested donation-\$3.00



Munchable Mentions

Thursday, February 6

11:30 am in the Dining Room

Hot

Spaghetti & Meatballs with Marinara ,
Broccoli, Whole Wheat Bread, Pudding.

Cold

Tuna Salad Roll, Lettuce Leaf, Pesto Pasta
Salad, Grape & Red Cabbage Salad, New
England Roll, Orange.

Place your food order with Wesley or Kim by
January 31. Suggested donation-\$3.00

Wednesday, February 19

11:30 am in the Dining Room

Hot

Manicotti Marinara, Spinach, Whole Wheat
Bread, Apricots

Cold

Caesar Salad with Grilled Chicken, Parm.
Cheese, & Croutons, Citrus Rice Salad,
Dinner Roll, Pudding.

Place your food order with Wesley or Kim by
February 14. Suggested donation-\$3.00

Wednesday, February 26

11:30 am in the Dining Room

Hot

Oven Fried Chicken, Country Gravy,
Whipped Potatoes, Corn, Whole Wheat
Bread, Fruit.

Cold

Ham & Egg Salad, Lettuce Leaf, Chickpea
Salad, Marinated VegetableSalad, Rye
Bread, Chocolate Chip Cookie.

Place your food order with Wesley or Kim
by February 21. Suggested donation-\$3.00

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. February birthdays will be celebrated on Wednesday, February 12. {Registration takes place until February 6}. Place your food order with Wesley or Kim.

Suggested donation-\$3.00

March birthdays will be celebrated on March 12 {registration begins February 3}

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.

Volunteers Wanted

We are looking for volunteers to teach two of our exercise classes. Training will be provided. Please contact Maria if you are interested.

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.

Elder Affair Officer: Shalyn Spencer, (603) 893-1911 ext. 2309

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.

Human Services Director: Leslie Kent, (603)890-2130

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: Feb 17

- 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/ Katie Duffey & Shalyn Spencer: Feb 3
11:15-12:15 ▶ Fitness Fun: Ex Rm*PR[®] - Begins Jan 6
11:15-12:00 ▶ ZENgevity: Multipurp Rm *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
12:30 ▶ Senior Center Feud -Salem Police vs Seniors: Feb 24*PR
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: Feb 10*PR

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: Feb 11*PR
10:00 ▶ Senior Center Orientation: Feb 18
10:30-11:30 ▶ Blood Pressure Clinic: Feb 11
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

- 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[®]
11:15-12:00 ▶ ZENgevity: Multipurp Rm *PR-Begins Jan 8
11:30 ▶ It's Your Birthday Celebration: Feb 12 *PR

Wednesday cont'd

- 11:30 ▶ Meals on Wheels Munchable Mentions: Feb 19 & Feb 26 *PR**
12:00-3:30 ▶ Canasta: Dining Room
12:30 ▶ Pizza & Movie: Feb 26 *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 Munchable Mentions: Feb 6*PR
11:30 ▶ Meals on Wheels Valentine's Special: Feb 13 *PR
12:00 ▶ Around the World to Scotland {Sponsored by Residence at Salem Woods}: Feb 20 *PR
12:00 ▶ Mardi Gras Party: Feb 27 *PR[®]
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: Feb 7 & 28 *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

