

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

March 2025

Spring
IS
COMING



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, March 3

10:00 am / Multipurpose Rm

Guest Speakers: Nicole McGee,
Finance Director

Around the World to Scotland

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.

Ladies Tea

Thursday, March 20

1:00 pm / Multipurpose Rm

Enjoy an afternoon of food, friendship and fun. Cost is \$4.00.

Registration begins
Monday, March 3.

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. Class is not held on the third Wednesday of the month. Registration Forms can be found next to the Clinic Room.

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. March birthdays will be celebrated on Wednesday, March 12. Sign up sheet is located available near the Clinic Room, last day to register is March 5}. Suggested donation to Meals on Wheels is \$3.00

April birthdays will be celebrated on April 9 registration begins March 10.

Movie & Pizza Day

It Ends With Us

Wednesday, March 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
March 3 - 25

Showstoppers Spring Dance Show

Thursday, March 27

12:00 pm

The Recreation and Senior dancers will amaze you with their wonderful talents. Order lunch from Meals on Wheels before the show.

Registration begins March 3. Sign up sheet is located near the Clinic Room.

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 {January}

Off Broadway Thrift Shop \$1,439
Bingo Group \$206
Elaine Cobucci \$100
In Memory of Rita Wiggin \$20
(Donated by Ken Collins)
Misc Donations \$10

2025 {January - }

Off Broadway Thrift/Gift Shop . . . \$1,439
Bingo Group \$206

Closings

The Ingram Senior Center will be **closed** on Tuesday, March 11 for voting. All programs are canceled on that day.

- Monday, March 10 - afternoon programs will be canceled .
- Wednesday, March 12 - programs prior to 10:00 am will be canceled.



Exercise Volunteers Needed

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

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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 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.

St. Patrick's Day Party

The Irish Cottage, Methuen, MA
Monday, March 10th, 11 am-3 pm

{ \$41pp 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.](#)



Casino: Encore Boston Harbor Monday, April 7th

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

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



\$20 slot play (subj. to change).

This trip leaves from the Icenter.

[Click here for trip flyer](#)

The Play that Goes Wrong (So wrong it's right!)

The Greater Boston Stage Co.
Stoneham, MA.

Wednesday, April 16th
10:45am-5pm.

{ \$110pp includes dinner, show, motorcoach & tip }

Includes dinner at the popular Chateau Restaurant in Woburn. This Award-winning comedy is a hilarious hybrid of Monty Python and Sherlock Holmes. Welcome to opening night of The Murder at Haversham Manor where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines). Meal includes choice of Chicken Parmesan, Haddock St. Germaine or Chicken Supreme served with bread, salad, coffee/tea, soda, dessert.

[Click here for trip flyer.](#)

Registration begins Mon., March 3rd.



Jesus Christ Superstar

The Palace Theatre
Manchester, NH

Sunday, May 4th,
10:45am-5:15pm.

{ \$95pp Meat Lasagna, \$99pp

Chicken Fingers, or

\$107pp Broiled Haddock

w/Breadcrumbs. Prices include dinner, show, motorcoach, & tip }

Enjoy a delicious lunch at The Puritan Restaurant in Manchester. Meal includes choice of Chicken Parmesan, Haddock St. Germaine or Chicken Supreme served with bread, salad, coffee/tea, soda, dessert.

The show: A timeless work, this rock opera is set against the backdrop of an extraordinary and universally known series of events but seen, unusually, through the eyes of Judas Iscariot.

[Click here for trip flyer.](#)

Registration begins Mon., March 3rd.

Attention New England Patriots fans! Join us as we tour the Patriots Hall of Fame!



Monday, May 19th
10am-5:45pm.

{ \$71pp * \$66 with Military I.D.
includes: dinner, self-guided tour,
motorcoach & tip }

We'll be dining at Olive Garden at Patriot Place. The Hall is a modern "museum" that takes guests through Patriots and New England football history in a cutting-edge way, utilizing amazing video and audio to tap into fans' emotions in a manner never before seen in a sports museum. The Hall houses the six Vince Lombardi Trophies and championships rings. It also includes exciting interactive experiences. Visitors can kick Adam Vinatieri's Snow Bowl field goals, make Malcolm Butler's Super Bowl-clinching interception, go under the hood to review plays, step inside a huddle to hear Tom Brady call plays, watch Bill Belichick breakdown the playbook & more.

Click here for trip flyer.

Registration begins Mon., March 3rd.

Free Tax Preparation

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.

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.

Outdoor Activities



As our outdoor activities do not impact our building or parking capacities, we accept Non-Resident registrations, with a limit to OUTDOOR ONLY Activities (aquarobics, golf, pickleball, and tennis) for only \$25 per year.

Signups for our outdoor activities begins April 8th. Signup sheets will be available inside the senior center. We will also post a link for your convenience. Click this link for the Outdoor Only registration forms and COVID Waiver. All outdoor activities officially start in May.



The Golden Eagles Golf League: Five great leagues including course variety for varied skill levels. Play in as many as you wish! Greens fees are listed below, carts are extra. Register April 7th-11th at the Senior Center.


Atkinson Country Club: Tuesdays at 8:30 am
Cost: \$15 / \$23 with cart. Starts May 6th.

Windham Country Club: Wednesdays 1-2pm, Players are responsible for scheduling their own tee time during those hours. Cost: \$35 (cart included). Starts May 7th.


Atkinson Country Club: Thursdays at 8:30am. Cost: \$15 / \$23 with cart. Starts May 8th.

Campbell's: Fridays at 6:30 am. Cost: \$20 / \$30 with cart. Begins May 2nd .

The Links at LaBelle Winery:
Cost and Times: TBD {See April newsletter}

Horseshoes: Thursdays, 8:30am-12pm. 
Horseshoe pits at located at the end of the Senior Center parking lot. Starts May 22nd. You are always welcome to play anytime.

Pickleball: A fast growing paddle sport that combines elements of tennis, badminton and ping pong while played on a court smaller than a tennis court. Play is at the town tennis courts on Lawrence Road, next to Mary Queen of Peace Church. Monday, Wednesday and Friday from 9am - 12pm (summer hours 8-11am). Starts in April. *PR

Tennis: Play mixed doubles at the town courts on Lawrence Road, next to Mary Queen of Peace Church. Fun, non-competitive, for anyone with some level of experience (no lessons given). Tuesday and Thursday, 8- 10am (mid June 7:30-10am). Begins May 6. *PR 



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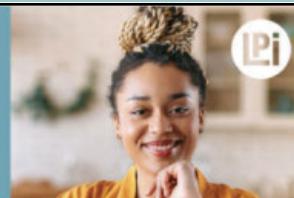
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Ingram Senior Center, Salem, NH

06-5384

MEALS ON WHEELS
ROCKINGHAM COUNTY



St. Patrick's Day Special
Thursday, March 13
11:30 am in the Dining Room

Hot

Corned Beef Au Jus, Cabbage, Parslied Potatoes, Carrot & Turnip Blean, Marbled Rye Bread, Chocolate Cake with Shamrock Frosting

Cold

Turkey Gobbler Sandwich (Sliced Turkey & Stuffing), Cranberry Sauce, Green Bean Salad, White Bread, Sliced Pears.

Sign up sheet is located near the Clinic Room, last day to register is March 7.
Suggested donation - \$3.00 (payment made to Meals on Wheels-Wesley or Kim)

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>.

Lunch with Witty Wesley
Monday, March 17

11:30 am in the Dining Room
Join Wesley from Meals on Wheels for lunch, laughs, and conversation,
Lunch choice: Lasagna or Chicken Rice Casserole with Spinach, Whole Wheat Bread and Jello-O. Sign up sheet is located near the Clinic Room, last day to register is March 17. Suggested donation - \$3.00 (payment made to Meals on Wheels)



Munchable Mentions

Friday, March 21
11:30 am in the Dining Room

Hot

Roast Pork, Gravy, Whipped Potatoes, Winter Squash, Whole Wheat Bread, Chocolate Chip Cookie.

Cold

Seafood Salad Sandwich, Lettuce Leaf, German Potato Salad, Old Fashioned Carrot Salad, Sandwich Roll, Oatmeal Raisin, Cookie.

Sign up sheet is located near the Clinic Room, last day to register is March 17.
Suggested donation - \$3.00 (payment made to Meals on Wheels-Wesley or Kim)



Tuesday, March 25
11:30 am in the Dining Room

Hot

Beef Chili or Baked Ham
Scalloped Potatoes, Broccoli, Whole Wheat Bread, Birthday Cake.

Cold

Chef Salad w/Turkey, Ditalini Pea Salad, Dinner Roll, Orange.

Sign up sheet is located near the Clinic Room, last day to register is March 19.
Suggested donation - \$3.00 (payment made to Meals on Wheels-Wesley or Kim)

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

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/ Nicole McGee: Mar 3
 10:00-12:00 ▶ Hearing Clinic: Mar 17*PR
 11:00-3:00 ▶ St. Patrick's Day Party : Mar 10 *PR ☉
 11:15-12:15 ▶ Fitness Fun: Ex Rm*PR☉ - Next Session
 Mar 31
 11:15-12:00 ▶ ZENgevity: Multipurp Rm *PR
 11:30-12:30 ▶ Lunch w/Witty Wesley: Mar 17*PR
 12:00-3:00 ▶ Pinochle: Dining Room
 12:00 ▶ Around the World to Scotland {Sponsored by
 Bridges by Epoch}: Mar 24*PR
 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: Mar 10*PR

Tuesday

Closed ▶ Town Voting: Mar 11
 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 ▶ Senior Center Orientation: Mar 18
 11:00-12:00 ▶ Bone Builders[Dolly's]:Ex Rm-*PR/*MR
 11:30 ▶ Meals on Wheels Munchable Mentions: Mar 4*PR
 11:30 ▶ Meals on Wheels Munchable Mentions: Mar 25*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

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

Wednesday cont'd

10:00-11:00 ▶ Line Dancing: Exercise. Rm-*PR☉
 11:15-12:00 ▶ ZENgevity: Multipurp Rm *PR
 11:30 ▶ It's Your Birthday Celebration: Mar 12 *PR
 12:00-3:30 ▶ Canasta: Dining Room
 12:30 ▶ Pizza & Movie: Mar 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
 10:00-11:30 ▶ Grief Share
 11:00-12:00 ▶ Bone Builders[Dolly's]:Ex Rm-*PR/*MR
 11:30 ▶ Meals on Wheels St. Patrick's Day Special: Mar 13
 *PR
 12:00 ▶ Spring Dance Show: Mar 20 *PR
 12:30-2:30 ▶ Knit & Crochet: Creative Arts Rm
 1:00 ▶ Ladies' Tea: Mar 27 *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: Mar 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) 11:30-
 10:00-11:00 ▶ A New Way 2 Move: Multipurp. Rm
 10:30 ▶ Aquarobics: Salem Athletic Club/\$3 to Club
 11:30 ▶ Meals on Wheels Munchable Mentions: Mar 21*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: Exercise Rm