



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.myreg.com



April 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

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, tennis, and horseshoes) for only \$25 per year. Registration for our outdoor activities begins April 7th. Forms will be available inside the senior center. You may also register online at salemn timers.myrec.com.

All outdoor activities require registration and start the week of May 5 unless noted below.

The Golden Eagles Golf League

Three great leagues that offer a variety of courses for varied skill levels. Windham and The Links are casual golf games, not leagues. Green fees are listed below, carts are extra. Register April 7th-11th at the Senior Center.

- Atkinson Country Club: Tuesdays and/or Thursdays at 8:30 am
Cost: \$15 / \$23 with cart.
- Windham Country Club: Wednesdays 1-2 pm, Players are responsible for scheduling their own tee time during those hours.
Cost: \$35 (cart included).
- Campbell's: Fridays at 6:30 am.
Cost: \$20 / \$30 with cart. Begins May 2nd.
- The Links at LaBelle Winery: Monday-Friday anytime (must call ahead for tee time). Cost: \$18 / \$28 with cart.

Outdoor Activities Cont'd

Horseshoes: Thursdays, 8:30 am-12pm. Horseshoe pits at located at the end of the Senior Center parking lot. 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.

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).

Movie & Pizza Day

Parental Guidance

Wednesday, April 30
12:30pm / Multipurpose Rm

Order a pizza lunch for \$4.00. You may choose lunch and movie or just the movie. Movie and popcorn are free. Please indicate your choice at signup.

Register April 7 - 29

Please Note



Officer Spencer and the Salem Police Department will be moving to 21A Cross St {Department of Public Works}

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 {February}

Off Broadway Thrift Shop.	\$766
Bingo Group	\$208
Carol Radke	\$15
Misc Donations	\$20

2025 {January - February }

Off Broadway Thrift/Gift Shop	\$2,205
Bingo Group	\$414

thank you

Coffee with a Cop

Thursday, April 24

10:00 am in the Dining Room

Join the Salem Police Department for coffee and conversation.

Registration begins April 7th.

Keeping Up With Katie and Surprise Guest

Thursday, April 17

10:00 am / Dining Rm

Join our Director, Katie Duffey and surprise guest to catch up on what's happening at the senior center. This is a large group discussion.

Registration begins April 7th.

Men's Morning

Monday, April 7

10:00 am / Multipurpose Rm

Guest Speakers: Jacob LaFontaine,
Planning Director

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.

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.](#)

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. 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.](#)

New England Patriots fans *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.](#)



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.



Come From Away

Ogunquit Playhouse, Ogunquit, ME
Thursday, June 5th, 9:45am-5pm
{ \$127pp Includes: dinner, show,
motorcoach, and tip }

A delicious lunch at The Bull & Claw in Wells, ME. The show: a heartwarming musical based on the events in the Newfoundland town of Gander during the week following the September 11 attacks, when 38 planes, carrying approximately 7,000 passengers were ordered to land unexpectedly at Gander International Airport.



[Click here for trip flyer.](#)

Registration begins Monday, April 7th.

Casino: Encore Boston Harbor

Monday, June 9th

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](#)

Registration begins Monday, April 7th.



Overnight Trip (Best of Times)

Boothbay Harbor

Sebasco Harbor Resort
Freeport & Cabbage Island
Lobster Bake

July 22nd – July 24th
3 days/2 nights

{ \$999pp double, \$1,299pp single }

[Click here for more information.](#)

Please see the flyer in the trip rack.

Senior Clinics / Resources

Some Programs require
preregistration (*PR) and /or cost ☉

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.
{ Mon., Apr 21 this month only }

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 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
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 careridewheelchair.com.

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.



Munchable Mentions

11:30 am in the Dining Room

Sign up sheet is in the Program & Event Rack. Suggested donation to Meals on Wheels is \$3.00 (payment made to Wesley or Kim)



Thursday, April 10

Hot

Meatloaf w/Gravy, Mashed Potatoes, Peas, Whole Wheat Bread, Oranges.

Cold

Turkey & Cheese Sandwich, Lettuce Leaf, Ditalini Pea Salad, Coleslaw, Multigrain Bread, Mandarin Oranges.

Last day to register is April 4.



Tuesday, April 22

Hot

Macaroni & Cheese OR Liver & Onions, Stewed Tomatoes, Bean Blend Vegetables, Whole Wheat Bread, Birthday Cake.

Cold

Turkey Club Sandwich, Lettuce & Bacon, Chips, Chickpea Salad, Multigrain Bread, Seasonal Fruit.

Last day to register is April 16.)



Friday, May 2

Hot

Cheeseburger, Baked Beans, Capri Blend Vegetables, Whole Wheat Burger Roll, Cookie.

Cold

Chicken Caesar Salad Roll, Lettuce Leaf, Pesto Pasta Salad, Carrot Dill Salad Sandwich Roll, Orange.

Last day to register is April 28.



Lunch with Witty Wesley

Monday, April 28

11:30 am in the Dining Room

Join Wesley from Meals on Wheels for lunch, laughs, and conversation, Lunch choice: Shrimp Scampi or Sausage Peppers & Onions with Pasta, Green Beans, Whole Wheat Bread, Seasonal Fruit. Sign up sheet is in the Program & Event Rack. Suggested donation to Meals on Wheels is \$3.00 (payment made to Wesley or Kim)

Last day to register is April 22.



Spring Special

Thursday, April 17

11:30 am in the Dining Room

Hot

Savory Pot Roast w/Gravy, Sweet Potatoes, Peas & Pearl Onions, Whole Wheat Dinner Roll, Spiced Honey Cake.



Cold

Bologna & Cheese Sandwich, Citrus Rice Salad, Apple & Zucchini Salad, White Bread, Chilled Apricots.

Sign up sheet is in the Program & Event Rack. Suggested donation to Meals on Wheels is \$3.00 (payment made to Wesley or Kim).

Last day to register is April 11.



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. April birthdays will be celebrated on April 9. Sign up sheet is located near the Clinic Room, last day to register is April 3}. Suggested donation to Meals on Wheels is \$3.00

May birthdays will be celebrated on May 14 registration begins April 14.



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/ Jacob LaFontaine: Apr 7
 10:00-12:00 ►Hearing Clinic: Apr 21*PR
 11:15-12:15 ►Fitness Fun: Ex Rm*PR☉ Next Session Mar31
 11:15-12:00 ►ZENgevity: Multipurp Rm *PR
 11:30-12:30 ►Lunch w/Witty Wesley: Apr 28*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

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
 10:30-11:30 ► Blood Pressure Clinic: Apr 8
 10:00 ►Senior Center Orientation: Apr 15
 11:00-12:00►Bone Builders[Dolly's]:Ex Rm-*PR/*MR
 11:30►Meals on Wheels Munchable Mentions:Apr 22*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
 10:00-11:00 ►Line Dancing: Exercise. Rm-*PR☉
 10:45-5:00 ► The Play That Goes Wrong: Apr 16

Wednesday cont'd

11:15-12:00 ►ZENgevity: Multipurp Rm *PR
 11:30 ►It's Your Birthday Celebration: Apr 9 *PR
 12:00-3:30 ►Canasta: Dining Room
 12:30 ►Pizza & Movie: Apr 30 *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
 10:00►Keeping Up With Katie & Special Guest: Apr 17
 10:00►Coffee With A Cop: Apr 24
 11:00-12:00►Bone Builders[Dolly's]:Ex Rm-*PR/*MR
 11:30►Meals on Wheels Munchable Mentions: Apr 3*PR
 11:30►Meals on Wheels Munchable Mentions:Apr 10*PR
 11:30► Meals on Wheels Spring Special: Apr 17 *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: Apr 4 & 25 / May 2 *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
 10:00-12:00 ►Computer Solutions (Appt Only) 11:30-
 11:00-12:00 ► A New Way 2 Move: Multipurp. Rm
 10:30►Aquarobics: Salem Athletic Club/\$3 to Club
 11:30►Meals on Wheels Munchable Mentions: May 2*PR
 12:00-2:30 ► 45's: Dining Rm-Draw partners @11:45
 12:00-3:00 ► Genealogy: Creative Arts Rm
 12:00-3:00 ► Billiards: Lobby {drop-in}
 1:00-2:15 ►Walkaerobics 1 mi / Arthritis:
 Exercise Rm

