

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

May 2025

HAPPY
Mother's Day

Mother
is
Like a
Flower
each one is
BEAUTIFUL & UNIQUE



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, May 5

10:00 am / Multipurpose Rm

**Guest Speaker: State Senator,
Daryl Abbas**

Ladies' Tea

Thursday, May 22

1:00 pm / Multipurpose Rm

Cost: \$4.00.

**Enjoy an afternoon of food,
friendship and fun.**

Entertainment: Fashion Show

Registration begins May 5

Kick Off to Summer BBQ & Concert

Monday, June 16

12:00 pm / Outside

{Weather Permitting}

\$12.00

**Let's kick off our summer
concert series with a delicious
barbeque lunch catered by
Texas Roadhouse followed by
a concert with Maria Guanci.
Lunch includes pulled pork,
bbq chicken, mixed
vegetables, house salad, rolls,
beverage and dessert.**

Registration begins May 5

Bountiful Breakfast

Thursday, May 15

9:00 am / Dining Rm

\$6.00

**Join Chef Wesley and Sous
Chefs Maria and Trina for a
bountiful breakfast of 2 fried
eggs, 2 pancakes,
2 sausage links, coffee and
orange juice**

Registration begins May 5

Movie & Pizza Day

Wicked



Wednesday, May 28

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 May 5 - 27

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. May birthdays - 5/14,
June birthdays - 6/11. Sign-up
sheet is located near the Clinic
Room. Suggested donation to
Meals on Wheels is \$3.00**

Thank You

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 {March}

Off Broadway Thrift Shop.....\$1,032
Bingo Group.....\$163
Emily, Ronald, & Richard Bushely.....\$50
In memory of Betty Pollard by Joan Hastings... \$20
Stephanie & Chuck.....\$5
Rita LeRiche..... White Curtains and Blinds for Multipurpose Rm
Misc Donations.....\$11

2025 {January - March}

Off Broadway Thrift/Gift Shop.....\$3,237
Bingo Group.....\$577

Truly Grateful for you.

Closings

The Ingram Senior Center will be closed on Monday, May 26 in observance of Memorial Day.

REMEMBER HONOR

This nation will remain the land of the free only so long as it is the home of the brave.

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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.

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.](#)

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](#)



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.](#)

Lobstahs & Laughs! Featuring The Bobby Darling Show at Foster's Clambake, York, ME.



Wednesday, July 16th

{ \$119pp includes: dinner, show,
motorcoach and tip }

Enjoy the goodness of Maine Lobster (or Chicken) with all the fixins. Not only are Bobby Darling and Dr. Devine two incredibly talented musicians their uncanny wit and humor will have you in stitches.

[Click here for trip flyer.](#)

Registration begins Monday, May 5th.



Tootsie, the Musical at Interlakes Theatre Meredith, NH.

Thursday, July 24th

**{ \$109pp Includes: dinner, show,
motorcoach and tip }**

Wet your appetite at The Homestead Restaurant & Tavern in Bristol, NH with a delicious buffet. We'll see Tony award winning musical Tootsie. Based on the hit comedy film starring Dustin Hoffman and ranked as one of the best comedies of all-time. Click here for trip flyer.

Registration begins Monday, May 5th.

Line Dancing

Wednesdays / 10:00 - 11:00

Line Dancing uses a punch card system. You may purchase the punch cards listed below and attend when you choose.

- 1 class for \$5
- 3 classes for \$15
- 4 classes for \$20
- 5 classes for \$25
- 8 classes for \$40

Volunteers Needed

We are in need of volunteers to run three of our exercise classes.

Training is required, please contact Maria for more information.

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.

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.



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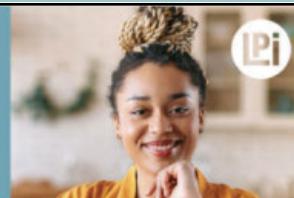
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Ingram Senior Center, Salem, NH

06-5384



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)

Friday, May 16

Hot

Hot Dog, Baked Beans, Peas, Hot Dog Roll, Chocolate Chip Cookie

Cold

Chicken Salad, Roasted Vegetable Salad, Macaroni Salad, Sandwich Roll, Mixed Fruit

Tuesday, May 20

Hot

Spaghetti w/Meatballs, Marinara Sauce, Spinach, Whole Wheat Bread, Birthday Cake

Cold

Greek Salad w/Grilled Chicken, Roasted Red Pepper Hummus, Pita Bread, Chilled Apricots

Thursday, May 29

Hot

Roast Pork w/ Gravy, Mashed Potatoes, Mixed Beans, Whole Wheat Bread, Pudding

Cold

Turkey Gobbler Sandwich: Sliced Turkey & Stuffing, Cranberry Sauce, Green Bean Salad, White Bread, Mandarin Oranges



Mother's Day Special

Thursday, May 8

11:30 am in the Dining Room

Hot

Stuffed Chicken Cordon Bleu, Supreme Sauce, Whipped Potatoes, Baby Carrots, Rosemary Focaccia Bread, and Mixed Berry Cobbler w/Topping.

Cold

Tuna Salad Sandwich, Lettuce Leaf, Barley Raisin Salad, Broccoli Salad, Wheat Bread, and Jell-O

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

Lunch with Wacky Wesley



Monday, May 19

11:30 am in the Dining Room

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

Lunch choice:

Chili Mac or Chicken Crème Rosa with Broccoli, Whole Wheat Bread and 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)

Daily Schedule

Below is a listing of the Activities, Programs, and Events offered by the Ingram Senior Center. Monthly and special events are in **purple**, please note the specific date of these events. Programs are free unless noted with ☉. *PR = pre-registration required | *MR = Medical Release Form Required.

Monday



CLOSED ► Memorial Day: May 26
 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/Senator, Daryl Abbas: May 5
 10:00-5:45 ► Patriots Hall of Fame Trip *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: May 19 *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
 10:00-12:00 ► Hearing Clinic: May 13*PR
 10:30-11:30 ► Blood Pressure Clinic: May 13
 10:00 ► Senior Center Orientation: May 20
 11:00-12:00 ► Bone Builders[Dolly's]:Ex Rm-*PR/*MR
 11:30 ► Meals on Wheels Munchable Mentions: May20*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☉
 11:15-12:00 ► ZENgevity: Multipurp Rm *PR

Wednesday cont'd



11:30 ► It's Your Birthday Celebration: May 14 *PR
 12:00-3:30 ► Canasta: Dining Room
 12:30 ► Pizza & Movie: May 28 *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 ► Bountiful Breakfast: May 15*PR☉
 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 Mother's Day Special: May 8*PR
 11:30 ► Meals on Wheels Munchable Mentions: May29*PR
 12:30-2:30 ► Knit & Crochet: Creative Arts Rm
 1:00-3:00 ► Ladies' Tea: May 22*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 ► Yoga: Multipurpose Rm {Streaming class for May}
 9:00-2:00 ► Foot Clinic: May 2 & 23 *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-
 11:15-12:15 ► A New Way 2 Move: Multipurp. Rm
 10:30 ► Aquarobics: Salem Athletic Club/\$3 to Club
 11:30 ► Meals on Wheels Munchable Mentions: May 16 *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

