

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

June 2025



Happy
Father's
Day

*"For every dream that has taken flight,
there's a father who believed."*

Center hours

Monday - Thursday
8:30am - 4:30pm

Friday 8:30am - 3:30pm

Participation

Free for Salem Residents
Outdoor-only Registration
\$25 annually



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

Men's Morning

Monday, June 2

10:00 am / Multipurpose Rm

Guest Speaker: Police Chief,
Joel Dolan



Movie & Pizza Day

Nonna's

Wednesday, June 25

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 June 2 - 23

Tennis

Tuesdays & Thursdays

8-10 am / (mid June 7:30-10)

Play mixed doubles at the town courts on Lawrence Rd, next to Mary Queen of Peace Church. Fun, noncompetitive, for anyone with some level of experience (no lessons given). Register at the senior center.

Summer Concert & Lunch

Monday, July 7

12:00 pm / Outside
{Weather Permitting}

\$14.00

Our summer concert series continues with a delicious lunch catered by Stachey's.

Lunch choice is sausage, peppers and onions or chicken cutlet sliders. Each lunch choice is served with potato salad and tossed salad. The band Miller Tyme will be entertaining us. The concert is sponsored by

WINGATE RESIDENCES
Register June 2-27

It's Your Birthday!

2nd Wednesday

11:30 am / Dining Rm

Enjoy a lunch from Meals on Wheels, followed by a special birthday treat. Birthday celebrations will take place on June 11 & July 9. 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 express our tremendous gratitude to those who have given to the Ingram Senior Center. We greatly appreciate any size contribution, as these gifts help underwrite programming. Donations may be sent to the Ingram Senior Center, 1 Sally Sweets Way, Salem, NH 03079. Please make checks payable to the Town of Salem, NH.

Donations since last newsletter {April}

Off Broadway Thrift Shop	\$1,563
Bingo Group	\$290
Misc Donations	\$17

2025 {January - April}

Off Broadway Thrift/Gift Shop	\$4,801
Bingo Group	\$867

Grateful

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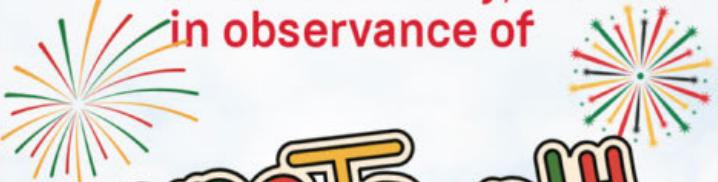
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The Ingram Senior Center will
be closed on Thursday, June 19
in observance of



Juneteenth

Juneteenth, is a holiday in the United States that commemorates the emancipation of enslaved people in Galveston, Texas, on June 19, 1865. It is also known as Emancipation Day or Juneteenth Independence Day. While President Lincoln's Emancipation Proclamation had been issued in 1863, the news of freedom did not reach enslaved people in Texas until June 19, 1865.

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Ingram Senior Center, Salem, NH

06-5384

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.

Casino: Encore Boston Harbor

Monday, June 9th

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

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

We'll visit Encore Boston Harbor Casino for a day of gambling. Bingo will be played on the bus. Casino package of \$20 slot play (subject to change).



[Click here for trip flyer](#)

Tootsie, the Musical at Interlakes Theatre

Meredith, NH.

Thursday, July 24th

10am to 5:45pm

{\$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.](#)

Lobstahs & Laughs!

Featuring

The Bobby Darling Show
at Foster's Clambake, York, ME.



Wednesday, July 16th

10:30 am - 4:30 pm

{\$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.](#)

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

Indian Princess Cruise in Webster, MA on Lake Chaubunagungamaug
Wednesday, August 6th
10am to 5:15pm
\$87pp Includes: dinner, cruise, motorcoach and tip.

Start your day with a delicious lunch in the Waterfront Room at Samuel Slater's Restaurant, overlooking the lake, where you'll enjoy panoramic views while you dine. Next you'll board the Indian Princess, for a 90 minute cruise on Webster Lake. We'll stop at the Hebert Candy Mansion for ice cream (\$) on the way home.

[Click here for trip flyer](#)

[Register June 2](#)



Tom Jones Tribute with Tino Macchia at Castleton in Windham, NH

Friday, August 22nd
11:30am to 3:30pm
\$89pp Includes: dinner, show and gratuities

From Las Vegas it's the Acclaimed #1 Tribute Show to the Legendary Tom Jones! Relive the songs of Tom Jones such as "Kiss, Delilah, She's A Lady, It's Not Unusual", and many more. *This is a drive yourself trip.*

[Click here for trip flyer](#)

[Register June 2](#)



Senior Clinics / Resources

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

Alzheimer's Caregiver Support:

- 3rd Tuesday /1:00 pm / Residence at Salem Woods (6 Sally Sweets Way, Salem)
- Wednesday, June 4/ 4 pm Bridges by Epoch (254 Lowell Street, Andover

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 *PR * \$25 Call 603-580-8753

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 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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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, June 6

Tuscan Roast Beef **OR** Ham and Cheese Frittata with Mashed Sweet Potatoes, Broccoli, Whole Wheat Bread and Fruit.



COLD MEAL: Tuna Salad, Lettuce Leaf, Dill Pickle Pasta Salad, Tomato Salad, Wheat Bread, and Peaches.

Friday, June 20

Breaded Fish or BBQ Beef with Sweet Potato, Peas, Whole Wheat Burger Roll, and Jello-O.



COLD MEAL: Italian Sandwich (Ham, Salami, Provolone, & Pickles), Tomato & Black Olive Salad, Vegetable Rice Salad, Club Roll and an Apple.

Thursday, June 26

Seafood Salad **OR** Turkey & Provolone with Chickpea Salad, Confetti Cole Slaw, Sandwich Roll, and Diced Pears.



FATHER'S DAY

SPECIAL

Thursday, June 12

11:30 am in the Dining Room

Big Daddy Cheeseburger w/Onions & Peppers, Stewed Tomatoes w/Herb Potato Salad, Bulkie Roll, Double Chocolate Chip Cookie



COLD MEAL: Turkey Gobbler Sandwich (Sliced Turkey/Stuffing), Cranberry Sauce, Green Bean Salad, White Bread, and an Orange.

Entertainment will be provided by The Comedy Masque Review

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, June 2



11:30 am in the Dining Room

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



Lunch choice:



Beef Ragout **OR** Tuna Noodle Casserole with Carrots, Whole Wheat Bread, and 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 red, please note the specific date of these events. 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
- 9:00-4:00 ► Encore Boston Harbor Trip: June 9**
- 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/Police Chief Dolan: June 2**
- 11:15-12:15 ► Fitness Fun: Ex Rm*PR©
- 11:15-12:00 ► ZENgevity: Multipurp Rm *PR
- 11:30-12:30 ► Lunch w/Witty Wesley: June 2*PR**
- 12:00 ► Kick Off to Summer BBQ: June 16**
- 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

- 8:00-10:00 ► Tennis: Michele Memorial Pk/7:30 mid Jun
- 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: {Resumes in September}
- 10:00-12:00 ► Hearing Clinic: June 10*PR**
- 10:30-11:30 ► Blood Pressure Clinic: June 10**
- 10:00 ► Senior Center Orientation: June 17**
- 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



Wednesday cont'd

- 11:30 ► It's Your Birthday Celebration: June 11 *PR**
- 12:00-3:30 ► Canasta: Dining Room
- 12:30 ► Pizza & Movie: June 25 *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

- CLOSED ► Juneteenth: June 19
- 8:00-10:00 ► Tennis: Michele Memorial Pk/7:30 mid Jun
- 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 {Resumes in September}
- 11:00-12:00► Bone Builders[Dolly's]:Ex Rm-*PR/*MR
- 11:30► Zumba Gold: Salem Athletic Club/\$3 to Club
- 11:30► Meals on Wheels Father's Day Special: Jun 12*PR**
- 11:30► Meals on Wheels Munchable Mentions: Jun26*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 ► Yoga: Multipurpose Rm
- 9:00-2:00 ► Foot Clinic: Jun 6 & 20 *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: Jun 6 *PR**
- 11:30► Meals on Wheels Munchable Mentions: Jun 20*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

