

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



*"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

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

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.**

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 ★

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



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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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](#)

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.](#)

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.](#)

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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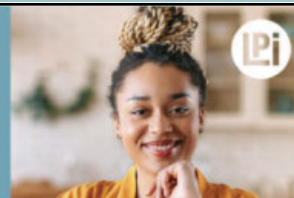
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Ingram Senior Center, Salem, NH

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, 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: Jun 26*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

