

# 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](https://www.facebook.com/salemnhsenior)

Online Registration: [www.salemnh.myrec.com](https://www.salemnh.myrec.com)

## July 2025

### HAPPY

# 4th of July

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

## Summer Concert & Lunch

Wednesday, August 13  
12:00 - 2:00 pm  
Outside (Weather Permitting)  
\$13.00

Our summer concert series continues with the BackTrack Band and lunch catered by Black Water Grill.

Lunch includes chicken crunch tenders, roasted red potatoes, a tossed salad, and dessert.

Register July 7-31



## MEALS ON WHEELS



### Summer Picnic Special

Thursday, July 17

11:30 - 1:30 pm



Enjoy lunch from Meals on Wheels with music from DJ Jim Koczat. More details to follow, watch the bulletin board for more information as it becomes available.

## It's Your Birthday!

11:30 am / Dining Rm



Enjoy a lunch from Meals on Wheels, followed by a special birthday treat. July birthdays will be celebrated on Wednesday, July 9. August birthdays will be celebrated on Thursday, August 14. The sign-up sheet is located near the Clinic Room.

Suggested donation to Meals on Wheels is \$3.00

**HAPPY BIRTHDAY**

## 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

**DANCE**



# 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 (May)

Off Broadway Thrift Shop ..... \$1,315

Bingo Group ..... \$233

In Memory Of Rose Compagnone

• Diane Kistler.....	\$10
• Pat Reid.....	\$10
• Dianne Martin.....	\$10
• Rinaldo DiFruscia .....	\$200
• Karen DuBois .....	\$75
• Mary Kiernan .....	\$25

2025 {January - May}

Off Broadway Thrift/Gift Shop ..... \$6,115

Bingo Group ..... \$1,100



The Ingram Senior Center will be closed on Friday, July 4 in observance of Independence Day,



All programs will be canceled on Wednesday, July 23 due to the Police Cookout.

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.

# 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.

Place your name on a waitlist for a possible Bus 2



## Tootsie, the Musical 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.](#)

2 buses sold out!  
Place your name on a waitlist

## 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](#)

## 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](#)

## Encore Casino

Monday, August 11th

9am to 4pm

**\$32pp Includes:** motorcoach, tip, and casino package.

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).

**Register July 7**

[Click here for trip flyer](#)

**It's Just Sex - Newport  
Playhouse Newport, RI.**

**Tuesday, September 9th  
8:30am to 6:30pm**

**\$111 pp Includes: dinner, show,  
cabaret and gratuities.**

**The Buffet:** Newport Playhouse's buffet is a feast to be reckoned with.

**The Cabaret:** Enjoy dessert and drinks at your table during the entertaining cabaret performance.

**The Play:** With the kids away, three married couples get together for an evening of relaxation and laughs. But as the liquor flows and secrets are revealed, trust is tested and boundaries are broken. It's Just Sex is a comedic and thought-provoking look at fidelity, lust, communication, and what it really takes for a marriage to survive and thrive. By the end of the evening, what should have been just an innocent party turns into an event that changes all three relationships forever.

**Register July 7**

[Click here for trip flyer](#)

**Join Us**

**COOKOUT  
WITH THE  
COPS**

**Wednesday, July 23rd**

**12pm**

**\* Sign up on the clipboard in  
the rack.**



**Ingram Senior Center  
Dining Room**



**Waitlist Only**



**A Special Tribute for A Special Lady  
WENDY PETERS**



**Thursday, August 28  
12:00 to 3:00 pm**

**Ingram Senior Center Dining Room**

**Contact one of the following for more information**

**Pat Parent 603-327-9416**

**Patty Swan 617-216-7083**

**Joyce Hatfield 603-560-3118**

**Time  
To  
Travel**



**: Cheers to:  
RETIREMENT!**

# Anniversary / Tournament Week

Let the fun and games begin! Pins awarded for all Tournament Games. Sign-up is required for all events; forms are available near the Clinic Room. **Registration begins July 7th**

## Monday, August 4

11:30 Pizza Lunch: Cost \$4.00



12:00 Pinochle

12:15 Cribbage

12:30 Mahjong Tournament

1:30 Hand and Foot Tournament

## Tuesday, August 5

11:00 Popcorn & Lemonade: Free



12:00 Billiards Tournament

12:30 Bingo {Ice Cream Treat}



1:00 Bridge Tournament

## Wednesday, August 6

11:30 Hot Dog Lunch: Cost \$3.00



12:00 Canasta Tournament

12:30 Whist Tournament

1:00 Darts Tournament

1:00 Ladies Billiards Tournament

## Thursday, August 7

9:00 Bountiful Breakfast: \$6.00



9:00 Corn Hole

1:00 Scrabble Tournament

1:00 Poker Tournament

1:00 Fan Tan Tournament

## Friday, August 8

9:00 Shuffleboard Tournament

10:00 Wii Bowling Tournament

12:00 Ice Cream Social: Free  
{Sponsored by United Healthcare}



12:30 45's Tournament

# Senior Clinics / Resources

Some Programs require preregistration (\*PR) and /or cost <sup>®</sup>

Alzheimer's Caregiver Support:

- 3<sup>rd</sup> 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 <sup>®</sup> \$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 <sup>®</sup> \$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 <sup>®</sup> / 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.

# 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 ► 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)
- 11:15-12:15 ► FITNESS FUN: \*PR® RESUMES IN SEPT**
- 11:15-12:00 ► ZENgevity: Multipurp Rm \*PR
- 12:00-2:30 ► Miller Tyme Concert & Lunch: July 7 \*PR®**
- 12:00-4:30 ► Skydiving Trip: July 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

- 8:00-10:00 ► 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 SEPTEMBER 4**
- 10:00-12:00 ► Hearing Clinic: July 8\*PR
- 10:30-11:30 ► Blood Pressure Clinic: July 8
- 10:00 ► Senior Center Orientation: July 15**
- 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®
- 10:30-4:30 ► Lobsters & Laughs Trip: July 16 \*PR®**
- 11:00-1:00 ► Police Cookout: July 23\*PR {All Programs Canceled}**
- 11:15-12:00 ► ZENgevity: Multipurp Rm \*PR



## Wednesday cont'd

- 11:30 ► It's Your Birthday Celebration: July 9 \*PR**
- 12:00-3:30 ► Canasta: Dining Room
- 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

- 7:45-5:15 ► White Water Rafting Trip: July 17 \*PR®**
- 8:00-10:00 ► Tennis: Michele Memorial Pk/7:30 mid Jun
- 9:00-3:30 ► Ziplining Trip: July 10 \*PR®**
- 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 SEPTEMBER 2**
- 10:15-5:45 ► Tootsie the Musical Trip: July 24 \*PR®**
- 11:00-12:00 ► Bone Builders[Dolly's]:Ex Rm-\*PR/\*MR
- 11:30 ► Meals on Wheels Picnic Special: July ???\*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

- CLOSED ► Independence Day: July 4**
- 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: July 25 \*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 ► Zumba Gold: Salem Athletic Club/\$3 to Club
- 10:00-12:00 ► Computer Solutions (Appt Only)
- 11:15-12:15 ► A New Way 2 Move: Multipurp. Rm**
- 10:30 ► Aquarobics: Salem Athletic Club/\$3 to Club**
- 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

