

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

September



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

Front Desk Clerk: Trina Reed

Recreation: Juliann Isabelle Lanzillo

Custodian: Dennis Iacono

Movie & Pizza Day

Wednesday, September 24
12:30 pm / 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.



Happy Gilmore 2

Happy Gilmore was at the top of his game – until a stroke of bad luck changed everything. Can golf's onetime bad boy make a comeback fit for a legend?

Register
September 8 - 23

Summer Concert & Lunch

Friday, October 3
12:00 - 2:00 pm

Dining Rm / Multipurpose Rm
\$6.00 or \$9.00 with lunch

Our summer concert series comes to a close with Elvis! Order a lunch from us, Meals on Wheels or bring your own lunch. Lunch is \$6.00 and includes your choice of Turkey, Ham or Italian Coldcut Finger Sandwich with chips and drink. If you would like two finger sandwiches, the cost is \$9.00.

Register
September 8 - 24

Health Fair & Vaccine Clinic

Thursday, October 2

10:00 - 1:00 pm

{Vaccine Clinic 10:00-12:00}



Dining Room
Multipurpose Room
Creative Arts Room



Exhibitors, Raffle Prizes & Giveaways

Vaccine Clinic is provided by Hannafords Pharmacy. Registration is required for the Vaccine Clinic, we must have a minimum of 50 people to hold the clinic.



Video Training and Editing



Mondays



2:00 - 3:00 pm / 2nd Floor

Tom from SCTV and Bob Hansen, our computer solutions volunteer, show you how to digitize and edit your old VHS tapes. Archive your family media for future generations. Meetings are held by appointment only the first four Mondays of the month. Registration is required, sign-up form is located near the Clinic Room. Please choose two appointment options, Bob or Tom will call to confirm the date of your appointment. Once you have been trained to use the VCR conversion tools, you can ask for them any day.

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 (July)

Off Broadway Thrift Shop.	\$1,708
Bingo Group.	\$298
In Memory Of Dennis Chamberlain by his mother, Georgette Cuttress.	\$50
In Memory of Rita Wiggin by Ken Collins.	\$20
In Memory of Barbara Jaques by Susan Whittemore & Bobby.	\$100
Miscellaneous Donations.	\$14
2025 {January - July}	
Off Broadway Thrift/Gift Shop.	\$8,847
Bingo Group.	\$1,643

Closings & Program Changes

Monday, September 1

The Ingram Senior Center will be closed in observance of Labor Day.



Monday, September 15

Walkaerobics 2 miles {8:45 am} will be relocated to the Exercise Room upstairs. A New Way 2 Move and Zengevity will be canceled due to an employee training seminar.



Thursday, September 25

The Ingram Senior Center and Town Hall will close at 12:30 pm for an employee appreciation event. All afternoon programs will be canceled on that day.

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.



COMMUNITY HIGHLIGHT

media communisat, Duis sedis sunt dolor in reprehenderit, in voluptate velit e

SECTION HEADING

lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad

lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad



Scan to contact us!

Visit lpicommunities.com

SUPPORT OUR ADVERTISERS!

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com
(800) 477-4574 x6348



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 the center know and we will see if other accommodations can be made.

**Trip Sold Out
Place your name on the
waitlist.**

*All Aboard! Conway Scenic
Railroad in North Conway, NH.*

Wednesday, October 8th

8:45am to 5:00pm

**\$83pp Includes: dinner, train
ride, and gratuities.**

Join us for a classic train ride and travel
back in time on this heritage rail excursion.

The Conway Valley Train is their classic
rural train ride. This 11-mile, 55-minute
round-trip journey to Conway recreates
traveling by train from town to town on
vintage railcars through the Mount
Washington Valley. Lunch is at the 99
Restaurant in N. Conway.

**Click
for Trip
Flyer**



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.

Register September 8.

*Halloween Party
at*

Lenzi's, Dracut, MA

(Only 18 minutes and 9.9 miles
from Rockingham Park Blvd.)

Friday, October 31st

11am to 3pm

**\$42pp Includes: dinner, dancing
and door prizes.**

This is a drive yourself event.
Dinner served family style ~ Lenzi's famous
chicken pot pie, tossed salad, rolls &
butter, cranberry sauce, potatoes,
vegetable, coffee, tea and warm apple
crisp. Fun music and entertainment by DJ
Jimmy Koczat!

Costume Contest (costumes optional)
BIG PRIZES!!!

Market Basket gift cards
\$75-1st place
\$50-2nd place
\$25-3rd place).



**Click for
Party Flyer**

UPDATE

As most of you know, Wendy Peters, our Trip and Party Coordinator is retiring in September. We wish Wendy well in her next adventures! While Wendy leaves big shoes to fill, we hope the process to find a new coordinator will be a quick and seamless transition. We appreciate your patience and understanding as we navigate through this time. We will do our best not to reduce programs and/or events, but since we will be short-staffed it may be a possibility. Our goal is to always provide our members with a wide variety of activities and adventures and we hope to continue that soon.

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

VOLUNTEER

The Ingram Senior Center is looking for volunteers to work in our Thrift Shop and run our Tai ji Quan class. If you are interested in volunteering, please contact Maria.



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, September 3 @ 4:00 pm Bridges by Epoch (254 Lowell Street, Andover)

Blood Pressure Clinic: 2nd Tuesday 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 Tuesday, 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 Tuesday, 9:00 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.



Reflections Hair Care

Perm, Cut & Style \$65
Color, Cut & Style \$60
Cut & Style \$30
Call For Appointment
603-893-0377

OVER 40 YEARS EXPERIENCE
HOME APPOINTMENTS AVAILABLE

Affordable Hearing LLC



FREE Hearing Evaluation
Lowest Hearing Aid Prices

CALL: 603-305-8226

Christopher Streeter
Licensed Hearing Instrument Specialist
kipstreeter@comcast.net
NH LIC#H547/MA LIC#198

Douglas & Johnson Funeral Home

214 Main Street • Salem, NH

Offering Traditional and Cremation Services • Pre- Arrangements

Proudly Serving Our Community Since 1991

J. Tyler Douglas / Susan Douglas Hopkins
Mark A. Gosselin / Paul D. Caillouette



603-898-8848 • www.douglasandjohnson.com

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

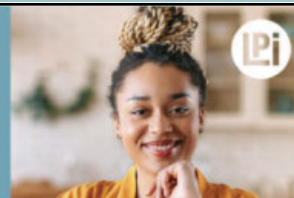
833-287-3502

WE'RE HIRING!

AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers

SUPPORT OUR ADVERTISERS!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT **WWW.MYCOMMUNITYONLINE.COM**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4ipi.com

Ingram Senior Center, Salem, NH

06-5384

HAPPY BIRTHDAY



It's Your Birthday!

11:30 am / Dining Rm

Suggested Donation to Meals on Wheels-\$3

Enjoy a lunch from Meals on Wheels, followed by a special birthday treat.

September birthdays will be celebrated on Thursday, September 11

Lunch choice: Roast Beef Sandwich w/Provolone Cheese, Garden Salad, Potato Chips, Multi-Grain Bread & Fresh Fruit **OR** Nicoise Salad (Green Beans, Tuna, Red Onion, Eggs, Tomatoes & Potatoes), Broccoli Salad, Rye Bread, and Fresh Fruit.

****SIGN UP BY SEPT 5****

October birthdays will be celebrated on October 1. ****SIGN UP BEGINS SEPT 15****

FALL SPECIAL

MEALS ON WHEELS
ROCKINGHAM COUNTY



Thursday, September 18

11:30 am in the Dining Room

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

Lunch Choice: Chef Salad w/Deli Turkey, Shredded Cheddar Cheese, Mixed Green Salad, Northern Bean Salad, Pita Bread & Fresh Fruit **OR** Ham & Swiss Sandwich, Tabbouleh, Tomato & Cucumber Salad, Whole Wheat Bread and Applesauce.

****SIGN UP BY SEPTEMBER 12****



Munchable Mentions

MEALS ON WHEELS
ROCKINGHAM COUNTY



11:30 am in the Dining Room

Suggested donation to Meals on Wheels is \$3.00 (payment made to Wesley or Kim)

Thursday, September 4

Lunch Choice: Pulled Pork w/BBQ Sauce, Roasted Sweet Potatoes, Sautéed Collard Greens, Burger Bun and Applesauce **OR** Asian Chicken Salad, Sesame Ginger Marinade, Sesame Noodles, Pita Bread and Mandarin Oranges.



****SIGN UP BY AUG 29****



Tuesday, September 9

Lunch Choice: Lasagna w/Marinara & Parmesan Cheese, Riviera Blend Vegetables, Garlic Roll, and a Cookie **OR** BLT Salad (Turkey, Bacon, Garden Salad & Tomatoes), Black-Eyed Pea Salad, Vienna Bread and Canned Fruit.



****SIGN UP BY SEPT 3****



Friday, September 26

Lunch Choice: Sausage, Peppers, & Onions, Tater Tots, Roasted Butternut Squash, Hot Dog Bun and Fresh Fruit **OR** Honey Mustard Chicken Salad, Potato Salad, Carrot Salad, Low Salt Wheat Bread and Applesauce.

****SIGN UP BY SEPT 22****

Lunch with Wacky Wesley
Monday, September 22



11:30 am / Dining Rm

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

Lunch Choice: Greek Style Chicken w/ Spinach, Peppers, Feta & Olives, Risotto, Multi-Grain Bread and Canned Fruit **OR** Roast Beef Sandwich w/American Cheese, German Potato Salad, Marinated Beets, Oat Bread & Canned Fruit. Suggested donation to Meals on Wheels is \$3.00 (payment made to Wesley or Kim).

****SIGN UP BY SEPT 16****

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 green. 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 ▶ Labor Day: September 1

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 ▶ Aquarobix: Salem Athletic Club (\$3 to Club)
 11:15-12:15 ▶ **FITNESS FUN: *PR☉ RESUMES SEPT 15**
 11:15-12:00 ▶ ZENgevity: Multipurp Rm *PR-no class 9/15
 11:30 ▶ **Lunch with Wacky Wesley: Sept 22 *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
 2:00 ▶ Video and Editing Club:*PR {By Appt Only}

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
 9:00 ▶ **Senior Center Orientation: September 16**
 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 2**
 10:00-12:00 ▶ **Hearing Clinic: September 9**
 10:30-11:30 ▶ **Blood Pressure Clinic: September 9**
 11:00-12:00 ▶ Bone Builders[Dolly's]:Ex Rm-*PR/*MR
 11:30 ▶ **Meals on Wheels Munchable Mentions: Sept 9*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 ▶ Aquamotion: 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
 9:30 ▶ Aquarobix: 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

12:00-2:00 ▶ **Summer Concert & Lunch: Sept 3 *PR☉**
 12:00-3:30 ▶ Canasta: Dining Room
 12:30 ▶ **Movie & Pizza Day: September 24 *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

CLOSING @12:30 ▶ Employee Appreciation Event: Sept 25
 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 SEPTEMBER 4**
 11:00-12:00 ▶ Bone Builders[Dolly's]:Ex Rm-*PR/*MR
 11:30 ▶ **Meals on Wheels Munchable Mention: Sept 4*PR**
 11:30 ▶ **It's Your Birthday Celebration: Sept 11 *PR**
 11:30 ▶ **Meals on Wheels Fall Special: Sept 18*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 ▶ Aqua Dance & Sculpt: Salem Athletic Club/\$3-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: September 5 & 26 *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)
 10:30 ▶ Aquamotion: Salem Athletic Club/\$3 to Club
 11:15-12:15 ▶ A New Way 2 Move: Multipurp. Rm
 11:30 ▶ **Meals on Wheels Munchable Mentions: Sept 26*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

