



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

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

## October

*A month filled with the beauty of autumn  
and the excitement of spooky surprises*

### 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  
Trips/Parties: Trina Reed  
Recreation: Juliann Isabelle Lanzillo  
Custodian: Dennis Iacono





***Congratulations  
to Trina Reed,  
our new Trips &  
Parties Coordinator!***

We are happy to announce the promotion of Trina Reed to Trips/Parties Coordinator. Trina has been with the Town of Salem since 2018. Beginning in her position at Town Hall as a Water Billing Clerk, followed by the Front Desk Clerk here at the Senior Center. Trina serves as an Event Coordinator for a non-profit association in Derry, NH. She is also a member of the Friends of Recreation of Salem, NH. Trina brings over 25 years of experience in event & party coordinating with an extensive background in finance, customer service, and management. She is excited to take on this new challenge and is ready to work hard to provide members with fun adventures. Please join us in welcoming Trina to her new role with the Senior Center.

***Movie & Pizza Day  
The Thursday Murder Club***

**Wednesday, October 29  
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.



**Register  
October 6 - 27**

***United Health Care  
Medicare Information Table  
October 15, 21, 28  
November 4, 13, 18, 25  
December 2  
10:00am -12:00pm / Lobby***

***Men's Morning  
Monday, October 6  
10:00 am / Multipurpose Rm***

Guest Speaker: Colleen Mailloux,  
Assistant Town Manager

***Ladies Tea  
Thursday, October 16  
1:00pm / Multipurpose Rm  
\$4.00***

Enjoy an afternoon of food, friendship and fun. Entertainment to be determined.

Register now for this event.

***Benefit Advisors Group  
Presents  
Medicare Annual  
Enrollment Presentation  
What's Changing and  
What You Need to Know***

**Monday, October 20  
10:00 am / Multipurpose Rm**

Medicare's Annual Enrollment Period (Oct 15-Dec 7) is your once-a-year opportunity to make changes to your coverage. Before you do anything, you need to understand your Annual Notice of Change (ANOC) because what you don't know can cost you. There are a lot of plan disruptions in New Hampshire. Your plan may be changing or terminating. Come learn about the updates in the state.

***Medicare Office Hours***

Meet with a representative from Benefit Advisors Group for no cost one on one help during the Annual Enrollment Period. Appointments required. Sign up form is located near the Clinic Room.

Appointment Dates:

October 16 & 27  
November 3, 10, 17 & 24



# 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 (August)	
Off Broadway Thrift Shop .....	\$1,328
Bingo Group .....	\$240
In Memory Of Dennis Chamberlain by his mother, Georgette Cuttress .....	\$50
In Memory of Robert B Capuano by his wife, Dale Capuano .....	\$25
Miscellaneous Donations .....	\$13
2025 {January - August}	
Off Broadway Thrift/Gift Shop .....	\$10,175
Bingo Group .....	\$1,883

## Closings & Program Changes

### Monday, October 13

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

### Monday, October 20

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 a Medicare annual enrollment seminar.

*My Memories of Salem Project*  
Share your favorite memory of Salem for a video time capsule that will be available for future generations of Salem residents.

Tuesday, October 7 & 21  
11:00 -12:00 / Creative Arts Rm

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

### 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).

### Thanksgiving Party

Date and Location: TBD

Please check the bulletin board and  
your email for details once they  
become available.

### Christmas with Tony Bennett &

*Barbara Streisand*

*at Castleton, Windham NH*

Thursday, December 4th

11:30 am to 3:30pm

**\$84.60pp includes: dinner, ticket  
and gratuity.**

This is a drive yourself event.

Plated Luncheon Meal Choices: Baked Stuffed

Chicken or Baked Haddock with Salad,

Vegetable, Potato, Bread, Dessert, Coffee & Tea.

The tribute show "Smile" is a wonderfully  
enjoyable day full of the songs these two icons  
are best known for such as "People", "The Way  
We Were", "I Left My Heart in San Francisco",  
"Fly Me to the Moon" as well as coming together  
for your favorite duets such as "Lady is a

Tramp", "New York, New York" and many more.

But wait there's more, with a special guest  
appearance by "Lady Gaga" who will perform  
with "Tony" some of their favorite songs from  
their GRAMMY AWARD winning Album Love for  
Sale. But of course NO Christmas show would  
be complete without some of our very favorite  
Christmas songs. Enjoy your favorite holiday  
classics in a way only these harmonious voices  
can do.



[Click Here for Trip Flyer](#)

**Register October 6**





Pat Parent, Patty Swan and Joyce Hatfield would like to thank everyone who came to Wendy Peter's Retirement Party. We would also like to thank everyone who helped out to make the party a huge success and all the group gifts, Thank you to Pat Parent for the awesome centerpieces, Sharon Smithey for the incredible cakes, Donna Holahan for the balloons, Jim Koczat for being a great DJ and Patricia Allen, Bob Dennis and Lorraine Thompson for the soda. Special thanks to Wesley, Bob DeFrancesco, Ed Swan and Terry Hennessey for serving the food that was purchased from contributions and the generous donations from Salem Police Benevolent, Salem Woods and Greystone Farms. Thank you to Maria Augeri for all her assistance. We will miss Wendy tremendously but wish her the best roaming the country.

Happy Trails!!



## Senior Clinics / Resources

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

### Alzheimer's Caregiver Support:

- 3<sup>rd</sup> Tuesday @ 1:00 pm ~ Residence at Salem Woods (6 Sally Sweets Way, Salem)
- Last Thursday @ 5:00 pm~ Wingate Residences (10 Residences Way, Haverhill MA)
- October 1 & November 5 @ 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 Wednesday, 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.

Aging and Disability Resource Centers (ADRC), formerly 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](http://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](http://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](http://careridewheelchair.com).

## 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.

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**Deb Haley**

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I do not offer every plan available in your area. Currently I represent 18 organizations that offer 45 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



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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.

November birthdays will be celebrated on Wednesday, November 12

Lunch options and sign up will be available October 16.

**FALL SPECIAL**

**MEALS ON WHEELS**



**Thursday, October 23**

**11:30 am in the Dining Room**

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

Lunch Choice: Roast Pork w/Apples, Mashed Butternut Squash, Roasted Brussel Sprouts, Garlic Roll, Baked Pumpkin Goods **OR** Honey Mustard Chicken Salad, Chickpea Salad, Spinach Salad, Vienna Bread, Jello-O.



**\*\*SIGN UP BY OCTOBER 17\*\***



**Lunch with Wacky Wesley**  
**Monday, October 27**

**11:30 am**  
**Dining Rm**



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

Lunch Choice: Beef Fajita w/Onions, Red & Green Peppers, Rice & Black Beans, Tortilla, and Canned Fruit **OR** Grilled Chicken w/American Cheese, Farro Salad, Marinated Beets, Whole Wheat Burger Bun & Canned Fruit. Suggested donation to Meals on Wheels is \$3.00 (payment made to Wesley or Kim).

**\*\*SIGN UP BY OCTOBER 21\***

**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, October 9**

Lunch Choice: Potato Crunch Fish, Roasted Sweet Potatoes, Cheesy Cauliflower, Whole Wheat Roll, Chocolate Pudding **OR** Chicken & Quinoa Salad, Greek Chicken ow, Green Bean Salad, Whole Wheat Dinner Roll and Yogurt.

**\*\*SIGN UP BY OCTOBER 3\*\***

**Wednesday, October 15**

Lunch Choice: Beef Stew w/Celery, Carrots & Onions, Mashed Potatoes, Honey Wheat Roll and Fresh Fruit **OR** Sliced Southwest Chicken, Garden Salad w/Tomatoes, Cheese, Corn, Black Beans, Dinner Roll and Pudding

**\*\*SIGN UP BY OCTOBER 8\*\***

**Thursday, October 30**

Lunch Choice: Crab Cake w/Tartar Sauce, Chuckwagon Corn, Tomato & Cucumber Salad, Whole Wheat Roll, and Warm Peach Cobbler **OR** Mediterranean Salad, Roasted Carrot Salad, Vienna Bread & Yogurt.

**\*\*SIGN UP BY OCTOBER 24\***

**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**



# 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 ► Columbus Day: October 13**  
 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)  
 10:00 ► Men's Morning: October 6  
 10:00 ► Medicare Annual Enrollment Seminar: Oct 20  
 10:00-12:00 ► Medicare Office Hours w/Benefit Advisors Group: Oct 27\*PR (by appt only)  
 11:15-12:15 ► FITNESS FUN: \*PR☉  
 11:15-12:00 ► ZENgevity: MP Rm \*PR-RESUMES Oct 27  
 11:30 ► Lunch with Wacky Wesley: Oct 27 \*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: October 21  
 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 ► United Healthcare Medicare Info: Oct21&28  
 10:30-11:30 ► Blood Pressure Clinic: October 14  
 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 ► 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☉  
 10:00-12:00 ► Hearing Clinic: October 8  
 11:15-12:00 ► ZENgevity: Multipurp Rm \*PR

## Wednesday cont'd

10:00-12:00 ► United Healthcare Medicare Info: Oct 15  
 11:30 ► It's Your Birthday Celebration: October 1\*PR  
 11:30 ► Meals on Wheels Munchable Mention: Oct 15\*PR  
 12:00-3:30 ► Canasta: Dining Room  
 12:30 ► Movie & Pizza Day: October 29\*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  
 1:30-3:30 ► Hand and Foot: Dining Room

## Thursday

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: Creative Arts Rm  
 10:00-12:00 ► Medicare Office Hours w/Benefit Advisors Group: Oct 16\*PR (by appt only)  
 11:00-12:00 ► Bone Builders[Dolly's]:Ex Rm-\*PR/\*MR  
 11:30 ► Meals on Wheels Munchable Mention:Oct 9&30\*PR  
 11:30 ► Meals on Wheels Fall Special: October 23\*PR  
 12:30-2:30 ► Knit & Crochet: Creative Arts Rm  
 1:00 ► Ladies Tea: October 16\*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 ► 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: October 3 & 24 \*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  
 11:15-11:45 ► A New Way 2 Move: Multipurp. Rm  
 11:00-3:00 ► Halloween Party@ Lenzi's: Oct 31\*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}  
 12:00-2:00 ► Summer Concert & Lunch: Oct 3 \*PR☉  
 1:00-2:15 ► Walkaerobics 1 mi / Arthritis: Exercise Rm

