



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

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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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 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 Kocztat!

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

THANK YOU

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!!



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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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)
- 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 Affairs 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.

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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Ingram Senior Center, Salem, NH

06-5384



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
ROCKINGHAM COUNTY

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 Brussels
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 Chickenow, 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: Oct 21&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 & Sculp: 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

