

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

November

Gratitude sweetens
even the
smallest moments.

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

Programs/Volunteers:
Maria Augeri

Trips/Parties:
Trina Reed

Recreation:
Julian Isabelle Lanzillo

Custodian:
Dennis Iacono

Benefit Advisors Group 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:
November 3, 7, 10, 14, 17, 21 & 24

Griefshare and the Holidays

Thursday, November 20
10:00 am / Creative Arts Rm

Medicare Assistance with the Aging & Disability Resource Center (Formerly Servicelink)

Thursday, November 20
9:00am - 4:00 pm / Clinic Room

Meet with a SHIP Counselor for assistance with open enrollment. This will be on a first come, first serve basis (no appointments). Please bring your Medicare cards and an up-to-date medication list. Medication list should have the name, strength and dose.

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

Men's Morning

Monday, November 3

10:00 am / Multipurpose Rm

Guest Speaker: Crayton Brubaker
Community Development Program Manager

Movie & Pizza Day

Just Go With It

Wednesday, November 26

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
November 3-25

Bountiful Breakfast

Thursday, November 13

9:00 am / Dining Rm

\$6.00

Join Chef Wesley and Sous Chefs Maria and Trina for a bountiful breakfast of 2 fried eggs, 2 pancakes, 2 sausage links, coffee and orange juice

Register November 3

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.

THANK YOU SO MUCH!

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 (September)

| | |
|-------------------------------------|----------|
| Off Broadway Thrift Shop | \$1,951 |
| Bingo Group | \$311 |
| 2025 {January -September} | |
| Off Broadway Thrift/Gift Shop | \$12,126 |
| Bingo Group | \$2,194 |

*Warm wishes from the Community Services Staff
for a wonderful holiday with your families.
We are so thankful for you!*

Maria, Trina, Julie & Dennis

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Closings

The Ingram Senior Center will be closed on the following days:

Tuesday, November 11 - in observance of Veteran's Day.



Thursday, November 27 & Friday, November 28 - in observance of the Thanksgiving Holiday.



Program Changes

Wednesday, November 5 - Walkaerobics 2 miles {8:45 am} & Zengevity will be relocated to the Exercise Room upstairs due to employee training.

Wednesday, November 19 - Walkaerobics 2 miles {8:45 am} will be relocated to the Exercise Room upstairs and Zengevity will be canceled due to the Thanksgiving Party.



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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.

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.



11 SPOTS LEFT!



Thanksgiving Party at the Ingram Senior Center
Wednesday, November 19th
11:30 am - 3:00 pm
\$50.00 pp



Hart's Turkey Farm Restaurant in Meredith, NH. will be catering a delicious Thanksgiving meal for our party! Lunch will consist of hand-carved roasted turkey with stuffing, gravy, and cranberry sauce, whipped potatoes with a potato topping bar, garden salad with a variety of salad dressings, fresh baked rolls, and apple crisp for dessert. Entertainment will be provided by the B Street Bombers. We were fortunate to receive a donation from the Salem Police Benevolent Association to help cut the cost for our members. Doors will open at 11:30.

[Click here for Thanksgiving Party Form](#)

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



Property Fraud Alert

**Wednesday, December 18
9:00 am / Multipurpose Rm**

Cathy Stacey, Rockingham County Register of Deeds will present information on a free service offered through her office for real estate owners called Property Fraud Alert. With so much misinformation, scare tactics and costly products she will speak to you on the positive attributes of the Registry product and why you should sign up. Once signed up, this system will notify you should any document be recorded under your name.

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.

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

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)
- 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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I do not offer every plan available in your area. Currently I represent 12 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 November 12

****SIGN UP BY NOVEMBER 7****

Lunch Choice: Hot Dog, Baked Beans, Latin
Slaw, Hot Dog Roll, Warm Cinnamon Apples
OR Chicken Quinoa Salad, Green Bean Salad,
Whole Wheat Dinner Roll and Yogurt.

December birthdays will be
celebrated on December 10. Check
the sign up rack for lunch options.

THANKSGIVING SPECIAL

MEALS ON WHEELS
ROCKINGHAM COUNTY



Thursday, November 20

11:30 am in the Dining Room

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

Lunch Choice: Roasted Turkey w/Stuffing
& Gravy, Whipped Potatoes, Mashed
Butternut Squash, Honey Wheat Dinner Roll
and Apple Pie **OR**

Southwest Chicken Sliced w/Garden
Salad & Ranch Dressing, Corn & Black
Beans, Dinner Roll & Pudding.

****SIGN UP BY November 14****

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, November 6

Lunch Choice: Pork Diablo (Pork Roast
w/Creamy Mustard Sauce), Mashed
Potatoes, Brussel Sprouts, Vienna Bread
and Chocolate Pudding **OR** Shrimp Caesar
Salad (Lettuce w/Caesar Dressing), Quinoa
Salad, Parmesan Cheese, Croutons, Pita
Bread and a Cookie.

****SIGN UP BY NOVEMBER 3****

Tuesday, November 25

Lunch Choice: Stuffed Baked Chicken w/
Broccoli & Cheese & Supreme Sauce, Rice
Pilaf, Beets, Multi-Grain Bread and Mandarin
Oranges **OR** Seafood Salad, Sweet Potato
Salad, Cucumber Salad, Multi-Grain Bread,
Canned Fruit.

****SIGN UP BY NOVEMBER 19****

Lunch with Wacky Wesley
Monday, November 10

11:30 am
Dining Rm



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

Lunch Choice: Chicken Pot Pie, Diced Chicken,
Peas, & Carrots, Mashed Potatoes, Biscuit and
Jello-O **OR** Turkey w/Swiss Sandwich &
Mustard, Marinated Vegetables, Rye Bread and
Applesauce. Suggested donation to Meals on
Wheels is \$3.00 to Wesley or Kim).

****SIGN UP BY November 5****

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

- 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: November 3
- 10:00-12:00 ► Medicare Office Hours w/Benefit Advisors Grp: November 3, 10, 17, & 24 (by appt only)
- 11:15-12:15 ► Fitness Fun: *PR®
- 11:30 ► Lunch with Wacky Wesley: Nov 10*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

- CLOSED ► Veteran's Day: November 11
- 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: November 18
- 9:20-10:00 ► A New Way 2 Move: Multipurpose Rm
- 10:00 ► Building Bones & Balance: Exercise Rm*PR
- 10:00-11:00 ► Bible Study: Creative Arts Room
- 10:00-12:00 ► United Healthcare Medicare Info: November 4, 13, 18, 25
- 11:00-12:00 ► Bone Builders[Dolly's]:Ex Rm-*PR/*MR
- 11:30 ► Meals on Wheels Munchable Mention: Nov 25*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: MPR RELOCATED Nov 5 & 19
- 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
- 10:00-12 ► Hearing Clinic: Nov 12
- 10:00-11:00 ► Line Dancing: Exercise. Rm-*PR®
- 11:15-12:00 ► ZENgevity: MP Rm *PR RELOCATED Nov 5 CANCELED Nov 19

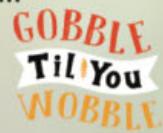
Wednesday cont'd

- 11:30 ► Thanksgiving Day Party: November 19*PR®
- 11:30 ► It's Your Birthday Celebration: November 12*PR
- 12:00-3:30 ► Canasta: Dining Room
- 12:30 ► Movie & Pizza Day: November 26*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

- CLOSED ► Thanksgiving Day: November 27
- 8:45-9:30 ► Walkaerobics 2 mi: Multipurpose Rm
- 9:00-4:00 ► Medicare Assistance w/ Aging & Disability Resource Center: November 20
- 9:00 ► Corn Hole (Bean Bag toss): 2nd Floor
- 9:00 ► Bountiful Breakfast: November 13*PR®
- 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 ► Grief Share and the Holidays: November 20
- 11:00-12:00 ► Bone Builders[Dolly's]:Ex Rm-*PR/*MR
- 11:30 ► Meals on Wheels Munchable Mention: Nov 6*PR
- 11:30 ► Meals on Wheels Thanksgiving Special: Nov 20*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 & Sculp: Salem Athletic Club/\$3Club



Friday

- CLOSED ► Thanksgiving Holiday: November 28
- 8:00-12:00 ► Pickleball: Michele Memorial Park
- 8:30-10:00 ► Computer Solutions (Walk In): CrArt
- 8:45 ► Yoga: Exercise Rm
- 9:00-2:00 ► Foot Clinic: November 7 *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
- 10:00-12:00 ► Medicare Office Hours w/Benefit Advisors Group: November 7, 14, & 21 (by appt only)
- 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
- 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

