



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

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

Juliann Isabelle Lanzillo

Front Desk

Kelsey McRobbie

Custodian

Dennis Iacono



December 2025



*Welcome
Kelsey McRobbie
our new
Front Desk Clerk*

I'm thrilled to join the team and work with the Town of Salem. In my free time, I love spending quiet nights at home in Sandown with my husband, Patrick, and our two cats, Tigerlily and Asiago. We enjoy cooking, watching our shared TV shows, and planning our next adventure. We're big Disney World fans, but we also love exploring new places together. Both Patrick and I come from large families, so quality time with them is a must. We are both looking forward to this holiday season and being able to spend our favorite season with those closest to us. Prior to my role here, I spent the last 8 years in the medical field, working in both primary care and radiology in Methuen, MA, and Windham, NH. I'm excited to bring my skills to the team here at the Senior Center. Everyone has been incredibly welcoming so far! I am most looking forward to getting to know everyone better, both the members and my new co-workers!

*Showstoppers
Dance Show*
**Thursday, December 11
12:00 pm**

The Salem Senior Tappers and the Salem Recreation Dancers will be showing off their amazing talent. Musical entertainment will be provided by James Koczat and Guy Carbone. Enjoy lunch before the show with Meals on Wheels Holiday Special Luncheon.

Men's Morning
**Monday, December 1
10:00 am / Multipurpose Rm**
Guest Speaker: Wayne Amaral
Municipal Services Director

Ladies' Tea
**Wednesday December 10
1:00 pm / Multipurpose Rm
\$4.00**

Enjoy an afternoon of food, friendship and fun. Entertainment provided by The Salem High School Chorus

Winter Fest
**Thursday, December 11
5:30 - 7:30 pm / Ingram Senior Ctr**
Intergenerational event by the Community Services Department. Enjoy a cozy evening of cocoa, crafters, food, and horse drawn carriage ride.

Property Fraud Alert
**Thursday, 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.



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 (October)

Off Broadway Thrift Shop	\$1,376
Bingo Group	\$204
Christine Tebbetts	\$250
In Memory of David Chamberlain by his mother Georgette Cutress	\$50
In Memory of Rita Wiggins from Ken C	\$20
Salem Police Benevolent Association {Band cost for Senior Thanksgiving Party}	\$500
Miscellaneous	\$9

2025 {January -October}

Off Broadway Thrift/Gift Shop	\$13,561
Bingo Group	\$2,397

Closings

The Ingram Senior Center will be closing at **noon** on the following days:

Wednesday, December 24 & 31

The Ingram Senior Center will be closed on Thursday, December 25 and January 1 in observance of Christmas Day and New Year's Day.



Monday, December 8 all programs will be canceled due to the Firemen's Luncheon

Wednesday, December 17 - Morning Walkaerobics will be held upstairs. Canasta and Hand & Foot will be upstairs.

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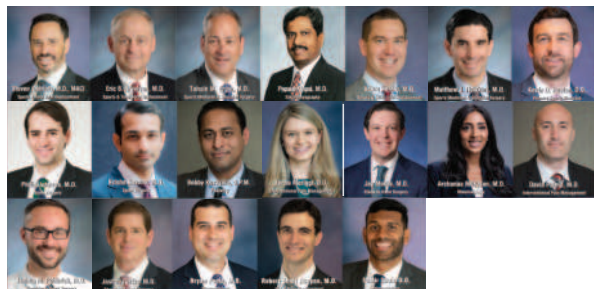
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Douglas Daniels, PA-C
Michelle Collins, PA-C
Doreen K. McGowan, PA-C

Our Therapists

Patricia Haggerty, PA-C
Matthew Johnson, PA-C
Jenny Ward, PA-C

Joelle Kennedy, PT
Ann Russell, DPT
Lynne Spivack, PT
Peter Simonsen, PT, DPT, ATC

ANDOVER, MA
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Fax: 978-925-1925

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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.

Holiday Party

Wednesday, December 17

11:30 am- 3:00 pm

Ingram Senior Center

[Click Here for Flyer](#)

Enjoy a delicious lunch catered by the Black Water Grill followed by music and dancing with Bobby G.

Dinner Choices: Steak Tips &

Roasted Potatoes - \$34 or

Chicken Parmesan with Pasta - \$29

or

Chicken Marsala with Pasta - \$29

All meals include mixed vegetable, salad, roll and dessert.

****Register Now****



Best of Times Trip

*The International VA Military
Tattoo, Annapolis, MD &
Williamsburg, VA*

Thurs., April 16 - Mon., April 20

\$1,749pp - Double / \$2,199 - Single

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****Register December 1****

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.

Firemen's Holiday Luncheon

Monday, December 8

11:00 am or 12:30 pm

Registration Forms are near the Clinic Room
Please bring a canned good or cash donation
for the food pantry.

Texas Hold Em Card Game

Wednesdays

1:00 pm - 3:00 pm / 2nd Floor

See Elaine Houde for details, sign up sheet
available near the Clinic Room.

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)
- December 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 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 (603) 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 (603) 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 (603) 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 18 organizations that offer 42 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.

December birthdays will be celebrated on December 10.

Lunch Choice: Crab Cake w/ Tarter Sauce, Chuckwagon Corn, Beets, Low Sodium Whet Bread and Birthday Cake **OR** Shrimp Caesar Salad w/Lettuce, Orzo Salad, Pita Bread and a Cookie.

January birthdays will be celebrated on January 14. Check the sign up rack for lunch options.

HOLIDAY SPECIAL

MEALS ON WHEELS
ROCKINGHAM COUNTY



Thursday, December 11

11:30 am in the Dining Room

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

Lunch Choice: Baked Ham w/ Apple Glaze, Garlic Mashed Potatoes, Green Beans w/Peppers, Low Sodium Wheat Bread and Mint Chocolate Mousse **OR** Chicken Salad, Sweet Potato Salad, Tomato & White Beans, Multi-Grain Bread and Fresh Fruit.

****SIGN UP BY December 5****

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, December 18

Lunch Choice: Breaded Chicken w/ Marry-Me Sauce, Couscous, Capri Blend Vegetables, Whole Wheat Dinner Roll and Fresh Fruit **OR** Vegetarian Chef Salad, Kidney Beans, Cheese & Egg, Mixed Green Salad, Pesto Pasta Salad, Pita Bread

****SIGN UP BY December 12****

Tuesday, December 30

Lunch Choice: Potato Crunch Fish, Mashed Sweet Potato, Cheesy Cauliflower, Whole Wheat Burger Bun and Canned Fruit **OR** Honey Mustard Chicken Salad, Potato Salad, Cucumber Salad, Multi-Grain Bread and Jell-O

****SIGN UP BY December 23****

Lunch with Wacky Wesley
Monday, December 22

11:30 am
Dining Rm



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

Lunch Choice: Chicken Pot Pie, Peas, & Carrots, Mashed Potatoes, Biscuit and Jell-O. **OR** Pasta Salad w/Hard Boiled Eggs, Tomatoes, Carrots & Celery, Ranch Dressing, Chickpea Salad, Whole Wheat Bread and Canned Fruit. Suggested donation to Meals on Wheels is \$3.00 to Wesley or Kim).

****SIGN UP BY December 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

ALL PROGRAMS CANCELED ► DECEMBER 8

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: December 1
 11:00 & 12:30 ► Firemen's Holiday Luncheon: Dec 8
 11:15-12:15 ► Fitness Fun: *PR☉
 11:15-12:00 ► ZENgevity: MP Rm *PR
 11:30 ► Lunch with Wacky Wesley: December 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
 2:00 ► Video and Editing Club:*PR {By Appt Only}

Tuesday

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: December 16
 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
 10:30 - 11:30 ► Blood Pressure Clinic: Dec 9
 11:00-12:00 ► Bone Builders[Dolly's]:Ex Rm-*PR/*MR
 11:30 ► Meals on Wheels Munchable Mention: Dec 30 *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

CLOSING AT NOON ► DECEMBER 24 & 31

8:00-12:00 ► Pickleball: Michele Memorial Park
 8:45-9:30 ► Walkaerobics 2 mi: MPR
 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: December 10
 10:00-11:00 ► Line Dancing: Exercise. Rm-*PR☉
 11:15-12:00 ► ZENgevity: MP Rm *PR
 11:30 ► Holiday Party: December 17*PR☉
 11:30 ► It's Your Birthday Celebration: December 10*PR

Wednesday cont'd

12:00-3:30 ► Canasta: Dining Room
 12:30-3:00 ► Whist: Salem Room
 1:00 ► Ladies' Tea: December 10*PR
 1:00-2:15 ► Walkaerobics 1 mi/Arthritis: Exer Rm
 1:00-3:00 ► Texas Hold Em: 2nd floor
 1:00-3:00 ► Darts: 2nd floor
 1:00-4:00 ► Billiards: Lobby - Ladies only
 1:30-3:30 ► Hand and Foot: Dining Room
 5:30-7:30 ► Winter Fest: Dec 11

Thursday

CLOSED ► DECEMBER 25 & JANUARY 1

8:45-9:30 ► Walkaerobics 2 mi: Multipurpose Rm
 9:00 ► Property Fraud Alert w/Cathy Stacey: Dec 18
 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
 11:00-12:00 ► Bone Builders[Dolly's]:Ex Rm-*PR/*MR
 11:30 ► Meals on Wheels Munchable Mention: Dec 18 *PR
 11:30 ► Meals on Wheels Holiday Special: Dec 11*PR
 12:00 ► Showstoppers Holiday Dance Show: Dec 11*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
 5:30-7:30 ► Winter Fest: December 11
 5:35 ► Aqua Dance & Sculpt: Salem Athletic Club/\$3Club

Friday

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: Dec 5 & 26 *PR☉
 9:20 ► A New Way 2 Move: Multipurp. Rm
 10:00 ► A New Way 2 Move: Multipurp. Rm
 11:00 ► A New Way 2 Move: Multipurp. 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
 9:00-11:00 ► 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
 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