



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.

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 (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.



HAPPY
HOLIDAYS
Program Changes

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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Our Physician Assistants

Joe Barron, PA-C
Danielle Desrosiers, PA-C
Matthew D'Amico, PA-C
Dawn K. McGehee, PA-C

Peter Rapaport, PA-C
Lori Resnick, PA-C
Jeremy Sizel, PA-C

Jeffrey Aronoff, PT
Lori Bestel, PT
Lisa Bivona, PT
Patti Gammie, PT

Our Therapists

Adam Etting, PT
Kerry Bransford, PT
Lynn Pendergast, PT
Patti Gammie, PT

ANDOVER, MA
225 Lowell St.
Ph: 978-475-1016
Fax: 978-475-1825

HAVERHILL, MA
62 Brown St.
Ph: 978-379-1416
Fax: 978-375-3925

SALEM, NH
16 Bell St. ~ 1st Floor
Ph: 603-868-2222
Fax: 603-868-7227

MOBILITY SPORTS
THERAPY & REHAB
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15 Pelham Rd. Ste 2, 1st Flr
Salem, NH 03079

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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****



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.

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

Join Best of Times Travel & Celebrate America 250 on one of the most culturally enriching tours you will ever experience. The trip includes: Roundtrip Deluxe Motorcoach Transportation, 4 nights Lodging, 7 Meals (4 Breakfasts & 3 Dinners, Guided Tour of Annapolis & the U.S. Naval Academy, Ticket to the Wizard of Oz at Toby's Dinner Theater, Admission to the Virginia International Military Tattoo Festival Show, Tour of Colonial Williamsburg, Harbor Cruise to see the Norfolk VA Naval Base, Tour of Assateague Island {famous for their wild horses}

****Register December 1****

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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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.

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 & Sculp: 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