



Town of Salem, NH



Community Services ♦ Senior Division *Ingram Senior Center*

1 Sally Sweets Way, Salem, NH 03079

<https://www.townofsalemnh.org> ♦ (603)890-2190

Facebook: www.facebook.com/salemnhsenior

November/December 2022

A Communication of News, Programs, Activities & Opportunities for the Town of Salem's Active Seasoned Citizens



As we celebrate World Kindness Day, I invite you to look for ways to make kindness the norm in your daily life. World Kindness Day is a great day to begin building a new routine which means including intentional moments of kindness, laughter and delight. It also means taking a moment to enjoy and recognize when those things are happening.

Kindness starts with one. One smile. One compliment. One cup of coffee. One conversation.

Let's lift the fog and make kindness the norm.

By Brooke Jones, Vice President, The Random Acts of Kindness Foundation



Community Services Staff

Katie Duffey— *Comm. Services Director*
Karen Bryant - *Programs/Volunteers*
Wendy Peters - *Administrative/Trips*
Maria Augeri - *Front Desk Clerk*
Doug Cole - *Recreation Coordinator*
Hector Rivera - *Custodian*

Center hours

Monday - Thursday 8:30am - 4:30pm
Friday 8:30am - 3:30pm

Participation

Free for Salem Residents
Grandfathered Non-Residents \$50 annually
(No longer accepting new Non-Residents)
Outdoor-only Registration \$25 annually

■ With Our Thanks...

On behalf of the entire Salem community, we wish to express and display our tremendous gratitude to those who have given to Salem Senior Services. Any size contribution is greatly appreciated. While Salem Senior Services is funded by the Town of Salem, these gifts help underwrite programming. You may send your donation payable to Town of Salem, NH, c/o Salem Senior Services, 1 Sally Sweets Way, Salem, NH 03079.

Donations since last newsletter include:

Off Broadway Thrift & Gift Shop (2022 to date)	8,467
45's Group (2022 to date)	64
Bingo Group (2022 to date)	1,531
Poker Group (2022 to date)	33
Elaine, Mark, Ellen, Colin, Keegan, Ryan, Bernadette, & Julie Brady (<i>imo Doris Thibodeau</i>)	100

■ Please Note:

The Center's 2022 **upcoming closings or programs cancelled** due to holidays or special events are:

Fri.	Nov. 11th	closed - Veteran's Day
Thur.	Nov. 24th	closed - Thanksgiving Day
Fri.	Nov. 25th	closed - Day after Thanksgiving
Fri.	Dec. 23rd	closing at 12:00pm
Mon.	Dec. 26th	closed - Christmas
Fri.	Dec. 30th	closing at 12:00pm



Coffee, Coffee and Tea!



We know you enjoy your coffee and tea and appreciate your patience while we dealt with a machine that was constantly breaking down, along with poor service from the vendor. The vendor was willing to provide a new machine but the price would have increased to \$2/cup.

In an effort to continue providing coffee and tea but at a reasonable price, and after lots of research, we have installed a commercial Keurig machine. Coffee and Tea pods are available at the front desk for .50¢/pod. Just let us know if you would like coffee or tea, caffeinated or decaf. The Keurig machine is located at the back of the dining room on a table in front of the kitchen. There are directions on how to use the machine printed on the table beside it. If you should have any questions or need assistance, we are happy to help.

We kindly request that you do not bring in your own pods as we bear the expense of the sugar, cups and stirrers. Please note that any money above and beyond the cost of the supplies, if any, goes back to your senior center.

■ Are you Interested?... let Karen know

Bible Study, Tuesdays at 10am, Creative Arts Rm., Free.

Chair Reiki, 1st & 3rd Tuesdays, 9-11am and 1-3pm in the Exam Room. Sign up sheet is on the clipboard on the Exam Room door.

Grief Share. You are welcome to begin on any Thursday and visit any session(s) that you choose. See Karen for a brochure. Thursdays, 10-11:30am, Creative Arts Rm, free.

Movies in the Multipurpose Room, November 23rd - Grand Torino, December 28th - The King's Speech. Bring your own lunch or order by the Friday before from April in the kitchen (Rockingham Nutrition), 4th Wednesday, 12:30pm. Free

Wii Bowling. Wii bowling simulates the real action of bowling on our 12' screen through a hand-held remote that throws your ball down the alley.

If you are interested or have questions on any of the above, please contact Karen at (603)685-6492.

■ Special Events:

Veterans Day Celebration! The sixth grade students of Woodbury School cordially invite all Veterans to its annual program on Friday, Nov. 4th, 7:45 to 9am. A full course breakfast will be served followed by a program hosted by the 6th grade students. No RSVP necessary. Veterans may bring one guest. ***Please note change of location**—this year the event is being held at Salem High School on Geremonty Drive in the Davis Gym.

Information Table in the lobby. United Healthcare - Medicare information and supplements, Tuesday 11am-12pm, 11/1 and 11/22.

Salem Holiday Parade, Sun., Nov. 27th, starts at 1pm.

Night of Lights, Carols & Cocoa at Salem High School will feature performances in the Seifert Performing Art Center followed by cocoa and Santa lighting the tree outside at town hall. Admission inside the PAC will be FREE but will require a ticket due to capacity restrictions. Reserve free tickets on school website starting November 1st. More information will become available. No ticket will be required to attend the tree lighting portion. Thur., Dec. 1st, concert 6-7pm, outside tree lighting 7:15.

The Salem Firemen's Annual Holiday Luncheon. Be treated to a delicious Italian luncheon, Monday, December 12th. Reservations will start being accepted on 11/28 (the Monday after Thanksgiving). Choice of seating: 11am or 1pm. Due to its high popularity, this event is open to registered participants only. **Admission: cash or food donation for the food panty.** *Note - you will not need to swipe in for this event.

Holiday Grief Share, 3rd Thursday, December 15th, 10am, Free, Creative Arts Room *PR

HONORING OUR VETERANS



Salem Historical Society Program

310 Main Street, Salem

Tues. November 8th: Speaker Jeff Warner will present "Banjos, Bones and Ballads" featuring tavern songs, seafaring tunes and 18th century hymns as well as humorous historical tales.

All Programs start at 7pm. Light refreshments will be served at the end. Free and open to the public.
Direct questions to: infosalemnhist@comcast.net

Note: The Salem NH Historical Society Museum is open for public viewing each Monday afternoon from 2-5pm from now until mid-November.

AARP Foundation Tax-Aide Volunteers needed!

AARP Foundation Tax-Aide volunteers have been preparing free tax returns at the Ingram Senior Center for over 20 years helping hundreds of Seniors with their taxes. Last year, **because they didn't have enough volunteers**, they weren't able to provide this service at the Senior Center.

Volunteers are people from a variety of ages and backgrounds. Prior tax knowledge isn't necessary. Training takes place in the Fall and early Winter, and results in IRS certification. Please consider volunteering so they can bring this service back to the Senior Center. You can volunteer by going to aarpfoundation.org/taxaide or calling 1-888-227-7669.



Medicare Educational Seminar

(Meetings will be every Tuesday @ 6 PM and every Wednesday @ 2 PM)

JULY							AUGUST							SEPTEMBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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24	25	26	27	28	29	30	28	29	30	31				28	29	30	31				30	31					
31																											

Do you need to sign up for your Social Security Benefits yet?
Do you know how to enroll into Medicare Part A & Part B?
Would you like someone to assist on how to Navigate the "Medicare Maze"?

Senior Benefits Services of NH is now offering Educational Seminars to Retirees on how to sign up for these benefits and educate you on how the Medicare system works.

Located at 400 Harvey Rd Manchester (next to the airport runaway off South Willow St).

Come learn how to navigate the "Medicare Maze." Light refreshments and beverages will be served.

Please call ahead! Seating is limited!

Bruce K. Royer

Senior Benefit Services of NH

603-273-0951 (TTY: 711)

Monday - Thursday, 10 AM - 5 PM

bruce@sbsnh.com

www.sbsnh.com

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Ingram Senior Center, Salem, NH

06-5384

We give Thanks...

In the spirit of **Thanksgiving** we're honored to take the opportunity to thank our community partners:

20th Anniversary Event. *Thank you to all the businesses in Salem who generously donated money to help fund the event or gave gift certificates for the raffle.*

All the generous people who have donated money or items for our thrift shop and plants to beautify our building and grounds
AARP Tax-Aide Volunteers and tax preparation program
Angela Sakakeeny and Lorraine Maffeo for donating Reiki services

Atkinson Country Club discounted golf for league

BJ's Wholesale Club donates bread & pastry twice weekly

Campbell's Scottish Highlands discounted golf for league

Cedarview for providing food at the craft fair & police cookout

Chris Streeter for providing free hearing aid cleaning, repairs and hearing check

Epilepsy Foundation for recycling of Thrift Shop donations

Greater Salem Caregivers provides transportation & services

Greystone for providing food for the craft fair

Icenter Salem for allowing us to use their parking lot for trips

Jason and Ralph McCollin for providing line dancing at events

Jim Kozcat for providing music for events

Kelley Library for sponsoring our May parking lot concert

The Links at LaBelle Winery discounted golf for league

Men's Morning guest speakers for taking their time to come and speak to the group

Panera Bread donates excess bread weekly

Recreation Advisory Committee for the fundraising and coordination of a dedication of a memorial bench for former Community Services Director Danny Hopkins at Palmer School Residence at Salem Woods for providing food for at craft fair and the use of their parking lot for extra parking for our events
Rite Aid for providing a variety of shots at the Health Fair
Rockingham Nutrition provides lunch and Meals on Wheels and donated food for multiple center events

Rockingham VNA for providing a 2x/month on-site foot clinic

Salem Athletic Club for providing a discounted rate to our seniors for Aquarobics and Zumba classes

Salem Community Development for making signs for the 20th Anniversary Event

Salem Council on Aging for partnering with us

Salem DPW for always being willing to help us

Salem Firefighters Relief Assoc. hosts annual Holiday Lunch and provided the food for our 20th Anniversary event along with cooking and serving it.

Salem Housing Authority shares resources

Salem Lions Club collects eyeglasses for their recycling

Salem Police Dept. for a barbeque lunch & Walk with a Cop
SCTV promotes and records/films activities, events and updates

Sissy Landry for donating a lottery ticket tree for fundraising at our craft fair and a bird basket for the 20th Anniversary event
Volunteers ~ priceless! For all that you do... leading hundreds of programs and activities

Windham Country Club discounted golf for league

■ Did you know...

Aquarobics at the Salem Athletic Club. *Special deal for our seniors—you do not have to be a member for these classes.* Mondays and Wednesdays 9:30-10:30am and Fridays 10:30am, Tuesdays and Thursdays 5:35pm. \$3 per class (free if your insurance plan offers Silver Sneakers). Pre-registration required either online at <https://salemathleticclub.com/group-exercise/reserve-group-ex-class/> or by calling the Salem Athletic Club at (603)893-8612. (Locker rooms with showers are available for use). Insurances that offer Silver Sneakers - AETNA, ANTHEM, BANKERS LIFE, HUMANA, WELLCARE.

About the REAP Program? Referral, Education, Assistance and Prevention program for older adults in NH. REAP the Benefits of Healthy Living Today. The program is designed to help you take control of your life, to live a happy, healthy, and independent lifestyle. **REAP** provides education to help you better understand and deal with the many life changes you might encounter. **REAP** counselors are available by phone or by appointment to provide you or your loved ones with information and resources on how to deal with life changes including loss, grief, and other personal concerns.

Eligibility

- NH residents 60 years old or older,
- Resident of a NH Senior Housing site, or
- Caregivers or family members of an older adult living in NH

Exceptions: Permanent residents of long term care facilities and active clients of a NH Community Mental Health Center are not eligible for the REAP program.

REAP is FREE, confidential, by phone or in your home. Learn more online at: https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/reap_brochure.pdf. Call ServiceLink and ask for a REAP Counselor! 1-866-634-9412

■ Senior Resources:

Lunch or Meals-On-Wheels Programs, call and speak to April at Rockingham Nutrition at 893-2137.

ServiceLink provides highly specialized, free information, support and referral services for seniors, call 893-9769.

Transportation:

Cart provides low cost door-to-door service (M-F) and a free shopping shuttle. Call 434-3569 for details.

Caregivers provides private door-to-door transportation to seniors through a volunteer base. Priority is given to rides for medical appointments. Caregivers is always in need of new volunteers. Call 898-2850 for details.

DONATIONS - We respectfully request that clothing donations be in season. With minimal storage available, it is difficult to store summer clothes all winter long and visa versa. We also kindly ask that book donations be soft cover. Please, no more hard cover books.

Introducing Elder Affairs Officer, Officer Scott Naismith!

Salem Police Department was able to obtain a grant for an Elder Affairs position. They are very grateful for the grant and the opportunity to serve our elderly community better and more efficiently.

Officer Naismith has been in Law Enforcement for 19 years and at Salem PD for 15 of those years. He brings a vast amount of experience to this position and has "hit the ground running" as they say.



Officer Naismith has already assisted numerous community members with finding basic necessities like food, water, housing, and running water. He has also investigated elder abuse allegations, financial crimes in association with seniors, and ensured the safety of this, sometimes vulnerable, population.

Officer Naismith continues to focus on the safety, financial safety, and quality of life of our seniors and their families.



Calling All Card & Game Players!



There is always room for more players.

Nickels - Mon., Wed., and Fri. 9-10:30, Dining Room
 Pinochle - Monday, 12-3, Dining Room
 Cribbage - Monday, 12:15, Dining Room
 Mahjong - Monday, 12:30-3:30, 2nd Floor Salem Room
 Hand and Foot - Monday, 1:30-3:30, Dining Room
 Billiards - Available everyday (see back page for specific group times), Lobby
 Bridge - Tuesday and Thursday, 1-4pm, 2nd Floor
 Canasta - Wednesday, 12-3:30, Dining Room
 Whist - Wednesday, 12:30-3, 2nd Floor
 Corn Hole - Thursday, 9-12, 2nd Floor
 Fan Tan - Thursday, 1-3, Dining Room
 Poker - Thursday, 1-3:30, 2nd Floor open area
 Scrabble - Thursday, 1-4, Dining Room
 45's - Friday, 12-2:30, Dining Room (Partner draw 11:45)
 Shuffleboard - Friday, 9-11am, 2nd Floor
 Wii Bowling - let Karen know if you are interested

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■ Day Trips & Parties:

Don't wait to register... our events and trips fill up quickly! Payment is required with registration, however we do not cash checks until the event happens.

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, a walker or over the age of 100 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 lcenter located at 60 Lowell Rd. (Route 38) in Salem.

Payment - Checks are to be made PAYABLE to the TOWN OF SALEM and DATED the DAY of the TRIP/EVENT.

Thanksgiving Party! Michael's Function Hall (Phoenician Restaurant), Haverhill, MA. Friday, Nov. 18th, 11am-3pm. **Fully dressed turkey dinner served family style**, with soup, salad, potato, vegetable, dessert, coffee and tea. Music by Salem DJ Jim Kozat! Cost: \$44pp, includes dancing, door prizes, dinner & show. [Click here for party flyer](#)

■ Day Trips & Parties (continued):

A Christmas for Carol at the Newport Playhouse, Newport, RI. A bountiful Buffet, followed by the hilarious play "A Christmas for Carol", concluding with an entertaining Cabaret.

The Play... is a hilarious Christmas Comedic Farce! During the holiday season, Carol tends to take Christmas too far at work with decorations, presents, and overbearing traditions that not everyone celebrates in the office. Her co-workers love Carol, but this time of year she gets on everyone's last nerve, so they formulate a plan for the company party that night. With wacky office hijinks, pranks, an office romance, and even people caught in their underwear, will they be able to help Carol remember the true meaning of Christmas? Tuesday, November 29th, 8:45am-6:45pm. Cost: \$95pp includes buffet dinner, show, cabaret, motorcoach and tip. [Click here for party flyer](#)

Holiday Party! Four Oaks Country Club, Dracut, MA. Wednesday, Dec. 14th, 11am-3pm. Dinner is a **sumptuous buffet** including Baked Haddock, Stuffed Chicken Breast, and Marinated Steak Tips with fresh garden salad, Potato, Vegetable, Rolls & Butter, Coffee and Dessert. Fantastic entertainment by Moholland Drive! Cost: \$44pp, includes dancing, door prizes, dinner & show. [Click here for party flyer](#)



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- *Dementia Safe Environment
- *Focus on Purpose, Enjoyment and Well-being
- *Respite for Caregivers

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Salem's Annual Household Hazardous Waste Day!

Saturday, November 5th, 8am-1pm

Collection site:

21 Cross St., DPW Garage, parking lot

Do you have chemical products in your home for the kitchen, bathroom, motor vehicles or lawn and garden? These products may be HAZARDOUS because they contain chemicals that are corrosive, explosive, reactive, flammable or toxic.

*Note: Latex paint is not accepted.

This is a day for residents (please bring a copy of your driver's license) to rid their households of potential environmental hazardous waste.

■ Inclement Weather Policy:



When old man winter is acting up, here's what happens at the Ingram Senior Center:

- ♦ If public announcements on radio or TV (Channel 9) state: **Salem NH schools have a delayed opening, then all of our morning activities are cancelled**, but afternoon programs will take place (center will open at 11:00am).
- ♦ If there is **NO SCHOOL for Salem there are NO ACTIVITIES at the Center. The Center is closed.** To learn if the lunch program has been cancelled, listen to radio WCCM 800 AM, WOKQ 97.5 FM, WZID 95.7 FM ~ or call the Nutrition Program at 893-2137.

Senior Center Fundraiser

Kingdom Cloths are back!!!

You can help raise money for the Ingram Senior Center by purchasing a **Kingdom Cloth**.

"Wet it, Wring it, Wipe any surface!"

- ♦ Use only water
- ♦ Never use window cleaner again!
- ♦ Streak Free, Spot Free, Lint Free
- ♦ Absolutely, Positively, Never Streaks Glass, Mirrors or Windows!

Simply wash the cloth by hand with Dawn dishwashing liquid and it's ready to use again.

\$6/cloth or \$5 each if purchasing more than one.

Available at the front desk of the senior center.

■ Regular Monthly Programs:

Below is a listing of the Activities, Programs and Events offered on a regular monthly basis by Salem Senior Services. Regular, daily and weekly activities are on the last page. You're welcome to drop-in on these activities anytime, unless noted for (*PR) pre-registration required.

Alzheimer's Caregiver Support Group:

1st Mondays, 1:30-3:00, Multipurpose Room, Free. *PR

Ask A Nurse Blood Pressure Clinic:

2nd Tuesdays, 10:30-11:30, Lobby, Free, Drop-in.

Chair Reiki: 1st & 3rd Tuesdays, 9-11am and 1-3pm in the Exam Room. Sign up sheet is on the clipboard on the Exam Room door.

Foot Clinic: by appointment - Call 603-580-6668

1st and 4th Fridays, Exam Room, \$25. *PR

Hearing Clinic: by appt. - put your name on the clipboard
2nd Tuesdays, 10:00-11:30, Exam Room, Free. *PR

Men's Roundtable: November 7th, speaker - Ross Moldoff, December 5th, speaker - Salem PD Community Affairs Officer Brian Lawrence. 1st Mondays, 10:00, Multipurpose Room, Free, Drop-in.

Movies in the multipurpose room: November 23rd - Grand Torino, December 28th - The King's Speech. Bring your own lunch or order from April in the kitchen (Rockingham Nutrition), 4th Wednesday, 12:30pm. Free

Notary Public Services: (Maria Gruning) 11/9 and 12/14 sign up sheet is on the clipboard on the Exam Room door. 2nd Wednesdays, 11:00-12:00, Exam Room, Free *PR

Orientation of the Senior Center:

Learn what you've been missing. Get a complete overview of all of the programs and services offered by Salem Senior Services. Includes a tour of the facility by Program Coordinator Karen Bryant. 3rd Tuesdays, 10:00, Salem Room, Drop-in.

Puzzle Games: (Word/Math Puzzles, Brainteasers) 1st Fridays, 11:00-12:00, Creative Arts Rm, Free. Drop-in

Video and Editing Club - Digitize your old VHS tapes. Tom from SCTV shows you how to digitize and edit them. Archive your family media for future generations. 3rd Mondays, 2:00, 2nd Floor, Free. *PR

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.*

Schedule at a glance!

Below is a listing of the regular Daily, and Weekly Activities, Programs and Events offered by Salem Senior Services. You are welcome to drop-in on these activities anytime, based on space availability as determined by group leader or unless noted.

***PR = pre-registration required at center or call phone # noted *MR = Medical Release Form Required**

*****Seasonal outdoor programs will continue as long as the weather permits and participants are still interested in playing.*****

Monday

8:45-9:15 Walkaerobics 2 miles, Multipurpose Rm, Free
9:00 BJ's Bread & Pastry, Dining Rm, Free - *when avail.*
9-10:30 Nickels (card game), Dining Rm **Bring nickels*
9-11 Circuit Exercise, Salem Room, Free
9-11:30 Quilting Group 1, Creative Arts Room, Free
9-11 Ping Pong, 2nd Floor, Free
9-12 Pickleball, Michele Memorial Park, Free
9:30-10:30 Aquarobics, Salem Athletic Club, \$3 pd to instructor
10-11 Beginner Tap Lessons, Exercise Rm, \$5 pd to instr.
11:15-12:15 ZENgevity, Multipurpose Room, Free
12-3 Pinochle, Dining Room, Free
12:15 Cribbage, Dining Room, Free
12:30-2:30 Quilting Group 2, Creative Arts Room, Free
12:30-3:30 Mahjong, Salem Room, Free
1-2:15 Walkaerobics 1 mile/Arthritis, Exer Rm, Free
1:30-3:30 Hand and Foot, Dining Room, Free

Tuesday

8:45-9:15 Walkaerobics 2 miles, Multipurpose Rm, Free
8:45-9:45 Tai Ji Quan, Exercise Rm, Free **PR*
9:00 Panera Bread donations, Dining Rm, Free-*when avail.*
10-11 Building Bones & Balance, Exercise Room, Free
10-11 Bible Study, Creative Arts Rm, Free
11-12 Bone Builders (*Dolly's*) Exercise Rm, **PR, *MR*
12-4 Billiards, Lobby, drop-in, Free
12:30-3 Artist at Play, Creative Arts Rm, Free
12:30-3:15 Bingo, Dining Rm, .25¢ per card, *12pm cards sold*
1-4 Bridge, Salem Room, Free
2-3 Zumba Gold, Salem Athletic Club, \$3 pd to instructor
5:35 Aquarobics, Salem Athletic Club, \$3 pd to instructor

Wednesday

8:45-9:30 Walkaerobics 3 miles, Multipurpose Rm, Free
9-10:30 Nickels (card game), Dining Rm **Bring nickels*
9-11 Circuit Exercise, Salem Room, Free
9-12 Pickleball, Michele Memorial Park, Free
9:30-10:30 Aquarobics, Salem Athletic Club, \$3 pd to instructor

Wednesday continued...

9:30-11:30 Wood Carving Club, Creative Arts Room, Free
11:15-12:15 ZENgevity, Multipurpose Room, Free
12-3:30 Canasta, Dining Room, Free
12:15-1:30 Quilling, Creative Arts Room, Free (*beginners*)
12:30-3 Whist, Salem Room, Free
1-2:15 Walkaerobics 1 mile/Arthritis, Exer Rm, Free
1-4 Billiards, Lobby, Ladies only, Free

Thursday

8:45-9:30 Walkaerobics 3 miles, Multipurpose Rm, Free
9:00 Corn Hole (Bean Bag toss), 2nd Floor, Free
9-11 Tap Dancing, Exercise Room, Free
10-11:30 Grief Share, Creative Arts Room, Free
11-12 Bone Builders (*Dolly's*), Exer Rm, Free **PR, *MR*
12:30-1:30 Chair Yoga, Multipurp. Rm, **Next session - January*
12:30-2:30 Knit & Crochet, Creative Arts Room, Free
1-3 Fan Tan, Dining Room, Free
1-3:30 Poker, 2nd floor open area, Free
1-4 Scrabble, Dining Room, Free
1-4 Bridge, Salem Room, Free
5:35 Aquarobics, Salem Athletic Club, \$3 pd to instructor

Friday

All Day Pickleball, Michele Memorial Park, Free
8:30-10 Computer Solutions, Creative Arts Rm, Free
8:45-9:45 Tai Ji Quan, Exercise Rm, Free **PR*
8:45-9:45 Yoga, Multipurpose Rm, Free
9:00 BJ's Bread & Pastry, Dining Rm, Free-*when avail.*
9-10:30 Nickels (card game), Dining Rm **Bring nickels*
9-11 Circuit Exercise, Salem Room, Free
9-11 Shuffleboard, 2nd Floor, Free
10-11 Building Bones & Balance, Exercise Rm, Free
10:30 Aquarobics, Salem Athletic Club, \$3 pd to instructor
12-2:30 45's, Dining Room, Free **Draw partners at 11:45*
12-3 Genealogy, Creative Arts Room, Free
12-3 Billiards, Lobby, drop-in, Free

Lunch Monday - Friday 11:30am, \$3 pd to Rockingham Nutrition Program, call April at 893-2137

Ingram Senior Center Off Broadway Thrift Shop

Mon.-Thur. 9am - 2:30pm

Fri. 9am - 2pm

Home décor, clothing, shoes, jewelry and misc. items!

Bottles of water .50¢

Clean, smoke and mildew free donations always welcome.



Your Vote is important!

Be sure to attend:

Tuesday, November 8, 2022: General election

Polls are open 7am to 7pm.

