Hello!

My name is Crista Pehl, and I am a family nurse practitioner student at Rivier University in Nashua, NH. I have a health promotion project in which I will be publishing a health promotion article for seniors in a senior center newsletter. I was interested in doing this for the Salem NH Ingram Senior Center and was wondering if you could point me in the direction of someone who can help me accomplish this! I grew up in Salem and lived here for most of my life and would love to give back to my community! Thank you very much, and I look forward to hearing from you.

Best regards, Crista Pehl

Let’s Keep Life Sweet and Control Diabetes!

By Crista Pehl, student nurse practitioner

Our body is made up of tiny units called **cells**. Think of a large factory. The factory is broken up into departments that then have workers. Our body is the large factory. The departments are our **organs**, like our eyes, liver, brain, and kidneys. Think of the workers as our cells – constantly working to achieve our body’s goals.

However, our cells need energy in order to do their work. Well, the fuel for that energy is glucose, or what you may know as **sugar**. So, it may sound like sugar is a good thing right? Because our cells need it to make energy to do the work that needs to be done, right? Well, there is a little more to the story. You’ve probably heard of the word **insulin** before. Insulin is a very important hormone made by an organ called the pancreas.

So, what does insulin have to do with sugar? Sugar travels through our blood to get to our body’s cells. Our cells are locked and require “a key” for sugar to enter. Well, that key is insulin! Without insulin to unlock the door to cells to let sugar inside, sugar will just stay in our blood.

So, what happens in type two diabetes? Our cells start to block out insulin because they’re getting more sugar than what they can handle! Because insulin is blocked, all this extra sugar is sitting in our blood! Too much sugar in our blood can put us at risk for infections, kidney damage, nerve damage, and vision loss. But there is good news. Although many factors can put us at risk for type two diabetes there are things we **CAN** do to help prevent or better manage it!

**Diet:** There is strong evidence that supports diet as being a very important part of type two diabetes prevention and management! Everyone has different dietary habits related to medical issues, cultural backgrounds, and personal preferences, so the American Diabetes Association holds general guidelines, rather than a strict diet plan. Always consult with your healthcare provider to make sure changes you would like to make in your diet will be safe for you.

Here are the basic guidelines on dietary habits to help prevent and manage type two diabetes from the American Diabetes Association: 3-5 servings of non-starchy vegetables per day (artichoke, asparagus, Brussels sprouts, broccoli, cabbage, carrots, cauliflower, celery, mushrooms, peppers, salad greens, and zucchini). If you count your carbs, fruits can be eaten as a healthier exchange for other sources of carbohydrate in your meal plan such as starches, grains, or dairy. Eat whole foods and minimize/avoid foods with added sugars and refined grains.

**Exercise:** Evidence has supported that physical activity helps make the body more sensitive to insulin! Walking, dancing, swimming and water aerobics, yoga, light weight-lifting, and sports, such as golf and tennis, are all ways you can do this! Find a safe exercise choice within your community that you can find enjoyment in, and make sure to consult with your healthcare provider.

For more information go to [https://www.diabetes.org](https://www.diabetes.org). This article is for informational purpose only and does not replace consultation with a healthcare provider.
Thank you!

On behalf of our Seniors, we extend our sincere and tremendous appreciation to the Salem Firefighters Relief Association for their enormous generosity! Once again over 300 seniors were treated to an incredible holiday feast by our local firefighters. For the 33rd year, Seniors were served delicious food, special treatment and great fun by the most delightful and happy ‘elves’. More than forty firefighters, family members and friends volunteered their time and talents to make this wonderful day possible. They did all the shopping, prepping, cooking, serving and cleaning themselves. Special thanks to pianist Atty. Shirley Kerman for enhancing the holiday atmosphere with Christmas music, Pat Parent and Marie Gauvin for helping with various happenings of the day, Carol Gray, Georgette Cutress, MaryAnn Doyle and Lorraine Lee for working in the Thrift Shop and Bob Dennis for collecting, organizing and transporting all of the donated canned goods to the Pleasant St. United Methodist Food Pantry. A truckload of boxes of non-perishables weighing 441 pounds and $289 was collected and donated. We’d also like to thank Goundrey and Dewhirst Funeral Home for donating the calendars that were distributed. Thank you all!

Please Note:

Special Lunches. The Rockingham Nutrition Program hosts a special lunch monthly, with a more embellished menu. * Entertainment at select special lunches.

Feb. 20: Valentine’s Celebration - Chicken Breast with a Strawberry Cream Sauce.
11:30am. $3.00 minimum suggested donation.
Pre-Register 2 days prior with RNP 893-2137.

Agesless and Zumba class fees have increased from $20 to $25/session starting in January.

The Center’s 2020 1st quarter closings or programs cancelled due to holidays or special events are:

Wed. Jan. 1st closed - New Year’s Day
Mon. Jan. 20th closed - Civil Rights Day
Tues. Feb. 11th closed - Voting - Presidential Primary
Mon. Feb. 17th closed - President’s Day
Tues. Mar. 10th closed - Voting - Town Elections

(Note: Monday, February 10th and March 9th, programs after noon in the multipurpose and dining rooms are cancelled for voting booth setup, and Wednesday, February 12th and March 11th, programs before noon in the multipurpose and dining rooms are cancelled for voting booth removal.)

Your Vote is important!

Salem Town Deliberative Session
Saturday, February 1st, 9am, Salem High School
Presidential Primary
Tuesday, February 11th. Polls open 7 to 7
Town Elections
Tuesday, March 10th. Polls open 7 to 7
New Programs!

**Backgammon** is one of the oldest known board games. It is a two-player game where each player has fifteen pieces which move between twenty-four triangles according to the roll of two dice. Starts in January. Thursday mornings at 9:30 in the dining room.

**Aqua Tai Chi** on Wednesdays, 10:30-11:30am starting in January at the Boys & Girls Club, $15/8wks. Complete an exercise class sign up sheet found on the trip rack in the lobby and submit with payment. *PR

**Indoor pickleball** will be played at the Haigh School on School Street on Mondays, Wednesdays and Fridays 3:30-7pm. $10 for the winter season. Sign up at the front desk.

**Golden Eagles Simulator League at Atkinson Resort.** Play year-round golf on some of the most famous golf courses from around the world in the facility’s golf simulators. This is a great way to spend the winter. Format is a 9-hole scramble. Tuesdays, 11:30am to 1:30pm, two bays, 4 golfers each bay has been reserved. Thursdays, 10am to noon, one bay is reserved. As of now, they are charging Salem Seniors only $10 to play 9 holes on various simulated golf courses which takes about 1 1/2 hours. Those wishing to play must reserve their spot each week as there are a limited number available. There are 8 spots on Tuesdays and 4 on Thursdays. Atkinson’s phone # is 362-8700, ask for the Pro Shop to make your reservation.

Special Events:

**Information Table** in the lobby, Tuesdays 11am-12pm. Various presenters or organizations will appear to discuss and provide information on a wide variety of topics. Watch for the table in the lobby.

**Don’t forget to VOTE!** Salem Town Deliberative Session, Saturday, February 1st, 9am, Salem High School; Presidential Primary, Tuesday, February 11th and Town elections, Tuesday, March 10th, polls open 7-7. Absentee ballots may be obtained at the Town Clerk’s office. *(Please refer to the Please Note section of this newsletter on page 2 for center closings and program cancellations due to voting.)*

Did you know…?

We have two Chair Yoga instructors, Janice Manzi will teach the next 10 week session starting Jan. 9th. Deb Fauth will return for the Spring session.

Sign up sheets have been placed in the trip rack in the lobby for things you may be interested in.

Karen’s office has moved in to the Patti Drelick room which is to the left of the thrift shop.

Are you Interested?… let us know

If interested in anything listed below, please put your name on the specific interest sheet on the trip rack in the lobby.

**Help! We are in need of a Decorating Committee** to help decorate the center for various holidays throughout the year.

**Volunteer needed** to run the Atkinson Golf League in the Spring. Dick Cartier will be available as an advisor. Contact Karen if interested.

**LGBT Group:** New program looking for a leader and participants. If interested in being the volunteer leader—please see Karen.

**DIY projects** such as make your own lip balm, hand cream, foot soaks.

**Learn how to write your own obituary.** Put your name on the interest sheet on the trip rack in the lobby.

**Looking for speakers.** Everyone has experience, skills or talents. If you would like to share your knowledge in a classroom with school age children please see Karen.

**Mahjong:** Would you like to learn how to play? Pat Cox will teach mahjong on Tuesdays from 10am-12pm. She needs at least 3 people to teach.

**Snowshoeing and Cross Country Skiing:** Looking to form a new group.

**Tai Ji Quan** looking to start a new class in March on Wednesdays and Fridays at 11:30am.

C’mon Folks, Let’s Have Some Fun! Can you sing, dance, play an instrument, perform magic, tell some jokes or any other hidden talent? We are looking to put together a show featuring the talent here at the senior center. Put your name, phone # and email address on the interest sheet on the trip rack in the lobby along with the particular talent you’d like to share.

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.
Free!
Tai Chi for Arthritis Class
Offered by The Residence at Salem Woods

Dr. Lam’s Tai Chi for Arthritis with Katrina Regan—
Engagement Director for The Residence at Salem Woods, Certified Tai Chi for Arthritis Instructor.

4th Monday of every month, Jan. 27th, Feb. 24th, and March 23rd, 10am at the Senior Center.
Free, Exercise Room.

Free Tax Preparation

AARP Tax-Aide is the nation’s largest, free, volunteer-run tax counseling and preparation service. Their free service can answer most of the tax issues faced by low and middle-income taxpayers, with special attention to those age 60 and older.

Trained volunteer AARP tax consultants will be available at THREE convenient Salem locations this year, by appointment only. They will be at the Ingram Senior Center February 4th through April 15th on Tuesdays and Wednesdays from 9am to 1pm. Seniors may schedule their appointment starting January 27th by calling the Senior Center at 890-2190 provided they have all of their paperwork ready and complete.

Anyone, including seniors, may schedule an appointment for Fridays from 9am-12pm at the Southern NH University, 25 Pelham Rd., Salem or Saturdays from 9am-12pm at the Centerpoint Community Church, 101 School St., Salem by dialing 211 and they will assist you.

Be sure to pick up an interview sheet which is a must to bring with you to your tax appointment.

Salem Council on Aging and Salem Senior Services are Working Together For YOU!

Your Senior Center Staff has continued developing a list of upgrades to your building. The Council on Aging has committed to pay for those upgrades.

Completed or in-process upgrades:
- Three new bingo monitors
- New sound system/intercom system installed throughout the building
- 30 new parking spots in the Spring

Additional upgrades are on the drawing board.

None of the upgrades have been or will be paid for by your tax money.

Enjoy the new look of your Senior Center.

SCOA Fundraiser

You can help raise money for the Council on Aging 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.

Feel good knowing you helped our organization raise money. We are selling our fourth shipment of cloths.

$6/cloth or $5 each if purchasing more than one.
Available at the front desk of the senior center.
Don’t miss out! Thank you for your support!

Raising Other’s Children (ROC) Support Group

The Roc Group—like “rock” Rocks signify strength, stability and a strong foundation. Caregivers are rocks in children’s lives.

When: Mondays, 6:00-7:30pm
Where: Kelley Library, 234 Main St., Salem
Format: Leader facilitated discussions with compelling guest speakers.
Group facilitator: Brenda Burke MS, APRN, PMHCNS-BC
Board Certified Advanced Practice Registered Nurse

Child care available onsite with PRIOR arrangement. There is no cost to attend.

Register at: www.salemfamilyresources.org or
Please call or email to let us know you’re coming!
Email: info@salemfamilyresources.org call: 603-898-5493

Rockingham Nutrition & Meals on Wheels

NOW OFFERING
Ready Made Meals
Catered by: Glendale Dining Services
Available at the Ingram Senior Center for pickup
* Must pre-order meals 2 days in advance *
Call 893-2137 or stop by the kitchen at the center
$3 suggested contribution
The Community Services Department has partnered with Mojo's Music in Salem (379 S. Broadway, Suite B&C) to offer lessons again this winter. Lessons are limited to 6 participants per class (exception: group lessons) but are open to all ages!

We will host three 4-week sessions beginning in January for guitar, drum/percussion, and ukulele lessons. Payments must be made at the Recreation Office at 1 Sally Sweet’s Way, Salem, NH 03079.

### DRUMSET/PERCUSION LESSONS (ALL AGES)

- **Dates:** Saturdays 11:00-11:45AM
- **Sessions:** Jan 4th-25th, Feb 1st-22nd, Feb 29th-Mar 21st
- **Cost:** $75/Res, $85/Non-res  **Deadline:** Dec 27th

### GROUP UKE CLASS (ALL AGES)

- **Dates:** Wednesdays 7:00-7:45PM
- **Sessions:** Jan 8th-22nd, Jan 29th-Feb 19th, Feb 26th-Mar 18th
- **Cost:** $75/Res, $85/Non-res  **Deadline:** Dec 27th

### INTRO TO GUITAR (18+)

- **Dates:** Mondays 7:15-8:00PM
- **Sessions:** Jan 6th-Feb 3rd, Feb 10th-Mar 2nd, Mar 9th-30th
- **Cost:** $75/Res, $85/Non-res  **Deadline:** Dec 27th

### GROUP DRUM CIRCLE (ALL AGES)

- **Dates:** Wednesdays 4:15-5:00PM
- **Sessions:** Weekly (pay per visit)
- **Cost:** $5/Res & Non-res  **Deadline:** none
Ingram Senior Center
Off Broadway Thrift Shop
Mon.-Thur. 9am - 3pm
Fri. 9am - 2pm
Home décor, clothing, shoes, jewelry and misc. items!
Bottles of water .50¢ and snacks .25¢
Clean, smoke and mildew free donations always welcome.

Salem Senior Services does not endorse nor recommend the products or services of any company mentioned in our newsletter.

We advocate “buyer beware”; be an educated consumer. We are not responsible for the claims or representations made by advertisers and sponsors.
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. Foxwoods trips require 2 full business days (end of day Wednesday prior) for a refund.

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 including Foxwoods trips depart from the Icenter located at 60 Lowell Rd. (Route 38) in Salem.

NOTE - PLEASE READ - CHECKS for trips and parties are to be made PAYABLE to TOWN OF SALEM and DATED THE DAY OF THE TRIP/PARTY.

Valentines Party! Harris’ Pelham Inn, Pelham, NH. Friday, February 14th, 11am-3pm. *NEW Entrée - Roasted Chicken dinner served family style with all the fixins’, dancing, and music by Moholland Drive! Cost: $32pp, includes dancing, door prizes, dinner & show.

St. Patrick’s Day Party! The Irish Cottage, Methuen, MA. Monday, March 9th, 11am-3pm. Baked Haddock or Corned Beef (red). Dancing, dinner and entertainment by Kalifornia Karl! Cost: $32pp, includes dancing, door prizes, dinner & show.

Foxwoods Resort Casino, Ledyard, CT. Package w/$10 food coupon or FREE buffet, $15 slot play (subj. to change). 3rd Monday, 7am-6:30pm. Currently accepting reservations for April 20th and May 18th. When the April newsletter is published, reservations will be accepted for June 15th, July 20th and August 17th. When the October newsletter is published, reservations will be accepted for September 21st, October 19th and November 16th. Cost: $26pp includes casino package, motorcoach, tip.

Congratulations to our Outdoor Walking Group!
The group walks Monday and Wednesday mornings from May to November (weather permitting) which is 6 months of walking outside, and had only 2 days of rain that they didn’t walk. Their goal was to see how far they could “walk across the United States”. They started their trek to “Seattle, Washington” in May 2016 and completed it this June for a total of 2,906 miles. Then they started a new journey to “Las Vegas, NV” walking 822 miles, so far they made it to “Chicago, IL”. In 2019, they completed an amazing cumulative total of 1,140 miles.

Salem Performing Arts Fall Events
at the Seifert Performing Arts Center, Salem High School

Salem Performing Arts and the Salem Pride Committee presents: “Frozen: The Sing-A-Long!” Tuesday, January 28th at 6pm. Get your grandchildren and come to this FREE, fun, family event! We’re encouraging everyone to dress up like their favorite characters and warm up their voices to sing along with this favorite movie. Anna and Olaf will be on hand for pictures in the lobby.

NH Philharmonic Orchestra presents: “Winter Idylls-Springtime Visions!” By the middle of winter, those of us in New England could use a glimpse of spring or summer. This concert will provide that. Sat., Feb. 1st @ 7:30 PM and Sun., Feb. 2nd at 2 PM. Tickets available NOW at www.nhphil.org. *Only for NH Philharmonic Orchestra - Tickets will be for sale in the lobby of the senior center on Tue. 1/14 from 10-11am and Fri. 1/17 from 11am-12pm. Payment is by check only.

SHS Theatre Arts Fall Play, “The Wizard of Oz” Don’t miss this great production from the beloved classic movie. Fri., Feb. 14th and Sat., Feb. 15th @ 7pm and Sun., Feb. 16th @ 2pm. Tickets sold at the door or available now at www.ssd.booktix.com.

NH Philharmonic Orchestra presents: “Drawn to the Music!” Hundreds of NH students are asked to listen to a piece of music and create their artistic interpretation of what they’ve heard. The best of them are invited to attend a concert where their artwork is displayed as the orchestra plays that piece. Sat., Mar. 14th and Sun., Mar. 15th at 2 PM. Tickets available NOW at www.nhphil.org. *Only for NH Philharmonic Orchestra - Tickets will be sold in the lobby of the Sr. center on Tue. 2/25 from 10-11am. Payment by check only.

Woodbury School Break-a-Leg Players present: “Alice in Wonderland!” Fri., March 27th at 6pm and Sat., March 28th at 2pm. Bring your family to enjoy this musical presented by the students. Buy tickets at the door.

Election Workers Wanted
There will be four elections in 2020 and the Town of Salem is in need of poll workers.

◊ You can choose to work only one, two, three or all four elections (Feb., Mar., Sept. and Nov.).
◊ Salary is $10/hour with one hour of paid training usually the Saturday before the election.
◊ Full shift starts at 6am and works until approx. 10pm. You can choose to work a split shift 6am-2pm or 2pm-10pm but must sign up with the person you are splitting the shift with.

Contact the Town Clerk at Town Hall if interested.
**Wellness Programs:**

**Diabetes Discussion Group** is led by a professional Diabetes Counselor. A specific topic is addressed each month with time for sharing and learning. Monthly, 3rd Tues. 10:30, Lobby, Free.

**Reiki Clinic** *(Returns in March).* Promotes a sense of well being and encourages healing. Rid yourself of stress! 1st Friday, 11:30-2:30.

**Alzheimer's Caregiver Support Group.** Feeling overwhelmed? Wondering how others do it? Looking for support? This monthly program will provide you with support, solutions and socialization. Care will also be provided for your loved one in a separate area. Monthly, 2nd Thursday, 1:30-3:00pm, Multipurpose Rm, Free. *PR

**Senior Resources:**

**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. If interested, please call 898-2850.

**Foot Clinic** Rockingham VNA examines feet and trims nails on the 1st and 4th Fridays, by appointment only. Cost is $25. Call 603-580-6668 to schedule. Lobby

**Lunch or Meals-On-Wheels Programs,** call Rockingham Nutrition at 893-2137.

**Are you Missing Money?** The State of New Hampshire might be holding unclaimed money from bank accounts, insurance policies, and businesses in your name. Banks and other businesses are required to turn unclaimed money over to the states for safekeeping. Our volunteer will conduct searches for those interested in finding their missing money. Monthly, 1st Monday, 1:00, Lobby, Free.

**Notary Public Services** available Monthly, 1st Monday, 1-2pm. Lobby, Free.

**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 (Mon-Wed-Fri), call 434-3569.

**Enrichment Programs:**

**Men's Roundtable:** The Honorable Russ Ingram hosts a round table discussion with interesting guest speakers. Jan. 6, Feb. 3, Mar. 2: Speakers to be announced. Monthly, 1st Monday, **10am,** 2nd Floor, Free, Drop-in.

**Photography Workshops.** Hone your photography skills through our monthly workshops. Topics are students’ choice and review - Jan. 6, Feb. 3, Mar. 2. Monthly, 1st Monday, 2pm, 2nd Floor, Drop-in.

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**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 pre-registration (*PR) required.

**Ask A Nurse Blood Pressure Clinic:**
2nd Tuesdays, 10:00-12:00, Lobby, Free

**Alzheimer's Caregiver Support Group:**
2nd Thursdays, 1:30-3:00, Free, *PR

**Bereavement Support Group:** Call (603)421-0414 *PR (Loss of a spouse) 4th Fridays, 12:30-2:30, Salem Rm, Free

**Current Events Discussion Group:** No Jan. or Feb. meeting 3rd Mondays, 10:00, 2nd Floor, Free

**Diabetes Discussion Group:**
3rd Tuesdays, 10:30-11:30, Lobby, Free

**Foot Clinic:**
1st and 4th Fridays, by appointment. Call 603-580-6668

**Hearing Clinic:**
2nd Tuesdays, 9:30-11:30, Lobby, Free, *PR

**Holistic Discussion Group:**
2nd & 4th Mondays, 12:00, Lobby, Free

**Massage:**
1st Mon. 12-2pm and 3rd Wed. 10am-12pm .50¢/min. 2nd Floor. *PR

**Men's Roundtable:**
1st Mondays, 10:00, 2nd Floor, Free

**Missing Money / Notary Public Services:**
1st Mondays, 1:00-2:00, Lobby, Free

**Orientation of Senior Services and Center:**
1st Wednesdays, 9:30, Gathering Room, Free

**Photography Class:**
1st Mondays, 2:00, 2nd Floor, Free

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

**Reiki Clinic: Returns in March**
1st Fridays, 11:30-2:30; Salem Rm, Free, *PR

**Sound Off (with the Council on Aging)**
2nd Fridays, 11:30,

**Tai Chi for Arthritis:**
4th Mondays, 10:00, Exercise Rm, Free

**Video and Editing:**
3rd Mondays, 2:00, 2nd Floor, Free

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Salem Senior Services… Laughing, learning and living life to its fullest!
Weekly Schedule at a glance!

Below is a listing of the regular Daily and Weekly Activities, Programs and Events offered by Salem Senior Services. The regular programs which only meet monthly are listed on Page 7. Additional Special Events & Trips are featured throughout this newsletter. You are welcome to drop-in on these activities anytime, unless noted.

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

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**Monday**

- **8:45-9:15** Walkaerobics 2 miles, Multipurpose Rm, Free
- **9:11** Circuit Exercise/Exercise Bike, Fitness Rm, Free
- **9:11** Ping Pong, Game Room, Free
- **9:11-11:30** Quilting Group 1, Creative Arts Rm, Free
- **9:12-30** Easy Tone Machines, Salem Rm, Free, *PR
- **9:30-10:30** Ageless, Multipurpose Rm, $25/10wks. *PR
- **10:45-11:45** Beginner Tap Lessons, Multi-purp. Rm, $5 pd to instr.
- **11:00** BJ's Bread & Pastry, Dining Rm, Free
- **11:15-12:15** Tai Chi, Exercise Rm, $20/10wks. *PR
- **11:30** Lunch, Dining Rm, $3 pd to RNP, *PR 893-2137
- **12:15** Cribbage, Dining Room, Free
- **12:30:1-30** Bone Builders Grp 1, Exer. Rm, Free. *PR, *MR
- **12:30-1-30** Dancecercise, Multipurpose Rm, Free
- **12:30-2:00** Circuit Exercise/Exercise Bike, Fitness Rm, Free
- **12:30-2:30** Quilting Group 2, Creative Arts Rm, Free
- **12:30-3:30** Mahjong, Salem Rm, Free
- **12:30-4** Billiards, Lobby, drop-in anytime, Free
- **1:30-1:50** Walkaerobics 1 mile, Exercise Rm, Free
- **1:50-2:20** Arthritis Exercise, Exercise Rm, Free
- **3:30-7** Indoor Pickleball, Haigh School, $10/winter. *PR

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**Tuesday**

- **8:45-9:30** Walkaerobics 2 miles, Multipurpose Rm, Free
- **9:11** Circuit Exercise/Exercise Bike, Fitness Rm, Free
- **9:11** Easy Tone Machines, Salem Rm, Free. *PR
- **9:30-10** Mat Pilates, Exercise Rm, $10/10 wks. *PR
- **9:30-11:30** Painting, Creative Arts Rm, $25/5wks. *PR
- **10:15-11:15** Zumba Gold, Multipurpose Rm, $25/10wks. *PR
- **10:15-11:15** Bone Builders Group 2, Exercise Rm, *PR, *MR
- **10:30-11:15** Aquarobics, Boys & Girls Club, $20/10wks. *PR
- **11:30** Lunch, Dining Rm, $3 pd to RNP, *PR 893-2137
- **11:30-1** Yoga/Meditation, Exercise Rm, Free
- **12:00-4** Billiards, Lobby, drop-in anytime, Free
- **12:30-2:30** Bingo, Dining Rm, .25c per card, cash prizes
- **12:30-3** Artist at Play, Creative Arts Rm, Free
- **1:4** Bridge, Salem Rm, Free

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**Wednesday**

- **8:45-9:15** Walkaerobics 2 miles, Multipurpose Rm, Free
- **8:45-1** Billiards, Lobby, drop-in anytime, Free
- **9-11** Circuit Exercise/Exercise Bike, Fitness Rm, Free
- **9:11** Easy Tone Machines, Salem Rm, Free, *PR
- **9:30-11:30** Wood Carving Club, Creative Arts Rm, Free
- **10:11** Building Bones & Balance, Exercise Rm, Free
- **10:11** Zumba Toning, Multipurp. Rm, $25/10wks. *PR
- **10:30-11:30** Aqua Tai Chi, Boys & Girls Club, $15/8wks. *PR
- **11:15-12** ZENgevity, Multipurpose Rm, Free
- **11:30** Lunch, Dining Rm, $3 pd to RNP, *PR 893-2137

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**Thursday**

- **8:45-9:30** Ballet/Creative Movement, Exercise Rm, Free
- **8:45-9:15** Walkaerobics 2 miles, Multipurpose Rm, Free
- **9-11** Circuit Exercise/Exercise Bike, Fitness Rm, Free
- **9-12** Corn Hole (Bean Bag toss), 2nd Floor, Free
- **9-12** Poker, Salem Rm, Free
- **9:15-11:15** Tap Dancing, Multipurpose Rm, Free
- **9:30** Backgammon, Dining Rm, Free
- **10-11** Bone Builders Grp 2, Exercise Rm, Free *PR, *MR
- **10:30-11:30** French Class, Creative Arts Rm., Free *PR
- **11:15-4** Billiards, Lobby, drop-in anytime, Free
- **11:30** Lunch, Dining Rm, $3 pd to RNP, *PR 893-2137
- **11:30-12:30** Chair Yoga, Multipurp. Rm, $30/10wks. *PR
- **12-4** Scrabble, Lounge, Free
- **12:30-1:30** Bone Builders Grp 1, Exercise Rm, Free *PR, *MR
- **12:30-2:30** Knit & Crochet, Creative Arts Room, Free
- **1:3** Fan Tan, Dining Room, Free
- **1:4** Bridge, Salem Room, Free

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**Friday**

- **8:45-9:15** Walkaerobics 2 miles, Multipurpose Rm, Free
- **9-11** Ping Pong, 2nd Floor, Free
- **9-11** Circuit Exercise/Exercise Bike, Fitness Rm, Free
- **9-11** Easy Tone Machines, Salem Rm, Free, *PR
- **9:30-10:30** Bible Study, Creative Arts Rm
- **10-11** Building Bones & Balance, Exercise Rm, Free
- **10:30-11:30** Zumba Gold, Multipurpose Rm, $25/10wks. *PR
- **11:00** BJ's Bread & Pastry, Dining Rm, Free
- **11:15-3** Billiards, Lobby, drop-in anytime, Free
- **11:30** Lunch, Dining Rm, $3 pd to RNP, *PR 893-2137
- **2:15-3:15** Tai Ji Quan, Exercise Rm, Free *PR
- **12:30-2:30** Wii Bowling, Multipurpose Rm, Free
- **12:30-3** 45's, Dining Rm, Free
- **1-1:20** Walkaerobics 1 mile, Exercise Rm, Free
- **1-3** Genealogy, Creative Arts Rm, Free
- **1:20-1:50** Arthritis Exercise, Exercise Rm, Free
- **3:30-7** Indoor Pickleball, Haigh School, $10/winter. *PR

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Salem Senior Services  ■  Jan, Feb, Mar 2020