

## *For Your Wellness...*

### **Blood Pressure and Blood Sugar Clinic**

A professional nurse from Holy Family Hospital is available monthly to help you monitor your blood pressure and/or sugar as well as answer any health questions you may have.

Held monthly on the third Tuesday, 8:45 to 11am.

Free.

No pre-registration required.

### **Caregiver Support Group**

A monthly support group and education series for those who provide care to family or friends. Each facilitated meeting will feature a guest speaker on helpful caregiver topics as well as provide the opportunity for participants to share their feelings in a confidential, non judgmental setting. Topics include: Taking Care of You/Reducing Personal Stress, Medicaid Planning and Legal/Financial Issues, and Managing Medical Complications, Nutrition and Health Issues in Late Stage Alzheimer's/Dementia.

Held monthly on the first Wednesday, 4 to 5:30pm.

Free.

No pre-registration required.

### **Cycle and Rowing Machines**

Various exercise equipment is available for your use in our exercise room.

Open Monday thru Friday, 9:30 till 11:30 am. (when there is a volunteer monitor available.)

Free.

No pre-registration required.

### **Easy Tone Beds**

Easy Tone Beds offer an effective way to tone the whole body quickly and effortlessly. You just lie back and let the EASY TONE bed do your exercising for you. We have a series of seven beds each designed to tone different areas of the body. A volunteer monitor is available to assist you. Physical release form must be signed by your Doctor.

Monday thru Friday, 9:30 to 10:30 and 10:30 to 11:30 am.

Free.

Pre-registration is recommended due to limited number of beds.

### **Fibromyalgia Support Group**

This group offers you the opportunity to gain support as well as share experiences, information and meet other people who share this affliction.

Held monthly on the third Thursday, 2 to 4 pm.

Free.

No pre-registration required.

### **Fitness Fun!**

This one hour class consists of low impact aerobics combined with strength and toning exercises using props such as hand weights, elastic bands, balls, and plastic tubes.

Participants enjoy both the physical as well as social rewards of working toward a healthier lifestyle.

Mondays and/or Wednesdays, 12:30 pm.

\$2 per class paid to instructor.

No pre-registration required.

### **Flu Shots**

Salem Senior Services applies for and receives approx. 600 flu shots each year and administers them to Salem senior residents with a medicare card or no health insurance. You will be given an appointment time for your shot the day of the fair.

Annual Senior Fair in November.

Free.

Pre-registration required, during month of October. Social Security card and Medicare card are needed for registration processing.

### **Foot Clinic-Pedicures**

This clinic is designed for seniors who are unable to perform their own foot care. Nurses from Rockingham VNA and Hospice will provide a basic nail trimming and foot assessment, but no treatment of corns and calluses.

Fridays by appointment.

Suggested donation is \$15 for first visit and \$10 for subsequent visits.

Appointments are required. Call 1-800-540-2981.

### **Medical Equipment**

We accept donations as well as lend a wide variety of medical equipment such as walkers, wheelchairs, canes, guardrails, toilet boosters, shower or tub seats, crutches, etc.. Available to anyone in need.

Anytime.

Free.

Suggest calling ahead (603-890-2190) to see if we have what you need.

### **Mind Aerobics**

Stimulate your brain while improving your overall health with Mind Aerobics. No sweating involved just bring yourself and get ready to work your brain. It's fun, interactive, free and no commitment.

Held monthly on the second Tuesday, 10:00 am.

Free.

No pre-registration required.

### **Sight Support Group**

Sight Services for Independent Living leads a vision rehabilitation support group meeting. They provide information, resources and support for the visually impaired as well as those who support them.

Held monthly on the fourth Thursday, 2:00 pm.

Free.

No pre-registration required.

### **Strong Living Exercise Program**

Older Adults who participate in the strong living program report increased strength, greater mobility, better balance, improved function, greater energy, a sense of well-being, decreased pain and improved bone health. This program is conducted by nurses from the Rockingham VNA and Hospice and consists of two 1-hour classes per week for 12 week. Class size is limited.

Tuesdays and Thursdays as scheduled, 2:00 pm

\$24 per 12 week session.

Pre-registration is required along with medical approval form from Doctor.

### **Tai Chi**

Improve your balance, increase flexibility, tone muscles and neutralize your stress and tension. This gentle form of exercise is a series of continuous steps that help to keep the body healthy by using all the joints in the body, gently stretching the muscles and tendons to keep them in good shape. Wear comfortable clothes and sneakers.

Tuesdays, Advanced at 9:00 am, Beginners at 10:00 am

\$30 per 10-week session.

### **Yoga Classes**

Simple, non-strenuous postures (non-pretzel), combined with regulated breath, performed in a systematic, mindful manner for greater mobility and strength in joints, stretching and toning muscles, massaging, stretching and invigorating internal organs and glands.

Drawing from many traditions, this class is eclectic in style and also provides time to enter the healing sanctuary within, rejuvenating and restoring on many levels. Suitable for Beginners and Intermediate students. Yoga mats are provided. Wear comfortable clothes and sneakers.

Tuesdays, 12:15 – 1:30 pm

Free.

No pre-registration required.

### **Vial of Life Program**

Help family and emergency medical technicians give you fast and appropriate care by having a “VIAL of LIFE” form. The vial of life form has emergency contact information as well as allergies, medical conditions and medication listed that could be vital to your emergency care. Completed Vial of Life forms are required to ride the Senior Van or to participate in trips. Forms may be obtained at the Senior Center front desk at any time. Free.

### **Vision Magnifying Machine**

The VisAble Image Reading Station is a precision optical magnification device designed to assist people with low vision, providing up to 45 X magnification.

Available for use at Center at anytime.

Free.

No pre-registration required.

## *For your Nutrition....*

### **BJ's Bread & Pastry Program**

BJ's Wholesale Club donates various bread and pastry items for Seniors to take.

Mondays and Fridays, 9:00 am

Free.

No pre-registration required.

### **Lunch**

The Rockingham Nutrition Program manages and serves a full, nutritious meal in the senior center dining room. A monthly menu is published in advance and is available at the center.

Monday thru Friday, 11:30 am

Minimum donation is \$2 per meal.

Advance reservation is required, however may be able to accommodate a last minute request. Call 893-2137.

### **Special Lunches**

Once a month a more elaborate meal is served in celebrations of holidays, birthday's etc. On these occasions cheese & crackers are served before lunch and there is entertainment or guest speakers on various topics of interest after.

See newsletter or monthly menu for dates.

Minimum donation is \$2 per meal.

Advance reservation is required, however may be able to accommodate a last minute request. Call 893-2137.

### **Meals on Wheels**

The Rockingham Nutrition Program will deliver lunch, dinner or weekend meals to your home in the case of a permanent or temporary homebound situation.

Minimum donation is \$2 per meal.

Advance registration is required. Call 893-2137.

### **Healthy Lifestyle Club**

Want to maintain a healthy lifestyle, but sometimes need a little support or expert advice to stay on track? This group shares support, recipes and ideas as well as listen to monthly speakers on a variety of health and nutrition topics.

Thursdays, 9:30 am

75 cents is collected at each meeting and saved to pay for going out to lunch twice a year.

No pre-registration required.

## *For Your Enrichment...*

### **55Alive AARP defensive driving course.**

Specially designed for motorists age 50 and older, this course helps drivers refine existing skills and develop safe, defensive driving techniques. There are no tests. This eight hour course is taught in two, four-hour sessions spanning two days. Upon successful completion, you may be eligible for an auto insurance discount.

Spring and Fall – see newsletter for exact dates.

\$10.00 payable to AARP.

Pre-registration required, class size limited.

### **Arts & Crafts**

Bead classes and other craft related classes offered at various times throughout the year.

Dates, times, costs and projects to be announced. Registration and any material costs can be found at the front desk.

Pre-registration required, class size limited.

### **Book Corner**

Our bookcases are packed with all types of books, audio books, videos and jigsaw puzzles.

Monday – Friday

Free.

Help yourself, no check out.

### **Ceramics**

Paint your own decorative ceramic pieces in your choice of a glaze or acrylic finish.

Greenware and paints have been donated to the Center, so many things are available for free.

Mondays, 12:30 pm

Class is free, some cost for materials not donated.  
No pre-registration required.

### **Choral Group**

The Salem Senior Singers, under the direction of Annamarie Nicosia, is a group of 30-35 seniors who like to sing and have fun. They develop and rehearse several variety shows throughout the year and take their show on the road, performing for various Senior organizations in the area.

Mondays, 2 pm

Free

Pre-registration required, group size limited.

### **Computer Classes**

A talented team of Senior volunteers offer to share their computer knowledge and skills with one-on-one tutoring. They teach a wide variety of subjects including: how to access the internet, emailing, word, excel and more. A list of these volunteers and their numbers is available at the front desk. You simply call one and arrange for a mutually agreeable time to meet.

Free.

### **Computer Lab.**

Our lab consists of five computer stations and two printers. There is drop-in access to the internet, email, various games and one-on-one tutoring.

Monday – Friday, 8:30 am – 4 pm.

Free.

No pre-registration required.

### **Educational Seminars**

Educational seminars on various topics are scheduled and advertised throughout the year.

### **Knit & Crochet Club**

The 'Knit Nuts' gather weekly to work on their individual projects while helping each other ideas, patterns, direction and friendship. Some knit, some crochet, some do needlepoint. Some work on items for themselves, some make items such as lap robes, afghans, slippers, hats, mittens, sweaters and more for community organizations like the Veterans, nursing homes, Birth Rite, Head Start, and Boys & Girls Club. We welcome donations of yarn and give it to our knitters for the community items they make.

Thursdays, 12:30 pm.

Free.

No pre-registration required.

### **Ladies Tea**

Our Teas offer ladies a very enjoyable afternoon of fun, friendship, tea and dessert. Each Tea also features a special guest who either educates, fascinates or entertains.

Held monthly on the second Wednesday, 1 to 3 pm.

\$1.00

Pre-registration required.

### **Newcomers Orientation**

The Director of Salem Senior Services provides a comprehensive overview of all of the activities, programs and services offered. You will meet the staff, learn how the Center operates, how to join and participate. A guided tour will show you where the various activities and services are held and familiarize you with the facility.

Held monthly on the first Tuesday, 9:30 am.

Free.

No pre-registration required.

**Painting Class**

Oil painting instruction on canvas is offered by a professional instructor.

Thursdays, 9:30 am

Free instruction, must provide own supplies.

Pre-registration required, class-size limited.

**Quilting Class**

A variety of quilt projects and patterns are being taught such as bed quilts, table runners, pillows etc.

Mondays, 9:00 to 11:00 am.

Free instruction, must provide own supplies.

Pre-registration required, class-size limited.