



SALEM SENIOR CENTER

JUNE 2023

NEWSLETTER & CALENDAR

NIAGRA FALLS & TORONTO



- Sunday, Sept. 10 – Saturday, Sept. 16
- Stop by the office and pick up a flyer.
- Trip is packed with fun things to do and see.

PASSPORT OR PASSPORT CARD REQUIRED.

LINE DANCE INFO

If you'd like to start line dancing and don't know where to start, please come to our **BEGINNER TIME** every Wednesday from 1:00 – 1:30 to learn some basic steps. Then stay in the regular class from 1:30 – 3:00 to try out your new steps. It may take a few weeks to feel comfortable in this fun dance, but you'll get it if you keep coming and just have fun. And remember, everyone was a beginner at one time or another.

COVERED DISH MONTHLY LUNCHEON

Thursday, June 29, 12 NOON

****BRING A COVERED SIDE DISH TO SHARE****

The Senior Center will provide the meat.



Potluck

Musical Entertainment:
FRIENDS OF LIFE

Blood Pressure checks from 11:00 to 12:00 by Jean Moreland from Lewis Gale Medical Center and Salem Fire Department.

SALEM RED SOX DAY GAME

TUESDAY, JUNE 13

11:05 AM



COST - \$10 PER PERSON

ONLY 20 SPOTS AVAILABLE IN THE CITY BOX.

Cost includes admission and a hot dog lunch with drinks, popcorn, and peanuts.

SIGN UP AND PAY IN THE OFFICE!!!

Meet at the front gate of the ballpark at 10:45 am and go in together.

SENIOR SAFETY

BY

SHERIFF APRIL STATON
CITY OF SALEM



Thursday, June 22, 11:00 am

Please join Sheriff April Staton for a presentation for seniors in our community to learn more about scams. Sheriff Staton will explain the different types of scams and teach you how to identify them so that you can avoid becoming a victim.

A sandwich lunch will be provided.

Please sign up in the office in order to attend. Space is limited to 20 participants.

SUMMER RESTAURANT SERIES

Try out restaurants in the Valley that you may not have gone to with our new summer restaurant series.

- Fridays - June 16 – Hollywood's Restaurant & Bakery
- July 14 – Town Center Tap House
- August 18 – The Green Goat
- September 15 – 3 Little Pigs BBQ & Ikenberry Orchards & Country Store

Leave from the Senior Center at 11:00 for each lunch on your own.

Sign up now in the office for one, two, three, or all four. Limited spots available.

MEALS ON WHEELS "LET'S GIVE LUNCH"

Proceeds benefit LOA's Meals on Wheels.

LUNCH - \$20.

Sign up and pay in the Salem Senior Center office to order your lunch by 1 pm on Friday, June 9th and we'll turn them in on that day. Lunches will be delivered to the Salem Senior Center on Friday, June 16th. You can pick them up after 12:30 pm.

Lunch includes a gourmet deli sandwich (ham, turkey, lettuce, tomato, & provolone cheese on a Kaiser roll), country potato salad, fresh fruit, chocolate iced brownie, bottled water, and a souvenir cup.



See July's calendar for date and details for the following events:

Ice Cream Bar Bingo (July)

Craft of the Month beginning in August.



Delores Hager, MSPA CCC-SLP, Positive Approach to Care Independent Consultant from Sapphire Dementia Partners presents:

HOW TO NAVIGATE DEMENTIA

Wednesday, June 14, 10:00 am

- What is dementia?
- Learn about brain changes and the journey of what to expect.
- Educate on living with dementia
- Tips for caretakers: taking care of themselves and also their person living with dementia
- Answer questions.

SIGN UP IN THE OFFICE.



SUMMER MINATURE GOLF SERIES

Mondays – June 12/July 10
 August 14/September 11

\$10 for two months (18 holes each day)

Leave for the Putt-Putt Fun Center at 12:45. Play time is approximately 1:00-2:30pm. Back at the Center at approximately 3:00 pm.

Sign up in the office. Limited spaces. You can ride the van or if you live close to there, you can just meet us.



CHAIR YOGA

New 6-week sessions begin:
 Tuesday, June 6 &/or Friday, June 9
 4:15 – 5:15 pm each day

Cost for one class per week is \$20 for 6 weeks.
 Cost for both classes is \$30 for 6 weeks.



IMPORTANT INFO

****TAI CHI WILL NOT BE HELD DURING THE MONTH OF JUNE. LAST CLASS – MAY 25. TAI CHI WILL RESUME ON JULY 10TH.**

****BALLROOM DANCE WILL NOT BE HELD AT THIS TIME. HOPEFULLY, WE'LL RESUME IN THE NEAR FUTURE.**



UPCOMING SENIOR DAY TRIPS

Thursday, June 1

Virginia Scenic Railway

Leave from Salem Civic Center at 8:15 am

Thursday, June 15

Wohlfhart Haus "Back to the 50s"

Leave from Salem Civic Center at 10:15 am

Thursday, July 6

Barter Theater "Footloose"

Leave from Salem Civic Center at 9:15 am

Thursday, August 17

Wohlfhart Haus – "Million Dollar Quartet"

Leave from Salem Civic Center at 10:15 am

Wednesday, September 6

American Civil War Museum and River Ridge Mall.

Leave from Salem Civic Center at 8:00 am

Sunday, Sept. 10 – Saturday, Sept. 16

Niagra Falls & Toronto

Tuesday, October 3

Barter Theater "Clue"

Leave from Salem Civic Center at 9:15 am

JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 28 	May 29 CLOSED 	May 30 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning/Basket Weaving 10 am–1 pm – Bridge 11 am–3 pm – Hand & Foot (cards) No Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	May 31 9–10 am – Tap Class 10 am–12 pm – Needlework and Quilting 10:30 am–1 pm – Ceramics 1:00–1:30 pm – Beginner Line Dance instruction 1:30–3 pm – Line Dance	1 8:15 am – Leave for VA Scenic RR 8:45–9:45 am – Exercise Class 9:30 am–12 noon – Art on Your Own 10 am–1:00 pm – Bridge 12:15 pm – 3:30 pm – Hand & Foot No Tai Chi until July 10	2 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Pickers 11 am–4 pm – Hand & Foot 4:15–5:15 pm – Chair Yoga	3
4 	5 10 am–1 pm – Bridge 11 am–4 pm – Hand, Knee & Foot (cards) No Tai Chi until July 10	6 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning/Basket Weaving 10 am–1 pm – Bridge 11 am–3 pm – Hand & Foot (cards) No Ballroom Dance 4:15–5:15 pm – New Chair Yoga 5:15 pm – TOPS #313	7 9–10 am – Tap Class 10 am–12 pm – Needlework and Quilting 10:30 am–1 pm – Ceramics 1:00–1:30 pm – Beginner Line Dance instruction 1:30–3 pm – Line Dance	8 8:45–9:45 am – Exercise Class 9:30 am–12 noon – Art on Your Own 10 am–1:00 pm – Bridge 12:00 pm – BINGO w/lunch (full-no spaces available) 12:15 pm – 3:30 pm – Hand & Foot No Tai Chi until July 10	9 8:45–9:45 am – Exercise Class 11 am – 2:30 pm – Senior Mountain Pickers 11 am–4 pm – Hand & Foot 1 pm – Last time to order LOA Gourmet Boxed Lunch in the office. 4:15–5:15 pm – New Chair Yoga	10
11	12 10 am–1 pm – Bridge 11 am–4 pm – Hand, Knee & Foot (cards) 12:45 – Leave for Putt Putt No Tai Chi until July 10	13 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning/Basket Weaving 10 am–1 pm – Bridge 10:45 am Meet at Red Sox gate 11 am–3 pm – Hand & Foot (cards) No Ballroom Dance 4:15–5:15 pm – New Chair Yoga 5:15 pm – TOPS #313	14 9–10 am – Tap Class 10 am – Dementia Seminar 10 am–12 pm – Needlework and Quilting 10:30 am–1 pm – Ceramics 1:00–1:30 pm – Beginner Line Dance instruction 1:30–3 pm – Line Dance	15 8:45–9:45 am – Exercise Class 9:30 am–12 noon – Art on Your Own 10 am–1:00 pm – Bridge 10:15 am – Leave for Wohlfhart Haus 12:15 pm – 3:30 pm – Hand & Foot No Tai Chi until July 10	16 8:45–9:45 am – Exercise Class 11 am – 2:30 pm – Senior Mountain Pickers 11 am – Leave for Hollywoods 11 am–4 pm – Hand & Foot 4:15–5:15 pm – New Chair Yoga	17
18	19 CLOSED 	20 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning/Basket Weaving 10 am–1 pm – Bridge 11 am–3 pm – Hand & Foot (cards) No Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	21 9–10 am – Tap Class 10 am–12 pm – Needlework and Quilting 10:30 am–1 pm – Ceramics 1:00–1:30 pm – Beginner Line Dance instruction 1:30–3 pm – Line Dance	22 8:45–9:45 am – Exercise Class 9:30 am–12 noon – Art on Your Own 10 am–1:00 pm – Bridge 11:00 am – Senior Safety by Sheriff April Staton (must sign up) 12:15 pm – 3:30 pm – Hand & Foot No Tai Chi until July 10	23 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Pickers 11 am–4 pm – Hand & Foot 4:15–5:15 pm – Chair Yoga	24
25	26 10 am–1 pm – Bridge 11 am–4 pm – Hand, Knee & Foot (cards) No Tai Chi until July 10	27 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning/Basket Weaving 10 am–1 pm – Bridge 11 am–3 pm – Hand & Foot (cards) No Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	28 9–10 am – Tap Class 10 am–12 pm – Needlework and Quilting 10:30 am–1 pm – Ceramics 1:00–1:30 pm – Beginner Line Dance instruction 1:30–3 pm – Line Dance	29 8:45–9:45 am – Walking with Debbie 9:30 am–12 noon – Art on Your Own 10 am–1:00 pm – Bridge 11 am - Blood pressure checks 12 NOON – COVERED DISH MONTHLY LUNCHEON w/entertainment 12:15 pm – 3:30 pm – Hand & Foot No Tai Chi until July 10	30 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Pickers 11 am–4 pm – Hand & Foot 4:15–5:15 pm – Chair Yoga	July 1

UPCOMING EVENTS IN SALEM

- Friday, June 9
Salem After Five "The Worx"
Salem Farmer's Market
- Friday, June 16
Roanoke Symphony
Salem Civic Center
- Friday, June 16
Movie in the Park (Longwood)
"Minions: The Rise of Gru"
- Saturday, June 17
We the Kingdom
Salem Civic Center
- Wed., June 28 – Sun., July 9
Salem Fair
Salem Civic Center
- Friday, July 14
Salem After Five "5 Dollar Shake" Farmer's Market
- Saturday, July 15
Jazz in July
Longwood Park
- Friday, July 21
Movie in the Park (Longwood)
"Lightyear"



SALEM SENIOR CENTER

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BINGO w/lunch

Thursday, June 8, 12 noon
\$8 for lunch
Plus a bingo prize - no more than \$5
Sign up in the office.



JUNETEENTH

The holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day. The name "Juneteenth" references the date of the holiday, combining the words "June" and "nineteenth."

DMV2GO

Salem Civic Center
Monday, June 12
9:00 am – 4:00 pm
Closed for lunch 12:30-1:30
Inside in Parlor C

Salem Public Library
Thurs., June 8
9:00 am – 4:00 pm
Closed for lunch 12:30-1:30

Glenvar Public Library
Thurs, June 1 & July 7
10 am – 5:00 pm
Closed for lunch 1-2 pm