



SALEM SENIOR CENTER

DECEMBER 2023

NEWSLETTER & CALENDAR

COVERED DISH MONTHLY LUNCHEON

Thursday, December 14, 12 NOON

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

The Senior Center will provide the meat.

Entertainment: Christmas Music by Mark Waldron & Vickie Sword with a sing-a-long for everyone.

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

Bring a covered dish to share, preferably sides for chicken and not all desserts.



We're excited to announce that the monthly **MONDAY SALEM BLUEGRASS NIGHT** will begin on Monday, January 8th at the Salem Senior Center, 7:00 – 9:00 pm.

7:00 PM - MASON CREEK
8:00 PM – BLUE CONNECTION

A schedule of groups for the remainder of the year will be posted soon.



THIS YEAR INSTEAD OF WORRYING ABOUT WHAT'S UNDER THE TREE, JUST MAYBE BE GRATEFUL FOR WHO'S STILL HERE TO BE AROUND IT!!!



Please be aware of the dates below that the **Salem Senior Center will be closed** in **December, & January:**

Monday, December 18 – Friday, January 5 – Painting, tile replacement, carpet replacement, Christmas holiday, and New Year's Day

Monday, January 15 – Martin Luther King Day

The Salem Senior Center will **reopen** to all classes on Monday, January 8th.

MEXICAN TRAIN DOMINOES is on the schedule for Mondays, 1:00 pm. Come and play with this group. Easy to learn and fun to play.

MAHJONG is on the calendar for Fridays, 1:00 pm. Come out and join the fun if you know how to play. Will try and teach beginners again

CHAIR YOGA

The last chair yoga class for 2023 will be Tuesday, December 5.
A new 6-week session will begin again Tuesday, Jan. 9 & Friday, Jan. 12, 2024
4:15 – 5:15 pm each day

CHRISTMAS LIGHT TRIP

Tuesday, December 12

Leave the Center at 5:00 pm for dinner on your own at the

GREAT 611 STEAKHOUSE

Then on to Rocky Mount to see the **LAND OF LIGHTS**

\$8 – SIGN UP IN THE OFFICE

Limited spaces available!!!



UPCOMING SENIOR DAY TRIPS

Wednesday, December 6
Wohlfhart Haus Christmas
Leave from Salem Civic Center at 10:15 am

Tuesday, December 12
Christmas Land of Lights trip and dinner on your own @ Great 611 Steakhouse.
Leave from Salem Senior Center at 5 pm.

The 2024 SENIOR TRIP LIST will be available mid-January.

Classes and Activities held at the Salem Senior Center include:

- Tai Chi - Lieven VerKruisen
- Fitness Class - Debbie Ruff
- Fitness Class - Mitzi Tianglia
- Chair Caning/Basket Weaving - Gene Stratton
- Ballroom Dance - Bill Ewing
- Chair Yoga - Susan Kraughto
- Tap Dance - Sharon Dickerson
- Needlework & Quilting - Norma Harris
- Line Dance - Ski Shelton & Sarah Fitton
- Ceramics - Anne Andrews
- Senior Mountain Pickers – Carol Morehart, coordinator
- Art on Your Own
- Cards include Bridge, Hand & Foot, Hand, Knee & Foot, Euchre
- Various Seminars
- Bingo and other fun events.

If you have any questions, stop by the office.



EUCHRE group playing on **Wednesdays.**

Euchre (card game) is a trick taking game with a trump, played by four players in teams of two. If you play and have a group of four who would like to play here, please talk to Vickie. We do not have an instructor at this time.

BRANSON SHOW EXTRAVAGANZA

7 days/6 nights

(Sun – Sat) April 14 – 20, 2024

Trip Includes:

Motorcoach transportation
6 nights lodging, 6 breakfasts & 4 dinners
Admission to 6 fabulous shows: Dalena Ditto's Country Evolution, Doug Gabriel Morning Show, Neil Diamond Tribute, The Haygoods Show, Queen Esther at the Sight & Sound Theatre & Laugh Your Yak-off Show.

For details and cost, stop by the office.

Please be aware that you should not be parking in handicapped spots if you do not have a placard in your window or a handicapped license plate. We have been getting multiple complaints and will be forced to start towing if necessary. Thank you.



Riverside EMC, 1920 Lucas Street, Salem
Presents:

A CHRISTMAS TO REMEMBER

December 15 & 16, 7:00 pm

December 17, 10 am

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov. 27 10 am-1 pm – Bridge 11 am-4 pm – Hand, Knee & Foot (cards) 1 pm – Mexican Train Dominos 3:30-4:30 pm - Tai Chi	Nov. 28 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) 2-4 pm - Ballroom Dance 4:15-5:15 pm – Chair Yoga 5:15 pm – TOPS #313	Nov. 29 9-10 am – Tap Class 9:15 am – Leave for Barter 10 am-12 pm –Needlework & Quilting 10 am - Euchre 10:30 am-1 pm – Ceramics 1:00-1:30 pm – Beginner Line Dance Instruction 1:30-3 pm – Line Dance	Nov. 30 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 1 pm – Living your Best Life After Retirement (Sign up) 3:30-4:30 pm - Tai Chi	December 1 8:45-9:45 am – Exercise Class 11 am-2:30 pm – Senior Mountain Pickers 11 am-4 pm – Hand, Knee & Foot 1 pm - Mahjong 4:15-5:15 pm – Chair Yoga
4 10 am-1 pm – Bridge 11 am-4 pm – Hand, Knee & Foot (cards) 1 pm – Mexican Train Dominos 3:30-4:30 pm - Tai Chi	5 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) 2-4 pm – Ballroom Dance 4:15 pm –Last Chair Yoga 5:15 pm – TOPS #313	6 9-10 am – Tap Class 10 am-12 pm –Needlework & Quilting 10 am – Euchre 10:15 am – Leave for WH Christmas Show 10:30 am-1 pm – Ceramics 1:00-1:30 pm – Beginner Line Dance Instruction 1:30-3 pm – Line Dance	7 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 3:30-4:30 pm - Tai Chi	8 8:45-9:45 am – Exercise Class 11 am-2:30 pm – Senior Mountain Pickers 11 am-4 pm – Hand, Knee & Foot 1 pm - Mahjong
11 10 am-1 pm – Bridge 11 am-4 pm – Hand, Knee & Foot (cards) 1 pm – Mexican Train Dominos 3:30-4:30 pm - Tai Chi	12 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) 2-4 pm – Ballroom Dance 5 pm – Leave on Christmas Light Trip 5:15 pm – TOPS #313	13 9-10 am – Tap Class 10 am-12 pm –Needlework & Quilting 10 am - Euchre 10:30 am-1 pm – Ceramics 1:00-1:30 pm – Beginner Line Dance Instruction 1:30-3 pm – Line Dance	14 8:45-9:45 am – Walking Class 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/ Christmas Entertainment 12:15 pm – 3:30 pm – Hand & Foot 3:30-4:30 pm - Tai Chi	15 8:45-9:45 am – Exercise Class No Senior Mountain Pickers 11 am-4 pm – Hand, Knee & Foot 1 pm – Mahjong
18	19	20	21	22
CLOSED FOR RENOVATIONS				
25	26	27	28	29
CLOSED FOR RENOVATIONS				
January 1	January 2	January 3	January 4	January 5
CLOSED FOR RENOVATIONS				



Center reopens January 8th

UPCOMING EVENTS IN SALEM

- Friday, December 1
Salem Christmas Parade
- Friday, December 1
Roanoke Symphony Holiday Pops
Salem Civic Center
- Saturday, December 2
Annual Gingerbread Festival
Salem Museum
- Sunday, December 3
Mannheim Steamroller Christmas
Salem Civic Center
- Sat., Dec. 9 & Sun., Dec. 10
Salem Holiday Market
Salem Civic Center



RENOVATIONS TO THE SALEM SENIOR CENTER

For those of you who are curious and have not asked us, the renovations include:

- Replacing the tile floors in the addition (largest room in the back of the Center.)
- Painting the entire addition.
- Replacing the carpeting in 3 rooms in the house part of the Center.

We are trying to coordinate all of these things so we do not have to close the building again in the spring.

Please be patient with us as we strive to make the Center a better place for all our patrons.

You will be able to stop and get a January newsletter during this time from the front porch as weather permits. We will be here to answer the phones. If you do not get an answer, it's because they are working in the areas where the phones are and we will also be working cleaning and moving things in and out of the rooms that these renovations affect. If you don't get an answer, just leave us a message and we'll get back with you as soon as possible.



DMV2GO

Salem Civic Center
 Monday, November 27
 9:00 am – 4:00 pm
 Closed for lunch 12:30-1:30
 Inside in Parlor C

Salem Public Library
 Tuesday, November 14
 9:00 am – 4:00 pm
 Closed for lunch 12:3-1:30



SALEM SENIOR CENTER

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