

2026 SENIOR TRIP LIST WILL BE OUT MID JANUARY FOR THE FIRST HALF OF 2026 (FEBRUARY THROUGH JUNE). CALL THE CENTER AFTER WE REOPEN ON JANUARY 5 AND WE MAY BE ABLE TO TELL YOU THE EXACT DATE.

This year will be a little different due to the issue of the multitude of cancellations for the second half of the 2025 year. You will no longer be able to sign up for those trips until June 2026.

Most trips leave from the Salem Civic Center near the tennis courts (1001 Roanoke Boulevard.) You will get a courtesy call from staff at the Senior Center about 2 days before the trip. For questions, please stop in the office.

**PLEASE NOTE THAT ANYTHING YOU BRING FOR YOUR GROUP THAT NEEDS COOKED WILL HAVE TO BE COOKED AT YOUR HOUSE AND THEN YOU ARE WELCOME TO REHEAT IT IN OUR MICROWAVE. THE RANGE IS NO LONGER FOR PUBLIC USE.

UPCOMING EVENTS AT THE SALEM CIVIC CENTER

- ★ Friday & Saturday, January 2 & 3 – AMA Partzilla Arenacross
- ★ Friday, Saturday, & Sunday, January 9, 10, & 11 – Salem Stampede Championship Rodeo
- ★ Thursday, February 5 – Sam Barber “American Route Tour” w/Waylon Wyatt & Wild Horses
- ★ Saturday, February 7 – Parker McCollum w/Jake Worthington & Tyler Halverson
- ★ Monday, March 2 – Stardew Valley: Symphony of Seasons
- ★ Wednesday, April 8 – 2026 Senior Fun & Health Fair Day
- ★ Friday, April 30 – RSO Presents: Classical Mystery Tour “The Music of the Beatles”
- ★ Saturday & Sunday, April 18 & 19 – 2026 Spring Home Show
- ★ Saturday, May 9 – An Evening with Larry the Cable Guy

BLUEGRASS & GOSPEL SATURDAY EVENINGS

Just a reminder that the Saturday evening picker group meets here every week from 6 pm – 9 pm. If you play a stringed instrument, bring it to play in the jamming group taking turns picking and singing songs or just come to sit in the audience to hear some good music.



DMV Connect
Salem Civic Center, Parlor C
Wednesday, January 14
9 am – 4 pm (Closed for lunch 12:30-1:30 pm)

Salem Public Library
Tuesday, February 10
10 am – 4 pm (Closed for lunch 12:30-1:30 pm)

RED CROSS BLOOD DRIVE
SALEM PUBLIC LIBRARY
Friday, January 23, 11 am – 4 pm

CHAIR YOGA
New 6-week session will begin
Tuesday, January 6 and/or Friday, January 9
4:15 pm – 5:15 pm
Cost is \$20 for 1 time per week for 6 weeks
or
\$30 for two times per week for 6 weeks

CLASSES AND INSTRUCTORS

Tai Chi – Lieven VerKruisen
Fitness – Debbie Ruff & Mitzi Tianglia (and lots of great subs)
Chair Caning/Basket Weaving – Gene Stratton
Ballroom Dance – Bill Ewing
Chair Yoga – Susan Kraughto
Tap Dance – Sharon Dickenson
Needlework & Quilting – Norma Harris
Ceramics – Anne Andrews
Line Dance – Hope Jones & Juanita Duncan

The groups listed below have coordinators and if you are interested in being a part of any of these groups, stop by the office and we'll take your name and number and give them your information.

Senior Mountain Pickers
Bridge
Hand, Knee, & Foot
Hand & Foot
Mexican Train Dominos
Mahjong

Check the calendar for times for each of these classes and activities.



JANUARY 2026 SALEM SENIOR CENTER



Vickie S. Sword, Recreation Program Supervisor
Brad Blankenship, Assistant Recreation Program Supervisor
Paul Andrews, Recreation Worker

110 Union Street
Salem, Virginia 24153
540-375-3054

COVERED DISH MONTHLY LUNCHEON

Thursday, January 29, 12 noon

Bring a covered side dish to share

ENTERTAINMENT: TBD

Blood pressure checks from 11am–12 noon by Richfield.

Bring a covered side dish to share. Preferably a side and not all desserts.

** This is NOT a “TO GO” luncheon. Only take what you will eat at the luncheon so there is plenty for everyone.

** DO NOT bring containers to take food home. You will be asked to take them back to your car.

MIAMI, FORT LAUDERDALE, & KEY WEST, FLORIDA Sunday, April 12 – Saturday, April 18, 2026

Guided tour of Miami
Admission to Coral Castle
Island City of Key West
Cruise down the “Venice of America”
Free time and shopping at famous “South Beach”
Visit Oceanfront Hollywood Beach “Boardwalk”

STOP BY THE OFFICE FOR THE FLYER WITH MORE DETAILS AND COST

STAYING WARM & HEALTHY

Dress in Layers: Wear loose-fitting layers, warm socks, hats, gloves, and scarves, both indoors and out, to trap heat.

Eat Well: Focus on vitamin D-rich foods (milk, fish, eggs) and warm meals like hearty soups and oatmeal to boost energy and mood.

Stay Hydrated: Drink warm fluids like tea to stay hydrated.

Get Vaccinated: Get a flu shot, especially senior-specific vaccines, as seniors are at higher risk for complications, notes HealthinAging.org.

Talk to Your Doctor: Discuss how medications and conditions like diabetes or thyroid issues affect your body's ability to stay warm, and ask about hypothermia signs.



THE SALEM SENIOR CENTER
Will reopen on Monday, January 5

GIFT SWAP w/soup & sandwich lunch

Thursday, January 22

12 Noon

Cost: \$8.00

Must sign up in the office.



Bring a **NEW** gift approximate value \$10 to play a fun and exciting game of gift swap.
Lunch will be soup and sandwich.

INCLEMENT WEATHER POLICY

If **City of Salem Schools** are **CLOSED** due to inclement weather, all activities at the Center are **CANCELLED**.

If **City of Salem Schools** are **DELAYED ONE HOUR**, all activities and classes **WILL BE HELD** at their regularly scheduled time.

If **City of Salem Schools** are on a **TWO-HOUR DELAY**, the Center will **OPEN AT 10 am** and all activities and classes that are scheduled to begin

BEFORE 10 am will be **CANCELLED**. All activities and class that **BEGIN AT 10 am OR AFTER** **WILL BE HELD!!!**

Please note that this policy is based on **City of Salem Schools (not Roanoke City or Roanoke County.) Please watch or listen to the news or Facebook, etc. If you still aren't sure, feel free to call the office. We normally have to come in anyway and if we don't answer, you should assume we're closed. WSLS and WFXR are usually the most up-to-date info

**** Policy is only for bad weather, not for teacher work-days, etc.****



JANUARY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 4 <i>REOPEN</i> 	JANUARY 5 9:30 am – Bridge 11 am – Hand, Knee & Foot (cards) 1 pm – Mexican Train Dominos 3:30 – 4:30 pm – Tai Chi	JANUARY 6 8:45 – 9:45 am – Exercise Class 10 am – 2 pm – Chair Caning/Basket Weaving 10 am – Bridge 11 am – Hand & Foot (cards) 1 pm – Mahjong 2 – 4 pm – Ballroom Dance 4:15 – 5:15 pm – Chair Yoga 5:15 pm – TLC (The Loser's Club)	JANUARY 7 9 am – 10 am – Tap Class 10 am – 12 pm – Needlework & Quilting 10:30 am – 1 pm – Ceramics 1 pm – 1:30 pm – Beginner Line Dance 1:30 pm – 3 pm – Line Dance	JANUARY 8 8:45 – 9:45 am – Exercise Class 9:30 am – 12 pm – Art on your own 10 am – Bridge 12:30 pm – 4 pm – Hand & Foot (cards) 3:30 – 4:30 pm – Tai Chi	JANUARY 9 8:45 – 9:45 am – Exercise Class 11 am – 2:30 pm – Senior Mountain Pickers 11 am – Hand, Knee, & Foot (cards) 1 pm – Mahjong 4:15 – 5:15 pm – Chair Yoga	JAN 10
11	12 9:30 am – Bridge 11 am – Hand, Knee & Foot (cards) 1 pm – Mexican Train Dominos 3:30 – 4:30 pm – Tai Chi	13 8:45 – 9:45 am – Exercise Class 10 am – 2 pm – Chair Caning/Basket Weaving 10 am – Bridge 11 am – Hand & Foot (cards) 1 pm – Mahjong 2 – 4 pm – Ballroom Dance 4:15 – 5:15 pm – Chair Yoga 5:15 pm – TLC (The Loser's Club)	14 9 am – 10 am – Tap Class 10 am – 12 pm – Needlework & Quilting 10:30 am – 1 pm – Ceramics 1 pm – 1:30 pm – Beginner Line Dance 1:30 – 3 pm – Line Dance	15 8:45 – 9:45 am – Exercise Class 9:30 am – 12 pm – Art on your own 10 am – Bridge 12:30 pm – 4 pm – Hand & Foot (cards) 3:30 – 4:30 pm – Tai Chi	16 8:45 – 9:45 am – Exercise Class 11 am – 2:30 pm – Senior Mountain Pickers 11 am – Hand, Knee, & Foot (cards) 1 pm – Mahjong 4:15 – 5:15 pm Chair Yoga	17
18 	19 <i>CLOSED</i> 	20 8:45 – 9:45 am – Exercise Class 10 am – 2 pm – Chair Caning/Basket Weaving 10 am – Bridge 11 am – Hand & Foot (cards) 1 pm – Mahjong 2 – 4 pm – Ballroom Dance 4:15 – 5:15 pm – Chair Yoga 5:15 pm – TLC (The Loser's Club)	21 9 am – 10 am – Tap Class 10 am – 12 pm – Needlework & Quilting 10:30 am – 1 pm – Ceramics 1 pm – 1:30 pm – Beginner Line Dance 1:30 pm – 3 pm – Line Dance	22 8:45 – 9:45 am – Exercise Class 9:30 am – 12 pm – Art on your own 10 am – Bridge 12 pm – Gift Swap (must sign up) 12:30 pm – 4 pm – Hand & Foot (cards) 3:30 – 4:30 pm – Tai Chi	23 8:45 – 9:45 am – Exercise Class 11 am – 2:30 pm – Senior Mountain Pickers 11 am – Hand, Knee, & Foot (cards) 1 pm – Mahjong 4:15 – 5:15 pm – Chair Yoga	24
25	26 9:30 am – Bridge 11 am – Hand, Knee & Foot (cards) 1 pm – Mexican Train Dominos 3:30 – 4:30 pm – Tai Chi	27 8:45 – 9:45 am – Exercise Class 10 am – 2 pm – Chair Caning/Basket Weaving 10 am – Bridge 11 am – Hand & Foot (cards) 1 pm – Mahjong 2 – 4 pm – Ballroom Dance 4:15 – 5:15 pm – Chair Yoga 5:15 pm – TLC (The Loser's Club)	28 9 am – 10 am – Tap Class 10 am – 12 pm – Needlework & Quilting 10:30 am – 1 pm – Ceramics 1 pm – 1:30 pm – Beginner Line Dance 1:30 pm – 3 pm – Line Dance	29 8:45 am - Walking with Debbie (depending on weather) 9:30 am – 12 pm – Art on your own 10 am – Bridge 11 am – 12 pm – Blood Pressure Checks 12 pm – COVERED DISH MONTHLY LUNCHEON w/entertainment 12:30 pm – 4 pm – Hand & Foot (cards) 3:30 – 4:30 pm – Tai Chi	30 8:45 – 9:45 am – Exercise Class 11 am – 2:30 pm – Senior Mountain Pickers 11 am – Hand, Knee, & Foot (cards) 1 pm – Mahjong 4:15 – 5:15 pm – Chair Yoga	31
Feb. 1 	Feb. 2 9:30 am – Bridge 11 am – Hand, Knee & Foot (cards) 1 pm – Mexican Train Dominos 3:30 – 4:30 pm – Tai Chi	Feb. 3 8:45 – 9:45 am – Exercise Class 10 am – 2 pm – Chair Caning/Basket Weaving 10 am – Bridge 11 am – Hand & Foot (cards) 1 pm – Mahjong 2 – 4 pm – Ballroom Dance 4:15 – 5:15 pm – Chair Yoga 5:15 pm – TLC (The Loser's Club)	Feb. 4 9 am – 10 am – Tap Class 10 am – 12 pm – Needlework & Quilting 10:30 am – 1 pm – Ceramics 1 pm – 1:30 pm – Beginner Line Dance 1:30 – 3 pm – Line Dance	Feb. 5 8:45 – 9:45 am – Exercise Class 9:30 am – 12 pm – Art on your own 10 am – Bridge 12:30 pm – 4 pm – Hand & Foot (cards) 3:30 – 4:30 pm – Tai Chi	Feb. 6 8:45 – 9:45 am – Exercise Class 11 am – 2:30 pm – Senior Mountain Pickers 11 am – Hand, Knee, & Foot (cards) 1 pm – Mahjong 4:15 – 5:15 pm Chair Yoga	Feb. 7

What do you call an old snowman? Water.

Why do birds fly south for the winter? Because it's too far to walk.

Who is Frosty's favorite aunt? Aunt Arctica.