

Salem Park, Recreation and Community Services

April 2019

Adventure Time at Winter Island

Enjoy some outdoor adventure time with Park and Recreation and Sail Salem staff on Winter Island during school vacation. We will be playing games, doing crafts and exploring the island.

Ages: 8-14

Date: Wednesday, April 17th 1:00-3:00pm or

Friday, April 19th 10:00am -12:00pm

Register at salemrec.com



Ball Blast

A new adult fitness class where participants use a 2-3 pound weighted ball for a mixture of cardiovascular and strength exercises.

This fun, innovative method of exercise is effective for improving strength, balance and coordination. Have a ball while getting fit!

Thursdays April 11th—May 2nd

4:00-4:45pm

\$35.00 for the session

Register at salemrec.com

Spaulding Showcase:

Active Older Adult Wellness

Thursday, April 18th

1:00-3:00pm

Clinical experts from Spaulding will be at the Community Life Center to provide information and screenings on balance, hearing loss, memory loss and wellness classes. Giveaways and more!

Pizza Party at the

Council on Aging

Tuesday, April 30th

4:00-7:00pm

\$10.00 per person

See Rosanna for tickets

Calligraphy for Beginners

In this four week class, participants will learn to use a calligraphy pen and learn basic strokes and letters. Use what you learn to create your own invitations, envelopes and announcements.

Mondays, April 1st, 8th, 22nd and 29th

6:00-7:00pm

\$30.00 per person, includes all supplies

Register at salemrec.com



Fun times at our St. Patrick's Day Party

School Vacation Ping Pong and Pool Tournament

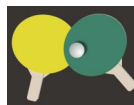
Ages: 10-15

Thursday, April 18th 12:00-3:00pm

Pizza served

\$5.00 per person

Register at salemrec.com



Salem Park, Recreation and Community Services
401 Bridge St. Salem, MA 01970 (978) 744-0924

Ice Cream Sundaes with the Easter Bunny

Join us for ice cream sundaes, face painting, cookie decorating and a visit by a very special guest, The Easter Bunny!

Sunday, April 7th

12:00pm-1:30pm

Salem Community Life Center

401 Bridge St.

\$5.00 per person

Register at salemrec.com



Salem Senior Art Program

Local artist Linda Abbene leads this class on Tuesdays, from 4:00-5:00pm at the Community Life Center.

Participants sketch, draw and paint to express their creativity.

There is no cost for this class It is funded by the City of Salem Department of Planning and community Development and the U.S.

Department of Housing and Urban Development.

Register with Rosanna at 978 -744-0924

Junior Artist and Scientist Club

Looking for something cool to do during school vacation? Local artist and science educator, James Eric Rogers invites students ages 6-12 to come have fun with art and science activities.

Tuesday, April 16th, 12:00-4:00pm

Salem Community

Life Center

\$45.00 per person

Register at

salemrec.com



SAVE THE DATE!!

Annual Kentucky Derby Party at Salem Willows

**Saturday, May 4th
4:30-7:00pm**

**Games, crafts, hat making,
pony rides
21+ cash bar**