

Salem Park, Recreation and Community Services

April 2022

Muscle and Strength Class—HITT - Adults ages 18+

Join local fitness instructor, Beth Schultz for a Monday night class which will help increase your muscle strength, coordination and endurance. This class will offer equal parts cardio and strength training.

Mondays, April 25th—May 23rd 5:00-6:00pm

\$45.00 for the 5 week session. Drop in rate is \$10.00 per night.

Register at salemrec.com

Brunch and a Movie

The Salem Council on Aging is offering a special Brunch menu that consists of Corn Chowder, Deluxe Ham and Cheese Sandwich, Side Salad and Ice Cream. Brunch will be followed by the showing of "House of Gucci".

Monday, April 11th 11:00am \$6.00 per person

Please register with Rosanna

School Vacation Improvs for Teens & Tweens

Participants will explore the theater world through a series of improv and theater games. This program will be held at the Community Life Center.

Ages: 12-15

Date: Tuesday, April 19th –

Friday, April 22nd

1:00-3:00pm

\$65.00 for the 4 day session

Register at salemrec.com

Remembrance Day

The Salem Council on Aging will hold our annual Remembrance Day on Tuesday, April 12th at 10:30am. This gathering will be held to remember dear friends and family no longer with us. To include the name of a loved one for the ceremony, please contact Rosanna at 978-744-0924.

After School Drama with Jape -ages 6-12

Our Spring Session runs April 5th—May 17th from 3:30-5:00pm at the Community Life Center. Visit salemrec.com for information and to register.

Salem Wellness Walks

This month's walk will take place on Wednesday, April 13th from 9:00-10:00am at the Salem Common. Our special walking guest is Rep. Paul Tucker.

This event is co-sponsored by the Salem Council on Aging and the Salem Board of Health.

Boston Red Sox Spirit Contest

Love the Boston Red Sox? Want to win tickets to a May 22nd game? Salem residents can enter for their chance to win tickets by sending in a picture that shows just how much spirit you have.



Better yet, take your photo in one our parks. Get creative! The possibilities are endless.

Please visit salemrec.com for complete contest information, who's eligible to enter, ticket details and deadline dates.

Vision Boards—Ages 10-15

What would you like to accomplish this new year? Dream big! Spend an early evening with instructor, Linda Abbene making a collage vision board using cut out magazine images, quotes and other craft materials.

Thursday, April 21st

4:00-5:30pm

\$15.00 per person, includes all materials

Register at salemrec.com



Nice to have all our senior friends back in the CLC for the annual St. Patrick's Day Party!

Mayor Jean A. Levesque Community Life Center— Spring Lecture Series

4/26/22- "An Evening of Storytelling": Three well-know Salemites, Kim Driscoll, Lucy Corchado and Jim McAllister share their experiences making a home and forging a career in our city.

5/3/22- "Public Health During a Pandemic", with Dave Greenbaum, Health Agent for the City of Salem.

5/10/22- "The House of the Seven Gables: Preserving, Sharing and Contributing to the American Story" with Kara McLaughlin, Executive Director.

5/24/22 -"Malcom Mill(1930-2014): Salem's Eccentric Poet" Rod Kessler, retired SSU English Professor shares the story of one of Salem's most unusual characters.

5/31/22- "Chalk Talk with the Superintendent" with Stephen Zrike, Salem's Superintendent of Schools.

6/7/22- "History of Enslaved People of Massachusetts", with Vijay Joyce, Architectural Historian, Preservationist and Educator.

Lectures are 7:00-8:00pm at the Community Life Center. Admission is free but pre-registration is required. Registration begins on April 1st at salemforallages.org.



Our Garden Craft Club creating beautiful pots for succulent plants.

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