

Salem Park, Recreation and Community Services

April 2023

Disc Golf Basics—ages 9-12

In this beginner friendly April School Vacation program, Jonny Dutrow will teach participants tips, tricks, and the basics of the game of disc golf. Jonny will have a basket set up in Mack Park for practice. We will go on a field trip to Scouting Woods Disc Golf course in Peabody on the last day of the program.



Date: Tuesday, Wednesday and Thursday, April 18th –20th

Time: 12:00-1:00pm on the 18th and 19th, 12:00-2:00pm on the 20th

\$30.00 per person for the 3 day program. Register at salemma.myrec.com

Junior Artist and Scientist Club

A fun activity for children ages 6-10 during April School Vacation. Join local STEAM educator James Eric Rogers for a 3 hour program that will focus on art and science activities.



Friday, April 21st 12:00-3:00pm
\$60.00 per child, includes all supplies.
Register at salemma.myrec.com

Peabody Essex Museum Tour

The Salem Council on Aging will be taking a guided tour to the PEM's Fashion and Design gallery to see ensembles from the Iris Apfel *Rare Bird of Fashion* collection.

Friday, April 21st at 10:00am
Please contact Rosanna at 978-744-0924 to register.

Brunch and Movie

The monthly Brunch and Movie at the COA will be held on Monday, April 24th at 11:00am. The cost of the brunch is \$7.00 per person. This month's movie is **Ticket To Paradise**. Please contact Rosanna at 978-744-0924 to register.

Spring Yoga—

Mondays, 5:00-6:00pm
April 24th—May 22nd
Join local fitness instructor Beth Schultz for this 5 week program.
Register at salemma.myrec.com

Heart and Soul Conversation Series with James Ashton

If you are looking to feel connected to a community of fellow seniors looking to connect about life's deeper spiritual meaning with open hearted sharing and respect for all paths, then this group is for you. Join us at the Salem COA for this one hour group discussion on topics related to spirituality and the role it plays in our lives.

Wednesday, April 12th at 12:00pm

Please contact Rosanna at 978-744-0924 to reserve a spot.

Drawing and Making Dimensional Objects

Children ages 10-15 are invited to join local architect J Michael Sullivan for this 7 week class that will explore the ancient art form of folding paper into three dimensional shapes and flying objects. These objects will become the subject of still life arrangement for drawing with pencils and charcoals.

Date: Thursdays, April 6th—May 25th

Time: 4:00-5:30pm

Location: Winter Island Function Hall

\$50.00 per person includes all supplies.

Spring 2023 Speaker Series

Sponsored by Salem for All Ages

The Community Life Center is thrilled to have the Speaker Series return for the Spring Season. All presentations are at 7:00-8:00pm. These are live, in-person events. Admission is free, but seating is limited. Please register in advance at Salemforallages.org.

Tuesday, April 4th : Salem Stories with DA Paul Tucker, Rep. Manny Cruz and City Councillor Carolyn Watson-Felt.

Tuesday, April 11th : Meet the North Shore's new NAACP President Kenann McKennzie-DeFranza.

Tuesday, April 25th : An evening with J.D. Scrimgeour, Salem's stellar award-winning writer.

Tuesday, May 2nd: A new vision for the House of the Seven Gables with Executive Director Dakota Russell.

Miss Shelley's Kids Yoga—ages 4-9

A weekly children's yoga/mindfulness class offered by Shelley Powell. This class will include poses, breathing exercises, dance, crafts and affirmations which promote health, self esteem and self love. Shelly loves to combine playfulness as well as structure.



Tuesdays, April 25th—May 16th
4:30-5:30pm

\$55.00 for the 4 week session.

Register at salemma.myrec.com

Salem Park, Recreation and Community Services

401 Bridge St. Salem, MA 01970 (978)744-0924