

Salem Park, Recreation and Community Services

April 2024

Adult Pickleball Lessons



Spring is here and Pickleball is back! Lessons for all levels at the Collins Cove with certified instructor, Sue Carnevale. Lessons begin April 24th. For complete program information and to register, visit salemma.myrec.com.

Glass Painting Class—Ages 18+

Join Linda Abbene in this fun glass painting activity. Bring your own glass item (drinking glass, vase, plate, etc.) and we will provide all the painting supplies and direction.



Tuesday, April 23rd 6:00-7:30pm
\$20.00 per person
Register at salemma.myrec.com

Council on Aging Sing-a-Longs

We are thrilled to have the talented James Eric Rogers here at the Community Life Center to lead sing-a-longs for our members in the Great Room. Come join in on the fun!



Thursdays
April 11th and 25th at
10:45am

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 promotes health, self-esteem and self love.

Monday, April 22nd—May 13th 4:00-5:00pm
\$50.00 for the session.
Register at salemma.myrec.com

The Upside of Downsizing Presentation and Ice Cream Social

Join a panel of experts from J. Barret Realty in a discussion on everything you should know about preparing, capitalizing and handling your estate. Staff from J. Barrett will be providing all the fixings for an ice cream social to enjoy during the presentation. Please contact Rosanna at 978-744-0924 to register.

Let's Play Ball - April 9th



In honor of the Boston Red Sox Opening Day, Join us at the Salem Council on Aging for a baseball themed lunch. We will be showing a baseball themed movie beginning at 11:15am and at 12:00pm, enjoy a hot dog, beans, coleslaw, popcorn and ice cream. We will be streaming the Opening Day Ceremonies and the Ceremonial 1st pitch at 1:30pm.

This is a free event, but seniors must preregister with Rosanna by Wednesday, April 3rd in order to ensure that we order enough food.

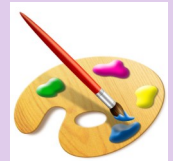
Introduction to American Sign Language

Salem Park, Recreation and Community Services is pleased to have an instructor from DEAF Inc. to teach this 8 week class in which participants will learn common, every day signs in ASL. This class is geared for adults ages 18+.

Mondays, April 8th—June 10th 7:00-8:00pm
\$155.00 for the session.
Register at salemma.myrec.com

Future Artist and Scientist Club

James Eric Rogers invites children ages 6-10 to join our April session of this program. Children will work on art and science projects.



Tuesdays, April 9th to May 7th
4:00-5:30pm at the Community Life Center
\$80.00 for the 4 week session, includes all supplies.
Register at salemma.myrec.com

Please note that the Food Pantry will be at the CLC every Wednesday from 9:30-11:00am.



Registration for all summer Park and Recreation programs is ongoing at salemma.myrec.com. Please continue to check the website for new programs as they are added and developed.

Cardio Boxing and Kickboxing—April Session : Tuesdays, April 9th—April 30th , 5:30-6:15pm

Build the foundations of kickboxing with a circuit style workout that will improve your balance and coordination. No experience necessary!

\$70.00 for the 4 week session. Register at salemma.myrec.com

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401 Bridge St. Salem, MA 01970