

Salem Park, Recreation and Community Services

August 2023

Boys Speedlax Clinic—grades 5-9

Monday—Friday, August 7th—11th 8:30-10:00am

Speedlax is a non-contact, small-sided, fast and free flowing pick up style of lacrosse. Each session will consist of 30 minutes of stick skill drills and an hour of multiple Speedlax games. No helmets, gloves or pads are needed. This program is free for Salem children and funded by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development. Register at salemmyrec.com.



Derby Street Mile

The annual Derby Street Mile Road Race will be held on Friday, August 18th. Special thanks to the Salem Harbor Station for their sponsorship of this race.

Use this link to register: <https://register.chronotrack.com/r/73299>



What a blast the kids had on our 1st Summer Adventure Trip. We visited the Ipswich River Watershed Association. Participants were able to kayak or canoe the Ipswich River.

Salem Senior Event: BBQ at Winter Island

Monday, August 7th
10:30am

\$7.00 per person

This annual event for Salem seniors is one of our favorites! Great food, live music and dancing.

Advance registration is required.

Contact Rosanna at 978-744-0924 to reserve a spot.



Rise for Yoga Fit

Join local fitness instructor Beth Schultz for an early morning yoga class comprised of traditional yoga poses with challenging mat work. This class is held outdoors at Winter Island.

Thursdays, 7:00-8:00am
August 3rd—August 31st
\$45.00 for the 5 weeks.

Register at salemmyrec.com

Salem Senior Event: The Roaring 20's Ball

Thursday, August 10th 3:30-6:30pm

Salem Seniors are invited to an evening of dinner, dancing and live music with a Roaring 20's theme at the Community Life Center. Come in your best 1920 attire/costume. Advance registration is required. Please contact Rosanna at 978-744-0924 to reserve a spot. \$10.00 per person.



Family Bingo Night



As part of the City of Salem's Heritage Days, Salem Park, Recreation and Community Services will be hosting a Family Bingo Night at the Community Life Center. Bring the whole family and play for prizes.

Friday, August 11th
5:00-6:30pm

Register at salemmyrec.com

Salem Senior Event: Ice Cream Social

This annual Heritage Day event is being sponsored by Rep. Manny Cruz and is free to Salem seniors 60+. Advance registration is required. Please contact Rosanna at 978-744-0924 to reserve a spot.

Tuesday, August 8th 12:15pm
Jean A. Levesque Community Life Center

Paint and Sip

Adults 21+ are invited to join us on the deck of beautiful Olde Salem Greens Golf Course for this Paint and Sip. Local artist, Linda Abbene, will guide participants in creating a masterpiece. Tee Time Grille will be open for your drinking and dining pleasure.



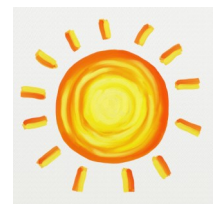
Monday, July 31st
5:30-7:30pm
\$35.00 per person
Register at salemmyrec.com

Summer Drama Workshop

Children ages 6-11 are invited to join Jape Payette in a week long workshop to learn the basics of acting in a fun and creative way. This program will be held at the Winter Island Function Hall.

July 31st—August 4th
1:00-3:00pm

For additional information and to register, visit salemmyrec.com



Salem Park, Recreation and Community Services
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