

Salem Park, Recreation and Community Services

December 2018



We are having a drive to collect mittens which will be donated to those in need. If you would like to donate a pair of mittens, bring them to 401 Bridge St. and place them on our special mitten tree located on the second floor.



We are thrilled to be offering a wide variety of

register for the entire session or pay a nightly

drop in rate. Check out salemrec.com for addi-

Muscle and Strength: Mondays 6:00-7:00pm

Yoga Flow with Beth: Tuesdays 6:00-7:00pm

Barre Fitness: Tuesdays 7:00-8:00pm

Zumba: Thursdays 7:00-8:00pm

January.

November 19th—December 17th

November 13th—December 18th

December 4th- January 8th

December 6th—December 27th

Look for additional new classes to be added in

tional information and to register.

adult evening fitness classes at the CLC. You can

Pop Jazz for Kids

A fun new school vacation program for children ages 6-12. Pop Jazz is a fun, upbeat dance style that is guaranteed to make you feel sassy and confident.

Wednesday, December 26th— Friday, December 29th 12:00-1:00pm each day \$35.00 for the 3 day session Register at salemrec.com



Holiday Party at the Salem Council on Aging

Wednesday, December 19th 10:30am

This annual event is being sponsored by
Mayor Kim Driscoll
Entertainment provided by the COA Tap
Dancers, Collins Middle School Chorus and
Pete Saran. Lunch will be served.
Please register with Rosanna

Holiday Paint and Si

Join local artist, Linda Abbene, as she guides you in creating this beautiful winter scene. All painting supplies and beverages will be provided.

Ages: 21+

Date: Tuesday, December 11th

Time: 5:30-8:00pm Register at salemrec.com



Candle Lighting and Remembrance

<u>Service</u>

Wednesday, December 5th 10:30am

This gathering will be held tat the Salem Council on Aging to remember dear friends and family members no longer with us. Music will be provided by the Goldentones. To include the name of a loved one for the ceremony, please see Rosanna.

Art Adventure at Salem Council on Aging

Tuesdays, December 4th, 11th and 18th 4:00-5:00pm

Class will focus on painting with water colors, oils and sketching.

This class is free to Salem Seniors. It is being 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

Best wishes for a safe and happy holiday season from the staff at the Community Life Center.

Kids Can Cook~ Holiday Cookie Decorating

Wednesday, December 5th 5:00-7:00pm Ferreira Foods, 211 Bridge St. \$45.00 per person Register at salemrec.com Come spend time in the kitchen with Chef

Come spend time in the kitchen with Chef Mary Ferreira to make and decorate holiday cookies. Goodies will be tasted at the end of the class and each participant will take some home to share!





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

Pop Up Cribbage Night

Ages: 18+ Thursday, December 6th 6:00-7:30pm

Cribbage is one of our most popular day time activity at the CLC, so we decided to try it in the evening. We have several boards, but feel free to bring your own if you wish. You are welcome to bring snacks to enjoy. Register at salemrec.com

Family Bingo Night Friday, December 7th 5:30-7:00pm

Register at salemrec.com

