

# Salem Park, Recreation and Community Services

## February 2017



Family Music Program held at Old Town Hall

### Sweets for Your Sweet

*In this adult only cooking class, we will create two delicious desserts to share with someone sweet! This class will be taught by Mary Ferreira at Ferreira Foods, 211 Bridge St. Thursday, February 9th 6:00-8:00 pm Register at salemrec.com*



### Tax Assistance

The tax season is fast approaching. If you need assistance in preparing your income tax return, the RSVP/AARP volunteers will be at the Salem Council on Aging on Tuesdays and Thursdays beginning Tuesday February 2nd. To schedule an appointment, call 978 744-0924

### Generation Games 2017

The Generation Games are about bringing multiple generations of people together to participate in sports and recreational activities. We are looking for people of all ages to participate in this intergenerational, fun event! Sponsored by Salem Park, Recreation and Community Services and Salem State University's College of Arts and Science and Sports & Movement Science Department.

All events are free and will be held in locations around Salem. Events will take place from Friday evening, February 3rd through Sunday, February 5th.

For more information, please call us at (978) 744-0924 or check out our facebook page at [facebook.com/salemgenerationgames](https://www.facebook.com/salemgenerationgames).

To register, please go to:

[Surveymonkey.com/r/9XVY5FW](https://www.surveymonkey.com/r/9XVY5FW)

Red Cross Blood Drive  
Friday, February 10th  
1:00-6:00 pm  
5 Broad St.

### Kids Can Cook—Sweet Extravaganza for ages 8-17

Cookies, Cakes and Candy!

Come spend time in the kitchen making 3 different desserts while learning cooking basics.

Date: Tuesday, February 21st

Time: 5:00-7:00pm

Place: Ferreira Foods, 211 Bridge St.

Fee: \$40.00



### Valentine's Day at the COA

Tuesday, February 14th 10:30am  
\$6.00 per person which includes lunch and entertainment by Russ McQueen.



Salem's City Clerk, Cheryl LaPointe, will be in attendance and is providing an opportunity to renew wedding vows for any interested couple. Please RSVP with Rosanna at 978 744-0924

Fall in love with the House of the Seven Gables all over again during "Salem So Sweet". Join Salem Park, Recreation and Community Services for a family Valentine workshop at the House of the Seven Gables. Children must be accompanied by an adult. The workshop will be led by local artist, Linda Abbene.



Sunday, February 12th

1:00-3:00pm

115 Derby St. Salem

\$5.00 per person, \$20.00 family cap

A picture from last year's workshop.

### Gentle Yoga for Stress Management

Been sitting at a desk for what feels like forever? Feeling stressed? Tired in the middle of the day? Join us for this lunch time yoga class and feel better after the first class! Relaxation techniques and breathing exercises to calm your mind and re-energize for the rest of the day.

New Session dates: February 8th—March 8th

12:05-12:50 pm

Old Town Hall

\$35.00 for the 5 week session, \$8.00 drop in rate

**\*special City of Salem Employee discount**

\$20.00 for the 5 week session, \$5.00 drop in rate

### **February School Vacation Week**

Looking for something for the kids to do during the vacation week? Check out our offering.

#### **Tuesday, February 21st:**

Bowling and Ice Cream 2:00- 4:30

#### **Wednesday, February 22nd:**

Sky Zone and Pizza 2:00-5:00

#### **Thursday, February 23rd:**

High Tide Adventure 2:00-5:00

Registration ongoing at salemrec.com

Black Cat Café - February 7th 11:00am

Seniors from the Salem Council on Aging always enjoy this monthly visit to the Black Cat Café at Salem High School. Lunch is prepared and served by the students in the Culinary Arts Program.

\$6.50 per person. See Rosanna for tickets

Salem Park, Recreation and Community Services

5 Broad St. Salem, MA. 01970

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