

# Salem Park, Recreation and Community Services

February 2019



Fall in love with The House of the Seven Gables all over again during Salem So Sweet. Join staff from Salem Park, Recreation and Community Services for a Family Valentine's Workshop and sweet treats. All children must be accompanied by an adult.

This workshop is free, however pre-registration is required at salemrec.com in order to have enough supplies.

Saturday, February 9th 1:00-3:00pm at  
The House of the Seven Gables, 115 Derby.

## Device Advice with Deb

Deborah Smith will provide technical advice to seniors on how to use a laptop, iPhone and offer other tech-savvy skills.

Bring your own device or use one of our laptops.

Tuesdays, beginning February 5th from 9:00am- 12:00 pm in our lounge area.

## Cooking Demonstration ~ Winter Soups

Take the February chill off by joining Chef, Mary Ferreira of Ferreira Foods, for an evening of soup preparation. Mary will demonstrate 2 different soups, Thai Curried Butternut Squash and Italian White Bean with Escarole, using fresh and seasonal ingredients.

Ages: 18+

Date: Thursday, February 28

Time: 6:00-7:30pm

\$15.00 per person, must register at salemrec.com by February 25th.



## Travel Talks

Marisa Cole of Sensational Travel is hosting Travel Talks at the Salem Community Life Center. Marisa has over 30 years experience assisting travelers to ease their stress in planning trips.

Marisa will be discussing trips to Spain, Iceland and Ireland.

Wednesday, February 13th 10:00am or  
Thursday, February 14th 6:30pm

## Junior Artist and Scientist Club ~ ages 6-12

Looking for something cool to do during school vacation? Come have fun and get messy with art and science projects.

Tuesday, February 19th  
12:00-4:00pm

Salem Community Life Center  
\$45.00 per person.



## Tax Assistance

If you need assistance in preparing your income tax return, the RSVP and AARP volunteers will be here on Tuesdays and Thursdays from February 5th—April 11th.

Contact Donna Cheney 978 744-0924 to schedule an appointment.

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

## Vow Renewal and Valentine's Day Party

You are cordially invited to our 3rd Annual Vow Renewal Ceremony and Valentine's Day Party at the Salem Council on Aging. Live music, dancing and lunch.

Thursday, February 14th 10:30am

\$6.00 per person

If you are renewing your vows, there is no cost for lunch.



Please RSVP with Rosanna.

## Family Valentine's Dance



Join us for a night of dancing and fun at our Family Valentine's Dance. Come spend this special holiday with the special people in your life! All children must be accompanied by an adult. Live music and refreshments served.

Friday, February 15th 6:00-8:00pm  
Salem Community Life Center  
\$5.00 per person

## Adult Fitness Classes

Check out all the new sessions of Adult Fitness classes offered at the Salem Community Life Center. For complete class descriptions and registration information, visit salemrec.com

Muscle and Strength ~ Mondays 5-6pm

Boxing & Ancient Kickboxing ~ Mondays 6-7pm

Barre Fitness ~ Tuesdays 7-8pm

Yoga Flow ~ Tuesdays 6-7pm

Zumba ~ Thursdays 6-7pm

Tai Chi ~ Thursdays 6:15-7:15pm

Checkout the website for additional March offerings!

A wonderful time was had by all at the New Year's Luncheon.

