

# Salem Park, Recreation and Community Services

February 2024



## Valentine's Party and Vow Renewal at the COA

The COA will be hosting our annual Valentine's Day Party and Vow Renewal on Monday, February 12th at 10:00am. Following the vow renewal, we will have live music, dancing and lunch. Tickets are \$10.00 per person. To register, contact Rosanna at 978-744-0924.

## Cardio Boxing and Kickboxing

Build the foundations of kickboxing with a circuit style workout that will improve balance and coordination. You will burn calories, build muscle and relieve stress in a fun, safe and healthy way. No experience necessary. Participants need to provide their own boxing gloves or mitts.

Tuesdays, 5:30-6:15pm

\$70.00 for a four week session

Next session is February 6th—  
February 27th

Register at [salemma.myrec.com](http://salemma.myrec.com)

## Robothink: Battle Bots

This is a 6 week class instructed by Robothink, a STEM robotics and engineering program for children ages 7-14.

Tuesdays,  
February 6th—March 12th

\$240.00 for the session

Register at  
[salemma.myrec.com](http://salemma.myrec.com)

Registration for Park and Recreation summer programs will begin on March 1st and then throughout the spring/summer as programs are developed.

## Ukulele Magic Club

Ukulele Magic is made up of a fun group of enthusiastic people who enjoy playing and singing music. This group formed last year and continues to grow. New members can join for the next session beginning on February 29th. For additional information and to register, visit [salemma.myrec.com](http://salemma.myrec.com)



*The COA will be celebrating Chinese New Year with a special lunch on Thursday, February 15th. The cost will be \$8.00 per person. If interested, please contact Rosanna at 978-744-0924.*

## Calligraphy for Beginners

In this four week class, participants will use a calligraphy pen to learn basic strokes and letters.

Mondays—6:00-7:00pm

February 26th—March 18th

\$35.00 for the session, includes supplies.

Register at [salemma.myrec.com](http://salemma.myrec.com)

## Valentine's Sweets, Crafts and Fun at The House of the Seven Gables



An annual fun family event co-sponsored by the House of the Seven Gables and our department.

Saturday, February 10th 1:00-3:00pm

Join us at The House of the Seven Gables for an outdoor scavenger hunt, hot chocolate and cookies, free ground passes to the historic site and a Valentine's Workshop with Linda Abbene. All children must be accompanied by an adult.

This is a free event, however pre-registration is encouraged in order to have enough supplies. Please register at [salemma.myrec.com](http://salemma.myrec.com)

## Spring Wellness Series

The Salem COA is pleased to be working in collaboration with the Salem State University Department of Occupational Therapy to bring a Spring Wellness Series to the Community Life Center. Each workshop is scheduled to run from 10:00-11:30am. Listed below are the offering for February and March. Pre-registration is required. Contact Rosanna at 978-744-0924 to register.

**Thursday, February 29th—Occupation, Health and Aging:** Learn how healthy routines can prevent a decline in health.

**Thursday, March 7th—Building Block of Longevity:** Healthy aging involves finding a balance between physical, mental, social, spiritual and productive activities.

**Thursday, March 28th—Fall Prevention and Home Safety:** We will explore why falls can happen as we age, determine your current risk for falls and provide tools to assess home the safety of the home environment.

## Future Artist and Scientist Club—ages 6-10

Our next four week session begins on Tuesday, February 6th. Children will work with physics, chemistry and art to create projects.



4:00-5:30pm.

\$80.00 for the 4 week session, all supplies are included.

Register at [salemma.myrec.com](http://salemma.myrec.com)

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

Happy  
Valentine's  
Day