

Salem Park, Recreation and Community Services

January 2018



Thanks to Santa for paying a visit to Salem Park, Recreation and Community Services

Birthday Celebrations at the Salem Council on Aging.

Each month, we celebrate on the last Thursday at 11:00am.



Birthday celebrants are invited for lunch and cake. See Rosanna to reserve a spot.

Family Bingo Night

All ages!	35	\$5.00 per family
47	5:30 - 7:00pm	76
Salem Community Center	3	Fridays!
1	Nov. 3rd Dec. 1st Jan. 5th	5

Our next Family Bingo Night is January 5th



Thanks to the Salem High School band for entertaining us with holiday music



Family Music Nights

Children and adults are invited to make music together! Join us on

Sunday evenings for a celebration of music. Sign up for one Sunday or all three.

Sunday, January 7th, 14th and 21st

4:00-5:30 pm

Old Town Hall, 32 Derby Square

\$12.00 per family if pre-registered

\$14.00 per family at the door.

TnA Fit Couple Boot Camp

Boot Camp is open to all ages who can physically do full body cardio workouts. Participants should bring a water bottle and a yoga mat.

Wednesdays, January 3rd—January 31st.

5:00-6:00pm

Salem Community Center, 5 Broad St.

\$50.00 for the 5 week session

Register at salemrec.com

Super Hero Yoga!

Do you have a favorite super hero? Learn yoga poses and relaxation techniques to bring out the super hero in you! This is a great opportunity for young adults to learn to relax their mind and body.

Ages: 10-14

Tuesdays, January 9th, 16th and 23rd &

February 6th 5:00-6:00pm

Salem Community Center

\$40.00 for the 4 week session

Register at salemrec.com



Salem Park, Recreation and Community Services

5 Broad St. Salem, MA 01970

(978) 744-0924 (978) 744-0180

Members of the Salem Council on Aging are invited to lunch at Essex Technical High School. Lunch will be prepared and served by students in the Culinary Arts Program. Space is limited, so register with Rosanna early.

Tuesday, January 30, 2018

The bus is leaving the COA at 10:00am

Cost is \$10.00 per person



Parent/Daughter Dance

Friday, January 26th 6:00-8:00pm

Old Town Hall, 32 Derby Square

Spend an evening with someone special at our annual dance. Any father, mother, grandparent, family friend is welcome to escort that special girl in their life. Enjoy a live DJ, refreshments and memories that will last forever

\$30.00 per couple, \$10.00 for each additional family member.

Pre-registration is recommended at

Thanks to everyone who knit and donated to the Annual Mitten Tree. All mittens, hats and scarves were donated to those in need.



The staff of Salem Park, Recreation and Community Services wishes you a very Happy 2018!

