

# Salem Park, Recreation and Community Services

January 2019



Congratulations to our own Frank Clocher who was presented a certificate from RSVP for 26 years of volunteer services!

## Muscle & Strength Conditioning for Men

This 6 week class is designed to increase physical strength through weight training and resistance exercises.

Tuesdays 5:00-6:00pm

January 8th—February 12th

Salem Community Life Center

\$50.00 for the session

Visit [salemrec.com](http://salemrec.com) for additional in-

## Ring in the New Year at the Salem Council on Aging

Friday, January 4th 10:30am

Live music, lunch with the Traveling Chef

\$10.00 per person

Reservations required. See Rosanna for tickets

HAPPY★NEW★YEAR

## 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 to assist you February 5th through April 11th. Contact Donna Cheney at 978 744-0924 **starting Monday, January 21st**, to schedule an appointment.



Thanks to Santa for coming to Breakfast!

## Women's Indoor Golf

This class, taught by PGA Pro, Brian O'Hearn, will consist of 4 one hour lessons geared towards beginners up to intermediate golfers. Tuesdays, 6:30-7:30pm January 8th-January 29th Lessons will be held at the Saltonstall School Gym. Register at [salemrec.com](http://salemrec.com)



## Black Cat Café

Members of the Salem Council on Aging are invited to enjoy lunch prepared by students in the Salem High School Culinary Arts Program. Tuesday, January 8th \$7.00 per person Register with Rosanna

## Winter Basketball Clinic

Looking to sharpen your basketball skills? Join us for the Winter Basketball Clinic directed by Guy Robinson of HYPE Basketball Academy.

**Ages:** Boys and Girls, 8-17

**Date:** Wednesdays & Fridays, January 9th—February 13th

**Time:** 6:00-8:00pm

**Location:** Saltonstall School

## Boxing and Ancient Kickboxing Class

Come join the fun ,earning the sweet science and technical skills of boxing and Ancient Muay Thai Kickboxing. Improves skills, enhances balance, agility, memory, hand eye coordination, strength, speed and range of motion. All equipment provided. Local fitness instructor, Margaret Buehler will be leading the class.

Mondays, January 7th—January 28th

6:00-7:00pm

Salem Community Life Center

\$40.00 for the 4 week session.

Register at [salemrec.com](http://salemrec.com)

## Tai Chi for Beginners

Thursdays 6:15-7:15PM

January 10th - January 31st

\$60.00 per session

Community Life Center

Tai Chi has multiple health benefits including the strengthening of memory, concentration, coordination, flexibility and balance. Register at



*The staff of the Jean A. Levesque  
Community Life Center wishes everyone  
a Very Happy New Year!*



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

Pop Up Library at the  
Community Life Center  
Fridays 10:00am  
January 4th, 11th and 25th

We had quite a crowd for our Holiday Cooking Demonstration led by Chef Mary Ferreira of Ferreira Foods. We can't wait for the next one!