

# Salem Park Recreation and Community Services

January 2020

## Junior Art Class

Local artist, James Eric Rogers, invites students ages 6-12 to 4 weeks of art classes.

Thursdays, January 9th—  
January 30th

5:00-6:15pm

\$65.00 per person, register at [salemrec.com](http://salemrec.com)



## Calligraphy for Beginners

*In this four week class, participants will learn basic strokes and letters.*

*Date: Mondays*

*January 27th—February 24th*

*6:45-7:45pm*

*\$30.00 per person, register at [salemrec.com](http://salemrec.com)*



We had a great Breakfast with Santa! Thanks to all the volunteers who helped make this day so special.

## Home Fit Guide

Wednesday, January 8th 10:00am

Jean Levesque Community Life Center

Sponsored by AARP, this free Home Fit presentation offers smart solutions for making your home comfortable, safe and a great fit.

## Monthly Breakfast

Members of the Salem Council on Aging are welcome to join us on Wednesday, January 8th at 9:30am for our monthly breakfast. The cost is \$5.00 per person and you must register in advance with Rosanna.

## Evening Drum Circle with Mamadou

Mamadou Diop will be at the Community Life Center each Thursday evening from 5:45—6:45pm to lead a drum circle. No experience required. All drums are provided. A wonderful opportunity to make new friends, learn music and rhythms and have fun!

\$10.00 per person, per night  
Register with Rosanna at (978) 744-0924



Theater games and improv designed to make teens and tweens think on their feet, develop team spirit, build confidence and speaking skills to become a confident performer.

Ages: 9-17

Date: Tuesdays,

January 14th—February 25th

Time: 4:30-5:30pm

Visit [salemrec.com](http://salemrec.com) for additional information or to register.

## Beginner's Embroidery

Embroider a tea towel using a variety of stitches introduced during a 4 week session. Tea towel will be provided. Participants need to bring a hoop, floss and needle.

Date: Mondays,

January 27th—February 24th

Time: 5:30-6:30pm

\$30.00 per person

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

## Tread and Shred

A new class utilizing the treadmills, a combination of weights, resistance bands and tubing. It is a total body workout that focuses on everything. This class is open to all levels. Odessa O'Neil is the instructor.

Ages: 18+

Date: Tuesdays, January 7th—January 28th

6:00-6:45pm

\$55.00 per person

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

## Knitting and Crocheting Circle

The Salem Council on Aging has a weekly knitting/crocheting circle that meets each Friday morning at 9:30am. This circle is led by volunteer, Jeanne Pitman. Come and work on your own projects or develop a group project while enjoying the company of others.

HAPPY  
NEW YEAR

Salem Park, Recreation and Community Services  
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