

# Salem Park, Recreation and Community Services

January 2021

## Saturday Hikes for Teens



Calling all adventurous teens! Do you enjoy being outdoors? Do you want to challenge yourself? Want to spend time with friends safely? Come join us for a morning adventure hike in Salem Woods.  
Saturday, January 9th & Saturday, January 16th  
10:00am -12:45pm  
FREE for Salem teens ages 13-18  
Register at salemrec.com

## Virtual After School Drama

Salem Park and Recreation is working with our drama instructor, Jape Payette, to provide a virtual after school drama program for children ages 6-12.

Thursdays  
January 21st – February 11th  
3:00-4:00pm  
Register at salemrec.com

## Code Wiz

Salem Park, Recreation and Community Services is pleased to be collaborating with Code Wiz to provide virtual coding classes for youth and teens this winter. Please visit salemrec.com for information on all the classes being offered.

## School Vacation Street Hockey

Ages: 8-14  
Dates: Monday & Tuesday, December 28th & 29th  
Time: 11:00am –12:00pm

Join Marcus from Salem Park, Recreation and Community Services to work on stick handling, passing and shooting at the outdoor rink at Colins Cove.  
Register at salemrec.com

## At Home Fitness Classes

Just a reminder that some of our COA fitness classes are being shown weekly on SATV, channel 3. 9:00am on Mondays, Tuesday, Thursdays and Fridays. Special thanks to SATV for working with us on this.

## Free To Go Lunch

The Salem Council on Aging has once again partnered up with Root to offer a weekly FREE to-go lunch at the Community Life Center. Meals will be distributed as a drive-up service, keeping everyone safe. This service is being offered on Tuesday, beginning January 5th and will run through to March 30th from 10:30—11:00am. Weekly pre-registration is required to receive these meals, as quantities are limited.

To register, call Rosanna at 978 744-0924.

The Salem Council on Aging is happy to present:

## “Things You Should Know About Salem”

A lecture series by local historian, Jim McAllister. We all love listening to Jim’s lectures and the Salem Council on Aging is pleased to be sponsoring these to bring the lectures into your home.

You can view the lectures on SATV, channel 3 on the following days and times.

Saturdays at 1:55pm

Tuesdays at 11:50am

Thursdays at 11:00pm

## Teen Improv

Salem Park, Recreation and Community Services will be offering this in-person program for teens ages 13-17 at the Community Life Center. Participants will explore the theater through the use of theater games. They will learn to work as a team, improve their speaking skills, become more confident and have fun with friends in a safe environment. This program is free for Salem teens.

Wednesdays, January 20th—February 11th  
3:00-4:30pm

We are following all public health guidelines with regards to COVID. Participants and staff must comply with social distancing requirement, wear a face covering at all times and complete a daily health and wellness form. For additional information or to register, visit salemrec.com.



**Salem Park, Recreation and Community Services**  
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