

# Salem Park, Recreation and Community Services

## January 2023

### Winter Solstice Yoga

Join local fitness instructor Beth Schultz for this class that will be comprised of traditional yoga poses and challenging mat work. This class is for adults 18+ and will be held at the Community Life Center.



Mondays, January 9th—February 13th 5:00-6:00pm

\$45.00 for the 4 week session

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

### Adult Indoor Golf Class

This 6 week program for adults will focus on all areas of the game from setup to full swing, pitching, chipping and putting with PGA Golf Professional, Brian O'Hearn. This class is for all ability levels and clubs will be provided for those who do not have their own. This class will be held at the Carlton School Gym.



Wednesdays,

January 11th—February 15th

6:00-7:00pm or 7:00-8:00pm

\$160.00 for the 6 weeks.



### Family Bingo

Looking for a fun Friday evening event? Join us at the Community Life Center for bingo!

Friday, January 20th  
6:00-7:00pm

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



Thanks to Santa for visiting the Common on December 10th. We had over 100 families come to have their picture taken with the big guy!

### Glow Cardio Dance Night

Ring in 2023 New Year together during our Family Glow Cardio Dance Night. The whole family can join us at the Community Life Center for a fun evening of glow in the dark cardio dance led by instructor Lisa Gagnon. Participants are encouraged to wear neon glow in the dark attire. Glow sticks will be provided. All children must be accompanied by an adult.

Thursday, January 5th 6:00-7:00pm  
\$2.00 per person

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



### Council on Aging—Art Program

We are pleased to be offering free art classes at the COA through funding by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.

January classes will be held on Thursday, January 12th and 26th from 4:15-6:15pm.

Pre-registration is required. Contact Rosanna at 978-744-0924 to serve a spot.

### Calligraphy for Beginners

*In this four week class, participants will use a calligraphy pen and learn basic strokes and letters. Use what you learn to create your own invitations, envelopes and announcements. During this session we will create Valentine cards as well. All supplies included.*

Tuesdays, January 17th—February 7th 6-7pm  
\$35.00 for the session.

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

### Cardio Boxing and Kickboxing

Start the new year building the foundations of kickboxing with a circuit-style workout that will improve balance and coordination. You will burn calories, build muscle and relieve stress. Participants will need to bring their own boxing gloves or mitts. The instructor for this class is certified personal trainer, Rob Ovalle. This class is for ages 16+.

Tuesday, January 17th—February 7th  
5:30-6:15pm

\$70.00 for the 4 week program  
Register at [salemma.myrec.com](http://salemma.myrec.com)

### Brunch and Movie at the COA

Our monthly brunch and movie will be held on Monday, January 30th at 11:00am. The movie this month will be "5000 Blankets". The cost of the brunch is \$7.00 per person. You must preregister with Rosanna at 978-744-094.

### After School Drama

Children ages 5-11 can learn the basics of acting in a fun and creative way, resulting in a last day performance.

Tuesdays, January 10th—February 14th  
3:30-5:00pm.  
For fee information and to register, visit [salemma.myrec.com](http://salemma.myrec.com).

### Red Cross Blood Drive at the Community Life Center.

Friday, January 13th 1:00-6:00pm.

Please call 1-800-Red Cross (1-800-733-2767) or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: Salem to schedule an appointment.

### Caregiver Support Group

Join Stacey McCarthy on Thursday, January 12th at 5:30pm for a support group for caregivers. During the 90 minute session, folks will have the opportunity to discuss common stressors related to caregiving, receive suggestions to reduce stress and discover newfound hope and support. Contact Rosanna at 978-744-0924 to register.

Salem Park, Recreation and Community Services  
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