

# Salem Park, Recreation and Community Services

July 2022

## Independence Day Celebration at the Council on Aging

Friday, July 1st at 10:30am  
Lunch, dancing, Live Music  
\$6.00 per person. Contact Rosanna to register at 978-744-0924.



### Summer Playground Program

We are excited to offer a free, 3 hour playground program that runs Monday—Friday from 9:00am—12:00pm. Each week, instructors will be at different playgrounds within Salem to offer traditional crafts, games and activities. Please visit [salemrec.com](http://salemrec.com) for a playgrounds and dates.



### Sunset Yoga at the Willows

Center into your being and unwind from your day with an all levels vinyasa yoga flow at Salem Willows with instructor, Tayla D'Avolio.

Wednesdays, July 6th—August 24th  
6:00-7:00pm  
Register at [salemrec.com](http://salemrec.com)

### Brunch and a Movie

Join us at the Salem Council on Aging for our monthly Brunch and Movie event.

Monday, July 18th at 11:00am

This month's movie is "My Fair Lady."

\$7.00 per person for brunch. Please contact Rosanna at 978 744-0924 to register.

### Salem Wellness Walks

Lace up your walking shoes and join us on Wednesday, July 13th from 9:00-10:00am for our monthly Wellness Walk on the Common. This event is co-sponsored by the Salem Council on Aging and the Salem Board of Health. Please register with Rosanna at 978-744-0924.

Salem Park, Recreation and Community Services is thrilled to offer several free enrichment programs this summer for children. Programs include: Yoga and Meditation, Girls Lacrosse Clinic, Boys Lacrosse Clinic, Fun Sports and Games, Dance and Fitness, Peaceful Pretzels, and an Art Workshop. Visit [salemrec.com](http://salemrec.com) for complete program information and to register. These programs are funded by the city of Salem Department and the U.S. Department of Housing and Urban Development. The City of Salem, in the provision of our services, does not discriminate on the basis of race, color, national origin, gender or gender identity, age, religion, marital status, familial status, sexual orientation, ancestry, public assistance, veteran history/military status, genetic information or disability.

### So You Want To Write A Book

Interested in writing your own book? Got a great start to a book, but have questions? Author Shane Robitaille is back this summer for a 2 hour workshop that will dive into topics such as character development, alternative publishing options, marketing and more.

Sunday, July 10th 10:00am—12:00pm  
Community Life Center  
This is a free event for teens and adults, 15 and older.  
Register at [salemrec.com](http://salemrec.com)

### Drawing & Making Dimensional Objects

Children ages 10-15 are invited to join local architect, J. Michael Sullivan for this 8 week creation and drawing class. This program will focus on the making & drawing of three-dimensional objects using origami, charcoal drawing, pencil drawing and water color painting.

Tuesdays, July 5th—August 23rd  
10:00am -12:00pm  
\$40.00 per person, includes all supplies  
Register at [salmerec.com](http://salmerec.com).

### Summer Recreation Basketball

We will be offering our evening basketball program this summer under the direction of Guy Robinson. The format each night will include skill clinics followed by pick up games. Register at [salemrec.com](http://salemrec.com).

July 13th—August 19th 6:00-7:30pm  
Boys ages 12-15—Wednesdays  
Boys ages 9-11—Thursdays  
Girls ages 9-15—Fridays



Thanks to the Friends of the Salem Council on Aging for their support of the Father's Day BBQ. We had a great time!



### Memory Café at the Council on Aging

A Memory Café is a comfortable, social gathering that allows people experiencing any level of memory loss and loved ones to connect, socialize and build new support networks. If you are experiencing any memory loss or are a caregiver for someone living with this, please join us on Thursday, July 28th from 1:00-2:00pm.

The Café will feature Kelley Annese who will lead a Chair Yoga and Relaxation/Meditation for Stress Management. Register with Rosanna at 978-744-0924.

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