

Salem Park, Recreation and Community Services

July 2019

Thanks to the Salem Rotary for sponsoring our Great Gatsby Party! We had a wonderful time.



Meditation

We are pleased to be offering a Guided Meditation Group on Thursday evenings at the Community Life Center under the direction of Elaine Tavis.

July 11th—August 1st 7:00-8:00pm
\$25.00 for the four week session, or you can pay a nightly drop in rate of \$7.00. Visit salemrec.com to register.



Morning Step Challenge

Salem Seniors are welcome to join Beth Schultz each Monday and Wednesday morning at 8:30am for a guided walk. Pace and distance will be determined by each participant's ability. Pedometers will be provided to count steps and set goals.

289 Derby Street

With the opening of our newest park, at 289 Derby Street, Salem Park, Recreation and Community Services will be offering 2 free early morning fitness classes on site.

Tai Chi in the Park

Tuesdays, July 9th—August 13th
7:00-8:00am

Rise for Yoga Fit

Thursdays, July 11th—August 29th
6:00-7:00am

Registration is required for both classes. Visit salemrec.com for registration and additional information.

Enrichment Programs at Palmer Cove

Yoga & Meditation

Ages: 8-14

July 8th—July 11th
9:30-10:30am



Beginner's Guitar

Ages: 10-14

July 15th—July 18th
9:30-10:30am

Hip Hop Dance

Ages: 6-12

August 5th—August 9th
9:00-10:00am

Registration is required for all programs and is available at salemrec.com

These programs are being funded by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.

Pizza Party at the Salem Council on Aging

Thursday, July 25th
4:30-7:00pm
\$10.00 per person

Live music and dancing

See Rosanna for tickets



Youth & Teen Pickleball Clinics

Volunteer instructors, Rick Haigis and Sue Carnavale will teach the basics of the fun sport at our new pickleball courts on Collins Cove. All equipment will be provided. Registration is available at salemrec.com

Teen Clinic

Ages: 13-16

Tuesday, July 16th
5:00-6:00pm

Youth Clinic

Ages: 8-12

Tuesday, August 13th
5:00-6:00pm

Summer Rec Basketball League

This year's league will be held at the new basketball court at Forest River. We are thrilled to be using this new court this summer. Special thanks to local law firm, Mazow and McCollough for sponsoring this league again this summer.

Chess Club

Thanks to volunteer Jon Hayes, for coordinating a weekly chess group at the Council on Aging. Interested players are invited to join us each Monday at 1:00pm

Save the date!

This year's Derby St. Mile Road Race will be held on Friday, August 23rd. The Competitive race begins at 7:00pm, with the Family Fun race starting at 7:30.

Visit salemrec.com for the registration link.

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



Independence Day Party
Wednesday, July 3rd
10:30am
\$5.00 per person.
See Rosanna for tickets