

# Salem Park, Recreation and Community Services

June 2022

## Father's Day BBQ at the Council on Aging

Join your friends at the COA to celebrate!

Thursday, June 16th  
10:30am  
Live music, dancing, BBQ  
\$5.00 per person  
Register with Rosanna at  
978-744-0924.



We had a lots of fun at our COA Mother's Day Celebration!



## Summer Solstice Scavenger Hunt


Celebrate the longest day of the year and the start of the summer season.

Stop by our Salem Park and Recreation station anytime between 5-6pm to pick up your scavenger hunt sheet. Each participant will receive a Park & Recreation water bottle. Follow the questions and explore all Forest River has to offer. Feel free to continue after 6:00pm. Pack a picnic and enjoy an evening in the park.


Register at salemrec.com  
This is a free family event.

### Rise for Yoga Fit—Ages 18+

Join local fitness instructor Beth Schultz for an early morning yoga class at Winter Island comprised of traditional yoga poses with challenging mat work. Participants need to bring their own mats.




Thursdays, June 16th—July 14th 7:00-8:00am  
\$45.00 per person, register at salemrec.com



The Salem Food Pantry will be hosting a mobile food pantry on the 1st Tuesday of each month from 9:00-10:30am in the parking lot of the Community Life Center, 401 Bridge. St. All are welcome!

### Evening Pickleball—Ages 18+

Lessons for various levels at the courts at Salem High School with Maria Bishop.




Mondays, June 13th—July 18th  
Basic Strategy Class—6:00-7:00pm  
Power Strategy Class—7:00-8:00pm  
Visit our website for class descriptions.  
\$90.00 per person, register at salemrec.com



Special thanks to volunteer Chris Bednar who has been offering a Friday Night Competitive Basketball Program for grades 1-6 at Collins Cove. This program has been filled to capacity and the kids are loving it!

### Salem Wellness Walks

Special thanks to Senator Joan Lovely who joined us on our May Wellness Walk.



Our June walk takes place on Wednesday, June 8th from 9:00-10:00am on Salem Common. Our special guest this month is Salem Food Pantry director, Robyn Burns. These walks are co-sponsored by the Salem Board of Health and Salem Council on Aging. To register, call Rosanna at 978-744-0924.

## Cooking Demonstration

Please join us for a Greek cooking demonstration at the COA with volunteer, Tina Manolakos. Tina will be preparing special Greek dishes and participants will have the opportunity to sample her treats.

Wednesday, June 15th  
10:15am  
Register with Rosanna at  
978-744-0924.

## Tennis Lessons

We are thrilled to have Barbara Maitland back with us for another season of tennis! Lessons begin on Wednesday, June 8th for youth and adults. Please visit salemrec.com for complete details and to register.



### Brunch and Movie at the COA

“Mamma Mia 2”  
Monday, June 27th 11:30am  
\$7.00 per person  
Please register with Rosanna at  
978-744-0924.

Please visit salemrec.com for a complete listing of all summer programs and special events. Please note that we continue to add programs throughout the summer, so keep checking back with us!

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