Salem Park, Recreation and **Community Services**

Iune 2022

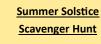
Father's Day BBO at the Council on Aging

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!



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.



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!

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 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.

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



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.

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!

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