

Salem Park, Recreation and Community Services

June 2018

Father's Day BBQ

Join us for this annual event complete with great friends and delicious food!

Wednesday, June 13th 10:30am

Winter Island Pavilion

Thanks to the Friends of the Salem Council on Aging for sponsoring this event.

Please register with Rosanna



Forest River Adventure Program

Ages: 6-12

Join us as we participate in crafts, exploration, science and nature, sports and games, water play and lots more! 7 sessions to choose from. Please visit salemrec.com for additional information or to register.

Cribbage at the COA

Volunteer John Dumas will be coordinating a cribbage class that will meet each Wednesday in June. The class will be held from 2:00-3:00pm. Beginners and advanced players welcome!

TnA Fit Couple Bootcamp

This class focuses on high intensity interval training, which yields optimal results for fat loss and to gain lean muscle.

Thursday mornings, June 7th—28th 5:30-6:30am

Salem Community Center

\$50.00 for the 4 week session Register at salemrec.com



Creating beautiful spring arrangements



Lunchtime Qi Gong in the Park

Developed thousands of years ago, Qi Gong is practiced by people worldwide as a way to experience a healthier and more active life.

Fridays, June 1st—June 22nd from 12:15-1:00pm
Salem Common

\$40.00 for the 4 week session



With the addition of the new pickleball courts at Collins Cove, Salem Park, Recreation and Community Services now has pickleball paddles and balls available to borrow for a 3 day period. Registration forms must be filled out and a \$10.00 deposit is required. The deposit is returned when the equipment is returned to the community center. For additional information, please call (978) 744-0180

Video Boot Camp

Under the direction of Patrick Kennedy of SATV, children ages 8-14 have the opportunity to learn basic operation of digital cameras, film editing and production.

This class runs for 4 Wednesdays in June. Register at salemrec.com



We are thrilled to be working with Coast to Coast Paddle again this summer to offer Kids Paddle lessons. There are 5 different sessions to choose from. Due to popular demand, we are adding a Teen Paddle this year as well. Visit salemrec.com for a summary of an example day of paddling. Register at salemrec.com



Special Thanks to the Salem Rotary Club for sponsoring an "Evening in Paris" at the COA



Save the Date!
Friday, August 24, 2018
Derby Street Mile Race

Competitive Race begins at 7:00pm with the Family Fun Race following at 7:15pm
The link for registration is available at salemrec.com.

Independence Day Breakfast at the COA



Monday, July 2nd 9:30am

\$5.00 per person

Entertainment by Tony Malonek

Please register with Rosanna

The Friends of the Salem Council on Aging will be holding their 8th annual Pasta Dinner Dance on Friday, June 22nd. The dance will be held at the Moose Lodge from 5:00-9:00pm. Live entertainment provided by Dawn and Phil Boltas. Tickets are \$7.00 per person and can be purchased at the COA.

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