

Salem Park, Recreation and Community Services

June 2021

Rise For Yoga Fit

Join local fitness instructor, Beth Schultz, for an early morning yoga class comprised of traditional yoga poses with challenging mat work. Participants need to bring their own mat and water bottle.

Thursdays, June 17th—July 22nd 7:00-8:00am

Winter Island Pavilion

\$45.00 for the 6 week session.

Pre-registration required at [Salem rec.com](http://Salemrec.com)

Adult Seaside Watercolor Painting Class

Enjoy a relaxing evening of watercolor painting on the scenic shore at Salem Willows. Participants will choose their vista and paint as the instructor moves about to help and advise.

Tuesday, June 8th 6:00-8:00pm

\$25.00 per person includes all supplies.

Register at salemrec.com

Traveling Chef at the Council on Aging

The Salem Council on Aging will be hosting the Traveling Chef from Elder Services of Merrimack Valley and North Shore on Friday, June 25th. This lunch will be served as a drive thru in our parking lot. To reserve a lunch, please call Rosanna at 978-744-0924 by Wednesday, June 23rd.

A reminder that the Annual Cribbage Tournament is Saturday, June 5th beginning at 10:00am at Ocean's Edge Salem. This is a double elimination tournament. Prizes and trophies awarded. Register at salemrec.com.

The Salem Council on Aging is thrilled to bring back our Art Class! Beginning in June, Linda Abbene will once again guide participants in sketching, drawing and painting their own works of art. This class will be held outdoors on our patio, therefore it is weather depending. The class will be held from 1:00-3:00pm on the following days:

Thursday, June 24th
Thursday, July 8th
Thursday, July 22nd
Thursday, August 5th
Thursday, August 12th



Space is limited, so sign up with Rosanna early. This class is free for Salem Seniors. It is being funded by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.

Looking for a good book?

Each Thursday and Friday during the month of June, there will be a table set outside on our patio at the CLC from 9-11am for readers to come and take what they like. We are not looking for these books to be returned; they are yours to keep!



We had beautiful weather for our May 1st Junior Artist and Scientist

program at Pioneer Village. Children did spring plantings and make birdhouses. Thanks to James & Matt for organizing the day.

Teen Pickleball Clinic

We are pleased to be offering a 4 week Pickleball Clinic for teens ages 12-16 with instructor, Sue Carnevale.

Thursdays, June 10th—July 1st
4:00-5:00pm

Collins Cove Pickleball Courts
\$40.00 for the session
Register at salemrec.com

Sunset Yoga At the Willows



Center into your being and unwind from your day with an all level yoga flow at Salem

Willows with instructor, Tayla D 'Avolio.

Thursdays, June 17th—July 15th
6:00-7:00pm

\$60.00 for the session

For additional information and to register, visit salemrec.com

Girls Lacrosse Clinic—ages 10-14

Under the direction of Collins Middle School Lacrosse Coach, Kristen Hoggins, participants will learn the fundamental skills of lacrosse. This clinic is open to all ability levels.

Monday—Friday, June 28th—July 2nd
1:00-3:00pm

This program is free for Salem children. It is being funded by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.



Fun at a recent Adult Pickleball class.

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