

Salem Park, Recreation and Community Services

March 2017



St. Patrick's Day Party
at the Salem Council on Aging
Thursday, March 16th 10:30 am

Join us for a special celebration featuring music by local musician, Patricia McLaughlin, and a traditional boiled dinner.

\$5.00 per person

Register with Rosanna



Our Pop-Up Library continues to be a popular program with our seniors. Special thanks to the staff at the Salem Public Library who transform our space into a public library twice a month. Check out the COA newsletter for scheduled dates.

Our Spring Program Guide is available to view at salem.com on the Recreation Page. Check out the new, exciting programs happening this spring!

Nutty Irishman Cross Country 5K



Sunday, March 12, 2017 10:00 am
Grab your most stylish scarf and cozy mittens to run or walk in this fun and unique 5k course at Olde Salem Green Golf Course. All participants receive a custom race mug to enjoy several varieties of hot cocoa after the race. For additional information and to register, visit bnsventmanagment.com



A huge crowd at our 2nd Annual Parent/Daughter Dance in February. We are already looking forward to next year!

Gentle Yoga for Stress Management

Join Kelley Annese for a lunch time yoga session and you will start feeling better after the first class. Exercises performed standing and in a chair. Relaxation techniques and breathing exercises to calm your mind and re-energize you for the rest of the day. Special discount for City of Salem employees. Register at salemrec.com

Homestead Seminar

Wednesday, March 15th 10:30 am
Salem Community Center, 5 Broad St.

Do you have a homestead on your property? Attend a free homestead seminar to learn how to protect your most valuable asset, your home. Representatives from the Register of Deeds will be here to explain the benefits of the Homestead Act, help you fill out and file the Declaration of Homestead and answer questions. Sign up by Friday, March 10th to receive a complimentary copy of your deed. To register, contact Rosanna at 978 744-0924



Family Bingo Night

Friday, March 3, 2017 5:30-7:00 pm.

At the Salem Community Center, 5 Broad St. Looking for a fun, Friday night event? Join us for a family game of bingo. Bring the whole family, bring your snacks and play for prizes.

Register at salemrec.com

Annual Salem Cribbage Tournament

Date: Saturday, April 1, 2017

Time: Tournament begins at 2:00pm

Place: Winter Island Function Hall

Volunteer Tournament Director, Steve Dibble leads this fun tournament that will determine the 2017 City of Salem Cribbage Champions! Pre-registration is encouraged. Event is limited to 64 participants.

Black Cat Café

Seniors will enjoy a lunch prepared by students in the Salem high Culinary Program.

Tuesday, March 7th at 11:00 am

\$6.50 per person

Register with Rosanna



Having a great time at the Kids Can Cook—Sweet Extravaganza Class. Cookies, candy and cupcakes were created!

The Council on Aging will celebrate National Social Work Month on Friday, March 17th. We will be honoring our social workers, Sharon Felton and Lynne Barrett, with a special lunch. If you would like to join us for lunch, please register with Rosanna.

Yoga and Healthy Eating

Kelly Annese and Jennifer Heinen will lead weekly classes to promote a healthy mind and body. Chair yoga and meditation techniques will be taught, and healthy recipes discussed. This four week series is held on Wednesdays from 1:30-3:00pm and begins on March 1st. You must register for this class with Rosanna



Members of our Tuesday evening Barre Class. We will be starting up a new 6 week session on March 7th. Register at salemrec.com

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5 Broad St. Salem, MA. 01970

(978) 744-0180 (978) 744-0924

