

Salem Park, Recreation and Community Services

March 2022

Welcome to Opening Day! - Thursday, March 31st 1:00-5:30pm



Salem Council on Aging Red Sox Fans are welcome to join us as we root on the Boston Red Sox during their home opener with the Tampa Bay Rays.

The cost is \$5.00 per person and will include grilled Fenway Franks, potato salad, popcorn, cracker jacks, and (2) drink tickets good for beer, wine or soda.

Opening pitch is at 2:10pm and we will be watching the game on the big screen in the Great Room.

During the game we will have table games, lawn games and cards set up for your enjoyment.

Registration is required for this event. Please contact Rosanna at 978-744-0924 to register.

Muscle & Strength-HITT

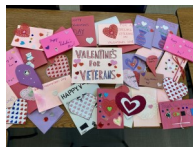
Join local fitness instructor, Beth Schultz for this weekly class which will help increase your muscle strength, coordination and endurance. This class will offer equal parts cardio and strength training.

Ages: 18+

Date: Mondays,
March 7th—April 4th
5:00-6:00pm

Cost: \$45.00 for the 5 week session or \$10.00 per night. Register at salemrec.com.

A huge thank you to all who created these special valentines for Salem veterans.



We had a great time at our Valentine's Sweets and Fun at the House of the Seven Gables during Salem So Sweet. We collaborated on an outdoor scavenger hunt on the Gables grounds for families to participant in.



Peaceful Pretzels

We are thrilled to offer another session of Peaceful Pretzels. Kids, ages 5-11, can join Kristen Homan for this class that will blend yoga, movement, activities to help little ones learn skills to manage their big emotions.



Thursdays,
March 3rd—March 24th
4:15-5:15pm
\$55.00 for the 4 week program.
Register at salemrec.com.

Garden Craft Club

Get ready for spring with the Garden Crafts Club. Youth ages 10-15 can create their own herb planters, garden decorations and even an indoor terrarium!

Mondays, March 7th—21st
4:30-5:30pm

\$15.00 per person, includes all supplies
Register at salemrec.com.



Wellness Lecture Series by Donna Clifford

Join Donna Clifford as we discover the joy of being fulling alive. Donna brings over 40 years of clinical nursing and holistic practices to each presentation. All presentations begin at 4:00pm. Cost is \$20.00 per class/\$10.00 for seniors

Monday, March 7th—*Gut Health, the Key to a Healthy Body and Mind*

Monday, March 14th—*May Your Dreams Come True, Realizing Our Purpose Through Food*

Monday, March 21st—*Happy Sleep, How to Get a Good Night's Sleep and Wake*

To register for a lecture, please contact Rosanna at 978 -744-0924.

Art Class is Back!

The Salem Council on Aging is thrilled to have our Thursday art class return. This class is funded by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.

March class dates are:

Thursday, March 10th 4:00-6:00pm and

Thursday, March 31st 4:00-6:00pm

Contact Rosanna at 978-744-0924 to register.

Salem Wellness Walks

Lace up your walking shoes and join us at the Salem Common for Salem Wellness Walks! Our special guest this month is Sen. Joan Lovely.

Wednesday, March 9th
9:00-10:00am

This event is co-sponsored by the Salem Council on Aging and the Salem Board of Health.

St. Patrick's Day Luncheon

The Salem Council on Aging will be hosting our annual St. Patrick's Day Luncheon complete with live music and dancing.

Thursday, March 17th
10:30am
\$10.00 per person
Contact Rosanna at 978 744-0924 to register.

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