

Salem Park, Recreation and Community Services

March 2023

2023 Cribbage Tournament

The Annual 2023 City of Salem Cribbage Tournament will be held on Saturday, April 1st at the Village Tavern Restaurant. Prizes and trophies awarded for this double elimination tournament. Tournament begins at 11:00am. \$10.00 per person and registration is available at salemma.myrec.com.

Winter Solstice Yoga—Ages 18+

Join local fitness instructor, Beth Schultz, for this class comprised of traditional yoga poses and challenging mat work.

Mondays, March 6th—April 3rd
5:00-6:00pm
\$45.00 for the 5 week session
Register at salemma.myrec.com

Cardio Boxing and Kickboxing

Build the foundations of kickboxing with a circuit style workout that will improve balance and coordination. You will burn calories, build muscle and relieve stress in a fun, safe and healthy way. No experience necessary. Participants will need to bring their own pair of boxing gloves or mitts. This class is being taught by personal trainer Rob Ovalle and is for ages 16+.



Tuesdays, 5:30-6:15pm
March 7th—March 28th
\$70.00 for the 4 week session.
Register at salemma.myrec.com

Wellness Walks are back!

The Salem Council on Aging invites you to join us on our first walk of 2023. All ages and abilities are welcome. Our public health nurse, Suzanne Darmody, will be our guest walker.

Wednesday, March 8th
9:00-10:00am at Salem Common
Please register with Rosanna at
978-744-0924.

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

After School Drama with Jape



Children ages 5-11 can learn the basics of acting in a fun and creative way, resulting in a last day performance.

Tuesdays, March 21st—May 2nd
3:30-5:00pm
Visit salemma.myrec.com for additional information and to register.

Strengthen Your Balance

The Salem Council on Aging is excited to offer a new health and wellness program on Friday mornings. This class is designed to increase muscular strength and develop confidence through different balance activities. This class is suitable for those beginning their exercise routine as well as those who are already a fitness lover!

Fridays, 11:00am –12:00pm
\$5.00 per class.
Please register with Rosanna.

String Jam Intro—Ukulele - ages 9-13

Ukulele is fun and easy! In this beginner six week class taught by Melissa Graham, students learn the basics of holding a ukulele, strumming, playing and singing, as well as reading chord diagrams on music.



Thursdays, March 2nd—April 6th
4:00-5:00pm
\$5.00 per person for the 6 weeks.
Visit salemma.myrec.com for additional information and to register.

St. Patrick's Day Party at the Council on Aging

Thursday, March 16th at 10:00am



Live music, dancing and lunch.
\$7.00 per person.
Pre-registration required.
Contact Rosanna at 978-744-0924.

The Salem Council on Aging is pleased to be working with Salem State University's Occupational Therapy Department for a series of workshops. These workshops will be held on Monday from 1:00-2:00pm. Registration is required. Contact Rosanna at 978-744-0924 to reserve a spot.

Monday, March 27th—Fall Prevention: Join us for an interactive workshop to learn about fall prevention.

Monday, April 3rd—Thriving in Retirement: This workshop will explore how to transition gracefully and thrive in retirement.

Monday, April 10th—Successful Living with Low Vision: Gradual vision loss is common for many individuals as we age. This workshop will review challenges that arise with low vision and teach everyday strategies to manage low vision.

Monday, April 24th—Managing Sleep, Rest and Stress: Come learn strategies to help put you in the driver's seat with your sleep and stress.

Wood Sign Painting Night—Ages 18+

Join local artist Linda Abbene for a relaxing and creative night of wooden sign painting. Create a beautiful sign to put in your house or give as a gift to someone else.

Thursday, March 16th 6:00-7:30pm
\$20.00 per person, includes all supplies.
Register at salemma.myrec.com

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