

# Salem Park, Recreation and Community Services

March 2024

## 2024 Cribbage Tournament

The annual City of Salem Cribbage Tournament will be held on Saturday, March 30th at Longboards Restaurant. The tournament begins at 11:00am. Volunteer director Steve Dibble will lead this double elimination tournament. Prizes and trophies award. Pre-registration is required at [salemma.myrec.com](http://salemma.myrec.com). Entry fee is \$20.00



## Cooking Demonstration Savory & Sweet Puffed Pastry

Join chef Mary Ferreira of Ferreira Foods, for a fun interactive cooking demonstration discussing the many uses of puffed pastry. Come enjoy an evening of delicious ideas and partake in a tasting of the menu selections.

Thursday, March 14th  
6:00-7:00pm  
\$20.00 per person, register at [salemma.myrec.com](http://salemma.myrec.com)

## St. Patrick's Day Party

The Salem Council on Aging will be celebrating St. Patrick's Day on Wednesday, March 13th. Live music, dancing and lunch.



10:00am  
\$8.00 per person, register with Rosanna at 978-744-0924

## Generation Games

We are thrilled to be working in collaboration with Salem State University to bring back the Generation Games. This day long event brings people of all ages together for a day of fun activities, sports and games.

Saturday, March 23rd at the O'Keefe Center at SSU from 10:00am -3:00pm.

Come join in on the fun!



## Teen Stencil Art

Transfer your favorite celebrity onto canvas and paint to create an iconic work of art. Choose stencils from Taylor Swift, Beyonce, John Lennon, Drake and more.

Ages: 13-17

Date: Tuesday, March 19th 6:00-8:00pm

Cost: \$25.00 includes all supplies

Register at [salemma.myrec.com](http://salemma.myrec.com)



## Evening Yoga with Beth—March Session

Fitness Instructor Beth Schultz will be offering a new session of evening yoga that begins on Monday, March 4th from 5:00-6:00pm.

\$45.00 for the 5 week session or pay a \$10.00 nightly drop in fee. Register at [salemma.myrec.com](http://salemma.myrec.com)

## After School Drama with Jape

This program is for children ages 5-11. Learn the basics of acting through a series of theater games which help build confidence, teamwork and presentation skills.

Tuesdays, March 5th-26th  
3:30-5:00pm

\$80.00 per participant  
Register at [salemma.myrec.com](http://salemma.myrec.com)

## Spring Wellness Series

The Salem Council on Aging is pleased to be working in collaboration with the Salem State University Department of Occupational Therapy to bring a Spring Wellness Series to the Community Life Center.

Each workshop is scheduled to run from 10:00am -11:30am. Pre-registration is required, and the limit is 20 participants per workshop. Please register with Rosanna.

- **Thursday, March 7th – Building Blocks of Longevity:** Healthy aging involves finding a balance between physical, mental, social, spiritual, and productive activities. Participants will discover that good health and wellbeing comes from participating in a wide variety of meaningful activities.

- **Thursday, March 28th – Fall Prevention and Home Safety:** We will explore why falls can happen as we age, determine your current risk for falls and learn strategies to prevent falls. We will also provide a variety of tools so that participants can assess the safety of the home environment.

- **Thursday, April 4th – Navigating Healthcare:** Being able to clearly discuss your health with your doctor and medical providers is important for healthy aging. This workshop will discuss ideas related to health literacy, medication management and how to proactively manage health concerns.

- **Thursday, April 11th – Cognitive Sharpness:** What you need to know and preventative actions you can take to maintain mental sharpness.

- **Thursday, April 25th – Managing Sleep, Rest and Stress:** Do you have difficulty falling or staying asleep? Is your mind racing with thoughts of life's stresses? Come learn strategies to put you in the driver's seat with your sleep and stress..

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