

Salem Park, Recreation and Community Services

May 2019

Step Challenge

Let's get outside for this new program at the COA! Mondays and Wednesdays at 8:30am. Meet at the CLC. Each meeting will be a guided walk on different routes. Pace and distance will be determined by each participant's ability. Pedometers provided to count steps and set progress. Sign up with Rosanna.

Kentucky Derby Party



Join Salem Park, Recreation and Community Services for our 2nd Annual Kentucky Derby Party at the bandstand area at Salem Willows.

Saturday, May 4th 4:30-7:00pm

Lawn games, crafts, hat making, pony rides for the kids, live stream of the race, face painting. Cash bar 21+

Multicultural Potluck Event



Tuesday, May 7th
4:00-7:00pm

Members of the COA are invited to come and bring a cultural dish to share with others. We also invite you to dress in your native country's attire and to sign up to perform a cultural dance or song. Please register with Rosanna.

Mother's Day Luncheon at the COA

Wednesday, May 8th
10:30am—1:00pm
\$5.00 per person
See Rosanna for tickets.



Belly Dancing Basics

This fun, heart healthy class for adults will offer you a new exercise experience!
Ages :18+
Date: Thursdays
May 2nd—May 23rd
Time: :700-7:45pm
Cost: \$45.00 per session
Register at salemrec.com

Long Lean Necklaces

Join Marisa Cole for this fun, creative class that will have you creating a beaded necklace to wear this summer.
Tuesday, May 21st
6:00- 8:00pm
\$35.00 per person, includes all supplies
Register at salemrec.com



Seniors heading off to see "Ragtime"

Pizza Party at the COA

Thursday, May 23rd
4:30-7:00pm
Live entertainment, dancing, pizza and salad.
\$10.00 per person
See Rosanna for tickets

Boxing & Ancient Kickboxing

Monday, May 20th—June 17th
6:00-7:00pm
\$40.00 per session, or you can pay a nightly drop in rate of \$12.00.
Enhance balance, agility, memory, hand eye coordination, strength and much more, while having a blast working out!
Register at salemrec.com

Stretch ~ Tone ~ Strengthen

We are thrilled to be offering this new adult fitness class, ages 18+, taught by Odessa O'Neil at the CLC!

This class is designed to challenge you through movement. Stretch will be in the form of yoga poses. Tone will be in a variety of exercises using weights, bands and tubing. Strengthen will be in a combination of body weight exercises. All levels welcome!
Tuesdays, 7:00-8:00pm
Session One: May 7th—May 28th
\$55.00 for the session, or a nightly drop in rate of \$15.00.
For additional information or to register, visit salemrec.com



Thanks to all the staff and volunteers who helped serve over 150 ice cream sundaes at our Easter Bunny Event!

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