

Salem Park, Recreation and Community Services

May 2022

Ocean Nature Games



Join Caroline for a morning filled with outdoor nature activities, games and a craft. This program's theme will be about the ocean and the animals we find in it.

Ages: 6-10
 Date: Saturday, May 7th
 Time: 10:00-11:00am
 Place: Forest River
 Cost: \$10.00 per person
 Register at salemrec.com

Calligraphy for Beginners

In this 4 week class, participants will use a calligraphy pen and learn basic strokes and letters. Use what you learn to create your own invitations, envelopes and announcements.

Ages: 18+
 Date: Mondays, May 16th—June 13th
 Time: 6:00-7:00pm
 Price: \$30.00 per person includes all supplies
 Register at salemrec.com

Mayor Jean A. Levesque Community Life Center Spring Speakers Series

All lectures begin at 7:00pm.
 Admission is free, but pre-registration is necessary.
 Register at salemforallages.com

5/3/22—"Public Health During a Global Pandemic" with Health Agent, David Greenbaum and Dr. Jeremy Schiller

5/10/22—"The House of the Seven Gables: Preserving, Sharing and Contributing to the American Story" with Executive Director Kara McLaughlin

5/24/22—"Malcom Miller (1930-2014) Salem's Eccentric Poet" with SSU Professor Rod Kessler

5/31/22- "Chalk Talk" with Superintendent of Schools, Dr. Stephen Zrike

6/7/22- "History of Enslaved People of Massachusetts" with Vijay Joyce

Pickleball is Back!

Spring has sprung and outdoor Wednesday morning Pickleball lessons have begun at Collins Cove. Session 2 begins on June 1st. Register at salemrec.com



Afternoon Social at the Council on Aging

We are happy to welcome students from SSU for an afternoon social. Come listen to your favorite music, dance, play table games and have fun!

Monday, May 2nd
 12:30-2:00pm

Cinco De Mayo

We are thrilled to be bringing back our Cinco de Mayo party at the Salem Council on Aging.



Wednesday, May 4th at 4:00pm

Registration is required. Contact Rosanna at 978-744-0924 to register.

Special thanks to the Salem Rotary Club for sponsoring this event.



Congratulations to A-Team! Champions of our Women's Volleyball League 2021-2022.

Mother's Day Lunch at the Council on Aging

Help us celebrate all the mothers, grandmothers, aunts, sisters and friends in our lives.

Lunch, dancing and live entertainment.

Friday, May 6th
 10:30am
 \$7.00 per person
 Registration required.
 Please contact Rosanna at 978-744-0924 to register.

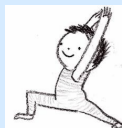


Peaceful Pretzels—ages 5-11

Kids can join instructor Kristen Homan for mindfulness, movement and fun! This class for kids will blend yoga, movement, activities and more to help little ones learn skills to manage their big emotions!

Thursday, May 19th—June 9th
 4:15-5:15pm

\$55.00 for the 4 week session.
 Register at salemrec.com



Healing You, Healing Me

This class, led by Donna Clifford RN, will describe the human energy field and how it impacts our lives. Knowing our bodies on an energetic level allows us to control our reactions to stress and move forward through any blockages both physical and emotional. The practice of chakra meditation is included.

Tuesday, May 10th 5:00-7:00pm
 \$20.00 general, \$10.00 for seniors
 Register with Rosanna at 978 -744-0924



Come join us for our next Salem Wellness Walk on Wednesday, May 11th at 9:00am. The walk takes place at Salem Common. These monthly walks are sponsored by the Salem COA and the Board of Health.

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