

Salem Park, Recreation and Community Services

May 2023

Mother's Day Celebration at the COA

Join us as we celebrate all the women; mothers, grandmothers, aunts, sisters, anyone who merits the accolades of motherhood at the center. Live music, dancing and catered lunch.



Thursday, May 11th 10:00am \$10.00 per person
Please contact Rosanna at 978-744-0924 to register.

Saturday Morning Painting Class

Children ages 8-14 are invited to spend a Saturday morning with local artist Linda Abbene. Linda will guide students working on sketching and watercolors using the natural landscape of Palmer Cove. All supplies are provided.

Saturday, June 3rd 10:30am-12:00pm
Register at salemma.myrec.com.

This program is free for Salem children. It is being funded by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.

Express Yourself at the COA

This program is designed to empower cognitive behavior utilizing a variety of media and imagery. Expressionist and photographer, Karen Takis, guides individuals through the process of painting and creating a visual interpretation on canvas.

**Thursday, June 15th 10:00am
\$7.00 per person. Space is limited.
Register with Rosanna at 978-744-0924.**

Save the Date!

Join Salem Park, Recreation and Community Services for the 18th Annual Derby St. Mile on Friday, August 18th.

Special thanks to The Salem Harbor Station for their full sponsorship of this race. Race details on salemma.myrec.com.

Salem Ukulele Magic

Learning the ukulele can clear the winter blues away! Salem Ukulele Magic is a beginner class for adults who might want



to strum and sing on the beach this summer or play a song around a campfire with friends. You will learn basic chords and strumming patterns while playing and singing familiar songs together. Participants should have their own ukulele.

Please visit salemma.myrec.com for additional information and to register. \$ 5.00 per person

Thursdays, May 11th – June 15th 6:15-7:00pm
Salem Community Life Center
Instructor: Melissa Graham

Salem Wellness Walks

Join us on our monthly walk in Salem Common with guest walker, Janelle Rolke, our City of Salem's Recycling Coordinator. These walks are cosponsored by the Board of Health and the COA. Register with Rosanna at 978-744-0924.

Wednesday, May 10th
10:00am

Evening Drum Circle

Drum with Mamadou on Thursday evenings at the Community Life Center from 5:30-6:30pm. Everyone guaranteed to have a great time.

Register with Rosanna at 978-744-0924.
\$10.00 per week.

Pickleball Clinics are Back!



Wednesday morning clinics at Collins Cove have begun for Beginner Novice and Emerging Beginners. Visit salemma.myrec.com for all dates and times and to register. Additional evening clinics will be added this summer at Salem High School. Please check back on our website for updates.

Cardio Boxing and Kickboxing - Ages 16+

Build the foundations of kickboxing with a circuit-style workout with local trainer, Rob Ovalle, that will improve your 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.

Tuesdays, May 9th – May 30th 5:30-6:15pm
Salem Community Life Center
\$70.00 for the four week program. Register at salemma.myrec.com.

After School Drama Club with Jape—ages 5-11

Learn the basics of acting in a fun and creative way, resulting in a last day performance. This is done through a series of theater games, improv and scenes which help build confidence, teamwork, speaking and presentation skills.

Tuesdays, May 9th – June 13th 3:30-5:00pm
Salem Community Life Center
Register at salemma.myrec.com

Salem Park, Recreation and Community Services
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