

Salem Park, Recreation & Community Services

November 2021



A huge Thank You to volunteer Chris Bednar for organizing a free basketball clinic this past month. The kids had a great time!

Stretch—Tone—Strengthen

Move through a series of stretches and toning exercises to lengthen and strengthen the body.

Ages: 18+

Dates: Tuesday, November 16th—December 7th

Time: 6:15-7:15pm

Location: Salem

Community Life Center

Cost is \$55.00 for the 4 week session or a nightly drop in rate of \$15.00.

Register at salemrec.com

Improvs for Teens & Tweens

A great opportunity for youth ages 12-15 to explore the world of theater.

Tuesdays,
November 9th—
December 14th
6:00-7:00pm

\$85.00 for the 6 week session.

Register at
Salem rec.com

Senior Safe Presentation

Salem's Fire Marshall, Peter Schaublin, will be at the Council on Aging on Wednesday, November 3rd at 10:00am to discuss important fire and safety topics. Please contact Rosanna at 978-744-0924 to register.

*Monthly Breakfast at the
Council on Aging
Thursday, November 4th at
9:30*

\$5.00 per person

*Register with Rosanna at
978-744-0924*

Drive Thru Thanksgiving Dinner at the COA

Special thanks to the staff and students of the Salem High School Culinary Program who are bringing their annual Thanksgiving dinner to the COA this year on Tuesday, November 16th at 11:00am. This will be served as a drive thru in our parking lot.



To register for a meal, please contact Rosanna at 978-744-0924.

Salem Wellness Walks

The Salem Board of Health and the Council on Aging are sponsoring monthly Wellness Walks on Salem Common. We had a beautiful day for our October walk. We look forward to our November walk scheduled for

Wednesday, November 10th at 9:00am. We are so excited to have special guest, Jim McAllister joining us for the November walk. Jim will give a walking tour of the Salem Common area as we stroll along. Please contact Rosanna at 978-744-0924 to register for the November walk.



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

2021 City of Salem Cribbage Tournament

The Annual Cribbage Tournament will be held on Saturday, November 20th at Brodie's Seaport on Derby St., Salem, MA. This double elimination tournament begins at 10:00am. Prizes and trophies awarded. Pre-registration is available at salemrec.com. Cost is \$10.00 per person.



After School Drama Club with Jape

Learn the basics of acting through theater games, improv and scenes which help build confidence, teamwork, speaking and presentation skills. Participants will work towards a last day performance.

Ages: 6-11

Dates: Tuesday, November 9th—December 14th

Location: Salem Community Life Center

Cost: \$85.00 for the 6 week session, plus \$15.00 for the scene book

Register at salemrec.com



We had a beautiful fall day for our Saturday Morning Art Class. This program was funded by the City of Salem Department of Planning and Community Development and the U. S. Department of Housing and Urban Development.

*Monthly Coffee
with the Mayor at
the COA*

*Wednesday,
November 17th
10:00am*

