

Salem Park, Recreation and Community Services

November 2018

Special thanks to the students and staff of the Salem High School Culinary Program for inviting Salem seniors to the 16th Annual Thanksgiving Luncheon. We look forward to this event each year.



The crowd at our 1st Annual Family Halloween Dance

Holiday Cooking Demonstration

Join chef, Mary Ferreira, of Ferreira Foods for this class and taste testing! Mary will focus on appetizers for the holiday season.

Monday, December 3rd 6:00-7:30pm

Pre-registration is required at salemrec.com



Memory Café

The Salem Council on Aging, in collaboration with the Middleton, Peabody & Danvers Councils on Aging, will host a Spanish speaking Memory Café on Thursdays November 1st and December 6th at 12:00pm at the Community Life Center. A Memory Café is a welcoming place for people with forgetfulness or other changes in their thinking. Family and friends are also welcome. To register for the Cafés, please contact Rosanna at 978 744-0924

Sweat Machine~ Dance Fitness

Our first two classes of Sweat Machine were so popular that we are adding more!

Monday, November 19th -7:00-7:45pm

and

Monday, December 10th-7:00-7:45pm

Join Haven Herrin for this free, dance based fitness class for all levels.

Register at salemrec.com



Another fun Haunted Happenings Parade

Babysitting Training Course

Babysitting training will better prepare young teens, ages 11-17, to be a more responsible and trustworthy babysitter for family and friends. This course will cover diapering and feeding techniques, handling bedtime issues, choosing safe and age appropriate toys and much more!

Saturday, December 1, 2018

9:00am -1:00pm

Salem Community Life Center

\$40.00 per person

Register at salemrec.com

Beaded Bracelet Class

Join Marisa Cole in this 2 week class that includes all the supplies and instructions to create 2 beaded bracelets. This class is limited to 8 participants, so register early! Ages: 18+

Date: Monday, November 19th & November 26th

Time: 6:00-8:00pm

Price: \$35.00 per person

Register at salemrec.com



Holistic View of Digestive Health

A workshop led by Donna Clifford will explore techniques and skills to improve your digestive and overall health.

Thursday, November 6th at 6:00pm

Register with Rosanna

Qigong Class

We will be offering Qigong at the Salem Council on Aging on Tuesdays beginning November 13th from 3:00-4:00pm. The cost per class is \$3.00. Please register with Rosanna

The Art Adventure Class at the Salem Council on Aging has a new class time and instructor! We are pleased to welcome Linda Abbene to lead this class which will focus on watercolor painting and sketching. There is no charge for Salem seniors. This class is being funded in part by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development. Scheduled classes for November include:
Tuesday, November 6th 4:00-5:00pm
Tuesday, November 13th 4:00-5:00pm
Tuesday, November 27th 4:00-5:00pm
Please register with Rosanna

Save the date!

Breakfast with Santa!

Saturday, December 1st
8:00-9:30am

Visit salemrec.com for additional information and to register.



Tai Chi Class

A special introductory class is being offered at the Council on Aging on Thursday mornings at 9:00am. Tai Chi can improve memory, concentration, coordination, balance and flexibility. The cost is \$3.00 per class.

Holiday Paint and Sip

Join local artist, Linda Abbene, as she guides you in creating a beautiful winter scene.

Tuesday, December 11th, 5:30-8:00pm
\$40.00 per person includes all supplies, wine, beer and soft drinks. Ages 21+

Register at salemrec.com



Pop Up Mahjong Nights
Salem Community Life Center

Monday, November 5th 5:30-7:30pm

This tile based game has become very popular with participants at the Salem Council on Aging, and some of our players have volunteered to lead this activity. Space is limited to 12, so sign up early at salemrec.com

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