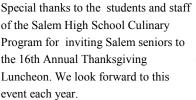
# Salem Park, Recreation and Community Services

November 2018







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



Babysitting Training Course

prepare young teens, ages 11-17, to

trustworthy babysitter for family

and friends. This course will cover

diapering and feeding techniques,

handling bedtime issues, choosing

safe and age appropriate toys and

Saturday, December 1, 2018

Salem Community Life Center

Babysitting training will better

be a more responsible and

# **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

# 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 headed

much more!

9:00am -1:00pm

\$40.00 per person



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



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

### 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.

#### Taí Chí 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



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