

Salem Park, Recreation
and Community Services
November 2023

Calligraphy for Beginners

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

Tuesday, November 7th—November 28th 6:00-7:00pm
\$35.00 per person includes all supplies
Register at salema.myrec.com

Strengthen Your Balance Class is back at the COA!

Cara Hamilton will be returning in November to lead this amazing class on Thursdays from 12:30-1:30pm

The cost is \$5.00 per class. Please register with Rosanna at 978-744-0924.

Pop-Up Library



The Salem Public Library will be at the Community Life Center every other Friday from 10:00am -12:00pm for a Pop-Up Library. We are thrilled to have them here on site. Please call the front desk to find out dates each month.

Cardio Boxing and Kickboxing

Build the foundations of kickboxing with a circuit style workout that will improve your balance and coordination. You will burn calories, build muscle and relieve stress in a fun, safe and healthy way. Participants will need to bring their own pair of boxing gloves or mitts. This class is for adults 16+.

Tuesdays, November 7th—November 28th 5:30-6:15pm
\$70.00 for the 4 week session.
Register at salemma.myrec.com

Thanksgiving Cheer for Salem Seniors

Send Salem Seniors some Thanksgiving Day cheer! Each year the Friends of the Salem Council on Aging provide Thanksgiving dinners to our homebound seniors. We are asking the community to create homemade cards to include with their meal. Cards can be dropped off at the Community Life Center, 401 Bridge St. We will be collecting cards until Tuesday, November 21st. Should you have any questions, please contact Sabrina Tosto at 978-744-0924.



Future Artist and Scientist Club—Ages 6-10



James Eric Rogers will be leading a four week program that will include both science and art projects. Participants will work on one large original piece of artwork, and use chemistry and physics to create two science projects.

Tuesdays, November 7th—November 28th 4:00-5:30pm
\$80.00 per person, includes all supplies
Register at salemma.myrec.com

Family Bingo Night

We will be hosting a Family Bingo Night at the Community Life Center. Come join in on the fun!



Friday, November 3rd
5:00-6:30pm
\$5.00 per family
Register at salemma.myrec.com

Evening Yoga with Beth

Join local fitness instructor Beth Schultz for this class comprised of traditional yoga poses with challenging mat work.

This program is for adults 18+.
Mondays—5:00-6:00pm
November 13th—December 11th

\$45.00 for the 5 week session.
Register at salemma.myrec.com

Low Impact Cardio Class

We are pleased to be offering a new class at the COA on Fridays from 12:30-1:30pm. All the benefits of Pilates and Barre with an up-tempo pace. If you are looking for a little extra cardio kick, this is for you.

The cost is \$5.00 per class.

Please register with Rosanna at 978-744-0924.

Save the date!

Santa on the Common will take place on Saturday, December 9th. Please visit salemma.myrec.com for information and to register.



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401 Bridge St. Salem, MA 01970 978-744-0924