

# Salem Park, Recreation and Community Services

October 2023

## Cardio Boxing and Kickboxing

Build the foundations of kickboxing with a circuit-style workout that will improve balance and coordination. This program is for adults ages 16+.

Tuesdays, October 3rd-October 24th  
5:30-6:15pm

\$70.00 for the 4 week session  
Register at [salemma.myrec.com](http://salemma.myrec.com)



## Haunted Happenings Grand Parade

Members of the Salem Council on Aging are invited to come in costume and ride on the trolley in the parade. Seats are limited, so call Rosanna at 978-744-0924 to reserve a spot.

## Monster Mash Halloween Bash

Calling all goblins and ghouls! A family event at the Community Life Center filled with games, crafts, dancing, costumes and snacks. Children must be accompanied by an adult.

Friday, October 13th 5:30-7:30pm  
\$5.00 per family.

Register at [salemma.myrec.com](http://salemma.myrec.com)



## Fire Safety and Fall Prevention Presentation

Fire Marshal Lt. Tim Flynn and Deputy Chief Peter Schaublin will be at the Council on Aging discussing fall prevention and fire safety in the home.

Tuesday, October 10th 10:00am  
Register with Rosanna at 978-744-0924

## Pumpkin Painting

Join Recreation Coordinator, Sabrina Tosto for a fun family Halloween activity.

Thursday, October 19th  
5:00-6:00pm

\$10.00 per person  
Register at  
[salemma.myrec.com](http://salemma.myrec.com)



## Evening Drumming with Mamadou

Participants of all ages are invited to join Mamadou Diop on Thursdays from 5:30-6:30pm at the Community Life Center for a drum circle. Bring your own or borrow one of his.

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

## Endicott Park Hayride



Children ages 6-12 are welcome to join our Park and Recreation staff for an afternoon field trip. We will be traveling by COA van to Endicott Park in Danvers for a hayride and other fall activities.

Wednesday, October 18th (SPS half day)  
1:30-4:00pm  
\$5.00 per person  
Register at [salemma.myrec.com](http://salemma.myrec.com)

## Family Bingo Night

Salem Park, Recreation and Community Services will be hosting a Family Bingo Night at the Community Life Center. Come join in on the fun!

Bring the whole family....feel free to bring snacks... play for prizes!

Friday, November 3rd 5:00-6:30pm  
\$5.00 per family  
Register at [salemma.myrec.com](http://salemma.myrec.com)



## COA Halloween Party

Seniors are invited to celebrate the Halloween season with us at our annual Halloween Party at the Community Life Center.

Costumes, dancing, live music, lunch and great friends.

Tuesday, October 31st  
10:00am

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



## Council on Aging visit to the Phillips House

Join us as we tour the beautiful house on Chestnut Street designed by Samuel McIntire.

Thursday, October 12th 10:00am  
\$5.00 per person  
Register with Rosanna at 978-744-0924

## Vegan Nutrition Class

The Salem Council on Aging is pleased to be offering this four week class led by Eme Mizioch. A "How to Guide" on introducing a whole food plant based diet into your lifestyle, whether it's daily, weekly, monthly or a life change with a focus on all the health benefits a vegan diet can have.

Thursdays, October 19th, 26th, November 2nd and 9th 12:30-1:30pm  
\$25.00 for the 4 week session. Register with Rosanna at 978-744-0924

Salem Park, Recreation and Community Services  
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