

# Salem Park, Recreation and Community Services

## September 2018

### Cooking Demonstration



Join us for a free cooking demonstration by local chef and caterer, Mary Ferreira of Ferreira Foods. Mary will be creating homemade ravioli, using wonton wrappers and making sauces to accompany the ravioli. Participants will be able to taste what Mary creates.

Please register at [salemrec.com](http://salemrec.com)

Monday, September 24th 6:00-7:00pm  
401 Bridge St. Salem, MA

### Save the Date!

Thursday, October 4th, members of the Salem Council on Aging are invited to ride on a trolley in the Annual Haunted Happenings Grand Parade. We will be meeting at 5:00 at 401 Bridge St with the parade beginning at 6:30pm. See Rosanna for details.

### Adult Tennis Lessons

Barbara Maitland will be offering lessons on Tuesday evenings from 6:30-7:30pm. Lessons will be held at the Salem High School Tennis Courts. This four week session will begin on Tuesday, September 4th. To register, visit [salemrec.com](http://salemrec.com)

*Meditation is back at the Council on Aging this September. Join Elaine Tavis for a weekly meditation class that brings peace of mind, inner joy and inner peace. Tuesdays beginning September 11th from 11:00am -11:45am.*



Children getting their instructions from Tom Doyle in preparation for this year's Junior Golf Tournament

Exciting new fitness classes being offered by Salem Park, Recreation and Community Services this fall. Both classes are being instructed by Beth Schultz.

### Muscle and Strength

Mondays 6:00- 7:00pm  
September 24th—November 5th

### Yoga Flow

Tuesdays 6:00-7:00pm  
September 25th—November 6th

For additional information or to register, visit [salemrec.com](http://salemrec.com)

### Paint and Sip



Join local artist, Linda Abbene for a fun night of painting and sips. Linda's step by step instructions will guide you in creating this beautiful fall

scene. Ages 21+ only.

Thursday, September 27th 6:00-8:00pm  
Salem Community Life Center  
Beer, wine and soda included.

### Travel Talks

Marisa Cole, Salem resident and owner of Sensational Travel is hosting Travel Talks at the Salem Community Life Center. Learn about the latest travel trends, how to secure a passport, luggage issues and more. Take yourself away through these amazing talks about travel locations. Her first talk will be held on Tuesday, September 25th from 6:00-7:00pm

### Community Open House at the

Jean A. Levesque Community Life Center  
Saturday, September 22, 2018 1:00-5:00pm

The community is invited to tour our new facility and participate in special activities planned throughout the afternoon. We will have musical groups, family friendly activities, face painting, family bingo games, program demonstrations and so much more! We hope that you will be able to join.



Children and staff from the Forest River Adventure Program get a tour of City Hall.

### Fire Pit and Movie Night

Friday, September 14th 6:00pm

Enjoy s'mores at our annual fire pit located in the open area near Hobbs at Salem Willows. At 7:30pm, grab your blanket or chairs and some popcorn and head to the band shell for an outdoor viewing of the 1961 version of the Parent Trap.



*Pizza Party at the Council on Aging*  
*Thursday, September 13th 4:00pm*

*Entertainment by Pete Saran*  
*and Dick Girard.*

*\$10.00 per person*

*Register with Rosanna*



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**401 Bridge St. Salem, MA**

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