

Salem Park, Recreation and Community Services

September 2019

Beginner's Embroidery

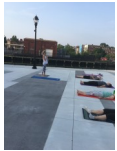
We are excited to be offering this new adult enrichment class at the CLC. Learn to embroider a tea towel using a variety of stitches introduced in this 4 week session.

Mondays—September 9th—September 30th
5:30-6:30pm

\$30.00 per person

Visit salemrec.com for additional information and to register.

Pizza Party at the COA
Thursday, September 12th
4:30-7:00pm
\$10.00 per person
See Rosanna for tickets



We were pleased to be able to offer 2 free programs, Yoga and Tai Chi, this summer at the new park at 289 Derby St.

New Sessions of Adult Fitness Classes

Stretch. Tone. Strengthen

Utilizing a variety of formats, this class is designed to challenge you through movement. Odessa O'Neil is the instructor.

Tuesdays 7:00-8:00pm

September 17th—October 8th

\$55.00 for the session, or a nightly drop in rate of \$15.00

Muscle & Strength—HIIT

Join local fitness instructor, Beth Schultz for this weekly class, which will help increase your muscle strength, coordination and endurance.

Mondays 5:00-6:00pm

September 16th—October 21st

\$45.00 for the session, or a nightly drop in rate of \$13.00

Registration for both classes is available at salemrec.com



Fun times were had at our annual Senior Week BBQ

Evening Meditation

Elaine Tavis will be offering an evening Guided Meditation Group with a Crystal Singing Bowl. All levels are welcome.

Thursdays 7:00-8:00pm

September 5th—September 26th

\$25.00 for the four week session, or a nightly drop in rate of \$7.00.

Register at salemrec.com

5 Year Consolidated Plan

The City of Salem invites you to attend a brief presentation on the development of its 5 Year Consolidated Plan, a document that will set goals to address the housing, community and economic development needs of Salem's residents for activities utilizing federal funds. Please add your voice on Salem's needs and priorities by attending this presentation.

Wednesday, October 2nd
9:30am

This presentation will follow our monthly breakfast which will begin at 9:00am. Cost of the breakfast is \$5.00. See Rosanna to reserve a spot for breakfast.

Calligraphy for Beginners

In this 4 week class, participants will use a calligraphy pen and learn basic strokes and letters.

Mondays 6:45-7:45pm

September 9th—September 30th

\$30.00 per session, includes all supplies

Register at salemrec.com



afternoon of fun! Special thanks to members of the SPD who came to play!

We had a great time at our Park Olympics last week. Children from Forest River Adventure Program, Mary Jane Lee and Furlong Playgrounds got together for an

SAVE THE DATE!

Friends of the Salem Council on Aging

Present

Comedy Night

With performers Paul D'Angelo and Mike Stinson

Friday, October 6, 2019 6:00pm

Jean A. Levesque Community Life Center

Cash bar/appetizers

\$25.00 per person

Contact Rosanna for tickets at (978) 744-0924

Salem Park, Recreation and Community Services
401 Bridge St. Salem, MA 01970 (978) 744-0942