

Salem Park, Recreation and Community Services

September 2020

Over the summer, we were able to offer some of our youth programs with modifications. Thanks to all the instructors and staff who worked tirelessly to make these programs work!



Paddleboard ~ Junior Golf ~ Teen Kayak
Girls Lacrosse Clinic ~ Boys Lacrosse Clinic
Junior Art and Science at Pioneer Village
Playground Crafts and Fun ~ Yoga & Meditation

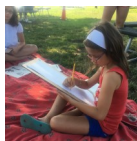


Council on Aging Meditation Class is moving from a Zoom format to in person class beginning Tuesday, September 8th. The class will be held at Mack Park from 11:00am–12:00pm and is weather permitting. The class is limited to 10 participants and face coverings must be worn. Contact Rosanna at (978) 744-0924 for registration information.

Saturday Morning Painting Class

Spend a beautiful fall morning with local artist, Linda Abbene, for a fall painting class. Linda will guide children working on sketching with pencils or a watercolor scene. All supplies will be provided. This activity is open to Salem children ages 8-14. Space is limited to 10 participants. Face coverings must be worn and social distancing guidelines will be followed.

Saturday, September 26th
9:00-11:00am
Register at salemrec.com.



This class is free to Salem children through funding by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.

Welcome back to our newsletter!

It brings us pleasure to be writing about some of the programs that we were able to offer this summer and look forward to those that we will bring you this fall. It has been a process working through all the COVID regulations and restrictions and we appreciate everyone's patience as we worked through this process.

Council on Aging Programs on SATV

We will continue to offer a few of our exercise classes on SATV. Thanks to Patrick Kennedy for arranging this. Currently, there are classes offered on Monday, Tuesday, Thursday and Friday mornings at 9:00am. Please contact Rosanna for up to date program information.

Council on Aging Drive Up Farmers Market

Tuesdays, 10:00-11:00am
Salem Community Life Center

The market will be providing FREE local produce each Tuesday through the fall to the older adults in Salem with our "grab and go" drive up market. You may stay comfortably in your vehicle as we bring a bag of produce to you. A healthy recipe will also be provided to give you some new ideas for easy & creative cooking.



Adult Pickleball Lessons

Salem Park, Recreation and Community Services will be offering adult pickleball lessons in September. This 5 week session will begin on Wednesday, September 9th. Various level based lessons will be offered. Please visit salemrec.com for complete details and registration information.

Broad St. Readers

Thanks to the staff at Winter Island for hosting our outdoor Council on Aging book club for the months of August and September. They had been meeting through Zoom, but wanted to have face to face (coverings) discussion!

Adult Tennis Lessons

Wednesdays 6:30-7:30pm
September 9th - September 30th

Barbara Maitland will be offering adult lessons during this 4 week session. Please visit salemrec.com for complete details and to register.

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