

Salem Park, Recreation and Community Services

September 2023



Salem Council on Aging ~ Health Fair

Join us at the Community Life Center for a free community event to learn about local health and wellness providers in the area and the services they offer.

Tuesday, September 12th 9:30am –12:00pm

Board Games Club



A great after school activity for kids ages 8-14. Come play a wide variety of games with others at the Salem Community Life Center.

Mondays, September
18th—October 23rd
4:30-5:30pm
Register at
salemma.myrec.com

Calligraphy for Beginners

In this four week class for adults, participants will use a calligraphy pen and learn basic strokes. Use what you learn to create your own invitations and announcements. All supplies included.

Thursdays, September 7th –28th
6:00-7:00pm
Salem Community Life Center
\$35.00 for the session
Register at salemma.myrec.com

Cardio/Fitness Tennis

Classes offered for both adults and teens and designed to meet the needs of each age group. Please visit salemma.myrec.com for complete program information and to register.

Wednesdays,
September 13th—October 18th
Salem Willows Courts



The Salem Food Pantry

The Salem Food Pantry is **THE SALEM PANTRY** at the Community Life Center the 2nd Tuesday of each month at 9:00am. The Pantry provides the North Shore with convenient access to fresh, free, healthy food. Our innovative public mobile markets, home deliveries, and brick-and-mortar storefront offer an abundant selection of produce, proteins, spices, and dairy products. We partner with local farmers and health organizations to nourish our community from the inside out.

New Fitness Offerings for ages 16+ with Jen Gard

Pickleball Fitness: Thursdays, 6:15-7:00pm
September 7th—October 5th

The goal of this class is to decrease the risk of injury while teaching students how to move more efficiently to play a better game of Pickleball.

Golf Fitness: Tuesdays, 6:15-7:00pm
September 5th—October 3rd

This class is designed to improve flexibility, build strength, reduce injury, create longer drives and a more enjoyable round of golf.

Both programs will be held at the Salem Willows Tennis Courts. Visit salemma.myrec.com for complete program information and to register.

Afternoon Social at the COA

Join us for an afternoon social at the Community Life Center. Lite dinner, refreshments and live entertainment by Pete Saran will be part of a late day gathering to relax and be with friends.

Thursday, September 14th
3:30-6:30pm
\$8.00 per person, register with
Rosanna at 978-744-0924.

Miss Shelley's Kids Yoga

This weekly yoga class for children ages 4-9 will include poses, breathing, exercises, dance, crafts and affirmations which promote health, self-esteem and self love.

Tuesdays,
4:30-5:30pm
September
12th—
October 3rd
Register at salemma.myrec.com



COA Trip to PEM

Friday, September 22nd
10:45am
We will be visiting the Yin Yu Tang House. Please register with Rosanna for this trip by calling 978-744-0924.

Saturday Morning Painting Class for ages 8-14

Local artist, Linda Abbene will be working with students to create designs on wooden pumpkin cut outs. A fun craft to get ready for the Halloween season. This is a free program funded by the City of Salem and the U.S. Department of Housing and Urban Development.



Saturday, September 30th 10:00-11:30am at Mack Park
Register at salemma.myrec.com

COA Trip to the Salem Witch Museum

Friday, September 8th
10:00am, van leaves the
COA at 9:30am. Register
with Rosanna by calling
978-744-0924.

Salem Park, Recreation and Community Services
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