



# Salem Park, Recreation and Community Services Program Guide



Fall 2016

# GETTING STARTED



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- ▷ Salem Woods Walks
- ▷ Family Scavenger Hunt

► Please visit our home page for additional information on all programs: [saalemrec.com](http://saalemrec.com)



# YOUTH PROGRAMS



## Drama Club

**Age:** Grades K-5

**Price:** \$75.00 per session

**Dates:** **Session One:** Thursdays,  
September 22<sup>nd</sup> – October 27<sup>th</sup>  
**Session Two:** Thursdays,  
November 10<sup>th</sup> – December 15<sup>th</sup>

**Time:** 2:30-4:00pm

**Place:** Witchcraft Heights School

**Instructor:** Jape Payette

Come learn how to perform in front of an audience, experience the fun of acting with your friends and perform in a real show!

**REGISTER:** [Click to Visit Salemrec.com](#)

## Half Day Field Days on Salem Common

**Age:** 6-12

**Price:** \$5.00 per day

**Dates:** Friday, September 23<sup>rd</sup>  
Friday, October 7<sup>th</sup>  
Friday, December 2<sup>nd</sup>  
Wednesday, December 14<sup>th</sup>

**Time:** 1:00-3:00pm

**Place:** Salem Common

**Instructor:** Erik McCarthy

Join Salem Park, Recreation and Community Services for an afternoon of fun on the Common. Various games to be played. Please bring a snack. Weather permitting. Register in advance

**REGISTER:** [Click to Visit Salemrec.com](#)

## Art and Nature Class

**Age:** 6-12

**Price:** \$45.00 for the session

**Dates:** Wednesdays, September 28th-  
October 19th

**Time:** 4:00-5:30 pm

**Place:** Winter Island Function Hall

**Instructor:** Laurie Sevigny

Come paint with fingers or brushes! Explore nature at Winter Island with Fairy dust, glue, glitter, leaves, flowers and more! Each week there is a varied selection of sensory rich art themed projects and activities.

**REGISTER:** [Click to Visit Salemrec.com](#)

## Rugby

**Age:** 7-16

**Price:** \$80.00 for the season

**Date:** Sundays, 10/2-11/20

**Time:** 2:00-3:30 pm

**Place:** Palmer Cove Park

Come learn the skills necessary to play this exciting International and Olympic sport. In addition to registering with salemrec.com, rookie elementary and middle school players will need to register with North Shore Youth RFC-Trailblazers. High school players will register with North Shore Colts at [www.myrugby.org](http://www.myrugby.org). For additional information, contact Des Crowley at [tagrugby@nsrhc.com](mailto:tagrugby@nsrhc.com).

**REGISTER:** [Click to Visit Salemrec.com](#)

# YOUTH PROGRAMS



## Video Boot Camp

**Age:** 8-14

**Price:** Free to Salem children, \$10 non residents

**Dates:** Wednesdays, October 5<sup>th</sup> – 26<sup>th</sup>

**Time:** 3:45-5:00pm

**Place:** SATV Studio, 285 Derby St.

**Instructor:** Patrick Kennedy

Learn the basic operation of digital camcorders from the staff of SATV. Class is limited to 10 children.

**REGISTER:** [Click to Visit Salemrec.com](#)

## Get Out and Hike

**Age:** 6- 15

**Price:** \$5.00 per day

**Date:** Thursday, October 13<sup>th</sup> for **ages 6-10**

Thursday, November 17<sup>th</sup> for **ages 11- 15**

**Time:** 3:30-4:30 pm

**Place:** Salem Woods (meet at the entrance of Olde Salem Greens parking lot)

**Instructor:** Erik McCarthy

Join local adventurer, Erik McCarthy, as we explore beautiful Salem Woods. You will be introduced to, and hopefully interact with, local flora and fauna of New England.

**REGISTER:** [Click to Visit Salemrec.com](#)

## Kids Can Cook – Pizza Party

**Age:** 10-17

**Price:** \$45.00 per class

**Date:** Friday, October 7<sup>th</sup> or

Friday, October 14<sup>th</sup>

**Time:** 5:00-7:00pm

**Place:** Ferreira Foods, 211 Bridge St. Salem

**Instructor:** Mary Ferriera

Come learn some basic cooking skills while creating your own individual pizza and a tasty dessert. This fun interactive class will include prepping all the fixings, working the dough to make a crust, baking the pie and making homemade cookies for an ice cream sandwich.

**REGISTER:** [Click to Visit Salemrec.com](#)

## Youth Basketball

**Age:** 9-15

**Price:** Free for Salem children, \$40.00 non residents

**Date:** Season runs November – February

8 week session, times to be determined

Monday Evenings – Boys ages 13-15

Tuesday Evenings – Girls ages 9-15

Thursday Evenings – Boys ages 9-12

Coaches will call players in November with the rosters and schedules

**REGISTER:** [Click to Visit Salemrec.com](#)



# ADULT PROGRAMS



## Evening Yoga for Strength and Flexibility

**Age:** 16+

**Price:** \$45.00 for 6 weeks or \$9 drop in rate

**Date:** Tuesdays

**Session One:** September 6 - October 11

**Session Two:** October 18 - November 29

**Time:** 6:00-7:00 pm

**Place:** Salem Community Center, 5 Broad St.

**Instructor:** Mark Taylor

Participants will be introduced to Rasamaya Yoga, which features smooth, flowing transitions. This class will include movements and postures that stretch and strengthen feet, hamstrings, glutes, back and upper body. Exercise complements serious running and other aerobic exercise programs.

**REGISTER:** [Click to Visit Salemrec.com](#)

## Beginner Barre

**Age:** 18+

**Price:** \$75.00 for 6 week session or \$15 drop in rate

**Date:** Tuesdays

**Session One:** September 13 - October 18

**Session Two:** October 25 - November 29

**Time:** 6:00-7:00 pm

**Place:** Salem Community Center, 5 Broad St.

**Instructor:** Cynthia Bounfiglio

Participants will work out with a chair and strengthen legs, ankles and abs at the same time. Bring a yoga mat, towel and water bottle.

**REGISTER:** [Click to Visit Salemrec.com](#)

## T'ai Chi

**Age:** 18+

**Price:** \$45.00 for 6 weeks or \$8 drop in rate

**Date:** Wednesdays, September 14 – October 19

**Time:** 6:00-7:00

**Place:** Salem Community Center, 5 Broad St.

**Instructor:** Ben Hernando

An introduction to Yang-style T'ai Chi, featuring smooth, slow flowing movements and strengthening the mind-body connection. Improve posture and flexibility. Wear comfortable clothes. All levels welcome.

**REGISTER:** [Click to Visit Salemrec.com](#)

## Volleyball League

**Age:** 18+

**Price:** \$350.00 for teams registered prior to October 15<sup>th</sup>; \$400.00 after the 15<sup>th</sup>

**Dates:** November through March

The League Director will contact teams regarding practices and games.

**REGISTER:** [Click to Visit Salemrec.com](#)

# ADULT PROGRAMS



## Cook and Dine

**Age:** 18+

**Price:** \$85.00 includes all food and equipment

**Date:** Thursday, November 3

**Time:** 6:00-9:00pm

**Place:** Ferreira Foods, 211 Bridge St.

**Instructor:** Mary Ferreira

An interactive cooking lesson where you will take part in creating a delicious three course meal, focusing on fresh seasonal ingredients. Participants will brush up on cooking basics, build culinary skills, while having fun in the kitchen. Once the cooking is complete, the group will dine together.



**REGISTER:** [Click to Visit Salemrec.com](http://Salemrec.com)



# Senior Programs



All programs and special events require pre-registration. To register, contact Rosanna Donahue at (978) 744-0924 x15 or rdonahue@salem.com

## **Matter of Balance**

**Date:** Tuesday, September 6-October 25

**Time:** 1:30-3:30pm

**Place:** 5 Broad St.

**Fee:** Free

**Presented by:** Cate O'Hara, North Shore Elder Services

Matter of Balance acknowledges the risk of falling, but emphasizes practical strategies to reduce this fear. This workshop is conducted over eight sessions. Meetings are led by trained professionals.

## **Optimism and The Art of Aging**

**Date:** Wednesday, September 7, 2016

**Time:** 10:00am

**Place:** 5 Broad St.

**Fee:** Free

Learn how a positive attitude can lead to a longer and healthier life. Sponsored by Aging Well at Home and the Salem Council on Aging.

## **Chestnut Street Walking Tour with Jim McAllister**

**Date:** Friday, September 16, 2016

**Time:** 10:00 and 11:00 am

**Place:** Meet at 5 Broad St. 10:00 tour meets at 9:45 and the 11:00 tour meets at 10:45

**Fee:** Free

It has been called the most beautiful and architecturally significant neighborhood and it is located just fifty yards from the Salem Council on Aging. Join Jim McAllister on a leisurely stroll down Chestnut Street and learn its history.

## **Pizza Party**

**Date:** Thursday, September 22, 2016

**Time:** 4:00-7:00 pm

**Place:** 5 Broad St.

**Fee:** \$8.00 per person

Join us for a night of dancing, eating, meeting new friends. Music provided by Pete Saran

## **Salem Community Center Blood Drive**

**Date:** Friday, September 23, 2016

**Time:** 1:00-6:00 pm

**Place:** 5 Broad St.

## **Paint Your Pottery**

**Date:** Tuesday, September 27, 2016

**Time:** 3:00-4:30 pm

**Place:** 5 Broad St.

**Fee:** \$6.00 per person

Join Kelly Annese from JF&CS for an afternoon of painting mugs. All painted mugs will be brought back to the pottery studio to be fired. Your mug will be finished and available for pick up at the COA on October 11<sup>th</sup>.

Transportation is available for all these events. Please call Fred Norton one day in advance to schedule a ride. (978) 744-0924 X 12

# Senior Programs



All programs and events require pre-registration. To register, contact Rosanna Donahue at (978) 744-0924 x15 or [rdonahue@salem.com](mailto:rdonahue@salem.com)

## **Be Well Health Fair**

**Date:** Wednesday, September 28, 2016

**Time:** 9:00-11:30 am

**Place:** 5 Broad St.

September is National Senior Center Month and to celebrate it, we will be having a Senior Health Fair. Vendors will be here to provide information on all aspects of health, wellness and aging. Walgreens will also be holding a Flu Clinic for Salem seniors.

## **Topsfield Fair**

**Date:** Monday, October 3, 2016

**Time:** 9:30 am departure time

**Fee:** \$10.00 per person

Vans will be leaving the Council at 9:30 for a day of fun at the Fair! Visit livestock, the Midway, the food vendors and much more!

## **Haunted Happenings Parade**

**Date:** Thursday, October 6, 2016

**Time:** Meet at 5 Broad St. at 5:15 pm

**Fee:** Free

Come in costume and ride one of Salem's Trolleys in the Annual Haunted Happening Parade. The trolley will meet us at the Council at 5:15 for the 7:00 parade. Should return to the Council by 8:30 pm.

## **Senior Safe Presentation**

**Date:** Wednesday, October 12, 2016

**Time:** 10:00am

**Place:** 5 Broad St.

**Fee:** Free

Presented by the City of Salem Fire Inspector, Paul Gallant. Information on fire and general safety.

## **Home Owners Workshop**

**Date:** Thursday, October 13, 2016

**Time:** 5:00-7:00 pm

**Place:** 5 Broad St.

**Fee:** Free

**You must register with Sharon Felton for this workshop at 978 744-0924 X18 or [sfelton@salem.com](mailto:sfelton@salem.com)**

Topics to include:

- Hiring a Contractor
- Tax Work-Off Program
- Property Tax Exemptions
- Housing Rehabilitation Loan Program
- Senior Circuit Breaker Tax Credit
- Homestead Act
- Fuel Assistance
- Supplemental Nutrition Assistance Program
- Snow Shoveling/Yard Work Program

Transportation is available for all programs. Please call Fred Norton one day in advance to schedule a ride. (978) 744-0924 x12



# Senior Programs



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## **Bingo at Winter Island**

**Date:** Wednesday, October 17, 2016

**Time:** 10:30 am

**Place:** Winter Island Function Hall

**Fee:** \$6.00 per person



## **Halloween Party**

**Date:** Wednesday, October 26, 2016

**Time:** 10:30 am

**Place:** 5 Broad St.

**Fee:** \$6.00 per person

Food provided by Santoro's. Music by Russ McQueen

## **Thanksgiving Extravaganza**

**Date:** Thursday, November 17, 2016

**Time:** 11:00 am

**Place:** Salem High School, 77 Willson Street

**Fee:** Free

The 14<sup>th</sup> Annual Salem High School Thanksgiving Extravaganza will be held in the school's auditorium. A traditional Thanksgiving dinner is prepared and served by the students in the Salem High School Culinary Arts Program. Entertainment will be provided by the Salem High Chorus and the Salem Council on Aging Goldentones. Transportation will be provided.



For a listing of all daily activities and services provided at the Salem Council On Aging, please click the button below for our monthly newsletter.

**Monthly Newsletter**

# ALL AGES PROGRAMS



## Friends of Salem Woods

**Age:** All Ages

**Price:** Free

**Date:** First Saturday, Monthly until November 5<sup>th</sup>

**Time:** 9:00 am

**Place:** Salem Woods

Members of The Friends of Salem Woods lead a 2.5 mile walk. Walkers meet at the trailhead at the rear of the parking lot at Olde Salem Greens Golf Course. No pre-registration required.

For additional information, call Chris Burke at (978) 210-9937

## Family Tennis

**Age:** 5+

**Price:** Free

**Dates:** Sunday, September 11<sup>th</sup>  
Sunday, September 18<sup>th</sup>  
Sunday, September 25<sup>th</sup>

**Time:** 4:00-5:30pm

**Place:** Salem High School Tennis Courts

**Instructor:** Barbara Maitland

A wonderful opportunity for the whole family to come and learn/play tennis. Families will be introduced the game at all levels. Different age groups will be on each of the 4 courts and games will be presented according to abilities and interests. Come to one session or all three! Limit 12 families each Sunday.

**REGISTER:** [Click to Visit Salemrec.com](http://Salemrec.com)

## Friday Night Fire Pits at Salem Willows

**Age:** All Ages

**Price:** Free

**Date:** Friday, September 16<sup>th</sup>  
Friday, September 23<sup>rd</sup>  
Friday, October 21<sup>st</sup>

**Time:** 7:00-9:00pm

**Place:** Salem Willows Park (open area prior to the Willows Pier)

Bring your families and chairs, get a snack at one of the local merchants and join us at the fire pit! Salem Fire Department will be on duty. Story telling and other activities will be presented. Check out our Facebook page for up to date Fire Pit activities!

## History of Salem Scavenger Hunt

**Age:** All Ages – Family Event

**Price:** Free

**Date:** Saturday, September 24<sup>th</sup>

**Time:** 9:00am -12:00pm

**Place:** Meet at the Salem Community Center, 5 Broad St. Ends at the Witch House

Join us for a Scavenger Hunt around Salem's most historic and interesting sites. Search as a family for clues, learn more about the city we live in! Great activity for the whole family to participate in! This event is being planned by the amazing staff at the Witch House!

**REGISTER:** [Click to Visit Salemrec.com](http://Salemrec.com)

# • General Information

- We will publishing an online brochure every three months highlighting the programs that are happening within those months. Please visit [www.salemrec.com](http://www.salemrec.com) for information on all activities.
- Salem Park, Recreation and Community Services encourages online program registration. Unfortunately, programs occasionally may be cancelled if registration is low. We usually have a minimum number of participants required to run each program. Therefore, register early!
- For additional information about programs and services offered through Salem Park, Recreation and Community Services, visit:
- [Winter Island Park](#)
- [Olde Salem Greens Golf Course](#)
- [Witch House](#)
- Connect with [salem.com](http://salem.com) to get updated information on Salem's special events and happenings!

