



Salem Park, Recreation and Community Services Program Guide



Fall
2017



GETTING STARTED



▶ YOUTH PROGRAMS

- ▷ Drama Club
- ▷ Teen Yoga and Meditation
- ▷ Girls Volleyball Clinic
- ▷ Half Day Fishing Excursion
- ▷ Rugby Skills Clinic
- ▷ Video Boot Camp
- ▷ Junior Art Class
- ▷ Babysitting Training Course
- ▷ Kids Can Cook – Cook and Share
- ▷ Youth Basketball



▶ ADULT PROGRAMS

- Sing with the Paul Madore Chorale
- Adult Tennis Lessons
- Let Your Yoga Dance ®
- Let Your Yoga Dance ® By the Sea
- Evening Yoga for Strength and Flexibility
- Winter Volleyball League



▶ SENIOR PROGRAMS

- ▷ Cooking Demonstration
- ▷ Diabetic and Pain Management Clinic
- ▷ Sing and Play
- ▷ Salem Willows Lecture
- ▷ Morning Strolls
- ▷ Fall Prevention Lecture
- ▷ Blood Drive
- ▷ Medicare Fraud Lecture
- ▷ Using Age to Your Advantage
- ▷ Topsfield Fair
- ▷ Flu Clinic
- ▷ Charlie Card
- ▷ Senior Safe Presentation
- ▷ Halloween Spooktacluar
- ▷ Thanksgiving Luncheon
- ▷ Art Adventure Program



▶ ALL AGES

- ▷ Friends of Salem Woods
- ▷ Friday Night Fire Pits
- ▷ Family Tennis
- ▷ Family Bingo Nights



▶ Please visit our home page for additional information on all programs: saalemrec.com

YOUTH PROGRAMS



Drama Club

Age: Grades K-5

Price: \$75.00 per session

Dates: Thursdays

Session One: September 21st – October 26th

Session Two: November 2nd – December 14th

Time: 2:30 – 4:00pm

Location: Witchcraft Heights Elementary School

Instructor: Jape Payette

Come learn how to perform in front of an audience and experience the fun of acting with your friends. You will perform in a show at the end of the session.

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

Girls Volleyball Clinic

Age: 11-16

Price: \$45.00 per session

Date: Tuesdays, September 26th-October 17th

Time: 6:00-7:00pm

Location: Carlton School Gym

Instructor: Beth Kapnis Livermore

This four week clinic will focus on skills, drills and learning how to score. Learn for the first time or brush up on your skills prior to the start of the volleyball season. All participants should wear sneakers and comfortable clothing.

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

Teen Yoga and Meditation

Age: 12-15

Price: \$45.00 per session

Dates: Tuesdays, September 26th-October 17th

Time: 4:00-5:00pm

Location: Salem Community Center

Instructor: Kelly Annese

Learn the art of Yoga and Meditation to calm your mind and relax your body. Breathing and stress reduction exercises will be taught. Please bring a water bottle

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

Half Day Fishing Excursions

Age: 10-16

Price: \$5.00 per day

Dates: Wednesday, September 2th and Wednesday, October 18th

Time: 1:00-3:00pm

Location: Salem Willows Pier

Instructor: Chris Dempsey

Did you know early fall on the North Shore is one of the best times of the year for saltwater fishing? See for yourself and join us at the Salem Willows pier for an afternoon learning about different fishing techniques and the chance to catch a striped bass! Feel free to bring your favorite fishing rod or borrow ours for the afternoon.

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

YOUTH PROGRAMS



Rugby Skills Clinic

Age: 8-18

Price: \$80.00

Date: Sundays, October 1st – November 19th

Time: 2:00-4:00pm

Location: Palmer Cove Park

Rugby is a game for kids of all shapes and sizes, which promotes teamwork, honesty and respect.

Rookie elementary and middle school players will need to register with North Shore Youth RFC-Trailblazers and High School Rookies with North Shore Youth RFC- Varsity Colts. For additional information, contact

nsyouthrugby15@gmail.com

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

Video Boot Camp

Age: 8-14

Price: Free to Salem children

Date: Wednesday, October 4th –October 25th

Time: 3:45-5:00pm

Location: 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 participants.

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

Junior Art Class

Age: 6-12

Price: \$50.00 per person

Date: Thursdays, October 12th – November 2nd

Time: 5:00-6:15pm

Location: Salem Community Center, 5 Broad St.

Instructor: James Eric Rogers

Local artist and educator, James Eric Rogers, invites students to 4 weeks of art classes. One large final painting composition will be completed as well as several smaller pieces. Techniques will include acrylic, watercolors, stenciling and 3 D sculpture.

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

Babysitting Training Course

Age: 11-17

Price: \$40.00 per person

Date: Saturday, November 4th

Time: 9:00am -1:00pm

Location: Salem Community Center, 5 Broad St.

Instructor: Debbie LaFlamme

Babysitting Training will prepare young teens to be a more responsible, trustworthy babysitter for family and friends. The course will cover diapering and feeding techniques, handling bedtime issues, choosing safe and age appropriate toys and games, basic first aid and much more!

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

YOUTH PROGRAMS



Kids Can Cook – “Cook and Share”

Age: 8-17

Price: \$75.00 for the 2 classes

Date: Tuesday, November 7th 5:00-7:00pm
& Thursday, November 9th 5:00-8:00pm

Place: Ferreira Foods, 211 Bridge St.

Instructor: Mary Ferreira



A fun interactive class where kids will learn to make a full meal on the first class and then will recreate it and serve it to their families on the second. November 7th, students will learn to make a chicken entrée with roasted potatoes and vegetables, as well as dessert. On November 9th, students will work together to recreate the meal in order to serve and share it with their families.

Students may invite 3 family members as their dinner guests. Dinner will be served at 7:00pm on November 9th. Bon Appetite!

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

Winter Basketball League

Age: 9-15

Price: \$10.00 Salem Residents, \$40.00 Non Residents

Date: December – March

Mondays – boys 12-15

Tuesdays – all girls

Thursdays – boys 9-11

Time: Practices and games are roughly an hours. Scheduled times include 6-7pm, 7-8pm and 8-9pm.

Clinics will be held the weeks of November 27th and December 4th. You must register by December 1st to be guaranteed a spot on a team.



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

ADULT PROGRAMS



Sing with the Paul Madore Chorale

Age: 17+

Price: \$25.00 per season

Date: Mondays, September 11th – December 11th

Time: 7:45 -9:45pm

Location: First Church in Salem, 216 Essex St.

Instructor: Brendan O'Brine

Join the Paul Madore Chorale for its December concert. This year we are singing Part 1 of Handel's Messiah, followed by a line up of traditional holiday carols and songs. Through participation, singers have the opportunity to learn classical music repertoire and history, practice musicianship and performance skills. Concert date is December 17th.

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

Tennis Lessons

Age: 16+

Price: \$40.00 per person

Date: Tuesdays, September 12th – October 3rd

Time: 5:30-6:30pm

Location: Salem High Tennis Courts

Instructor: Barbara Maitland

Tennis lessons focus on the proper way to serve and hit, as well as different strokes. Come learn for the first time or brush up on your skills

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

Let Your Yoga Dance ®

Age: 16+

Price: \$50.00 per person, \$10.00 drop in rate

Date: Session One:

Thursdays, September 14th – November 2nd
No classes held on October 2nd & October 26th

Session Two:

Thursdays, November 9th – December 21st
No class on November 23rd

Time: 6:00-7:00pm

Location: Salem Community Center, 5 Broad St.

Instructor: Dale Ducillo

A joy filled, gentle movement class that combines very basic yoga postures with simple dance moves and pairs it with great music from around the world. Designed to stimulate you *Body, Heart, Mind and Spirit!*

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

Let Your Yoga Dance ® By the Sea

Age: 16+

Price: \$10.00 per week

Date: Saturday mornings,
September 16th, 23rd and 30th

Time: 9:00-10:00am

Location: Camp Naumkeag, Memorial Drive

Instructor: Dale Ducillo

Come for one Saturday or all three. Experience the same joy as the Thursday night classes, but in an outdoor setting.

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

ADULT PROGRAMS



Evening Yoga for Strength and Flexibility

Age: 16+

Price: \$45.00 per session, \$9.00 drop in rate

Date:

Session 1: August 8th – September 12th

Session 2: September 19th – October 24th

Session 3: November 7th – December 12th

Session 4: December 19th – January 23rd

Time: 6:00-7:00pm

Location: Salem Community Center

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 your body. Exercises complement serious running or other aerobic exercise programs.

Winter Volleyball League

Age: 18+

Price: \$350.00 per team early registration

Dates: November – March

Time: Games played Tuesday – Friday, either 6:30 pm or 7:30pm

You can field a team or call us to be placed on an existing team.

The annual fee is \$350.00 for teams that register prior to October 14th. After the 14th, the registration cost is \$400.00. Registration closes on Tuesday, October 31st.

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

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Fall trips offered through Salem Park, Recreation and Community Services. For additional information or to register, contact Rosanna Donahue at (978) 744-0924 X 15.

[New Hampshire's Turkey Train](#) – October 10th \$109.00 per person

[Fall in Massachusetts](#) – October 24th \$86.00 per person

[The White Mountain Hotel Christmas Vacation](#) – December 4th -6th \$429 per person

[Michael Buble Christmas tribute at the Danversport Yacht Club](#) – December 5th \$89.00 per person

[Holiday Pops](#) – December 8th \$139.00 per person

[An Enchanting Holiday Trip to Old Deerfield Village](#) – December 9th \$99.00 per person



Senior Programs



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

Cooking Demonstration

Date: Thursday, September 7th
Time: 12:00-1:00pm
Price: Free

A fun hour where chef, Mary Ferreira from Ferreira Foods, will demonstrate how easy it is to make your own dressings. She will also prepare a couple of her favorite dips. This demonstration will focus on enhancing flavor using the fresh products available during this season. Space is limited to 20.

Diabetic Shoe and Pain Management Clinic

Date: Tuesday, September 12th
Time: 1:00
Price: Free

Is Medicare your primary insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you.

Sing and Play

Date: Thursday, September 14th
Time: 12:15-1:15 pm
Price: Free

Barbara Maitland will be coming to the COA with her violins, ukuleles and guitars to create rhythms, learn some basic cords and sing familiar tunes. Come have fun learning something new.

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

Salem Willows: The First Century

Date: Wednesday, September 13th
Time: 10:00am
Price: Free
Presenter: Jim McAllister

Join Jim for a nostalgic look back at our beloved Salem Willows. Jim's talk, full of facts garnered from newspaper articles, city municipal reports, books, interviews and Salem Willows publicity materials, is guaranteed to bring back many wonderful memories for all.

Morning Strolls with Kathy

Date: Tuesday, September 19th
Thursday, September 21st
Time: 9:30-11:00am
Price: Free

Spend the morning with Kathy McCarthy strolling the Salem Willows neighborhood checking out the beautiful views and gardens. Limit 10 per day. Transportation to the Willows provided.

Fall Prevention Lecture

Date: Wednesday, September 20th
Time: 10:00am

Physical therapist, Steve Fulling, will be discussing how physical therapy can improve your balance and decrease dizziness.

Senior Programs



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

Red Cross Blood Drive

Date: Friday, September 22nd

Time: 1:00-6:00pm

Location: 5 Broad St.

Protect Yourself from Medicare Fraud

Date: Wednesday, September 27th

Time: 12:00pm

Location: 5 Broad St.

Join us at this free workshop when a representative of the Mass Senior Medicare Patrol Program provides us with tools to become educated.

Using Age to Your Advantage

Date: Friday, September 29th

Time: 10:00am

Location: 5 Broad St.

North Shore Career Center will be here at the Council to talk about all the critical elements for mature workers seeing to re-brand their skills for the current employment market.

Topsfield Fair

Date: Monday, October 2nd

Time: 9:30am departure, 2:00pm return

Price: \$10.00

Limited tickets and transportation available. Salem COA members have priority.

Flu Clinic

Date: Wednesday, October 18th

Time: 9:00-11:00am

Location: 5 Broad St.

Sponsored by Salem Board of Health

Charlie Card Event

Date: Wednesday, October 18th

Time: 9:00-11:00am

Location: 5 Broad St.

For seniors aged 65 or older. Must bring a photo ID.

Senior Safe Presentation

Date: Friday, October 20th

Time: 10:00am

Location: 5 Broad St.

Presented by City of Salem Fire Inspector, Paul Gallant. Topics include fire and general safety.

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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Halloween Spooktacular

Date: Wednesday, October 24th
Time: 10:30am -12:30pm, doors open at 10:15am
Price: \$6.00 per person
Location: Knights of Columbus, 94 Washington Sq.

Live music provided by Russ McQueen. Come in costume...prize given for the best costume! Food catered by Santoros.

Thanksgiving Luncheon

Date: Thursday, November 16th
Time:
Location: Salem High School

The 14th annual Salem High School Thanksgiving luncheon will be hosted by the students in the culinary arts program. Entertainment provided by the SHS Chorus, as well as our own Goldentones. Guests will be served a traditional Thanksgiving dinner with all the fixings. Space is limited and reservations are required. Transportation will be provided.

Tickets for Salem residents are available on October 1st. Tickets for non residents will be available on November 1st. You must register with Rosanna Donahue.

Art Adventure Program

Date: Every Monday
Time: 1:00-2:00pm
Price: Free
Location: 5 Broad St.

This weekly class will offer the opportunity for participants to experience the many benefits of art therapy. Projects include painting, sketching, holiday crafts and so much more! Space is limited to 10 participants each week.

This class is being funded by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.



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 from April 1 – November 4, 2017

Time: 9:00

Location: Salem Woods

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

Family Tennis

Age: Ages 5 and up

Price: \$12.00 per family

Date: Sunday, September 10th
Sunday, September 17th
Sunday, September 24th

Time: 4:00-5:30pm

Location: 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 to the game at all levels. Come to one session or all three! Children must be at least 5 years of age. **When you register, please just register one parent's name for the program.**

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

Friday Night Fire Pits

Age: All

Price: Free

Date: Friday, September 8th and
Friday, September 22nd

Time: 6:00-8:00pm

Location: Salem Willows, near Main Beach

Join staff from Salem Park, Recreation and Community Services for fun at Friday Night Fire Pits at the Willows. We will have family friendly activities. Bring your chairs, blankets, snacks and enjoy the fire. The Salem Fire Department will be on duty.

Family Bingo Nights

Age: All

Price: \$5.00 per family

Date: Friday, November 3rd
Friday, December 1st

Time: 5:30-7:00pm

Location: Salem Community Center

Looking for a fun, Friday evening event? Join us at the Salem Community Center for a family game of Bingo!

Bring the whole family...feel free to bring snacks...play for prizes.

When you register, just register one parent's name.

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

• General Information

- We publish our online brochure every three months highlighting the programs that are happening within those months. Please visit 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 to get updated information on Salem's special events and happenings!

