

Salem Community Center @ the Armory Newsletter

September 2015

Salem Community Center
**@the
Armory**

Special points of
interest:

- SMDH Health Fair
- Chamber Rodeo
- Girls' Night Out
- Kids in Motion
- Relay for Life
- Labor Day Parade
- Fitbits for Sale

Salem Memorial District Hospital Health Fair

When: September 9 & 10

Time: 6:00am—9:00am each day

Where: Salem Community Center @ the Armory

\$30—Health Fair Profile (must be fasting 12 hours prior to test)
(Water & meds allowed)

\$15 EACH—Hgb A1c, TSH, PSA, Urine Microalbumin

\$35—Bone Density

FREE—Blood Pressure, Body Fat %

FIRST ANNUAL CHAMBER RODEO

The Salem Area Chamber of Commerce is sponsoring the First Annual Chamber Rodeo on September 5-6, 2015 at the Commons. Proceeds go to support the ongoing efforts of the Chamber.

Contact the Chamber of Commerce at 573-729-6900 or email chamber@salemco.com for information on booth fees and an application.



Girls' Night Out

Bring your girlfriends for an evening of pampering, SHOPPING, and of course, eating!!

Several vendor booths available with great products available to purchase!



Mark Your Calendar!

FOOD * FUN * FITNESS

Thursday, September 24

5:00 to 8:00 PM

Salem Community Center @ the Armory

1200 W. Rolla Road, Salem



\$5 ADMISSION Includes Food Samples, Giveaways, Door Prizes, Vendor Demos
Admission is limited to all women and girls 12 years of age and older.

Bring in any of the following items for a chance to win a **\$300 Amazon Gift Card**, **\$150 Amazon Gift Card** and a **\$50 Amazon Gift Card**. One ticket per item, the more you donate, the more your chances increase to win the gift cards. Donations will be given to: **Sacred Heart Food Pantry; Master's Peace Clinic of Hope; Dent County Animal Welfare Society (Non-Perishable Canned Foods; Toiletry Items; Toilet Paper, Paper Towels, Journals, Crayons, Coloring Books, Stamps, Clorox Wipes, Lysol Spray, Pet Food)**

A benefit for Healthy Dent County. For additional information call 729-8163 or e-mail info@salemcommunitycenter.org.

Salem Community Center

@The Armory

**SPECIAL
OFFER**

GIRLS' NIGHT OUT

2nd ANNUAL BOGO SALE!

BUY 1 MONTH AND RECEIVE YOUR 2ND MONTH FREE!

ONE NIGHT ONLY.

LIMIT 1 PER MEMBER

OFFER GOOD FOR NEW MEMBERS ONLY

OFFER EXCLUDES ACH & CORPORATE RATES

September 24, 2015

5 P.M. TO 8 P.M. Only

FITNESS CENTER

1200 West Rolla Road
Salem, MO 65560

Phone: 573-739-1127

E-mail:

director@salemfitnesscenter.org

Located inside the Salem Community
Center @ the Armory.



HEALTHY
DENT COUNTY

Where Health, Education, and Community Meet

- **Regular Membership: \$28**
gets you 2 months. *Normal price is \$56.*
- **Senior Membership: \$23**
gets you 2 months. *Normal price is \$46.*

A benefit for Healthy Dent County will be held on Thursday, September 24, 2015 (see flyer on page 2) The “Girls’ Night Out, Fun, Food and Fitness” will be from 5:00 to 8:00 pm at the Salem Community Center @ the Armory. Attendees will experience Shopping with Unique Vendors, Prize Giveaways, FREE Samples, Door-Prizes, Massages, Food Samples and many other exciting items.

Participating exhibitors will bring unique products and services of interest to women. Over 40 vendors will display and sell their products and services. Bring your girlfriends for an evening of pampering, shopping and eating. There is a \$5.00 admission fee and admission is limited to all women and girls 12 years of age and older.

Executive Director, Sherry Lea, explains, “This is our fifth anniversary for this fun event. I want to encourage women to come and enjoy the latest products and services in fashion, beauty, health, nutrition, and fitness. The newly renovated facility is air conditioned to ensure a more comfortable and enjoyable event.”

Bring in any of the following items for a chance to win a \$300 Amazon Gift Card, \$150 Amazon Gift Card and a \$50 Amazon Gift Card. One ticket per item, the more you donate, the more your chances increase to win the gift cards.

Donations will be given to: Sacred Heart Food Pantry; Master’s Peace Clinic of Hope; Dent County Animal Welfare Society (Non-Perishable Canned Foods; Toiletry Items; Toilet Paper, Paper Towels, Journals, Crayons, Coloring Books, Stamps, Clorox Wipes, Lysol Spray, Pet Food)

Mark your calendars for the “Girls’ Night Out”, an evening of Fun, Food and Fitness. For additional information call 729-8163 or e-mail info@salemcommunitycenter.org.



Weight Lifting For Beginners

Susie Cahill, Fitness Center Director

Thinking of starting a weight lifting regiment? Here are a few tips to get your started, and a plan to help you continue safely & efficiently.

To Start:

For most people, it is best to start with one set of repetitions. The repetitions should be somewhere between 10-20 for approximately the first two weeks. This is necessary to build muscular coordination and allow specific chemical reactions to occur in the supporting tissues.

You should always choose a weight that provides resistance, but allows for all of the repetitions to be completed with proper form. Make sure that you can do one set of every exercise for every body part for 10-20 repetitions for at least two weeks before advancing to the next level.

Exercise Quantity & Speed:

It is important to include all major muscle groups for both upper and lower body workouts.

A beginner will want to perform one or two exercises per body part. Sets can increase as an individual advances. Initially, a person will only perform one set. As they build strength, they can add a second set. A beginner should rest approximately 30-60 seconds between sets.

To achieve general fitness, there is no need to separate body parts on any given day. Always strength train on nonconsecutive days. Your muscles need rest to rebuild. It is important to warm up with cardio for at least five minutes before lifting and always remember to stretch the muscles after a strength workout.



FOR SALE

FITBIT FLEX—Stay focused on your fitness goals & get motivated to be more active with Flex— a slim, stylish device that tracks all-day activity like steps taken, distance traveled, calories burned & active minutes. Flex lets you see how every day is stacking up with LEDs that light up like a scoreboard as you get 20% closer to completing your step, calorie or distance goal. Flex never sleeps—even when you do. Wear it all night to measure your sleep quality & how long you slept. Then, wake with a silent, vibrating alarm to start your day stepping on the right foot. Flex syncs your daily stats to your computer and over 150 leading smartphones, and shows your progress in easy-to-read charts & graphs to give you the push you need to keep moving towards your goal.

Flex fits comfortably around your wrist, is water resistant, and has a 5-day battery life so you can wear it day and night.

Retail is \$99.95-on sale for \$85.00!!

We have a limited supply, so act fast!!

There are a few Fitbit Flex One (\$85.00-clip-on) and one Fitbit Charge (\$111.00-wrist) devices available as well.

Please see Melissa DuBois in the Salem Community Center Front Office to purchase, or for more details.



Sep 7, 2015

Labor Day Parade

- Everyone welcome to enter.

Contact the Chamber for entry forms and information.

Time & Location: 11:00AM—Downtown Salem

Phone: 573-729-6900

"Salem Public Library Grand Re-Opening"

September 12, 2015

10:00 am. - 2:00 pm.

Welcome to our grand re-opening at our new location at 403 N. Jackson St. Please mark your calendars to join us! Special activities will be planned and, of course, we hope you'll be eager to tour the new location.

Any questions or concerns may be addressed with Library Director Glenda Wofford at 729-4331.



ED GILL IS BACK!!



Ed Gill is back at home!!

He has already been back to the Fitness Center
working out.

You can't keep a good man down!!

Welcome back Ed!! You have been missed.



FITNESS CENTER NEWS



September Birthdays

Dixie Miller	9/2
Tina McKee	9/2
Cody Lewis	9/4
Paula Schenck	9/7
Kyle Parks	9/7
Whitney Biele	9/8
Tammy Scheets	9/9
Rick Kissir	9/12
Grant Hamlet	9/13
Diane Godi	9/13
Phoenix Ehrhardt	9/13
Henry "Skip" Dahms	9/13
Jennifer Conway	9/14
Stevee Seay	9/15
Joe Cochran	9/16
R.W. Welch	9/16
Makenzie Whitaker	9/16

Loretta McClure	9/18
Lou Cooksey	9/18
Larry Forister	9/19
Shonda Whitaker	9/20
Whitney Brand	9/20
Dave Nichols	9/21
Don Herminghaus	9/22
Linda Kay Riley	9/23
Sonny Moczygemba	9/25
Clayton Deese	9/26
Robert Bailey	9/27
Geri Miller	9/28
K. Scott Roberts	9/28
Taylor Wilson	9/28
Larry Miller	9/29
Debbie Baird	9/30
Mike Parks	9/30

Happy Birthday!!



Weekly Classes Offered:

Monday:

Sweet & Low—8:30 a.m.

Cardio Blast—5:15 p.m.

Kickboxing—6:30 pm

Tuesday:

Slow Motion— 10:30 a.m.

Cardio—12:15 P.M.

Power Circuit— 5:15 p.m.

Kids in Motion - 5:15p.m.

Zumba—6:30

Wednesday:

Sweet & Low—8:30 a.m.

Abs & More—12:15 pm

Yoga—5:15 p.m.

Thursday:

Power Circuit—12:15 pm

Cardio Combat—5:15 p.m.

Zumba—6:30 p.m.

Friday:

Sweet & Low—8:30 a.m.

Slow Motion—10:30 a.m.

Membership Rates

Regular Membership: Adults

(Under Age 65): \$28/month

Discount available: Pay for 5 months & get 6th month free (5 X \$28 = \$140)

Senior Membership: Seniors

(Age 65 & over): \$23/ month

Discount available: Pay for 5 months & get the 6th month free (5 X \$23 = \$115)

Senior Household Discount:

\$20/month EACH (Age 65 & over)

Household Discount: \$23.00/ month EACH (2 members from the same address & under Age 65)

FAMILY DISCOUNT:

\$50/ 3 PEOPLE

\$10 EACH ADDITIONAL MEMBER

Daily Fee: \$5.00 each

Weekly Fee: \$8.00 each

Punch Cards:\$30/7punches (good for classes only)

Wi-Fi available!!

Ask us about our ACH bank transfer rates!!

Personal Training:

For Members: \$25 for 1 session or \$80 for 4 sessions

Initial Fitness Assessment FREE- Follow-up evaluations included.

Personal Training Sessions are by appointment only. Please contact Susie Cahill for more information.

Fitness & Cardio Room Hours:

5 a.m. to 9 p.m. Mon-Thurs

5 a.m. to 7 p.m. Friday

9 a.m. to 12 p.m. Saturday

Kids in Motion

ATTENTION KIDS AGES 8-12!
Do you want to have fun while making your body **STRONG** and **HEALTHY**? Join us for Kids in Motion class!

- ◇ **Where?** Salem Community Center @ the Armory
- ◇ **When?** Tuesdays 5:15-6:15
- ◇ **Cost?** \$5 per class or **FREE** if parent or guardian is a member of the Fitness Center!

Classes
begin
September 8

Instructed
by
Roxanne
Cochran

Questions?
Contact
Kim Shelton
at 729-8163

MISSOURI FOUNDATION FOR HEALTH

Healthy Schools Healthy Communities

LET'S BUILD A HEALTHIER FUTURE

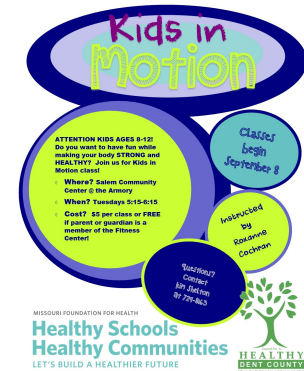


Council For A
**HEALTHY
DENT COUNTY**

Where Health, Education and Community Meet

Kids in Motion

Kim Shelton, Community Wellness Coordinator



School is back in session! Summer is on its way out the door and fall is coming for its yearly visit. Though sometimes it's hard to remember, try and realize that being at school all day is hard work! Your kids are drained when they get home. Their brains have been working hard all day long and just like you and me, they need a release! There is no better release than some fun, exciting, and incredibly beneficial physical activity. We have many opportunities in the community for kids to be active, but starting September 8 there will be a brand new opportunity for kids, ages 8-12, to be physically active! It's called "Kids in Motion" and I can promise you your kids will not want to miss it! "Kids in Motion" will be taught by Roxann Cochran who has a love and enthusiasm for kids that is impossible to miss.

Each class will begin at 5:15 at Salem Community Center @ the Armory gym floor. It will last an hour and will continue every Tuesday. Perhaps the best news for moms and dads is that the class is FREE to kids whose parents are active members of the Fitness Center! That means you can work out in either the fitness center gym or attend a fitness class while your child is safe and sound, having a blast, and getting healthy. Not a member of the Fitness Center? No problem! Kids in motion is still affordable at \$5 a class.

It's easy to think that kids don't need any extra physical activity when they get home from school, but I can assure you that they probably do. Only about one quarter of children are meeting the daily recommended amount of physical activity. Remember that lifelong habits are made now. We have such a responsibility as parents and caregivers to instill healthy habits and life skills at a young age so that we can minimize their struggle as adults when life gets even harder. Almost nothing brings me more joy than my four year old daughter asking me, "Mommy, is this healthy for my body?" before almost every meal or snack she eats. As she runs laps around the coffee table she yells out, "Mommy, does this make my heart happy?" Yes! Yes it does! Kids are watching us, learning from us, and you should know that being healthy makes them feel good! And if we continue to harvest those healthy habits then they will continue to have a positive outlook on health throughout their life.

So if you are looking for a wonderful opportunity for you to get your child active then look no further! If you have any questions please feel free to call me at (573)729-8163 or email me at kim.shelton@salemcommunitycenter.org

Salem Community Center
@the Armory

Salem Community Center @ the Armory

PO Box 190
1200 Rolla Road
Salem MO 65560

Phone: 555-555-5555
Fax: 555-555-5555

E-mail: someone@example.com
info@salemcommunitycenter.org
info@salemfitnesscenter.org

**WHERE HEALTH,
EDUCATION &
COMMUNITY MEET**

We're on the web at:

salemcommunitycenter.org

The Salem Community Center @ the Armory
provides the following :

Fitness Center	Conference Rooms
Public Computers	Computer Lab
Rural Addressing	Fingerprinting
Continuing Education Classes	Copies & Faxes
Multipurpose/Gymnasium	
Health Department Inspected Kitchen	

We are here for you!

September 12-Relay for Life-30th Anniversary

Relay For Life 2015 will be held
Saturday, September 12th from 4:00—10:00 PM
at the Salem High School Track. This 30th
Anniversary event includes an 80's theme.

Cancer Survivors, a survivor is defined as one from
the moment of diagnosis through the remainder of
life, are encouraged to sign up for the Survivor
Walk/Dinner, at no cost to you. For more
information contact Survivor Chair and Cancer
Survivor Rhonda Wolfe Hutsell, you can call or text
(573) 247-1852.



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