

# Salem Community Center @ the Armory Newsletter

December 2015

Salem Community Center  
**@the Armory**

Special points of  
interest:

- ~Hospital survey
- ~Angel Tree at Walmart
- ~Events
- ~Healthy U 2K16 Kickoff
- ~Mardi Gras Christmas
- ~Holiday Challenge

## SMDH Survey

**Salem Memorial District Hospital is asking the community for your thoughts and opinions on how to make our community a better place to live. Please take time to complete the 2015 SMDH community Health Needs Assessment survey and feel free to forward to others.**

**It is located at:**

**<https://www.surveymonkey.com/r/salemmono>**

**There will also be paper copies at various locations around town.**

**Thank you!**



**HEALTHY  
DENT COUNTY**

*Where Health, Education and Community Meet*

## **Fitness Center T-Shirts For Sale!!**

**\$15.00 each, or 2 for \$20.00**

**We have most sizes left.**

**GREAT Christmas gifts for your friends  
and family!**



**How about a Fitness Center Gift Certificate  
to go with it??**

**Your one-stop shopping for your favorite  
fitness addict!!**



Wal-Mart and The Salvation Army have joined together this holiday season to help make a child's Christmas brighter. An "Angel Tree" will be placed at Wal-Mart with the names and ages of children in our community that need Christmas gifts.

Shoppers can adopt an angel from the tree by:

- Select a tag representing a specific child.
- Shop for gifts based on the parent's suggestions. You do not have to purchase everything, this is just a guideline.
- Bring unwrapped gifts to the Wal-Mart Service Desk along with the angel tag by Dec. 19th.

Gifts will be distributed to your adopted "angel" on Thursday, December 21st.

For questions, please contact The Salvation Army at 729-8163.





# Avoid holiday hangover

Maintain your weight,  
don't gain!

Sign up at [www.esmmweighless.com](http://www.esmmweighless.com)

Participation is FREE!

- Receive a weekly newsletter full of tips, recipes, and more.
- Download tools to monitor your progress.
- Log on each week to read experts' advice.
- Read how others like you are doing in the challenge.



Salem Community Center  
@the  
Armory



NOVEMBER 16 THROUGH DECEMBER 31

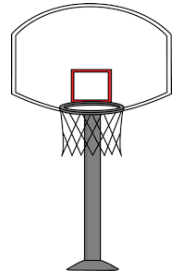
**The Fitness Center will be closed December 24, 25, and 26 for Christmas**

**Have a safe and Happy Holiday!!**



**Attention!!**

**Due to recent incidents and liability concerns, the basketball goals have been removed from the gymnasium floor.**



**The Salvation Army Christmas Kettle Campaign runs November 25th to December 24th. Your support is greatly appreciated. For information about local Salvation Army, call 729-8163**



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**Events**

**\*Christmas Parade—Saturday, December 5th 5:30 pm.**

**Vendors will be at City Hall 8:00am-5:00pm.**

**\*Annual Cookie Walk—Saturday December 12**

**Bonebrake Center—Cookies by the Pound! Call 729-3400**

**\*10th Annual ‘Trees and Trains’ at the Ozark Natural & Cultural Center now until December 24th.**

**\*Christmas Toy Drive-Collection at the firehouse. Deadline: Dec 18.**



# 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

# HEALTHY U 2K16 KICKOFF



Healthy Dent County wants to help you get a jumpstart on your New Years Resolutions for 2016. Join us for a fit-a-thon to begin making your body strong and healthy. You will get to sample every style of workout taught at the fitness center and meet the instructors. We will be having games and drawings through out the day for prizes. We plan to have a good time while learning ways to take good care of our bodies. We are bringing the 80's back to add to the fun. Dig out those leg warmers and head bands. Let's see who can come up with the craziest outfit. Make 2016 the year you stick with your resolution! Stay and enjoy a healthy lunch with us. Pre-register by January 4.

**DATE: JANUARY 9, 2016**  
**Time: 8:00 a.m.**  
**Cost: \$20**



**\*\*PRIZES INCLUDE: FITBIT FLEX, MEMBERSHIPS, & MISC WORKOUT GEAR\*\***

*Proceeds go to Healthy Dent County, where health, education & community meet.*

## Schedule

8:00-8:15 AM	Slow Motion
8:20-8:35 AM	Sweet & Low
8:40-8:55 AM	Zumba
9:00-9:15 AM	Fitness 101
9:20-9:35 AM	Kickboxing
9:40-9:55 AM	Power Circuit
10:00-10:15 AM	Cardio Blast
10:20-10:35 AM	Abs
10:40-10:55 AM	Fitness Fun
11:00-11:15 AM	Yoga
11:20-NOON	LUNCH & PRIZES



Salem Community Center  
**@the Armory**

Mail form and entry fee to:

Salem Fitness Center  
 1300 West Rolla Road  
 Salem, MO 65560

Phone: 873-739-1127  
 E-mail:  
 director@salemfitnesscenter.org

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Cell phone \_\_\_\_\_

Email Address: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian (under 18 years of age) \_\_\_\_\_ Date \_\_\_\_\_



# FITNESS CENTER



## December Birthdays

Opal Hutson	12/1
Carol Gibbs	12/1
Brenda Jessen	12/1
Ruth Ann Williams	12/1
Denita Williams	12/1
Jay Dickson	12/2
Kara Huitt	12/2
Mark Weaver	12/3
Ben Latimer	12/3
Kris Carter	12/4
Ken Sweitzer	12/4
Eva Fromm	12/8
Carla Brookshire	12/9
Drew Whitaker	12/9
Andrew Wynn	12/9
Dawson Wynn	12/9
Sandra Howard	12/10
Alan Vavra	12/10

Tina Whitaker	12/10
Sandra Curley	12/12
Judy Conway	12/12
Lois Stacy	12/12
Payton Deese	12/12
Rebecca England	12/13
Bryon Johns	12/16
Kelbey Parker	12/16
Claudia Dickson	12/17
Melinda Green	12/17
Jackie McIntire	12/18
Ken Miner	12/18
Jan Farthing	12/18
Marty Anderson	12/18
Gene Craft	12/20
Dru Howard	12/20
David James Smith	12/21
Ruth Ann Parker	12/22

Amy Martin	12/23
Theresa Pitchford	12/24
Michael Jones	12/25
Mary Kathy Black	12/26
Samantha Brown	12/27
Shyan Owens	12/27
Karen Pace	12/29
Sandra Radford	12/29
Crystal Birdsong	12/29
Daniel Slane	12/30
Sue Woods	12/31
Vivian Pryor	12/31
Maddie Van Diem	12/31

**Happy  
Birthday!!**



### Weekly Classes Offered:

#### **Monday:**

Sweet & Low—8:30 a.m.

Power Circuit—5:15 p.m.

Zumba—6:30 p.m.

#### **Tuesday:**

Slow Motion—10:30 a.m.

Cardio—12:15 p.m.

Kids in Motion—5:30 p.m.

Kickboxing—5:30p.m.

#### **Wednesday:**

Sweet & Low—8:30 a.m.

Abs & More—12:15 p.m.

Yoga—5:15 p.m.

#### **Thursday:**

Power Circuit—12:15 p.m.

Cardio Blast—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**

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

### **Senior Household Discount:**

**\$20/month EACH (Age 65 &**

**over)** Discount available: Pay for 5 months & get the 6th month free  
(5 X \$20 = \$100)

**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!!

Fitness Center Phone:  
573-739-1127

### **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**



**Salem Community Center**  
**@the Armory**

**Salem Community Center @ the Armory**

PO Box 190  
1200 Rolla Road  
Salem MO 65560

Phone: 573-729-8163  
Fax: 573-729-8393

Email:  
info@salemcommunitycenter.org  
info@salemfitnesscenter.org  
Fitness Center: 573-739-1127

**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!**

**Book your next event with us!**

## Mardi Gras Christmas

The Salem Area Chamber of Commerce  
and the City of Salem  
invite YOU to participate in the  
2015 Christmas Parade of Lights

**Mardi Gras  
Christmas!**

**Saturday, December 5th, 5:30 PM**

Vendor booths will be open  
from 8:00-5:00 in the City Hall

Vendor Booths

Parade Entry Form

Contact the Chamber of Commerce at 729-6900 for more info