

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

April 2016

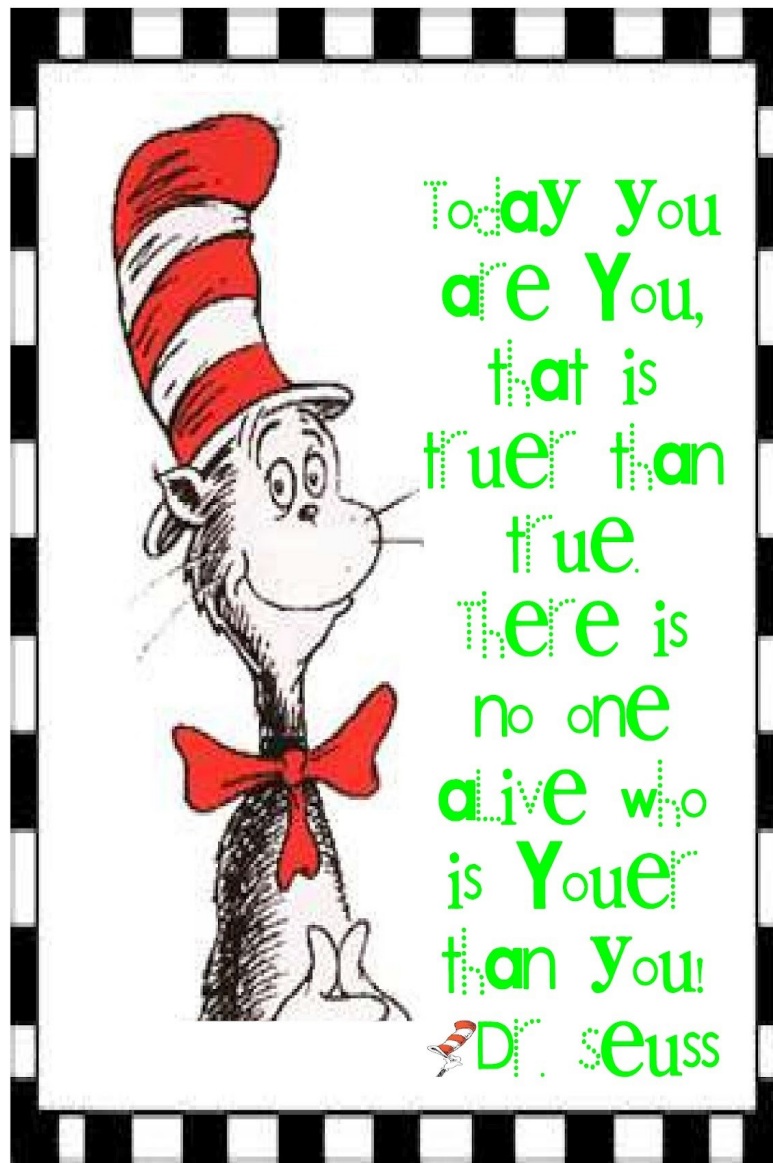
Special Points of Interest:

- *Aerobic Fitness & Your Brain
- *Lunch and Learn
- *April Calendar
- *Dodgeball Tourney
- *Senior Games



Council For A
**HEALTHY
DENT COUNTY**

Where Health, Education and Community Meet



UPCOMING APRIL EVENTS

WITHIN APRIL'S NEWSLETTER:

Hospitality and Customer Service Training...Register by April 8...See page 4

Lunch & Learn Series...Register by April 8....See page 6

All American Dodgeball...Register your team by April 8...See page 7

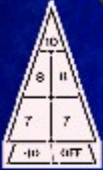
Trivia night 2016...April 8...See page 8

MARK YOUR CALENDAR:

Business Expo at Salem Community Center @ the Armory April 23 9:00, for more information contact Chamber of Commerce 729-6900

MORE EVENTS BEING HELD AT SALEM COMMUNITY CENTER @ THE ARMORY:

Conceal and Carry Class...April 30, for more information contact Sergeant Pabin 729-7207



Salem

SENIOR GAMES

May 27th & 28th

REGISTRATION DEADLINE:

May 13th

Open to anyone age 55 and above!



EVENTS:

Pickle Ball
Around the World
Washers
Corn Hole

Softball Throw Accuracy
Free Throw Competition
Football Throw Accuracy

Archery Accuracy
Shuffle Board
3v3 Basketball

COST WILL BE \$40 PER INDIVIDUAL FOR ALL EVENTS

OR

\$5 PER EVENT

If participating in every event, participant receives a t-shirt.
T-shirts also will be for sale for \$10 each on registration form.

Register at the Salem Administrative Office

400 North Iron Street --- (573) 729-6290



Hospitality and Customer Service Training



Put out the welcome mat for customers and tourists

Good customer service is essential to good business!

- Improve your employees' customer service skills
- Help employees promote our community in a positive way
- Practice skills to identify and respond to travelers' needs
- Tourism "cheat sheets" provided to each participating business
- No cost to attend
- When: Friday, April 15
- Choose from two repeat sessions:
 - 9:00 a.m. – 11:30 a.m.
 - OR
 - 1:00 p.m. – 3:30 p.m.
- Where: Salem Community Center @ the Armory
- Space is limited! Please RSVP to Dent County Extension 729-3196 or hdultines@Missouri.edu by April 8.



Live. And Learn.

MU Extension is an equal opportunity/ADA institution.

Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance.

Aerobic Fitness May Preserve Brain's Youthfulness

Susie Cahill, Fitness Director

Physical fitness may do more than preserve a more youthful body; it may also impact the brain's activity and function, preserving more youthful mental capabilities, according to findings published in *NeuroImage*.

Researchers in Japan found that fitter older men performed better mentally than less fit older men, by solving problems in the same way younger brains would do.

Understanding these findings requires some background on typical brain activation patterns in the prefrontal cortex. The PFC involved in executive functions, memory, intelligence, language and vision. Young people use the PFC's left side for drawing on short-term memory, understanding word meanings and recognizing familiar events, objects or people. For those matters, older adults use the equivalent aspect of the PFC's right side. For issues involving temporary storage and manipulation of memory, long-term memories and inhibitory control, young adults use the PFC's right side. In contrast, older adults use both sides. With aging, older adults tend to use both sides of the PFC during most mental tasks. Scientists believe this is a brain compensation that occurs when capacity and efficiency decline with age.

To identify the impact of physical fitness on age related brain function changes, Japanese researchers measured the aerobic fitness of older men and then used neuroimaging to examine brain activation patterns as the men performed a "Stroop task" — a task that challenged selective attention, executive function and reaction time. The fitter men performed more accurately and quickly and used parts of the brain typically used by younger people.

One possible explanation suggested by research is that the volume and integrity of the white matter in the part of the brain that links the two sides decline with age. There is some evidence to support the theory that fitter adults are able to better maintain this white matter than less fit adults, but further study is needed to confirm this theory.

Source: IDEA Fitness Journal, March 2016 Issue



Lunch & Learn Series

Cooking Demonstration

Join us for the monthly series of healthy lunch alternatives.
Ben Latimer will demonstrate, cook, and serve lunch.

WHEN

Wednesday, April 13th

TIME

12:00pm until 1:00pm

WHERE

Salem Community Center
@ the Armory

What's on the menu?

Grilled Chicken
Rice
Asparagus
Kale Salad
& Drink

COST

\$10 if you are new
OR
\$7 if you had taken
a pervious class

WHO

Ben Latimer
University of Missouri Extension



Limited Spaces (max 8), be quick!
Register by April 8th



Come by the Salem Community Center @ 1200 West Rolla Road or call 729-8163

Sign up for multiple classes for a discounted price!

Call the Salem Community Center for additional dates at 729-8163



Salem Community Center @ the Armory

1200 West Rolla Road
Salem, Missouri 65560
573-729-8163

Salem Community Center
@the Armory
Where Health, Education and Community Meet

ALL AMERICAN **DODGEBALL** TOURNAMENT

\$100 per team

Celebrate Election Year by dressing up as your favorite local, state, national, or historical politician.

Saturday, April 16th

Starts at 10:00am

Location : Salem Upper Gymnasium

Registration:

Register your team by April 8th

Come into the Salem Community Center @ the Armory to register
1200 West Rolla Road

Tournament Information:

Adult (16+ years old) - 8-10 players per team – 2 games guaranteed
T-shirts included – Prize for the 1st place team



No team? Come watch your friends and family play!

\$2 Admission for adults - \$1 for kids under 12

Kids under 2 are FREE

Concession stand will be open

Salem Area Community Betterment Association Presents

TRIVIA



NIGHT

2016

Friday, April 8, 2016

**6:00 pm at the
Salem Community Center @ the Armory**

Doors open at 5:30 pm

Located at 1200 West Rolla Road

(Trivia was formerly held at the Old City Hall)

Free Drinks. Hot dogs, Ice cream and popcorn available for purchase.

\$100 - 8 person team

Prizes for top 3 teams

1st place - \$200 cash and trophy

Prize for the cleverest team name

**For more info call 729-8163 or email
judy@salemcommunitycenter.org**

Emotional Overeating Awareness Month

April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30 Sweet & Low 10:30 Slow Motion 12:15 Pilates	2
3	4 8:30 Sweet & Low 5:15 Power Circuit 6:30 Zumba	5 10:30 Slow Motion 12:15 Cardio 5:30 Kids in Motion 5:30 Kickboxing 6:45 Pilates	6 8:30 Sweet Low 12:15 Abs & More 5:15 Yoga	7 12:15 Power Circuit 5:15 Cardio Blast 6:30 Zumba	8 8:30 Sweet & Low 10:30 Slow Motion 12:15 Pilates	9
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24	25 8:30 Sweet & Low 5:15 Power Circuit 6:30 Zumba	26 10:30 Slow Motion 12:15 Cardio 5:30 Kids in Motion 5:30 Kickboxing 6:45-Pilates	27 8:30 Sweet Low 12:15 Abs & More 5:15 Yoga	28 12:15 Power Circuit 5:15 Cardio Blast 6:30 Zumba	29 8:30 Sweet & Low 10:30 Slow Motion 12:15 Pilates	30 



FITNESS CENTER



April Birthdays

Claudia Sullivan	4/1
Wala Abbas	4/1
Mark Sisco	4/2
S. Jasdanwala	4/2
Clancey Akers	4/2
Karla Tiefenthaler	4/3
Lisa Godi	4/3
Ted Ziske	4/5
Chrissy Decker	4/5
Jo Kotschedoff	4/6
Karen Hensley	4/6
Makaila Knight	4/6
Danelle Roos	4/8
Levi Skaggs	4/9
Maria Briceno	4/10
Tori Spear	4/10
Steven Vaughn	4/11
Sally Roberts	4/12

Steve McAnally	4/13
Jeremy Steelman	4/13
Aimee LaRue	4/13
Catherine Wynn	4/14
Aline Bell	4/15
Tina Westerman	4/16
Sean Dahms	4/16
Heather Slane	4/18
Dana Whitaker	4/19
Kala Trolinger	4/19
Brittany Crocker	4/21
Kassidy Martin	4/23
Phyllis McKinley	4/24
Ainsley Wlaschin	4/24
Haley Martin	4/24
Jessica Parker	4/25
David Keener	4/25
Noah Heisler	4/25

Kasey Hayes	4/26
Christina Webb	4/27
Amanda Mack	4/27
Theresa Scheller	4/28
Shannon Sites	4/28
Aaron Loker	4/28
Christina Wood	4/30
Jessica Parks	4/30
Julia Deese	4/30

Visit our Fitness Library!

- Workouts available to use in the classroom:
- High Energy Series –Abs, Thighs & Glutes
 - Jane Fonda's Workout Challenge
 - Crunch Fitness Dance Party DVD
 - P90X DVD's
 - Exhale Core Fusion-Pilates Plus, Body Sculpt & Thighs/glutes
 - Core Secrets
 - Piyo
 - Jari Love-Extremely Ripped
 - Biggest Loser Cardio Max (Located in Fitness office.)

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.

Pilates—6:45p.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.
- Pilates—12:15

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:
nfo@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!



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Summer is right around the corner!!