

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

June 2016

Healthy Dent County Program and Development Director

Part-time (25 hours per week) position that is intended to become full-time. Responsible for all aspects of fundraising and revenue development for Healthy Dent County. Secure financial support from individuals, businesses and corporations; actively seek grant and funding opportunities. Minimum of Bachelor's degree in one of the following areas: educational leadership, business administration, non-profit management; 3-5 years of increasing responsibility for program development and management, management of programmatic budgets, and fundraising or grant-writing.

Cover letter and resume can be emailed to the Executive Director at sherry@salemcommunitycenter.org or dropped off to Salem Community Center @ the Armory, 1200 W. Rolla Road by Friday, June 10th. Full job description available by calling 573-729-8163.

WHERE HEALTH,
EDUCATION &
COMMUNITY MEET





Find Healthy Dent County
Fitness Center on Facebook

...and like us



To stay connected and up to date

We want to
see pictures of
your visits
with us!

**Photos can be selfies, group,
event or building images. Crea-
tivity is welcomed!*



Monthly
drawings for
prizes will be
held for
participating
members.

#healthydentcounty on Facebook and/or Instagram during
any HDC Event you attend or any visit to the armory to
qualify.

Pictures must be clean, family friendly & "G-Rated"





Recent donation to the Love Backpack program made possible by proceeds from the Healthy Dent County “Color the Park Rad” Color Run that was held on Friday, May 6th. The total donation was \$484.42.

Pictured left to right:

Gary Cotner, Jimmy Cotner, Jan Craig, Melissa DuBois, Bonnie Gray, Joyce Hart, Sarah Huff, Cindy Maledy, Dennis Pryor

LET'S GET WALKING



Susie Cahill, Fitness Director

We know that physical activity is an essential factor in the health equation, but for new people just entering a gym can cause trepidation. Then what happens as soon as they enter the gym? Someone suggests a few compound moves for him/her to perform in a circuit. The newbie is left wondering what is a circuit? Imagine the angst standing there in those deconditioned shoes, not to mention the delayed onset muscle soreness he/she will have for the next week! So what is it a fitness newbie really needs? They need simplicity. It can be as simple as walking.

Walking is the one activity that most able-bodied people of any fitness level can do. It's the all-purpose, one-size-fits-all way for people to transition from a sedentary lifestyle to an active one. While walking may not be as sexy as the strength supersets you want to perform, staying active and coming back for more of what is really important. Research shows that most adults prefer walking over other forms of physical activity. It requires no special skills or equipment; it carries a low risk of injury; and it offers a lot of flexibility in choosing the right amount of effort and intensity.

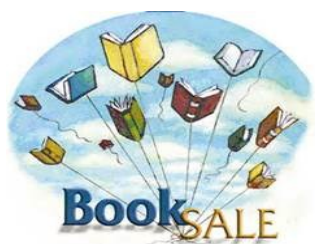
Those who opt for the couch over the treadmill, be warned: Inactivity can result in smaller brains later in life. Studies have found that people with poor fitness levels are more likely to have smaller total cerebral brain volume. Researchers emphasize the importance of being physically active to enhance brain function. The research suggests that lower cardiovascular fitness and exaggerated exercise blood pressure and heart rate responses in middle aged adults are associated with smaller brain volume nearly two decades later. Promotion of midlife cardiovascular fitness may be an important step towards ensuring healthy brain aging.

Now that we know what to do and why we need to do it—Let's get walking!

Source: IDEA Fitness Journal
May 2016



The annual Teen Sidewalk Chalk Art Contest is scheduled for Thursday, June 2, at 4:00 PM. This event is for students in 6th through 12th grades. Like all library programs, it's free. Parents or guardian must pre-register students at the library. Forms are available



The Friends of the Library Book Sale is scheduled for 10:00 to 5:00 on June 9 and 10, as well as, 10:00 to 12:00 on June 11. This year's sale will be held in the library's north basement. There are always lots of great deals! Bring a big bag!

FARM TO TABLE SUMMER CAMP

Monday, June 20, -Friday, June 24,

8:30 AM—3:00 PM

@ Salem Community Garden

FOR: Grades 5th — 7th

\$60 per child

For registration or additional information on the **Farm to Table Summer Camp**, contact Ben Latimer, 729-3196, MU Extension Office



Interested in food and gardening?

Help Dent County residents eat healthier

Work with community, school and neighborhood gardens

Apply Now!

DENT COUNTY HEALTHY FOOD INITIATIVE 2016-2017

Position: Healthy Food Associate (AmeriCorps)

One-year, full-time, paid community service position in Salem, MO

Seeking self-motivated team player for a one-year full-time (~35 hours per week) AmeriCorps position beginning August 1, 2016. Member will serve with staff from local and regional organizations to develop and sustain school, community & neighborhood gardens and conduct gardening, nutrition and cooking education programs. Must be at least 18 and have high school diploma or equivalent. Ability to lift up to 50lbs and work outdoors for extended periods of time. Some weekend/evening work required. Background in agriculture, gardening, education, health, or closely related field. Commensurate life experience will be considered.

The University of Missouri is an Affirmative Action/Equal Opportunity Employer.

When you join AmeriCorps, you use your energy, ideals, and talents to help others. Plus, you'll earn money for education, learn to be a leader, and gain real job skills.

AmeriCorps Members Receive a Wealth of Benefits

Members who successfully complete a one-year term of service are eligible to receive an AmeriCorps Education Award of up to \$5,730.

Additional benefits include:

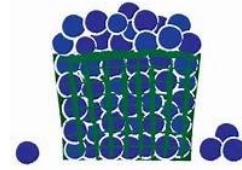
- Paid Training
- Student loan forbearance or deferment
- Living allowance of \$12,530
- Health insurance
- Childcare assistance

For more information, contact:

Sarah Hultine Massengale, Dent County Extension

573.729.3196

hultines@missouri.edu



Cooking on a Budget:

Come join us for a Hands-on Cooking on a Budget Class on Thursday, June 30th starting at 5:30pm! Ben Latimer, University of Missouri Extension will be teaching the hands-on class. What is on the menu? You will learn how to make a spinach and sausage lasagna roll-ups, garlic bread, and fresh blueberry cobbler. You will get the recipes for each dish! All for only \$10 a person. This class will be held in the kitchen at the Salem Community Center at the Armory. To participate in this hands-on class, you must register by Friday, June 24th. To save your spot in this class, you can stop by the Salem Community Center @ the Armory, 1200 West Rolla Road or call 729-8163.

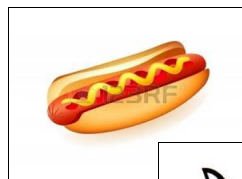
Payment is due on or before June 24th



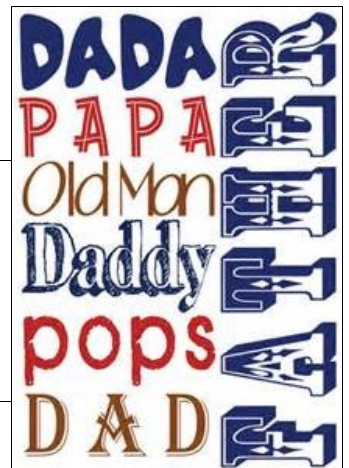
Father's Day at the Farmers' Market:

Council for a Healthy Dent County presents Father's Day at the Farmers' Market! Join us Saturday, June 18, from 10:30 AM until 12:00 PM for a Father's Day bash. There will be LIVE music by **Collin Nash**, free hotdogs, and a raffle! While you are out, the local farmers will have their own local products and raffles.

Come out for a day of fun and food!



If you have any questions, please call 729-8163.

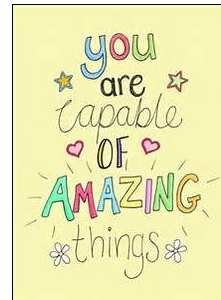
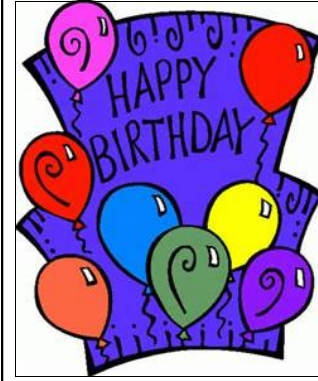




June Birthdays

Samantha Anderson	6/2	Kayla Botkin	6/12
Wayne Reed	6/4	Garth Miller	6/14
Chris Decker	6/5	Alicia Steelman	6/15
Wilma Ramsey	6/6	Cameron Chilton	6/15
Charlene Batstone	6/8	David Wynn	6/16
Carolyn Boyle	6/9	Cass Keene	6/16
Lisa Wulff	6/9	Leon Britton	6/20
Erin Blankenship	6/9	Kathy Parmely	6/20
Leah Curley	6/9	Greg Nash	6/20
Kayla Beyer	6/9	Karen Gordon	6/21
Karen Mertz	6/10	Justin Roderman	6/21
Lisa Sgroi	6/10	Valerie Davidson	6/22
Dr. Richard Cole	6/11	Elinor Dotson	6/22
Janet Rogers	6/11	Jared Patterson	6/22
Sally Haines	6/12	Sara Hill	6/22
Bob Shaw	6/12	Rebecca Wood	6/24
Armin Scheller	6/12	Amanda Williams	6/24
Rick Letchworth	6/12	Freda Drury	6/26

Craig Smith	6/27
Penny Payne	6/27
Crystal DeCouley	6/28
Darlene West	6/30



**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

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

Weekly Classes Offered:

Monday:

Sweet & Low—8:30 a.m.

Tai Chi—2:00 p.m.

Power Circuit—5:15 p.m.

Zumba—6:30 p.m.

Tuesday:

Slow Motion—10:30 a.m.

Cardio—12:15 p.m.

Kickboxing—5:30 p.m.

Pilates—6:45 p.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.

Tai Chi—2:00 p.m.

Pilates—12:15 p.m.

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 West Rolla Road
Salem MO 65560

Phone: 573-729-8163

Fax: 573-729-8393

Fitness Center: 573-739-1127

Email:

info@salemcommunitycenter.org

info@salemfitnesscenter.org

Find us on the web:

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!



**Reserve your space now @ The Armory
for family reunions, wedding receptions,
workshops, conferences, and many more events.**

****BOOK YOUR NEXT EVENT WITH US****

