

# Salem Community Center @ the Armory Newsletter

Salem Community Center  
**@the Armory**

## August 2016

Fitness Center shirts for sale \$15.00 while supplies last. See Cathy or Carolyn in Fitness Center Office.



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"*



## FROM THE DESK OF:

Kim Shelton, Community Wellness Coordinator

I'm sure you've heard the complaints about school lunches. They are unappetizing, too small of portions, unhealthy, unattractive, etc. Likewise, I'm sure you've heard of the ever-increasing federal regulations that seem to make in progressively harder on our school food staff to prepare meals that kids will actually want to eat. It's a frustrating predicament to be in. I've had many conversations with food staff and overwhelmingly they feel irritated and left with no choice, but to continue on as it has been. All over the United States though we are seeing schools take the reins and take their school meals back.

Across the nation many schools are turning to a farm to school program. These programs vary from school to school. Some are as simple as just buying their food from local farms. Some are as intricate as the school growing their own produce, making their own compost, cooking completely from scratch, and having classes specifically for the kids to learn to garden, pick food, and prepare food. One thing almost all of these schools have in common is community buy in and a grassroots movement demanding better for the children. Many times this is the only way administration starts to consider other alternatives, after all, school lunch depends upon participation, so when parents band together and demand something be done, administration generally listen.

There are many different avenues you can travel in order to pursue some variation of "farm to school". One is to simply just go for it and take the leap! There have certainly been numerous schools who have taken this route, making the health of the student's priority and putting all excuses aside. This, though seemingly ideal, is not realistic in most communities. Generally, the administration in particular, wants to have a plan in place. That's where things like the USDA Farm to School Planning Grant come into play. This is a grant that specifically funds the planning of a future farm to school program. As of now, this is something that will be pursued by me when the grant becomes open, expectedly this fall.

As I said previously, these programs are largely dependent on community buy in. I encourage you that if you are supportive of getting healthier school lunches in Dent County then to please contact your administration. Better yet, create a coalition or contact me to join an existing coalition. You can reach me at 729-8163 or [kim.shelton@salemcommunitycenter.org](mailto:kim.shelton@salemcommunitycenter.org). The health of the students' needs to be a priority. Healthy students learn better and as a result will perform better. In a world that is heavily guided by academics, this fact should be extremely substantial. As the saying goes, "A hungry child cannot learn."

**Reminder!**

## FITNESS CENTER RULES

Susie Cahill, Fitness Director

It's very important for all of our members to follow all rules when visiting the Fitness Center. Our rules are put into place for the health and safety of all members and staff as well as a way to keep membership fees as low as possible. When our members help keep our fitness center clean, we don't have to hire staff to do so. It's very important for members to always wipe down their equipment after each use with the sanitizer provided. Many members saturate their cloth upon entry to keep with them during their visit. They wipe down each machine as they go through their workout.

We also need our members to help us by remembering to sign in upon each visit. That is the only way we can track our membership without hiring staff to monitor it. This would also raise rates if we had to do such.

24 Hour Access numbers may **ONLY** be used by the member who pays for it. They cannot be shared. Sharing your number with others may result in de-activation of your number, as well as membership.

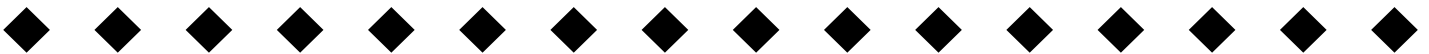
Our camera's have caught members neglecting to wipe down equipment, sharing numbers and letting non-members in after hours. It also shows people coming in and forgetting to sign in. This is only a small number of our members. Most do a wonderful job of following rules and many go above and beyond to keep our Fitness Center a clean facility. For those I would like to extend a sincere **THANK YOU** for all you do. We are very proud of our facility and want to keep it a safe and clean environment for our community.





### **Dent County Back 2 School Fair**

Come out on Saturday, August 6<sup>th</sup> for the Dent County Back to School Fair. The fair will be located at the Salem United Methodist Church from 10:00 am until 2:00 pm. Healthy Dent County along with other organizations will be donating school supplies for the upcoming school year. Some of these items being donated include lunchboxes from Healthy Dent County, backpacks from Salvation Army, and much more. To find out how to register, please contact Sarah Givens as 729-3500.



One of our own uses her vacation time to help others. [Kudos Cathy Brown!!](#)

Moldova Mission Trip - A team of church members and interested professionals travel to Eastern Europe to do a week of practical mission work among the people of Moldova. Moldova is a tiny country sandwiched between Romania and the Ukraine and is the poorest country in Eastern Europe . It was part of the former Soviet Union but is now an independent country struggling to survive. Work is coordinated through the Southern Baptist International Missions Board. The team conducts dental/medical clinics, offers Christian counseling, conducts day camps for children and youth, does personal soul winning with waiting patients, and conducts worship services in the host church.

# FITNESS CENTER



## August Birthdays

Jackie Skorat	8/1
Nancy Sprock	8/2
Emily Lunn	8/3
Crystal McCracken	8/4
Dylan Harris	8/4
Tarah Dooley	8/5
Lainey Norris	8/5
Vickie White	8/7
Carilee Ball	8/7
Alex Wood	8/7
Cindy Ard	8/8
Randi Leslie	8/8
Brad Lewis	8/8
Carol Drew	8/10
Pat Huggins	8/10
Dave Ingram	8/11
Shane Callicut	8/11
James Norris	8/12

Jackie Sisco	8/13
Karen Major	8/13
Miranda Ferry	8/14
Michael Loveday	8/16
Jason Thibault	8/16
Randy Atchley	8/17
Courtney Norris	8/17
Patsy Townsend	8/17
Cody Harris	8/21
William Green	8/22
Tiffanie McNamee	8/23
Jasmine Ehrhardt	8/23
Vernetta Nelson	8/24
Kim Shelton	8/25
Andrea Jasdanwala	8/26
Ashley Teague	8/26
Chloe Cook	8/26
Shellia Ball	8/28

Kevin Richards	8/28
Karla Ahl	8/28
Carol Carmack	8/29
Rodney Farthing	8/30
Jenny Moody	8/30
Sarina Van Buren	8/31
Rachel Shults	8/31



- 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.

Healthy Dent County Fitness Center is now accepting recurring credit card payment for your monthly membership. Your choice of either the 1st or 15th of each month AND you get the ACH rates with this automatic payment.

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](mailto:info@salemcommunitycenter.org)

[info@salemfitnesscenter.org](mailto:info@salemfitnesscenter.org)

Find us on the web:

[salemcommunitycenter.org](http://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\*\***

