

# Salem Community Center @ the Armory Newsletter

Salem Community Center  
**@the  
Armory**

## *December 2016*

Salem Community Center @ the Armory will be closed for Christmas on Monday, December 26, and Monday, January 2, for New Year's Day. The Fitness Center will be closed for Christmas Saturday-Monday, December 24-26, and Saturday-Monday, December 31-January 2, for New Year's.

WISHING YOU A VERY MERRY CHRISTMAS & HAPPY NEW YEAR!!!

WHERE HEALTH,  
EDUCATION &  
COMMUNITY MEET



Healthy Dent County Fitness Center

# Self-Defense Class For Women



**Instructor:** Troy A. Hardwick  
**Dates:** January 9, 16, 23, & 30th  
**Time:** 6:00 p.m.  
**Price:** \$45.00 regular price or \$35.00  
discount price for Fitness Center Members

This Self-Defense Course is designed to help females become more aware, prepared, and ready for any situation that may occur in everyday life. Course will consist of 4 Mondays in January. Each lesson will be approximately 1.5 hours long. Course is taught by Troy A. Hardwick, Retired, 20 year Army Special Agent and Self Defense Instructor.

HDC Fitness Center  
1200 W. Rolla Road  
Salem, MO 65560

Call 573-739-1127 or email  
[director@salemfitnesscenter.org](mailto:director@salemfitnesscenter.org) to  
register for class.

**Salem Community Center**  
**@The Armory**

# A Community Focused on Equity



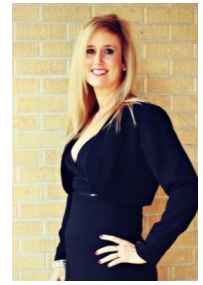
Kim Shelton, Community Wellness Coordinator

Salem, a community of only 5000 people, has grown to be increasingly progressive. While many small towns are comfortable staying the same, meeting the status quo, Salem is filled with a multitude of organizations that are focused on providing the citizens of Salem and Dent County with a life of prosperity, health, opportunity, and happiness. So many organizations that I have found over the past few years that it can be hard to keep up with all the projects and initiatives going on.

Recently we, Council for a Healthy Dent County, partnered with the City of Salem to apply for a TAP (Transportation Alternatives Program) grant through MoDOT. If awarded, the grant will fund 2 access points that connect the middle/high school to the park and community center properties. One connection will be a sidewalk that will run from the crosswalk at the community center all the way up J highway to the school administration building. The second connection would come off Vandivort through the parking lot across from the community center. This will provide a safer route for children traveling before and after school. It will also provide more physical activity opportunities for the rest of the citizens of Salem and Dent County. The grant will also fund improvements to ADA accessibility within the park; widening sidewalks, filling in spots that are currently gravel, etc. This will obviously increase access to the park facilities to all our citizens regardless of physical ability. This will especially be helpful once our new inclusive playground is built. The City of Salem was just awarded the grant to complete the over \$350k project that will provide our community with an inclusive playground so that children and families can play side by side without limitations due to differences in mobility.

As the Community Wellness Coordinator for Council for a Healthy Dent County and as an alderwoman for the City of Salem, I am so proud of our community and the way we work together to get things accomplished. The people in this community truly have a heart for Salem and Dent County. I would dare to say that the majority of the people I work with on projects do so as unpaid volunteers. Countless hours are put into these projects by people who do it for no direct reward, no recognition, nothing. Only the satisfaction of knowing that they are doing their part and being active, productive, positive members of this beautiful town. I'm proud to be associated with so many good things going on in this town and to be a part of an organization that strives daily to improve the lives of everyone who lives here. I can say with great confidence that our jobs are not jobs to us, but a passion. There is nothing more rewarding than seeing someone's life made easier, more enjoyable, or better because of the work that you and others have done.

# LOOKING AHEAD



Susie Cahill, Fitness Director

Keep in mind we have gift certificates available. This might make the perfect gift for someone on your list.



We will be offering our 1st ever Self Defense Course for Women in January 2017. Cost will be \$35 for fitness center members and \$45 for non-members. Course will last 4 weeks and be held each Monday evening beginning January 9. This could make a great gift for someone on your list as well. Please call the fitness center at 739-1127 to sign up.

In February we will have our Partner Challenge. This course will be a month long challenge. We are calling it "It Takes Two". This will be a fun way to get in shape with a friend, providing built in accountability. Class will be held one night each week on Monday evenings. We will post more information for this class in January.



The Salvation Army Angel Tree – Through this program, hundreds of children get to experience the delight of opening gifts on Christmas day. The Salvation Army partners with Wal-Mart to host the Angel Tree. Dent County residents adopt an angel off the tree and purchase Christmas gifts for the angel. To adopt an angel, visit the Wal-Mart Tree from December 2<sup>nd</sup> to December 17<sup>th</sup> and adopt an angel. Your gifts will be distributed on December 21<sup>st</sup>.



**11th Annual Trees & Trains  
Exhibit**

**November 20th thru December 24th**

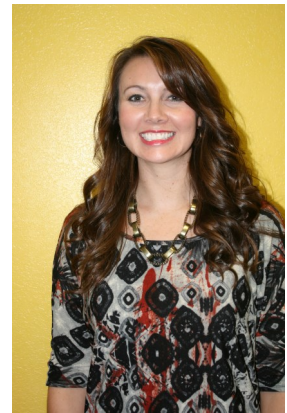
The Salem City of Peace Garden Club's 11th annual Trees & Trains exhibit is beautifully created by local individuals and organizations, each decorating a tree using their own creative talents. Thousands of lights and unique ornaments make this a delightful visual spectacle. Sounds of trains can be heard as miniature trains go around the track in a Christmas setting. This exhibit does have Saturday hours from 9 AM to 5 PM. This exhibit is open thru December 24th.



**Dec 10 - Cookie Walk**

People look forward to this every year! Come walk around the house and fill your basket with delicious homemade goodies and pay by the pound, in more ways than one! Location: Bonebrake Center of Nature and History- 601 N Hickory St. Phone: 729-3400

Dancing with the Salem Stars December 10th. Come out and see Healthy Dent County's very own Melissa DuBois dancing in this fundraiser.



**Dancing with the Salem Stars**

*Dance The Night Away!*

*Music provided by:  
UNLIMITED PRODUCTIONS  
- Jarred Brown -*

**FUNDRAISER**  
Event sponsored by SMDH Foundation

**Saturday, December 10**  
**Salem City Hall Auditorium**  
Dancing @ 7:00 p.m. - Doors Open @ 6:30

**TO PURCHASE ADVANCED TICKETS CALL: 573-247-8600 or 573-247-3292**  
**Main floor table seating:** Advanced tickets \$20.00 - Tickets at the door are \$25.00 (includes light refreshments)  
**Balcony area seating:** Advanced tickets \$10.00 - Tickets at the door \$15.00  
Proceeds benefit—Patient Room Updates

# Santa's Workshop

Friday, December 16<sup>th</sup>  
5:30pm - 7:00pm



Salem Community Center @ the Armory  
1200 West Rolla Road  
573-729-8163



Join us for crafts, pictures with Santa, hot chocolate, and much more!



**\$5 per child**

Includes 4 tickets that can be used for crafts, pictures with Santa, and food.

More tickets will be available for purchase.





## December Birthdays

Carol Gibbs	12/1
Ruth Ann Williams	12/1
Denita Williams	12/1
Jay Dickson	12/2
Kara Huitt	12/2
Mary Lou Van Winkle	12/2
Mark Weaver	12/3
Jody Heavin	12/3
Ken Sweitzer	12/4
Judy Beckett	12/5
Eva Fromm Hanson	12/8
Barb Medlock	12/9
Nathan Shaw	12/9
Andrew Wynn	12/9
Dawson Wynn	12/9
Sandy Howard	12/10
Tina Whitaker	12/10
Lois Stacy	12/12

Payton Deese	12/12
Rick Ragsdale	12/13
Tucker Conley	12/13
Jacob Anderson	12/13
Kim Owen	12/14
Jacob Stacy	12/14
Kelbey Parker	12/16
Claudia Dickson	12/17
Sandy Dobbins	12/17
Jackie McIntire	12/18
Ken Miner	12/18
Jan Farthing	12/18
Marty Anderson	12/18
Megan Johnson	12/18
Gene Craft	12/20
Tye Lydon	12/20
Brooke Rogers	12/21
Ruth Ann Parker	12/22

Chris Loker	12/23
Amy Martin	12/23
Rich Beckett	12/24
Theresa Pitchford	12/24
Hannah Headrick	12/24
Bobby Simpson	12/25
Michael Jones	12/25
Kathy Black	12/26
Shyan Owens	12/27
Jose Covarrubias	12/28
Karen Pace	12/29
Sandra Radford	12/29
Issa Labastida	12/29
Tylor Norris	12/29
Marty Robinson	12/31
Sue Woods	12/31
Maddie Van Diem	12/31

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.
- 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.
- Pilates—12:15 p.m.



## FITNESS CENTER HOLIDAY INFO

Fitness Center closed all day, Saturday-Monday, December 24-26 (no classes on Monday, the 26th) in observance of Christmas.

Closed all day Saturday-Monday, December 31-January 2, (no classes on Monday, the 2nd) in observance of New Year's.

### 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 (non-holiday):

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





**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

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

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

We are here for you!

