

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

March 2017



AARP Tax Aid Filing Assistance

Volunteers for AARP will be conducting free tax filing assistance at the Salem Community Center @ the Armory computer lab. This free tax filing assistance will continue every Friday until April 7th. Appointments can be made by calling 729-8163.

The “Non” Newlywed Game

Sponsored by Healthy Dent County Saturday, April 1. Doors at the Salem Community Center @ the Armory open at 6:30 p.m. Table of 6 can be sponsored for \$250 or single tickets for \$25 and includes light refreshments. Cash bar will be open.

SACBA presents Trivia Night

Salem Area Community Betterment Association Trivia Night will be held Friday, March 10, at the Salem Community Center @ the Armory. Doors open at 5:30 p.m. \$100 — 8 person team. 1st place receives \$200 cash and trophy. Prizes for top 3 teams. Popcorn and drinks will be provided



Set your clock forward

Daylight Savings Time Begins

March 12, 2017 2:00 a.m.

Prizes for
the top 3
teams

Salem Area Community Betterment Association Presents

TRIVIA NIGHT

Popcorn
and drinks
will be
provided.

1st place gets
\$200 cash
and trophy

Date: Friday
March 10th

6:00pm Trivia starts
5:30pm doors open

Prize for the
most clever
team name.

Salem Community Center @ the Armory
1200 West Rolla Road, Salem

\$100 – 8 person team

For more information call 779-8163 or
email judy@salemcommunitycenter.org





2017 GIRLS' NIGHT OUT

A benefit for Healthy Dent County will be held on Thursday, March 23rd, 2017. The "Girls' Night Out" will be from 4:00 to 7:00 pm at the Salem Community Center @ the Armory. Attendees will

experience shopping with unique vendors, prize giveaways, FREE samples, door prizes, massages, food samples and many other exciting items.

Participating exhibitors will bring unique products and services of interest to women. Over 40 vendors will display and sell their products and services. Bring your girlfriends for an evening of pampering, shopping and eating. There is a \$5.00 admission fee and admission is limited to all women and girls 12 years of age and older.

Executive Director, Sherry Lea, explains, "This is our sixth anniversary for this fun event. I want to encourage women to come and enjoy the latest products and services in fashion, beauty, health, nutrition, and fitness."

Bring in any of the following items for a chance to win a \$300 Amazon Gift Card, \$150 Amazon Gift Card and a \$50 Amazon Gift Card. One ticket per item, the more you donate, the more your chances increase to win the gift cards. Donations will be given to: Sacred Heart Food Pantry.

Mark your calendars for the "Girls' Night Out". For additional information call 729-8163 or e-mail sherry@salemcommunitycenter.org.



Healthy Dent County's 6th Annual Girls' Night

Bring your girlfriends for an evening of pampering,
shopping, and of course, eating!

Several vendor booths available with great products to purchase!



Thursday, March 23rd
4:00pm - 7:00pm

Salem Community Center @ the Armory
1200 West Rolla Road, Salem

\$5 ADMISSION

Includes food samples, giveaways, door prizes and
vendor demos. Admission is limited to all women
and girls 12 years of age and older.

Bring in any nonperishable canned food for a chance to win a
**\$300 Amazon Gift Card, \$150 Amazon Gift Card, and a \$50
Amazon Gift Card.** One ticket per item, the more you donate,
the more your chances increase to win the gift cards.

Donations will be given to: **Sacred Heart Food Pantry.**

Salem Community Center
@the Armory
More than a place, it's a community.

A benefit for Healthy Dent County.
For additional information call 729-8163.



THE "NON"

Newlywed GAME



FUNDRAISER



Event sponsored by Healthy Dent County

Saturday, April 1st

Salem Community Center @ the Armory
1200 West Rolla Road

Game show starts at 7:00pm — Doors open at 6:30pm

Table of 6 can be sponsored for \$250 or
Single tickets for \$25 and includes light refreshments

- Cash bar will be open -

Game Show Contestants

James & Joan Gray

Brad & Deanna Nash

Willie & Stephanie Strader

Michael & Sara Jones

Andrew & Catherine Wynn



WEIGHT GAIN & CANCER RISK

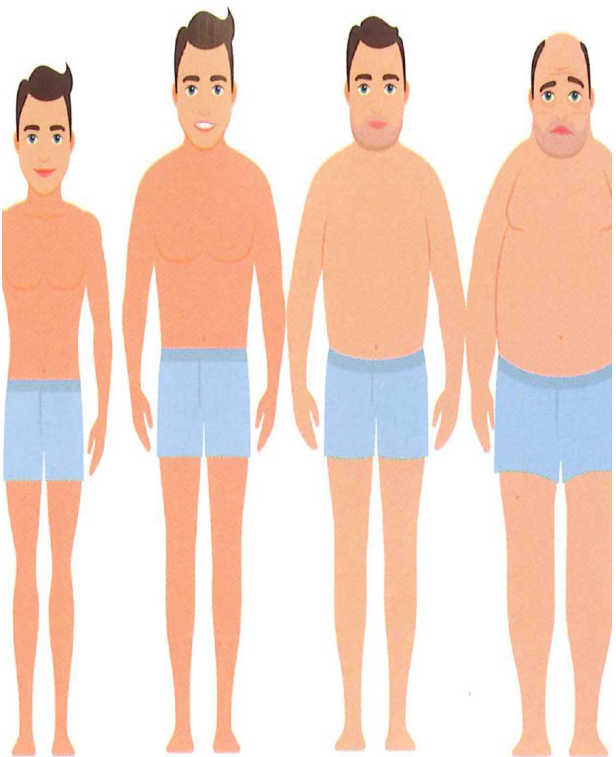
Susie Cahill, Fitness Director



According to the World Cancer Research Fund, 10 types of cancers are linked with obesity. Researchers from the University of Manchester in the U.K. warn that significant weight gain throughout adulthood ups the risk by as much as 50% for men and 17% for women of developing obesity-related cancer.

This data comes from a retrospective cohort study of 289,000 men and women in the U.S. Each participants' body mass index was assessed at intervals between the ages of 18 and 65. This information was then compared against cancer rates during a follow up of about 15 years. Among participants, 9,400 women and 5,500 men were diagnosed with obesity-related cancer after age 65.

Those with the biggest increase in BMI had the highest risk of developing cancer. For example, men whose BMI rose from 22 to 27 were 50% more likely to develop obesity-related cancer than men whose BMI was considered healthy and remained unchanged. Women fared better; those whose BMI increased from 23 to about 32 had a 17% greater risk than those who maintained a healthy weight.



This research shows how important it is to look at weight gain over a person's lifetime to give a clearer picture of cancer risk through life compared with assessing someone's BMI at a single point.

Source: IDEA Fitness Journal February 2017 Issue



March Birthdays

Marilyn Lovins	3/1
Bob Straub	3/1
Kyesha Flores	3/3
Mac McIntosh	3/4
Sarrah Pickering	3/4
Jacob Smith	3/4
Rachel Moncrief	3/4
Amanda Oppelt	3/4
Tana Kettner	3/5
Tonette Anderson	3/5
Tammy Koller	3/7
Jonathon Counts	3/7
Haylee Richmond	3/7
Susan Jadwin	3/8
Candi Mink	3/8
Josiah Beckett	3/8
Jeff Ziegler	3/9
Brenda Wofford	3/9

Amber Cooper	3/9
Brad Nash	3/9
Trey Clark	3/9
Kyle Moritz	3/9
Lauren Clawson	3/11
Judy Apperson	3/12
Apolo Starr	3/12
Charlie Pace	3/13
Susan Jordan	3/13
Tom Forbes	3/14
Tabitha Parks	3/15
Eric Wofford	3/15
Andy Nash	3/16
Roxann Cochran	3/16
Tyler Parsons	3/16
Scott Shults	3/17
Jerry Sprock	3/18
Bill Bond	3/18

Amber Toman	3/18
Keith Hinderliter	3/19
Christy Leathers	3/20
John Bray	3/21
Hope Koontz	3/22
Cary Terrill	3/22
Kathy Young	3/23
Eric Myers	3/23
Michelle Fulton	3/24
Andrea Jadwin	3/24
Kayla Fann	3/26
Briana Bacon	3/26
Holly Ziegelmeyer	3/27
Nancy Midyett	3/29
Warren DuBois	3/30
Sandy Brinkley	3/30
Trina Straub	3/30
Anthony Jarvis	3/30
Dane Thompson	3/30
Cory White	3/31

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.



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**

National Nutrition Month



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

Public Computers

Rural Addressing

Continuing Education Classes

Conference Rooms

Computer Lab

Fingerprinting

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****

