

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

May 2017



2017 SMDH Health Fair

Wednesday, May 10,

and

Thursday, May 11,

beginning 6 AM to 9 AM

at the Salem Community Center

@ the Armory



The Smile Mobile dental lab will be at the Salem Community Center @ the Armory the entire month of June. They will be seeing children as well as adults. To make an appointment, please call 573-426-6734. They accept Medicaid, CHIP, most private insurances and a sliding fee based on income and family size.

Conceal and Carry class will be held Sunday, May 7, at the Salem Community Center @ the Armory from 9:00 a.m. to 4:00 p.m. Call Leonard Pabin for additional questions at 729-7207.



The Salem Community Center @ the Armory and Fitness Center will be closed Monday, May 29, 2017 in observance of Memorial Day.

Healthy Dent County Presents

2017 Summer Kickoff

Friday, May 26th

Color the Summer Rad Color Run and Movie Night

Featuring: Trolls

FREE FOR EVERYONE

Bring your
own seating



Located at the Salem Upper Elementary
Movie starts at 8:30pm behind the school
Concessions will be sold after the Color Run
(Hotdogs, Popcorn, Popsicles, and Lemonade)



COURSE: Will be located at the Tiger Trail at Salem Upper Elementary.

TIME: Registration at 5:00 p.m. Run Starts at 6:00 p.m. in Upper Elementary circle drive.

FOR MORE INFO: Contact Melissa DuBois at the Salem Community Center @ the Armory, 573-729-8163, or email: melissa@salemcommunitycenter.org. To Pre-Register forms can be returned to your child's school or dropped off @ the Armory.



MAY 26th

REGISTRATION FEE: Students \$12 (up to 18 years), Adults \$15. Includes registration, T-Shirt, and sunglasses. Day of race same price, no shirt or sunglasses. All proceeds will be donated to Dent County LOVE PACK program.

Make checks to Healthy Dent County

PACKETS: Can be picked up @ the Armory the day before, day of the race, and at Registration.



REGISTRATION DUE: May 10th, 2017

CIRCLE SHIRT SIZE: YS YM YL S M L XL 2X(\$2) 3X(\$3)

Print Name: _____

Date of Birth: ____/____/____

Address: _____

Email: _____

City: _____ State: _____ ZIP: _____

Phone: _____

Release & Waiver: I know that running is a potentially dangerous activity and that I should not enter this event unless I am medically able and properly trained, and that physical injury, illness and even death may result from risks inherent in this sport. I assume all risks associated with participating in this event. Including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the roads, sidewalks, and trails on the course. Having read this RELEASE & WAIVER and in consideration of the acceptance of my entry, I, on behalf of myself and my representative and successors in interest, release and agree to indemnify, defend and hold harmless, even though any risks may arise out of negligence or carelessness on their part, Healthy Dent County, Salem R-80 School District, and all sponsors of this event and all agents, employees and representatives of the above, from all claims, suits, liabilities and actions. I grant permission for interested persons to photograph and record my participation in this event for publicity.

Signature: _____

Date: ____/____/____

MUST BE SIGNED BY A PARENT OR GUARDIAN IF UNDER THE AGE OF 18

Checks payable to Healthy Dent County





4th of July Community Lantern Liftoff Tuesday, July 4th at 9:00pm

Liftoff will be at the Commons in Salem before the fireworks show.

\$10 per lantern

All proceeds will be given to the City of Salem for 2018 firework display.
Lighters are not included

Pickup locations:

- Salem Community Center @ the Armory
1200 West Rolla Road or
- The City Administrative Office
400 North Iron Street

Lanterns will be sold until July 3rd and at the Commons on July 4th



For any questions, please call 729-8163



Healthy Dent County and the City of Salem are not responsible for accidents. Please light off lanterns responsibly.

Self-Defense Class Is Back For May

Susie Cahill, Fitness Director



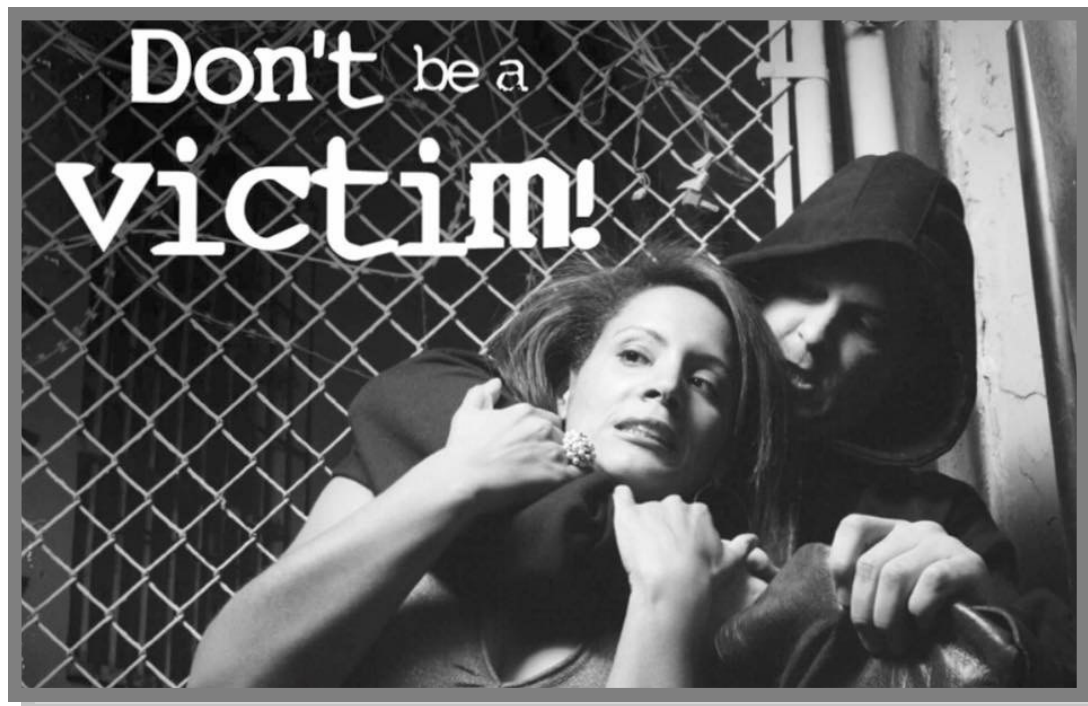
We are having our second Self-Defense Class in May. This class was so popular there was a waiting list from the January class. This Self-Defense Course is designed to help females become more aware, prepared, and ready for any situation that may occur in everyday life. Course will consist of 4 Thursdays in May. 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. Space is limited. Class fills up quickly. You must call 573-739-1127 ASAP to reserve your spot.

Instructor: Troy A. Hardwick

Dates: May 4, 11, 18 & 25th

Time: 6:00 p.m. - 8:30 pm

Price: \$45.00 regular price or \$35.00
discount price for Fitness Center Members





May Birthdays

Christian Sgroi	5/1
Robert Grayley	5/2
Noah Leathers	5/3
Lukas Martin	5/4
Joey Shorey	5/5
Amanda Walker	5/6
Angela Black	5/7
Sydney Mills	5/9
Yvi Presley	5/9
Erma Nash	5/10
Jennifer Richards	5/10
Laura Phillippe	5/11
Logan Conway	5/11
Tyler Shults	5/13
Alec Conner	5/13
Matt Hutsell	5/15
Alisha Pollard	5/15
Angelica Breeding	5/15

Rose Kinerk	5/16
James Lacy	5/16
Allie Green	5/16
Jerry Fowler	5/18
Lane Howard	5/20
Marcia Craft	5/22
Joan Gray	5/23
Brandt Ehrhardt	5/23

Sarah Massengale	5/24
Chuck Van Diem	5/24
Cheryl Shorey	5/25
George Myers	5/26
Sheila Hamlet	5/29
Breanna Whitehouse	5/30
Kelli Sisco	5/31



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

**IF YOU'RE
TIRED OF
STARTING
OVER, STOP
GIVING UP.**



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



Council For A
HEALTHY
DENT COUNTY
 Where Health, Education and Community Meet

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.

Please be aware of upcoming dates that the multi-purpose room will be closed for events. Walkers are welcome, but due to decorations for two of the events, please no volleyball.

Wednesday, April 26 thru Saturday, April 29th - Wedding

Monday, May 1 thru Saturday, May 6th – Salem High School Prom

Saturday, May 13th – Auction

Tuesday afternoon, May 16th – Salem High School Band Banquet

Saturday, May 27th – Auction

Wednesday, May 31 thru Saturday, June 3rd – Wedding

