

# Salem Community Center @ the Armory Newsletter

Salem Community Center  
**@the  
Armory**

**September 2017**



**The Salem Community Center @ the Armory and Fitness Center will be closed September 4, 2017 in observance of Labor Day.**

## SMDH HEALTH FAIR

Wednesday, Sept. 13, and  
Thursday, Sept. 14,  
6:00 a.m.-9:00 a.m.  
at the Salem  
Community  
Center @ the  
Armory



*MO Job Center Excel Workshop Available at  
Salem Community Center In September*

The Missouri Job Center is expanding services in the Dent County Affiliate Office at the Salem Community Center (the Armory) by offering an Excel Workshop on Thursday, September 14 at 1:00 PM!!! Reserve your spot today by calling 573-729-8163

# Salem High School Alumni Weekend 2017

## “Salem Will Roll Through the Ages”

### September 22-23, 2017



Please join us for the second annual Salem High School Alumni Weekend!

#### Schedule of Events

##### Friday, September 22

		Location
5:30 pm – 7:00 pm	BBQ and Socialize	Outside SHS Stadium
7:00 pm	SHS Tigers vs. Willow Springs	SHS Football Stadium
Post-Game	Bonfire & Socializing	SHS Parking Area

##### Saturday, September 23

		Location
8:00 am – 10:30 am	Breakfast Fundraiser	Salem High School
8:30, 9:30, 10:30 am	New School Tours	Salem High School
9:00 am – Finish	Alumni Golf Tournament	Spring Creek Golf Club
2:00 pm – 4:00 pm	Alumni Basketball Games	Salem High School Gym
4:00 pm – 8:00 pm	Live music, FFA BBQ, Student Booths, Dance & Gymnastics	Courthouse Square
	Bouncy House, Games, & more	
8:00 pm – ?	Cruise Salem	Cruise Route

Golf Tournament is 3-person scramble. All proceeds go to school organizations.

Anyone who feels connected with SHS is welcome!

For more information, visit [www.shsalumnifoundation.org](http://www.shsalumnifoundation.org) or like/contact us on Facebook



Presents

# Current River Blue Oval Rally

All makes and models welcome  
Dent County Courthouse  
Salem, MO

September 9, 2017



The sound stage is sponsored by Town & Country Bank and Country Mart



Free event t-shirts to the first 25 cars registered.

## Music - Arts and Crafts Kids Korner - Cruise-In

### Awards at 2PM:



- Club Participation
- Spectators Choice
- Mayor's Choice
- Sheriff's Choice

And many more awards



\$20 Entry Fee/Spectators free



Participant vote car show with arts & crafts show beginning Saturday at 8AM



Proceeds to benefit local charities



More information is at [www.MidwestBlueOval.Club](http://www.MidwestBlueOval.Club) and on [Facebook.com/MidwestBlueOvalClub](https://www.facebook.com/MidwestBlueOvalClub)

**FREE EVENT**

**Presented By:**  
Salem Rotary Club  
Healthy Dent County  
Prevention Coalition  
Prevention Consultants of  
Missouri

Former meth dealer, recovering addict, husband, father of seven, and suicide survivor, David started using drugs at age 13 with his father. His message is captivating and his presentations are graphic. His face still holds the scars of his past drug abuse.

Internationally known speaker on the dangers of meth:

**DAVID  
PARNELL**

“RECOVERY IS  
POSSIBLE.”  
DAVID PARNELL

MONDAY  
SEP  
18  
7PM

**SALEM COMMUNITY  
CENTER @THE ARMORY**

1200 W. Rolla Road  
573-729-8163

***Some material may not be suitable  
for young children***

**Let's Stop**



**In Dent County**

FOR MORE INFORMATION, CONTACT 573.729.8163

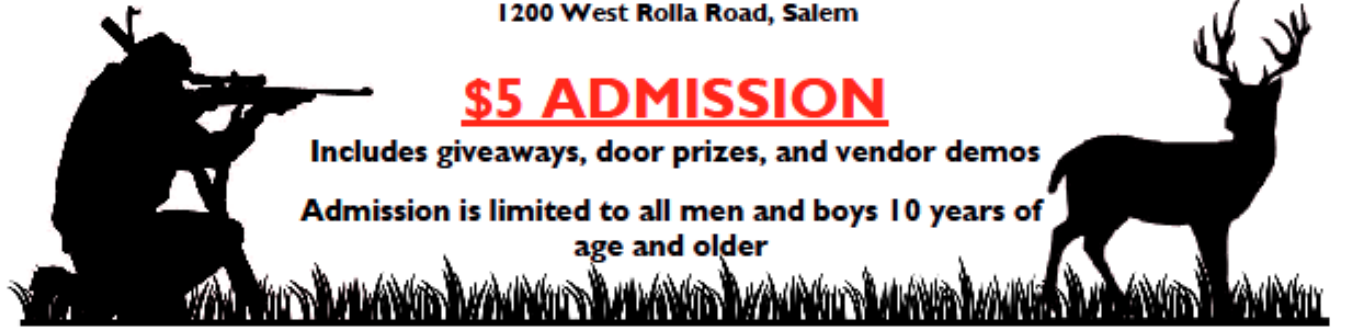
# GUYS' NIGHT OUT

**TUESDAY, SEPTEMBER 26<sup>TH</sup>**

**5:00PM – 7:00PM**

**Salem Community Center @ the Armory**

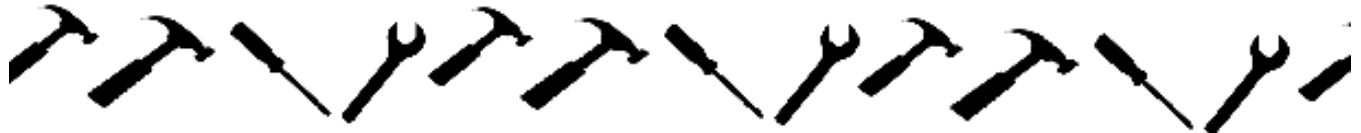
1200 West Rolla Road, Salem



**\$5 ADMISSION**

Includes giveaways, door prizes, and vendor demos

Admission is limited to all men and boys 10 years of age and older



Bring in any canned food or non-perishable food item for a chance to win \$300 in gift cards. One ticket per food item, the more you donate, the more your chances increase to win.

Donations will be given to:  
Sacred Heart Food Pantry.

## RAFFLE

Win a Henry Golden Boy H004 .22LR

## HOW TO ENTER

Buy a raffle ticket for \$20. The winner will be chosen during Guys' Night Out. **ONLY 100 TICKETS WILL BE SOLD.** Tickets can be purchased at the Salem Community Center @ the Armory

A benefit for Healthy Dent County. For additional information call 729-8163 or email [info@salemcommunitycenter.org](mailto:info@salemcommunitycenter.org)





**BE A  
HERO  
IT'S IN  
YOUR  
BLOOD**



**T-SHIRT FOR ALL PARTICIPANTS!**

## **BLOOD DRIVE**

**North Wood R-IV**

Bloodmobile in parking lot.

Thursday, September 21, 2017

9:00 AM - 2:00 PM

Score LifePoints on Every Donation!

**[www.cbco.org](http://www.cbco.org)**

Photo identification required.

Please eat well and drink plenty of fluids prior to the blood drive.



# Electronics & Tire Collection

Anything with a cord or battery operated!

**SATURDAY, September 30**

**RESIDENTIAL ITEMS ONLY!  
YOU MUST UNLOAD ITEMS  
YOURSELF!**

**9 a.m. to 1 p.m.**

**Salem S/W Construction Parking Lot**

(located at the corner of Third and Grand in Salem, MO)

**\$10 Fee On Each:** CRT TVs - CRT Computer Monitors - Flat Screen TVs - Flat Screen Computer Monitors

**Tire Fees:** Passenger \$2.00 each - Truck \$7.50 each - Tractor \$35 each

**FREE!** computer components - keyboards - printers - VCRs/DVD players - cell phones - power tools - hairdryers - or anything operating on a battery or a cord

**Not Accepted:** VHS & Data tapes - Floppy disks - Capacitors, transformers or ballasts that are not clearly marked as saying "NO PCBs" - smoke detectors - thermostats - medical waste - gas containers - anything leaking oil or acid - broken ink or toner cartridges - alkaline batteries - broken CRTS TVs or monitors

**Eligible Counties:** Crawford, Dent, Gasconade, Maries, Phelps, Pulaski, and Washington

## Questions?

Contact MRPC at (573) 265-2993

or [jhollowell@meramecregion.org](mailto:jhollowell@meramecregion.org)

For future collection schedule, visit: [ozarkrivers.org](http://ozarkrivers.org) or

Follow us on Facebook at [facebook.com/ORSWMD](https://www.facebook.com/ORSWMD)



### Sponsored by:

This project was funded in part by the Missouri Department of Natural Resources.



Ozark Rivers Solid Waste Management District



Meramec Regional Planning Commission



**SALEM  
FARMERS'  
MARKET**



**DOUBLE UP  
FOOD BUCKS™**



Council For A

**HEALTHY  
DENT COUNTY**

*Where Health, Education and Community Meet*

# ***Stretch*** **Your food dollars**

When you use your EBT card at the Salem Farmers' Market we match your money dollar for dollar up to \$25 a market day per card holder.

We also accept  
**Debit & Credit**

**Saturdays: 7:30 AM—NOON**

**Tuesdays: 3 PM—6 PM**

**Questions? Call Kim at 729-8163  
or email**

**[kim.shelton@salemcommunitycenter.org](mailto:kim.shelton@salemcommunitycenter.org)**





# FITNESS CENTER



## September Birthdays

Dixie Miller	9/2
Tina McKee	9/2
Dustin Sercl	9/3
Dereka Conway	9/5
Paula Schenck	9/7
Brian Glenn	9/7
Charlene Nazarenko	9/7
Michelle Steelman	9/7
Kyle Parks	9/7
Tammy Sellers	9/8
Brad Land	9/8
Whitney Biele	9/8
Tammy Scheets	9/9
Sarah York	9/11
Kory Ramsey	9/11
Rick Kissir	9/12
Joshua Camden	9/12
Henry Dahms Jr	9/13

Grant Hamlet	9/13
Becki Heathman	9/13
Phoenix Ehrhardt	9/13
Jeremy Wisdom	9/14
Jimmy Decker	9/16
Emily McCarter	9/16
Michael Swank	9/16
Mackenzie Whitaker	9/16
Loretta McClure	9/18
Hazel Halbrook	9/19
Jeff Leathers	9/20
Rayetta Gill	9/20
Sue Jadwin	9/21
Dave Nichols	9/21
Stephanie Carpenter	9/21
Kristy Bermudez	9/21
Kelsey Schatz	9/21
Marie Romer	9/22

Kaydance Owens	9/23
Linda Riley	9/23
Sonny Moczygemba	9/25
John Strebe	9/25
Krystle Smith	9/25
Sandi Ogle	9/26
Clayton Deese	9/26
Geri Miller	9/28
Scott Roberts	9/28
Taylor Wilson	9/28
Debbie Baird	9/30
Mike Parks	9/30

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—4:00 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.
- Tai Chi—4:00 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.

## SEPTEMBER IS CHILDHOOD OBESITY MONTH

Nutrition Matters



### 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
- 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\*\***

**We're building a healthier future in Dent County!**

- Organized **community events** throughout the year
- Contributed to the new **City Park playground**
- Water bottle filling stations now in every HSHC school and multiple community locations
- Built a new **playground** at William Lynch Elementary that is open to the community outside of school hours
- Secured grant to **build more sidewalks and create safer routes to school**
- Built an **obstacle course** at R-4 that is open to the community outside of school hours

MISSOURI FOUNDATION FOR HEALTH

**Healthy Schools  
 Healthy Communities**  
 LET'S BUILD A HEALTHIER FUTURE

Healthy Dent County  
 573-729-8163  
[healthydentcounty@gmail.com](mailto:healthydentcounty@gmail.com)

