

# Salem Community Center @ the Armory Newsletter

Salem Community Center  
**@the  
Armory**

## October 2017



Please be advised the gym at the Salem Community Center @ the Armory will be closed for various activities on the following dates in October:

Thursday, October 5

Saturday, October 14

Saturday, October 21

Tuesday, October 24

Thursday, October 26

Saturday, October 28

Saturday, November 4

***A huge congratulations to Dr. Theodore Ziske who was nominated by Dent County Presiding Commissioner Darrell Skiles, for the Eugene E. Northern award. This is the highest honor given by Meramec Regional Planning Commission (MRPC) for volunteers and community service. He will be honored on Thursday, October 26, at MRPC's Annual Banquet being held at Salem Community Center @ the Armory.***

***For tickets contact Healthy Dent County at 729-8163.***

# It's (Almost) Fall Y'All!



Kim Shelton, Community Wellness Coordinator

Can you feel it? The air is getting cooler, leaves are beginning to fall, Friday Night Football is in full swing, and that can only mean one thing... FALL! Fall is my favorite time of the year. There's perfect weather, there's bonfires, there's deer season. What's not to love? Fall also means getting back into the swing of things and back into a routine for most families. Being a mom of two, I completely understand this and as much as I love fall I would be lying if I didn't say that it also brings just a tinge of stress with trying to get myself and my kids back into a groove. And if you are anything like me, feeling stressed or feeling rushed often leads to making decisions that are less than healthy... like making mac n cheese and hotdogs for dinner instead of the balanced meal I *should* be serving. Hey, I'm a mom. We've all done it. I'm just being honest. But here are a few tips that help me reestablish a routine and keep me from slacking on keeping my kids healthy with our busy lives:

**Plan ahead:** I can't stress this enough. If you fail to plan, plan to fail. If I don't know what I'm making for dinner when I pick my kids up from the sitter after I get off work there is about a 95% chance I'm stopping on the way home to get something because my brain just isn't working well enough to come up with something out of the blue. So instead I meal plan. Just last week I sat at my dining room table and planned dinners for the entire month of September and made coordinating grocery lists for each week. Now I have no excuses and my stress level is greatly reduced knowing that I'm all set up to fix a healthy meal for my family.

**Keep in mind lunches when making dinner:** Weather it's for me or my 1<sup>st</sup> grader, I'm always thinking about if my dinner can be used for lunch the next day. For me it's a little easier because I have a microwave at my disposal, but for my 6 year old I have to think about what is going to transfer well as a cold lunch or something that will taste good out of a thermos. If your dinner can also be lunch then that's one less meal you have to make. And again, if lunch rolls around and I don't know what I'm having, chances are I'm eating out and between you and me, I very rarely eat salad and I *really* love burgers so eating out basically always translates into me eating my entire calorie allowance in one meal.

**Schedule in time to be active:** Take advantage of the fall weather and get out and take a walk with your family. Head to the Tiger Trail, Shawnee Mac, or the track. Or if your kids are like mine, a trip to the City Park will make them think you are the Best. Mom. Ever. There's plenty of opportunity to be active here. I will stress again though, schedule it. Schedule it and pretend you are scheduling a meeting with your boss so you won't skip out. Planning that into your day gets you prepared to actually do it and gets you in the mindset that you aren't just going to melt into the couch and binge watch Netflix all night. If you need a little extra accountability to make sure you actually get out and do what you planned on, just tell your kids the day before what you're all going to do. Trust me, they won't forget and they will be sure to remind you approximately one million times throughout the day.

So don't stress. Get out there and enjoy the best season of the year!

Healthy Dent County AND the Salem United Methodist Church presents:

# FALL FESTIVAL



Friday, October 27th  
6pm — 9pm



Located at the salem upper elementary

Activities:

Bounce house

CRAFTS

Face painting

Music

PUMPKIN DECORATING

Bean bag toss

Apple bobbing

Free

For

All ages

Food:

Healthy  
snacks

Scare on the  
tiger trail

From 8pm-9pm you can walk the  
tiger trail to see what scary things

come out after dark

No registration required

Pumpkin carving/decorating  
contest

Bring your best decorated/carved pumpkin.  
1 winner for each age group will receive a \$50  
gift card

Age groups  
(years old):

0-7, 8-10, 11-13, 14-17, 18+

For questions about the event,  
Please call 729-8163





## October Birthdays

Luc Burns	10/3
Joanna Marion	10/3
Cathy Tucker	10/4
Dawn Heisler	10/4
Kim Gollhofer	10/6
Larry Chilton	10/6
Karen Fowler	10/6
Mike Presley	10/8
Michelle Berry	10/8
Amber Kettelhake	10/9
Caleb Shepherd	10/10
Carl Nelson	10/11
Beverly Whitworth	10/11
Laura Yohai	10/11
Ryan Nash	10/12
Josh Gordon	10/13
Peggy Whitaker	10/14
LD Rictor	10/14

Jordan Brown	10/15
Tom Nolan	10/16
Tammy Oppelt	10/16
Dustin Counts	10/16
JaNaYa Williams	10/16
Deanna Lyons	10/16
Evan Howard	10/16
John Hambacker	10/17
Tom Hanson	10/18
Richard Atkins	10/18
Heidi Ross	10/20
Heather White	10/21
Jaime Camp	10/21
Noah Major	10/21
Gaye Lynn Blankenship	10/22
Brenda Cottrill	10/23
Mary Ann Hurley	10/23
Rose Dry	10/24



Tina Dry	10/24
Molly Zettel	10/24
Debbie Shepherd	10/25
John Nolan	10/26
Traci Wulff	10/26
Marilyn Redman	10/26
Chelsey Miller	10/28
Michelle Likes	10/29
Craig Webb	10/31
Baxton Owen	10/31
Tracie Woods	10/31



### 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

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.

## ATTENTION FITNESS CENTER MEMBERS:

Lockers located in the restrooms are provided for temporary use of our members; therefore, should not be padlocked for an extended period.

Thank you for your cooperation.



**Salem Community Center**  
**@the Armory**

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 Find us on the web:  
[salemcommunitycenter.org](http://salemcommunitycenter.org)

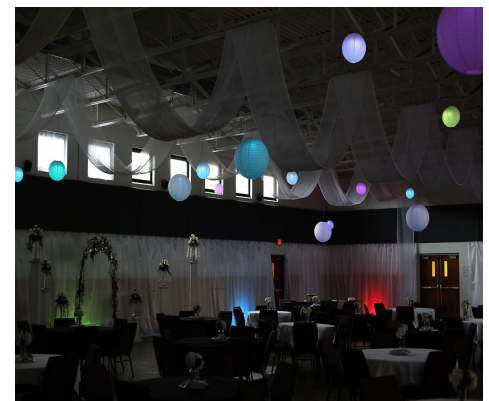


The Salem Community Center @ the Armory provides the following :

- 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
- 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
- Contributed to the new City Park playground
- 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  
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