

# Salem Community Center @ the Armory Newsletter

Salem Community Center  
**@the  
Armory**

## *December 2017*

Salem Community Center @ the Armory and Fitness Center will be closed on Christmas Day Monday, December 25, and New Year's Day Monday, January 1.

**WISHING YOU A VERY MERRY CHRISTMAS  
AND HAPPY NEW YEAR!!!**

WHERE HEALTH,  
EDUCATION &  
COMMUNITY MEET



**HEALTHY  
DENT COUNTY**

*Where Health, Education and Community Meet*





# Benefits

- \* Maintains Energy Levels
- \* Students Learn Better
- \* Increase Focus
- \* Encourage Healthy Habits
- \* Meets District Wellness Policy

# NOT That



# Negatives

- \* Contributes to Poor Eating Habits
- \* Compromises Learning
- \* Hyperactive
- \* Encourages Overeating

## Pick Up Your Pencil and Get to Work



Kim Shelton, Community Wellness Coordinator

Babe Ruth said it best. “Don’t let the fear of striking out keep you from playing the game”. It’s a quote I’ve heard all my life, but like most other profound words of wisdom, I didn’t pay it much mind until life hit me right in the face. I found myself telling my six-year-old this the other day as she was working on her math homework. I watched the frustration grow on her face as she struggled to understand the algebra, yes algebra, that she brought home. At one point she just let out a big sigh, dropped her pencil, and stared blankly at the table. I could tell she was embarrassed, maybe even ashamed that it wasn’t coming easy to her. As a parent it was a tough moment for me. You never want to see your kids defeated. But in that moment, I realized how much she is like me. When I am learning something new I basically refuse to be around anyone until I’m an expert at it. Not being good at something has always been something that just breaks me. Even as an adult, knowing that it’s impossible to be good at everything and that everything takes work, it is still incredibly difficult for me. So as I talked her through her frustration she picked her pencil back up and got back to work, eventually figuring it out and feeling accomplished.

So often we do this very same thing with our health. We are so afraid to start a new way of eating, exercise program, or buy a gym membership because, God forbid, what if we fail? When the reality is that absolutely no one is perfect! Living a healthy lifestyle is not a straight path. It is going to be filled with twists, turns, hills, and valleys. There are going to be Thanksgivings dinners, Christmas cookies, and birthday cakes. And guess what? That’s ok! Enjoy life! But don’t sit back and refuse to change or improve all because you are afraid of failure. There will be times where, like my daughter, you are just going to let out a sigh of frustration, drop what you’re doing, and stare at the ground below you. But it’s up to you to pick up the pencil and keep going. You will never see results if you keep quitting. Working out is hard. Eating right is hard. Algebra is hard. But they’re important. Another quote that will forever stick in my mind is this, “What doesn’t challenge you doesn’t change you”. If what you’re doing is easy, you’ve either been doing it long enough that you’re an expert or you’re not putting all your effort into it.

So as this year winds down and 2018 comes closer into view I hope you challenge yourself. Don’t be a slave to fear. Don’t sit back and let the time pass without working towards your goals. Pick up your pencil and get to work. Because ultimately you are the only one who can get it done.

# Santa's Workshop



**Friday, December 15<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!**



**FREE ADMISSION**

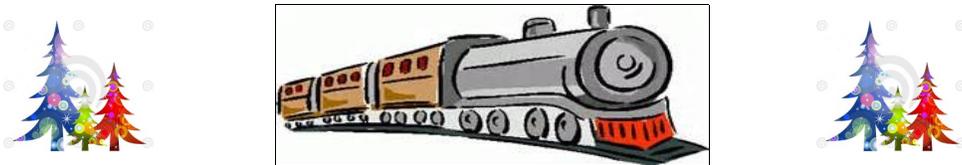
**Hot chocolate and popcorn will be available for  
purchase**



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 is partnering with Healthy Dent County to host the Angel Tree. The Angel Tree will be available now through December 15th, with access to the tree Monday through Friday from 8:00 AM to 4:30 PM, at the Salem Community Center @ the Armory located at 1200 W. Rolla Road in the front lobby. Your gifts will be distributed December 18th at the Dent County Fire Station.



Trees and Trains exhibit at the Ozark Natural and Cultural Resource Center (ONCRC) through December 24th.



The **Sights & Sounds of Christmas** Parade will be held Saturday, December 2, beginning at 5:30 PM.

SMDH Foundation “Dancing with the Salem Stars” will be held on Saturday, December 9, at the City Hall Auditorium.





Are  
**YOU**  
Ready?

**JANUARY 1-31**

- WEEKLY EXCLUSIVE FITNESS CLASSES (TUESDAYS)
- WEEKLY EXCLUSIVE NUTRITION CLASSES (THURSDAYS)
- MEAL PLAN
- SHOPPING LIST
- EXCLUSIVE, PRIVATE FACEBOOK GROUP
- SPECIAL EVENTS
- WEEKLY PRIZES
- ACCESS TO FITNESS CENTER

**\$500** GRAND PRIZE **\$250** SECOND PLACE PRIZE **\$100** THIRD PLACE PRIZE

The challenge will be based on a point system NOT weight loss. This challenge is for EVERYONE. We will focus on overall health and go far beyond your usual weight loss challenge. There will be many ways to win fun prizes, gain a new support system, and learn new ways to live a healthy life. Don't miss out on this awesome opportunity!



Register by December 15th  
\$30 for non fitness center members  
\$15 for fitness center members  
Register at the Salem  
Community Center @ the armory  
Call 729-8163 for any questions



Registration Fee: \$30 for non fitness center members and \$15 for members.

Please return registration form to Salem Community Center @ the Armory or Salem Fitness Center

Make checks payable to Council for a Healthy Dent County

Name \_\_\_\_\_

Address \_\_\_\_\_

Email Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Age \_\_\_\_\_ Shirt Size \_\_\_\_\_

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. This includes, but not limited to falls, roads, sidewalks, and trails on the course. Having read this RELEASE AND 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 of their part, Healthy Dent County, City of Salem, Salem 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 \_\_\_\_\_

For any questions please call 729-8163

## 2018—The Year to Merge Fitness & Nutrition

Susie Cahill, Fitness Director



In past years, Healthy Dent County has offered Boot Camps and Beginner Exercise Programs for the New Year. We have also held a number of Nutrition Classes at various times.

In 2018, we have decided to combine the exercise with the nutrition for a month long course. This will be an opportunity for a complete healthy lifestyle change. We will focus on overall health. There will be no dialing in numbers on the scale involved this time. We will have a weekly exercise class (along with access to the fitness center and other classes) AND a weekly nutrition class throughout the whole month of January. This will include meal planning and shopping lists. We will learn ways to cook healthy, tasty and satisfying meals. We will get to try different dishes each week. We will learn how to read and decipher those confusing labels. We will focus on one new healthy habit at a time. It is time for us to stop the mayhem and get back to the basics....and we will learn exactly what those basics are. We will learn the importance of healthy eating, the importance of fats, proteins, fruits and veggies and whole grains. We will learn the different benefits of cardio and strength exercises. We will learn why we need to do it and where to get started.



The question is, ARE YOU READY? Join us for our 2018 Healthy U Challenge. This is your year to learn how to live a healthy lifestyle. Don't miss out on this awesome opportunity. Call 729-8163 to register today.

# FITNESS CENTER



## December Birthdays

Carol Gibbs	12/1
Ruth Ann Williams	12/1
Denita Williams	12/1
Jay Dickson	12/2
Paula Nolan	12/2
Mary Lou Van Winkle	12/2
Mark Weaver	12/3
Ken Sweitzer	12/4
Becky Inman	12/5
George Gilbert	12/5
Judy Beckett	12/5
Barb Medlock	12/9
Nathan Shaw	12/9
Andrew Wynn	12/9
Dawson Wynn	12/9
Donald Parkhill	12/10
Jack Gage	12/11
Chris Owen	12/11

Savanna Tuttle	12/11
Lois Stacy	12/12
Rick Ragsdale	12/13
Tucker Conley	12/13
Kim Owen	12/14
Jacob Stacy	12/14
Keilee Camp	12/16
Claudia Dickson	12/17
Sandy Dobbins	12/17
Alexandra Major	12/17
Jackie McIntire	12/18
Ken Miner	12/18
Jan Farthing	12/18
Marty Anderson	12/18
Gene Craft	12/20
Tye Lydon	12/20
David Smith	12/21
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
Bobby Simpson	12/25
Michael Jones	12/25
Kathy Black	12/26
Tonisha Dzindolet	12/26
Shyan Owens	12/27
Karen Pace	12/29
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.
  - 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.

**GIVE THE GIFT OF HEALTH**

**Show someone how much you care!!**



**Healthy Dent County Fitness Center gift certificates are available to purchase for that special person in your life.**

**This gift keeps on giving long after the holidays are over.**

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  
 5 a.m. to 7 p.m. Friday  
 9 a.m. to 12 p.m. Saturday



**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!

