

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

January 2018

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

WISHING YOU A HAPPY NEW YEAR!!!

WHERE HEALTH,
EDUCATION &
COMMUNITY MEET



**HAPPY
NEW YEAR**

Healthy Dent County Quilt Raffle

Drawing will be held at Girls Night Out
on March 22nd, 2018



*Vintage Picnic
Bonnie James
2017*

Ticket Prices:

1 for \$5

or

5 for \$20



Tickets can be purchased at the Salem
Community Center @ the Armory
1200 West Rolla Road, Salem

You need not to be present to win the quilt.

5 Apps to Help You in Your Health Journey



Kim Shelton, Community Wellness Coordinator

We live in a technology driven world. Most people's phones are more like an additional limb than a device. Being without it makes them feel like something is missing and they just don't function the same. As a millennial, I'll be the first to say that technology is responsible for a lot of negative things in our society. A lack of social skills, contributing to a sedentary lifestyle, and spreading misinformation just to name a few. But no one can argue that technology has been incredibly beneficial in so many aspects as well. It can even be valuable in your health journey if you use it correctly.

If you were to take your phone out, click on the app store, and head to the "health and fitness" section, you would find thousands upon thousands of apps dedicated to that very subject. Now admittedly, it can be a bit overwhelming to look at all of that. Luckily for you, I've tried a ton of them. So here is a list of my favorite health and fitness apps and how I think they could help you.

1. **My Fitness Pal:** You've probably heard of this one, and for good reason... It's fantastic. One of the hardest parts of our health journey is often times our diet and keeping track of the foods we eat. My fitness pal helps you track your foods, exercise, set goals, and gives you a calorie allowance based on what your goals and your lifestyle are.
2. **Nike Run Club or Map My Run:** So this is two different apps, but essentially, they're the same. They both track your runs using GPS, showing you your path, speed, and keeping track of past runs so you can see how you are improving. Both apps can run in the background so you can listen to music as well. An added bonus is that you can share your runs on social media and connect with friends who are also utilizing this tool.
3. **Couch to 5k:** This is a favorite among beginner runners. Couch to 5k does exactly like the name suggests; trains you from being a couch potato to 5k ready in nine weeks. You train 3 days a week and the app tells you when to walk, run, or jog. Each week you run a little more until eventually you are ready to race!
4. **Interval Timer by Deltaworks:** This app allows you to create your own High Intensity Interval Training (HIIT) workouts on your phone and instructs you on when to move to the next exercise. This can be extra helpful for those at home workouts or workouts where you have limited equipment.
5. **Daily Water – Drink Reminder:** Almost everyone I know struggles with getting enough water intake every day. This app sends you reminders throughout the day to drink water and tells you how much water you need to consume by certain time in the day. Water is essential to your body running properly so this app can be really helpful to those of us who tend to be a bit forgetful or just really busy.

I hope this list was helpful for you! Take a look at the app store and do your own exploring. Basically anything you can think of, "There's an app for that".

GET M.A.D.

By Gregory Sandridge, Fitness Center Member



My name is Greg, and I will start off by saying “Ain’t nothin’ to it but to do it.” Besides the political correctness, it doesn’t get any simpler than that. It’s been a mantra of mine for years now and the affect it’s had on not only my perspective on working out and fitness, but also life in general. I’m a 30 year old Marine Veteran, father of 2, stepfather of 2, vertically challenged, black male, and yes, all of those are very important. I’ve always looked up to the likes of celebrities like The Rock, Hulk Hogan, Bruce Lee, or Arnold Schwarzenegger, to name a few. I was full of myself back then, always flexing or talking about “what I was going to do.” That’s where the charisma came from. That overwhelming confidence, started at a young age, would build momentum and end up starting something huge. That mixed with the pain that I’ve felt over the years which took me to Rock Bottom...the only place you realize that definite action needs to be taken to make some change. I kissed my son and my daughter for the last time in November of 2009 before I deployed to Afghanistan. That is the most painful thing for me even to type. That void alone has lit a fire in me that I have yet to be able to describe and I’m very good with words. When I got out of the Marine Corps in 2010, I went into a deep depression. Nothing mattered to me anymore, all I could think about was not being able to have my kids with me. I already knew that pain. I was in foster care starting at 3, and I remember the moments I wondered where my parents were. I didn’t want them to live that. Nonetheless, the decision was out of my hands. I lost possibly 20 –30 pounds, and literally at that point, I didn’t care. After all, at that point, there wasn’t much for me to look forward to. This was my Rock Bottom, and it felt as if it were actually dropped by The Rock himself. Fortunately for me, I had a group of Marine friends that supported me in those times. I feel if it weren’t for their mere presence during those times I wouldn’t be here to write this...and I mean that sincerely.

I eventually gathered myself enough that I could enroll in college classes and having my mind occupied helped intensely. I got back into reading books and finding out who I was. I started working out again, watching what I ate and I ended up opening up and meeting people. Of course I made plenty of bad decisions on the way, however, one of them brought me to meet my “step-children” whom I claim because of my relationship with their mother. They are highly important. I won’t say that their presence fills the void of my children, what I will say though, is that I treat them exactly as I would my own, and their presence is a constant reminder to keep fighting for my own. I was listening to a Les Brown audio book one day and I will say his words gripped my soul. It was like a light bulb moment, the idea for M.A.D. just clicked on in my head. I was thinking about turning a negative into a positive the anticipation of changing myself caused me to brainstorm like crazy. I ended up thinking how I felt knowing I wasn’t where I wanted to be and I came up with MAD. So appropriate that ended up being. I remembered how I felt in the Marine Corps at moments where I overcame obstacles I never thought I could, MOTIVATED. I thought of how I felt at that very moment brainstorming and I came up with AMBITIOUS. It just felt perfect after that, DRIVEN fell in place like a puzzle piece. Any negative unfavorable moment could be changed by getting ‘M.A.D.’ MOTIVATED AMBITIOUS and DRIVEN. It had a nice ring to it and all, but the implementation is what really got me. I forced myself to distance myself from anything that wasn’t pertaining to my goals or aspirations I had at the moment. I put being optimistic and positive on my daily agenda to kill the myth that it’s easier said than done, and donned an assertive “Ain’t nothin’ to it but to do it’ attitude. I started taking risks, stepping outside my comfort zone, and most importantly, I focused on my passions. Although I’ve been short all my life, I’ve felt like I was the biggest guy in the room...that was my heart clouding my vision all those years. I always wanted to have 24 inch pythons like Hulk Hogan, chiseled physique like Bruce Lee, or built like an action figure like Arnold. I was going to make it happen and I was going to show the world that ANYTHING is possible. I love deadlifting. To me, it’s almost synonymous with defying the odds. I weigh 135 pounds and can lift almost 4 times my bodyweight. That is M.A.D. and it pushed me to start performing at my “True Potential”.



Potential...we all have IT, whether we all get to “meet” it is up to us. “YOUR Full Potential”, just reading that makes you wonder what your unique version is, but are we living that? We’re all guilty of becoming too comfortable or complacent at times and we notice that progress seems to cease. Upon reflection, you realize that you were actually capable of doing and living better, that is realizing that you are in fact NOT living at your full potential. Being M.A.D. is maintaining an assertive, and positive mindset that when properly applied, will keep you focused and steadily in motion towards your aspirations. That constant motion and positive attitude will definitely bring you face to face with “Your Full Potential”. Now stop making excuses and Get M.A.D.!

Healthy Dent County is unrolling its first ever Dent County Community Calendar. This calendar will consist of events and programs happening for kids 18 years and younger in the Salem area. Healthy Dent County will release a physical calendar to the community and schools every four months, but we will also be online! The online calendar will be continually updated as events and programs get added throughout the year. All you have to do is visit dentcountyouthcalendar.org and it will take you straight to the online calendar.

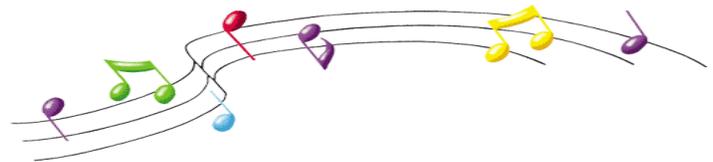
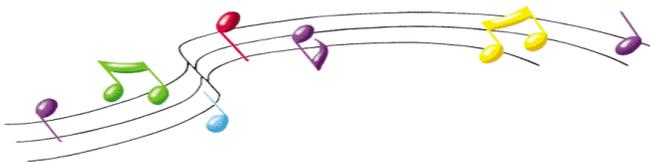
If you would like more information on adding events and programs to the Dent County Community Calendar, please contact Kelsey Schatz at kelsey@saalemcommunitycenter.org or call 729-8163.

January 11, Introduction to Figure Drawing -

This class is intended for adults and mature young adults who wish to learn some of the foundational skills and concepts of figure drawing, composition, working with charcoal, and seeing as an artist. \$25 registration fee and seats are limited 6:30 PM The Creative Arts Center 729-0029



January 18, Oil Pastel Workshop - Learn how to use the convenient and inexpensive medium of oil pastel. Seasonal images will be available to work from or bring your own. \$25 covers all fees. Registration is limited 6-8 pm The Creative Arts Center 729-0029.



January 23, Salem Acoustic Community Jam - Musicians and listeners of all ages and talents and interests are invited. Bring your instrument and play along with the crew or just come to listen and pat your feet! 6:30 pm The Creative Arts Center 729-0029

Dent County Youth Calendar



January 2018

- January 4th – "Animals in the Snow" at the Salem Public Library
Salem Public Library – 729-4331
- January 5th – Shooting Sports Safety Meeting at the New Harmony Church
4H – 729-3411
- January 6th – 4H Shooting Sports Safety Course at the Extension Conference Room
4H – 729-3411

February 2018

- February 1st – "Friends" at the Salem Public Library
Salem Public Library – 729-4331
- February 1st – City of Salem Youth Soccer Signups at the Salem Community Center @ the Armory
Salem Parks and Rec Department – 729-6290
- February 24th – 4H Steer Weigh In at the Salem Livestock Barn
4H – 729-3411

March 2018

- March 1st – "Color of the Rainbow" at the Salem Public Library
Salem Public Library – 729-4331
- March 5th-30th – Water Challenge in the community
Healthy Dent County – 729-8163
- March 6th – 4H Quality Assurance Meeting at the Old City Hall
4H – 729-3196
- March 12th – City of Salem Youth Baseball/Softball Signups at the Salem Community Center @ the Armory
Salem Parks and Rec Department – 729-6290
- March 22nd – Girls Night Out at the Salem Community Center @ the Armory
Healthy Dent County – 729-8163
- March 24th – Hog Weigh In at the Salem Livestock Barn
4H – 729-3196

April 2018

- April 5th – "Birdies in the Treetops" at the Salem Public Library
Salem Public Library – 729-4331
- April 7th – City of Salem Youth Soccer Games Begin at Al Brown Fields
Salem Parks and Rec Department – 729-6290
- April 28th – Community Walk at the Salem City Park
Healthy Dent County – 729-8163

Events are subject to change

Visit

www.dentcountyyouthcalendar.org
for a continually updated calendar.

For information on adding your events to the calendar, please contact
kelsey@salemcommunitycenter.org or call 729-8163.

JANUARY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MARCH 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Project sponsored by Healthy Dent County

www.dentcountyyouthcalendar.org



FITNESS CENTER

January Birthdays

Tom Haines	1/1
Sandy Nichols	1/1
Shonda Wallis	1/1
London Hellyer	1/1
Rob Wofford	1/2
Doilline Camden	1/3
Jack Conner	1/3
Bill Koontz	1/4
Roseann Bray	1/5
Jamie Homeyer	1/6
Khristia Webb	1/6
Lisa Martin	1/11
Annette Hemken	1/11
Matt Moncrief	1/11
Samantha Anderson	1/13
Londyn Cook	1/13
Kim Richmond	1/14
Sue Hubbs	1/15

Alicia Bote	1/15
Cody Honse	1/16
Charlotte Crandell	1/17
Kelly E Ramsey	1/17
Jordan White	1/17
Bill White	1/18
Sheila Hampton	1/20
Susie Cahill	1/20
Jason Brawley	1/20
Deborah Moreland	1/21
Desirae Owens	1/22
Kendra Schmitt	1/22
Alberto Briceno	1/23
Michael Cramer	1/24
Brittany Shepherd	1/26
Ty Conley	1/27
Ella Hughes	1/29
Annette Vest	1/29

Kelly Cain	1/29
Cathy Brown	1/30
Dennis Floyd	1/30
Josh Westerman	1/30
Eli Westerman	1/31



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.

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.

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



Health & Wellness

MARK YOUR CALENDAR

2018 SMDH Health Fair
February 7 and 8
beginning 6 AM to 9 AM



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

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!

