

April 2023

HEALTHY DENT COUNTY

The "Non"



Newlywed

Game

Fundraiser

Event sponsored by Healthy Dent County

See inside flyer for details.

Salem Community
Center @ the Armory
The Perfect Venue for
Family/Class Reunions!

Tickets available!
Non-Newlywed Game
Friday, April 14th

NEW CLASS
Wednesdays!
Beginner's Spin
Amy Thompson

MEMBERSHIP SPOTLIGHT

Amy Thompson

Salem Run 5K/10K
& Color Run
Saturday, May 20th

Heroes Marathon
website is open for
registrations!



Membership Spotlight: Angelia Curtis



Follow us on Facebook: Healthy Dent County Fitness Center/Council for a Healthy Dent County to stay up to date

The "Non"



Newlywed

Game

Fundraiser

Event sponsored by Healthy Dent County

Friday, April 14, 2023

Salem Community Center @ the Armory
1200 West Rolla Road, Salem

Doors open at 5:30 p.m. - Game show starts at 6:30 p.m.

Table of 8 can be sponsored for \$300

(Includes VIP Seating, bottle of wine, sparkling juice, and charcuterie platter)

Single tickets for \$25

Concession and cash bar available

Game Show Contestants

**Chris & Jody Heavin
Joel & Dottie Steelman
Mason & Ashlee Roper
George & Liz Gruendel**

Questions? Please call us at (573) 729-8163



**HEALTHY
DENT COUNTY**



Instructor: Amy Thompson

Healthy Dent County Fitness Center
BEGINNER'S SPIN CLASS

Starting in April
Wednesdays at 6 p.m.

Questions or to RESERVE a seat, please call us at
573-739-1127 or email susie@salemcommunitycenter.org



Healthy Dent County Fitness Center **-PRESS CLASS** **NEW DAY & TIME!**

||-|| Every Friday in April (7, 14, 21, 28)

||-|| 7 p.m. - 7:30 p.m.

||-|| Salem Community Center @ the Armory

||-|| Exercise Classroom

||-|| Instructor: Nicole Lemieux
• Certified OPEX Coach

||-|| 30 Minute Workout

||-|| AMRAP (As Many Rounds As Possible)

Benefits to AMRAP:

- Burn more fat and build more muscle
- Improve heart health
- Boost mental health
- Give you more bang for your buck
- Perfect for any fitness level

||-|| Strength and Cardio



**HEALTHY
DENT COUNTY**
Where Health Education and Community Meet

Questions? Please Call 573-739-1127 or email susie@salemcommunitycenter.org

The Perfect Event Venue



For Your Class or Family Reunion!

- \$150 for 5 hours.
(\$300 for 10 hours)
- Available 7 days a week.
- Seating for up to 300 people.
- Tables, chairs, & kitchen included.
- Sound system & projector available.

Salem Community Center
@the Armory
Where Health, Education and Community Meet

For rates and information, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560





Office Hours

8:30 a.m. - 4:30 p.m.

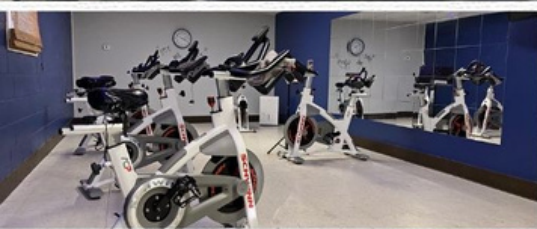
Fitness Center Hours

Monday-Friday: 5 a.m.- 7 p.m.

24 Hour Access Available

- Cardio Room
- Weight Room
- Spin Room
- Classroom
- Gymnasium

For rates and information, call 573-739-1127 | 1200 W. Rolla Rd. | Salem, MO 65560



Bonebrake Center

MUSIC TRIVIA

Saturday, April 15th
Salem Community Center

Doors Open at 5:00

Competition Will Start at 6:00

\$300 Per Team

6 Members Per Team

April Community Events

April 1

- Kitchen Knife & Sharpening – 12 p.m.–2 p.m. at the Creative Arts Studio after Farmers Market/Open Studio with Derek Turner. Learn how to sharpen kitchen knives from a professional knife maker. You can bring your favorite knife from home or practice in class with blades made available for the class. If you bring a knife from home to sharpen, please make sure to have some cardboard to cover the edge for the trip home, because the edge will be sharp. The class will begin with 30 minutes of discussion followed by moving to the sharpening stations to begin practicing what you have learned. This class will cover selecting quality knives, blade/edge types, and geometry, a basic overview of wet stone sharpening, how to prepare and care for your sharpening stones, sharpening straight edge knives (no serrated/saw tooth blades) and stropping and maintaining your knives. Cost \$25—all sharpening supplies will be provided. Register and prepay at <https://www.salemcommunitybetterment.com/salem-creative-arts-center> or register, prepay or for more info email us at salemartscenter@salemcommunitybetterment.com.

April 3, 10, 17, 24

- Clogging Class – Last half of 8 Week intro to Clogging Class with Vivian Fritzinger. 10 a.m. to noon at the Creative Arts Center. Come and learn the cultural art of clogging while having fun, meeting new friends, and getting some exercise as well! You will learn some of the basic steps and start putting them into music. Get a link to be able to practice at home too. Clogging shoes are not provided but we can discuss options to purchase or borrow, shoes are not required for the first few classes. Price –\$5 per class or \$35 for 8 weeks. Register and prepay at <https://www.salemcommunitybetterment.com/salem-creative-arts-center> or register, prepay for more info email us at salemartscenter@salemcommunitybetterment.com.

April 9

- Easter Sunday Buffet at Montauk – Serving from 8 a.m.–8 p.m. in the Dorman L. Steelman Lodge dining room.

April 13

- Blooms & Blossoms – Current State Park –Lodge Kitchen– 6:00 p.m. – 8:00 p.m. Women only. NO Children. Spring wildflowers and trees are in bloom and looking so beautiful. BUT did you know that you can eat most of them or make jelly? Let's make a huge salad for supper straight from the front yard and use those pretty flowers to make some delicious cookies for dessert. Registration is required. For Program Reservations Contact: Connie Webber at 573-751-1224, or connie.webber@dnr.mo.gov
- DCHC's First Health Fair and Open House. Free basic screenings, covid boosters, kindergarten shots, Narcan, vision screening, STD Testing. Paid: Rapid Heart Healthy Screenings, Blood Chemistry, Thyroid, Vitamin D, and Blood Counts.

April 14

- The "Non" Newlywed Game at the Salem Community Center @ the Armory. Doors open at 5:30 p.m. Game show starts at 6:30 p.m. Healthy Dent County would like to invite everyone out to a fun community event, the "Non-Newlywed Game" Show. You won't want to miss this event. It is couple vs. couple in this hilarious version of the classic game show where you will discover just how much our couples know (or don't know!) about their spouse! Individual tickets \$25, VIP Sponsors \$300 (table for 8, charcuterie platter, bottle of wine, sparkling juice, and advertisement). Participants: Chris and Jody Heavin, Joel and Dottie Steelman, Mason & Ashlee Roper, and George and Liz Gruendel.

April 22

- Spring Sale 9 a.m. – 3 p.m. at Smith Valley Angus. Free parking and Free admission. Food and vendors on site.

April 27

- Thursday Senior Citizens Trout Fishing Tournament. The tournament will be open to any man or woman 60 years of age or older. Two classes will be designated, fly or bait. Two prizes will be awarded to winners in each class for the heaviest trout and the heaviest stringer of trout. Gift certificates will be presented to the winners upon completion of the tournament. Registration at Dorman L Steelman Lodge. Tournament hours are 6:30 a.m. to 2 p.m.

April 29

- Annual Fundraiser Basket Auction & Dinner 6 p.m. – 8 p.m. at Sacred Heart Catholic Church. Dinner/ticket \$25. Please contact for tickets: Melanie at 573-247-5644.

For additional community events, please visit SalemMO.com



Run Salem 5K/10K & Color Run, Saturday, May 20th

RUN SALEM 5K

This is a 5K run entirely on the streets of Salem. Starting and finishing in Downtown Salem, you will enjoy running by the historic Victorian Courthouse in downtown, running by the high school and city park before returning to downtown. Go at your own pace - run or walk your way back to the finish line.

RUN SALEM 10K

This is a 10K run entirely on the streets of Salem. Starting and finishing in Downtown Salem, you will enjoy running around the whole city, including by the historic Victorian Courthouse and several neighborhoods before running back through downtown. Go at your own pace - run or walk your way back to the finish line.

HEALTHY DENT COUNTY FAMILY FUN COLOR RUN/WALK

This is a fun, untimed event with no results. The event is held in conjunction with the Run Salem 5K/10K. The color run is a 1/2 mile course, where Color Runners are doused from head to toe in a different colored powder. Participants wear white at the starting line and finish the race plastered in color.

VIRTUAL 5K/10K

When you register for the virtual experience, you can complete your 5K/10K distance anytime and anywhere, and help give back to a great cause!

Run Salem 5K/10K includes medal and t-shirt (t-shirt deadline April 17th)
Color Run includes t-shirt (t-shirt deadline April 17th)

For additional information and TO REGISTER:

Visit RunSalemMO.com

Contact Shawn Bolerjack with questions at sbolerjack@salememo.com





Marathon & Half Marathon
courses are USATF Certified



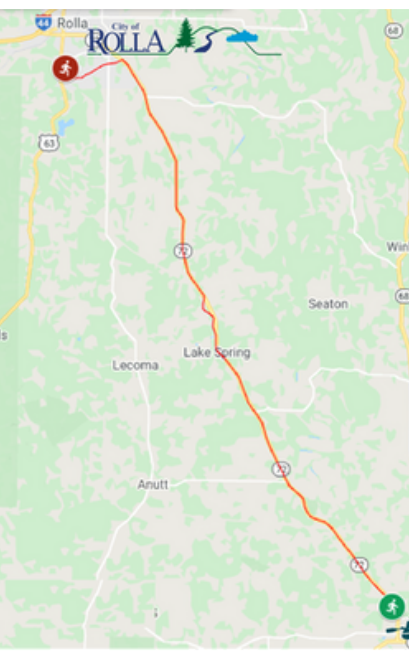
26.2 / 13.1 / RELAY / 10K / 5K

November 18, 2023

2023 REGISTRATIONS NOW OPEN

**IT'S 2023 AND THE HONORING OUR HEROES MARATHON WEBSITE IS
OPEN FOR REGISTRATIONS!**

**FOR MORE INFORMATION, [VIEW MAPS](#),
OR TO [REGISTER](#) PLEASE VISIT
[HEROESMARATHON.COM](https://heroesmarathon.com)**



**Marathon & Half Marathon
are now
USATF CERTIFIED COURSES!**



Making Birthday Parties Easy!

Bounce House Birthday Party

Salem Community Center @ the Armory

3 Bounce Houses

4 Hours \$300

(Tables, Chairs, and Kitchen Included)

Questions? Please call us at (573) 729-8163



Membership Spotlight

Amy Thompson

Hi, my name is Amy Thompson. I was born and raised here in Salem, MO. I graduated high school in 2006, went to College in Rolla and received my LPN and then my RN license. Some of my hobbies include going to the river, spending time with my husband and kids, playing/watching almost any sport, and spending time on our farm. I have always been active in sports and loved weightlifting since high school. I would say my love for fitness grew tremendously when I was introduced to CrossFit about 10 years ago. I loved the challenge that CrossFit always provided, both physically and mentally. You never did the same workout twice, always confused your body, and it provided both cardio and strength training at the same time.

I am a full-time nurse and mom, so naturally working out sometimes must take a back seat. I try to go to the gym 4 times a week. Some days I can work out close to two hours, other days I may have 30 minutes. On those short days, I try to focus more on cardio and getting my steps in. Right now, my cardio consists of a brisk walk with an incline on the treadmill or getting on the spin bike. On my longer days, I lift weights, but always still commit to getting my steps in.

One year ago, in May I tore my ACL playing basketball which required surgery. Devastated is an understatement in describing how I felt. I had to basically learn how to walk again, and to this day still think about every step I take. The thought, even months later, of doing anything physical again seemed nearly impossible, but I was determined. Stubborn my parents would probably say but determined. I did my physical therapy, which was such a huge blessing to have such great care here in Salem. I have an online personal coach, who I had a few months before my injury, and we really focused on my nutrition and mobility during my healing process.

To this day I am still not 100% on my knee, but I am improving every day, and that is what health and fitness is all about. I will always have good and bad days, whether it be at home, work, my nutrition, or struggles in the gym. But I will always start tomorrow on

a good note, leaving yesterday behind. I believe that you can be healthy and strong, but still enjoy your taco nights out with the girls. It is all about moderation and balance and rewarding yourself. You must be happy in your fitness journey or you will never stick to it. Eat a healthy balanced diet, drink your water, and move your body. There are so many exercise programs/classes out there tailored to every age or fitness level. Just take the leap and move! Go for a daily walk. Set an obtainable goal for yourself. Once you reach that goal, set a new one. Getting steps in and elevating your heart rate is one of the best exercises you can do.


Susie has approached me several times about being a member spotlight, but I have always turned her down. I never thought that I was working hard enough or deserved it. Don't get me wrong, I still wanted to tell her no this time, but I finally feel like, heck yes, I have worked my butt off this year! I am eating correctly, working out hard when I can, walking as much as I can, and I have been able to help with my son's basketball team. I am slowly getting strength and mobility back in my knee and seeing big results in progress pictures (which I highly recommend doing). Last, but not least, I was graciously asked to teach a beginner's spin class! I could not be more excited to help others begin their journey, while also continuing to strengthen my own weakness. I am excited to continue my fitness journey!



HEALTHY DENT COUNTY FITNESS CENTER

April 2023

*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba	4 10:00 a.m. Slow Motion 11:30 a.m. Yoga 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	5 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	6 10:00 a.m. Slow Motion 11:30 a.m. Yoga 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	7 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga 7:00 p.m. X-Press
10 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba	11 10:00 a.m. Slow Motion 11:30 a.m. Yoga 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	12 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	13 10:00 a.m. Slow Motion 11:30 a.m. Yoga 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	14 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga 7:00 p.m. X-Press
17 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba	18 10:00 a.m. Slow Motion 11:30 a.m. Yoga 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	19 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 5:30 p.m. Pilates	20 10:00 a.m. Slow Motion 11:30 a.m. Yoga 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	21 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga 7:00 p.m. X-Press
24 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba	25 10:00 a.m. Slow Motion 11:30 a.m. Yoga 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	26 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	27 10:00 a.m. Slow Motion 11:30 a.m. Yoga 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	28 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga 7:00 p.m. X-Press
				

For rates or questions please call us at 573-739-1127 or email Penny@SalemCommunityCenter.org



Healthy Dent County is dedicated to providing opportunities to improve health and quality of life by partnering with our community.



Contact us:

Phone: (573)729-8163

Email: lacey@salemcommunitycenter.org

Website: salemcommunitycenter.org

 Facebook: Council for a Healthy Dent County

Healthy Dent County Fitness Center

Fitness Center Office Hours

8:30 a.m. to 4:30 p.m. Monday-Friday

Healthy Dent County Office Hours

8:00 a.m. to 4:30 p.m. Monday-Friday

Fitness & Cardio Room Hours:

5 a.m. to 7 p.m. Monday-Friday

(24 hour access code needed for weekends and after hours)