

May 2023

HEALTHY DENT COUNTY



See inside flyer for details.



MEMBERSHIP SPOTLIGHT

Jamal Metcalf

Salem Run 5K/10K

& Color Run

Saturday, May 20th

Pickleball Tournament

Saturday, June 10

Registration Open



Membership Spotlight: Jamal Metcalf



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

The Perfect Event Venue



Weddings, Receptions, Reunions, Banquets, and Fundraising Events

- ♡ Available 7 days a week.
- ♡ Seating for up to 250 people.
- ♡ Tables, chairs, & kitchen included.
- ♡ Sound System, projector & tablecloths 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





Healthy Dent County Fitness Center

Gym Rentals

Half Court - \$15 an hour

Full Court - \$25 an hour

- Basketball • Volleyball • Pickleball • Dodgeball

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



Healthy Dent County Fitness Center

Hoop Fitness + Flow Beginner Adult Series

Instructor
Jess Kiser

You'll Learn:

Waist hooping fundamentals to tighten your core.

Off-body tricks to tone arms, back and chest.

Hoop-supported stretches to increase range of motion.

\$5 Per Class

Saturdays in June 8:40 a.m. - 9:30 a.m.

Salem Community Center @ the Amory

1200 W. Rolla Rd. Salem, MO 65560



Questions?

Please call us at (573) 739-1127 or email

Susie@SalemCommunityCenter.org



HEALTHY DENT COUNTY

ROUND ROBIN

PICKLEBALL TOURNAMENT

SATURDAY, JUNE 10
9:00 AM

\$30 PER TEAM

OPEN DOUBLES FORMAT

SALEM COMMUNITY CENTER @ THE ARMORY

1200 W ROLLA RD, SALEM MO, 65560

PRIZE

**WINNERS GET
THEIR ENTRY
FEES RETURNED**

Applications can be picked up at the
Salem Community Center @ the Armory

CALL FOR QUESTION
573-729-8163

DROP US AN EMAIL AT
carlos@salemcommunitycenter.org

!!!!REGISTRATION DUE JUNE 5TH!!!!



MISSOURI INTERNET SURVEY

Tell us about Internet access in your area
by taking a short, six-minute survey.
Scan the QR code or use the link below.



<http://muext.us/MissouriInternetSurvey>

Your anonymous feedback will help guide state Internet expansion and training efforts. Your participation is voluntary, and you must be 18 years of age or older.

*University of Missouri Extension is conducting this research survey
in cooperation with the Missouri Office of Broadband Development.*

Thank you for participating!

Esta encuesta está disponible en español.

For further information, contact researcher
Alan Spell at alan.spell@missouri.edu.

 **Extension**
University of Missouri
an equal opportunity/ADA institution

 **CONNECTING ALL MISSOURIANS**
Office of Broadband Development

All proceeds to benefit the **Salem Senior Center**

Trivia? NIGHT?

Fundraiser & Silent Auction

Each year the senior center serves almost 20,000 congregate meals, and delivers over 36,000 meals to homebound seniors in Salem and Dent County. The center also provides social activities, educational speakers, and other important services for local seniors.

MAY 13	Salem Community
DOORS OPEN - 5:45	Center @ the Armory
TRIVIA - 6:30	1200 W Rolla St

10 rounds of 10 questions

\$100 per table of 6 or \$20 per person

**To register a team, sponsor a round, or donate to the
silent auction please contact us at
saalemseniorboard@gmail.com or call 729-2373**

1st Place \$300 | 2nd place \$200

Concessions and mulligans will be sold - cash only

May Community Events

May 1

- Dent County History Exhibit - April 10-May 20 (Mon-Fri) Dent County History exhibit at ONCRC with featured artifacts from the Dent County Museum. Special Saturday speakers on April 29 and May 20 at 10 a.m. - Brooks Blevins, Ozarks author, and Marideth Sisco, Ozark's musician featured in the movie Winter's Bone.
- Stained Glass Mother's Day Vase Panel - A 2-day-Stained Glass Mother's Day Vase Panel class with Jennifer Curry - Two separate times/classes 1-4 p.m. or 4-7 p.m. Ages 18+. Minimum 2 Maximum 6. Students will select from preselected bevels and individually selected colored stained glass to produce approximately 5" x 12" rectangular beveled glass plaques and adhere glass vases to hold flowers and/or incense. These plaques can be given as gifts to that special someone or kept as keepsakes upon completion. Cost \$130 All supplies are included. Register and prepay at <https://www.salemcommunitybetterment.com/salem-creative-arts-center> or register, prepay. For more info email us at salemartscenter@salemcommunitybetterment.com.

May 3

- Beginners Guitar Lessons - 8 weeks of classes with Michael Conners 7-8 pm at the Creative Arts Center. All ages are welcome. This class is geared toward students with a general knowledge of chords and who have had some experience playing the guitar. In this class, you will go beyond the basics of guitar playing, learn some music theory, and even some songwriting tips! A performance event may be scheduled for you too! Another session of classes will begin on May 3. Cost: \$320/person - 8 weeks of classes (provide your own guitar). Register and prepay at <https://www.salemcommunitybetterment.com/salem-creative-arts-center> or register, prepay. For more info email us at salemartscenter@salemcommunitybetterment.com.

May 5

- Wheat Corizon with Suzanne Douglass at the Creative Arts Center 6 pm - 8 pm. Ages 15+ Minimum 1 Maximum 5 "The army of Cortez brought this traditional house blessing to Mexico. The name means "heart" and represents home and family love. " Students will learn the basics of preparing the wheat for working and basic knots used in wheat weaving. They will be guided in how to fold/weave the prepared wheat into an ancient design. This is a small class so each student can receive individual attention. \$25 for all supplies Included Register and prepay at <https://www.salemcommunitybetterment.com/salem-creative-arts-center> or register, prepay. For more info email us at salemartscenter@salemcommunitybetterment.com

May 6

- Salem's Community-Wide Yard Sale. Maps will be available FREE at area convenience stores, Chamber/Visitor Center, and the City Administration Office showing locations of Yard Sales all over town! Need a space to hold your yard sale? Spaces are available for rent in the parking lot behind the City Administration Offices at 400 N. Iron St. Spaces are \$8 for 2 parking spaces. You may reserve spaces by coming into the office at 400 N. Iron St. or calling 729-4117.
- Farmers Market/Open Studio - Saturday Mornings in May - Open Studio inside at the Creative Arts Center and Farmers Market outside next door! Come see what is going on at the Creative Arts Center Saturday mornings in May from 10am-noon. There will be vendors from the Farmers Market available to sell their baked items, eggs, honey, etc. at the Farmers Market pavilion next door, while we will have craft opportunities in the warmth of the Creative Arts Center. This is a fun place and time to set aside each Saturday to bring your hobby and use our area as a workspace! There will also be a kids' craft table set up, ceramics available to paint (pay per piece), as well as open studio space for artists to just come and work on their art in a fun and relaxed atmosphere; where they can visit with people as they work. An adult must accompany any child under the age of 12. Donations for activities will be accepted.

May 13

- Trivia Night Fundraiser & Silent Auction -ALL proceeds benefit Salem Senior Center. Doors open at -5:45 p.m. - Trivia at 6:30 p.m. \$100 per table of 6 or \$20 per person. 1st place \$300. 2nd place \$200. Concessions and mulligans will be sold in cash only. BYOB, Adults only. 50-50 Raffle. To register a team, sponsor a round, or donate to the silent auction please contact Jody at jschaefer@agingbiest.org or call 573-729-2373.

May 20

- Run Salem 5K/10K, Color Run - Run the streets of Salem to help raise funds for a future trail system in our community! The 5K/10K event starts and finishes in Downtown Salem and loops through the town. The FAMILY FUN COLOR RUN/WALK 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. All ages are welcome to participate so bring a friend, significant other or the whole family to support a good cause! Please visit RunSalemMO.com for sign-ups and additional information. Virtual and in-person options are available.



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



**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

Jamal Metcalf

Meet Jamal Metcalf, a high school junior who enjoys football, golf and hanging with his friends and family in his spare time. Jamal is a quiet, polite, and helpful teenager who clearly has made a lot of progress with his fitness since beginning his membership at Healthy Dent County.

He began his fitness journey a little over a year ago after being encouraged by his friend Lucas. His goals were to improve his health and his physique. Jamal works out 5-6 times each week. Lucas and his weight training teacher at high school have taught him most of what he knows about lifting. He enjoys working out with his friends but will also do it alone when he has to. He enjoys a good mix of both cardio and strength training.

Since beginning his workouts, Jamal has been able to improve his overall well-being and feels more confident in the way he looks than he once did. He plans to keep exercise a priority in his life. His motivation comes from the success he has achieved and the desire for more improvement. Jamal is a naturally lean build, but very cut. He has made great gains in his overall strength and visible muscle mass. He enjoys helping others improve their form.


I continue to be impressed with the teenagers who choose to spend their spare time in the gym with their buddies building healthier and stronger bodies for themselves. Their future self will benefit greatly from this early foundation they've created.



HEALTHY DENT COUNTY FITNESS CENTER

May 2023

*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 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	3 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	4 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	5 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga 7:00 p.m. X-Press
8 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	9 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	10 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	11 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	12 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga 7:00 p.m. X-Press
15 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	16 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	17 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 5:30 p.m. Pilates	18 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	19 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga 7:00 p.m. X-Press
22 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	23 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	24 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	25 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	26 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga 7:00 p.m. X-Press
29 CLOSED MEMORIAL ★★★ DAY Remember and Honor	30 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	31 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*		

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)