

July 2023

HEALTHY DENT COUNTY

HEALTHY DENT COUNTY



Bring your girlfriends for an evening of pampering, shopping, and of course, eating!

ANNOUNCING:

Girls Night Out
Thursday, Sept. 14th
4:30-7:30 p.m.

Gymnasium Rentals
Full Court/Half Court
See flyer for details.

Salem Community
Center @ the Armory
offices and Fitness
Center will be closed
Tuesday, July 4th

Girls Night Out 2023

MEMBERSHIP SPOTLIGHT

Dottie Steelman

Kids Summer Camp

July 10-21

(weekdays only)

Ages 6+

Renew Active &
Silver Sneakers

See if you qualify today!



Membership Spotlight: Dottie Steelman



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

HEALTHY DENT COUNTY



gng girls night out

A benefit for Healthy Dent County

12th Annual

**Bring your girlfriends for an evening of
pampering, shopping, and of course, eating!**

Vendor booths available with great products to purchase!

**THURSDAY, SEPTEMBER 14TH
4:30-7:30PM**

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

\$5 Admission

Includes food samples, giveaways, door prizes, and vendor demos.
Admission is limited to all women and girls 12 years of age and older.

Food Drive

**Bring in any nonperishable canned food good for a chance to
win a gift card. One ticket per item. The more you donate, the
more your chances increase to win the gift card.**

Donations will be given to:
Sacred Heart Food Pantry and Grace Harbor

For additional information, please call (573)729-8163
or email Jackie@salemcommunitycenter.org.





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!

Healthy Dent County Fitness Center

Renew Active

by  UnitedHealthcare®

SilverSneakers



Are you a senior or on disability? Want a free gym membership? See if you qualify today!



1. Take your SilverSneakers or Renew Active info to the Healthy Dent County Fitness Center Office
2. Sign up in the Healthy Dent County Fitness Center Office
3. Tour the facility and start working out at no extra cost!

Questions? Please call us at (573) 739-1127 or email Penny@salemcommunitycenter.org



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



July Community Events

Salem Community Center @ the Armory offices and Fitness Center will be closed Tuesday, July 4th

Happy Fourth of July!!

July 1

- Echo Bluff Summer Concert - 8 p.m. Bring a blanket or a chair and enjoy a FREE concert under the stars featuring Kirk Pierce who performs country and original songs with a voice that mesmerizes audiences. If you missed his first concert of the summer season this is another chance to enjoy him entertain us. Hot dogs, hamburgers, brats, chips, ice cream, and beverages will be available for purchase. For details contact Connie Weber 573-751-1224.
- Big plus Little Yoga- Yoga for caregivers and children, \$10 admission per class for 1 adult and 1 child. Offered 1st Saturday of each month May through September at Health Dent County Fitness Center 10 a.m. -10:45 a.m. Ideal for children six weeks to 6 years of age and caregivers. Instructor: Jessica Kiser

July 4

- July 4th Parade 6 p.m. - 7 p.m. Theme: All American 4th. Entry forms are required to participate, forms will be available starting June 4, 2023, at the Salem Area Chamber of Commerce-Visitor Center.

July - 10-14, 17-21

- Kids Summer Camp weekdays only. Learning Programs, Art, Sport and Adventures (Lunch is NOT provided). \$200 limited to first 25 to register. Register online at go.teamsnap.com/forms/368519 Questions? Please call 573-729-6290 or email salemparks@salemcommunitybetterment.com

July 11

- Red White & Blue Tie Dye with Laura Miller 4 p.m. - 6 p.m. All ages! Children (with a parent/legal guardian) and adults alike can participate. Celebrate the colors of our flag with a patriotic tie-dye shirt! You can choose the pattern and Laura will help you tie, then you'll apply the colors, wrap in plastic and take home to rinse the following day. Wear play clothes and gloves to avoid unwanted stains. Costs \$25 All supplies included. Min of 2, Max of 8 attendees. Check out all our classes this month! All ticket purchases are non-refundable. If the event is rescheduled, all purchases will be honored for the next event date. If the event is canceled, all purchases will be refunded in full. The Creative Arts Center reserves the right to cancel any class or party at any time due to weather or unforeseen circumstances. *Class registrations are first come, first serve basis with online registrations. Please email if you wish to reserve with cash payment. There will be an additional \$5 charge if paid at the door at the time of event, if seating is available for the events accepting walk-ins. Unless otherwise noted, online registrations end the business day before date of class. If you have a question about any of the classes or future offerings, please email salemartscenter@salemcommunitybetterment.com*

July 15-16

- Limited Ultrasound Scan Days at Riverways Pregnancy & Family Resource Center. More information to follow.

July 18

- Arts Council Meeting 6:00 p.m. Art enthusiasts and artists alike are invited to come plan classes and activities at the Arts Council. Instructions are encouraged to attend as much as possible.

July 21

- Christmas in July Paint Party - Kids/Adults welcome. 4 p.m. -6p.m. with Danielle Norris. Let us take you step by step with this fun painting! What better way to stay cool in these warmer months, than a cool painting in the ac! Put your own spin on it. Cost -\$20 per adult and \$5 per child with a paying adult all supplies provided. Min of 6 Max of 25 attendees. All ticket purchases are non-refundable. If the event is rescheduled, all purchases will be honored for the next event date. If the event is canceled, all purchases will be refunded in full. The Creative Arts Center reserves the right to cancel any class or party at any time due to weather or unforeseen circumstances. Class registrations are first come, first serve basis with online registrations. Please email if you wish to reserve with cash payment. There will be an additional \$5 charge if paid at the door at the time of event, if seating is available for the events accepting walk-ins. Unless otherwise noted, online registrations end the business day before date of class. If you have a question about any of the classes or future offerings, please email salemartscenter@salemcommunitybetterment.com

July 22

- Community Jam 6:30 p.m. - 8:30 p.m. at the Creative Arts Center. No experience necessary. Bring your own instrument and play along with the crew, or just listen and tap your feet! Everyone is welcome and it is FREE entertainment!
- Farmers Market/Open Studio -There will be vendors at Farmers Market available to sell their baked items, eggs, vegetables, etc. at the Farmers Market pavilion. See what is going on at the Creative Arts Center next door 10 am -12 pm which will be open for artists to just come and work on their art in a fun relaxed atmosphere. This is a fun place and time to set aside Saturday to bring your hobby and use our area as a work space! There will also be a kids' craft table set up, ceramics available to paint (pay per piece). The pottery room is not available on Saturday mornings, but you are still encouraged to bring your own clay project to work on in our main room on our tables. An Adult must accompany any child under the age of 15.
- Free Yoga in the Park. Join us an all-levels yoga flow in the Salem City Park. Instructor Jessica Kiser. Fourth Saturday May-September, weather permitting. Bring your own mat and water. Please visit www.mindfulrootsmo.com

For additional community events, please visit SalemMO.com

2023 KIDS Summer CAMP

**Salem**
MISSOURI
PARKS & RECREATION

JULY 10-21
AGES 6+
weekdays only



\$200

limited to first 25

Learning Programs,
Art, Sport & Adventure

2 weeks of fun for your kiddos

Lunch is NOT provided



Register Online :

<https://go.teamsnap.com/forms/368519>

salemparks@salem-mo.com

573-729-6290

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

Dottie Steelman

For anyone who has had the pleasure of knowing Dottie Steelman in any capacity, you already know that she exudes all the best qualities human nature has to offer. She loves hard, she works hard, she gives a lot of her time and self to others and the love of Jesus shines through her in all that she does. Dottie is a wife to her husband, Joel, and a mother to seven children ranging from her 18-year-old to her toddler twins. Motherhood is demanding no matter your family size, but Dottie never holds back from volunteering and supporting any activity or organization her children are involved in. She doesn't just volunteer on paper either. She jumps in with both feet and does the WORK. This was abundantly clear with her latest endeavor as she single-handedly took it upon herself to start a youth volleyball league in Dent County. Dottie was a standout volleyball player for Salem High School and part of our state championship volleyball team in 1997. From there she went on to play a year for Three Rivers Community College in Poplar Bluff. In her adult years, she has kept up with the sport she loves through refereeing and a year of coaching in Bunker. Fast forward to her oldest daughter seeking a traveling team to play with. Dottie found herself and other parents driving their children to Eminence during the week for practices and games. She realized the need for this league to form in Salem. She knew that other towns had a huge advantage in the sport as the kids had been playing in an organized format from the time, they started school. Salem was having a hard time being competitive in the sport since many of our kids didn't get to play together until middle school or Freshman year. Dottie didn't complain about this. She got busy changing it! She requested a meeting with Healthy Dent County, made some phone calls to other towns and the ball was in motion. Salem started their first youth volleyball league in April of 2023 and after a month of practices, games were held in May. Salem had 11 teams, Bunker and Steelville brought 3 teams each and Viburnum brought 5 teams. Over 200 girls, ranging from pk to 6th grade, had a volleyball team to play on! Dottie organized the volunteer coaches, referees, scorekeepers, workers for concessions, and admissions table, she supplied the concessions, and she got the shirts made. Each week, she created a practice and game schedule and made all contact with teams, coaches, and parents. To say she was busy would be a complete understatement. During the month of May, the Healthy Dent County Gymnasium was packed with players and spectators alike on Monday and Thursday evenings. This was a free league for players. Costs were covered through money made in concessions and admissions. Not only did our youth benefit from this, but our entire community did as well. With 11 teams coming from other towns, our local businesses also benefited from this youth league. At the conclusion of the first league, Dottie donated all the profit after expenses to Healthy Dent County to be used for new volleyball equipment for our entire community to use! She did not want to keep any of it for herself.

On top of being a wife, mother and active volunteer for the community, Dottie also works very hard to be active and get workouts in. She enjoys coming to Interval Training, Tighten & Tone, xPRESS, and Kickboxing classes. She always makes the classes more fun with her stories and banter and great attitude. When Dottie can't make a class, she tries very hard to fit home workouts into her busy schedule. If a busy woman like Dottie can carve out time for herself and her health, it's safe to assume most everyone can if they really try. It's not easy for her. She struggles to find time, but she never gives up. She never stops trying to better herself in every way. She has no idea what a true inspiration she is to many!




Follow us on Facebook under Healthy Dent County Fitness Center to stay up to date.

HEALTHY DENT COUNTY FITNESS CENTER

July 2023

*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 6:30 a.m. Spin* 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 4:15 p.m. Spin*	4 CLOSED 	5 6:30 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 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
10 6:30 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 12:30 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	12 6:30 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 5:30 p.m. Spin* 6:30 p.m. Zumba	14 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
17 6:30 a.m. Spin* 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 6:30 p.m. Zumba	18 10:00 a.m. Slow Motion 12:30 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	19 6:30 a.m. Spin* 8:30 a.m. Sweet & Low 5:30 p.m. Pilates	20 10:00 a.m. Slow Motion 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
24 6:30 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 12:30 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	26 6:30 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 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
31 6:30 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				

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)