

August 2023

HEALTHY DENT COUNTY



Healthy Dent County Fitness Center

Located at the Salem Community Center @ the Armory

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

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

We have the
perfect venue for you!
Birthdays, receptions,
reunions, banquets,
and more!

MEMBERSHIP SPOTLIGHT
Darian Gowdy

2023 School
Readiness Event
Saturday, August 12th
The Community Center
@ the Armory

Back to School Bash
August 16th, 17th & 18th
The Commons



Membership Spotlight: Darian Gowdy



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



Marathon & Half Marathon
courses are USATF Certified



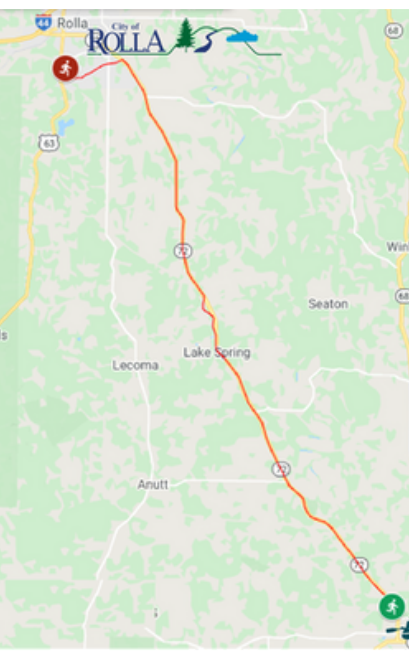
26.2 / 13.1 / RELAY / 10K / 5K

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!**

HEALTHY DENT COUNTY



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.



ALICE LOU CRAIG
MUNICIPAL SWIMMING
POOL

Join us for
**NIGHT
SWIM**

July 31st - August 2nd

\$5 entry fee

6:30 - 9:00 PM



2023 SCHOOL READINESS EVENT



SATURDAY. AUGUST 12TH, 2023

WHERE? SALEM COMMUNITY CENTER @ THE ARMORY

PLEASE ARRIVE IN THE CORRECT TIME SLOT:

LAST NAME A- L 10:00- 11:30

LAST NAME M -Z 11:30- 1:00

Registration will be held at SCMCAA on the following dates:

August 2nd 9:00- 5:00

August 3rd 9:00- 5:00

for any questions call 573-729-3500 ex 10 ask for Sarah or Kaitie!



FREE EVENT!!!

August 16TH, 17TH & 18TH

5pm-9pm NIGHTLY

The Commons!

**BACK TO SCHOOL SUPPLIES! GAMES,
FOOD**

PRIZES AND MUCH MORE!

**TODD KEANE & THE POWER
TEAM 2.0**



**HOSTED BY COMMUNITY
CHURCHES/FELLOWSHIPS**

More Info call/Need a ride

Pastor Lyndell Decker 573-739-9235

Sister Ashley Decker 573-466-9156

WFM 573-729-7500

Healthy Dent County Fitness Center

Renew Active

by  UnitedHealthcare®



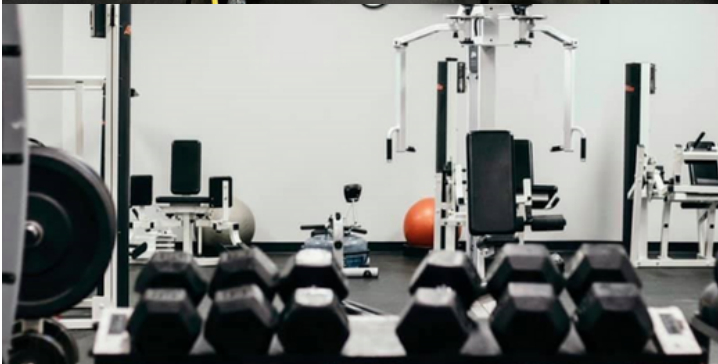
SilverSneakers

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

- ♡ \$150 for 5 hours.
(\$350 for 10 hours)
- ♡ 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



August Community Events

August 5

- Kids Trout Tournament at Montauk State Park. Limited to kids 15 and under. 7 a.m. – 2 p.m. Prizes will be awarded.
- Big plus Little Yoga at Healthy Dent County Fitness Center. Yoga for caregivers and children, \$10 admission per class for 1 adult and 1 child. offered 1st Saturday of each month from May–September 10 a.m. – 10:45 a.m. Ideal for children six weeks to 6 years of age and caregivers. Instructor: Jessica Kiser.

August 6, 13, 20, & 27

- Dent County Museum Open 1 p.m. – 4 p.m.

August 8

- The 2nd TUESDAY of each month– “Stitches” Group– 7 p.m. – 8:30 p.m. Come cross-stitch, embroider, crochet, knit, etc. and be amongst friends who enjoy the same hobby! Overseen by Tina McKee, come cross stitch, embroider, crochet, knit, etc. all while enjoying the company of friends and like-minded people who enjoy the same hobbies. The cost will depend on the amount of people present (\$20 per day)

August 10

- Wild Spa Night – Current River State Park –Lodge 6:00 p.m. – 8:00 p.m. Women Only, please. NO children. Treat yourself to a "Wild Spa Night"! Learn how to make a variety of teas that are tasty and easy to make and can be made from plants found in the "wild"! Make your own facial scrub, as well as body scrubs. OH, what fun! For Program Reservations Contact: Connie Webber at 573-751-1224, or connie.webber@dnr.mo.gov.

August 12

- School Readiness Event at the Salem Community Center @ the Armory. Call 729-3500 ex 10 and ask for Sarah or Kaitlyn to set up an appointment to pre-register for the event. Bring SS cards or proof of existence for EVERY member of the household. Last Name A-L come between 10:00 a.m. –11:30 a.m. Last Name M-Z come between 11:30 a.m. –1:00 p.m.
- Summer's End Kids Free Fishing Day at Montauk State Park – kids 15 and under free fishing, tags can be picked up at the lodge– tags are required.

August 18, 19, & 20

- Pluckin in the Pines – Big Rock Candy Mountain – Pluckin in the Pines –Cluster Pluck w/sg Fleetwood Family with special guests to be announced. For more information visit www.bigrockcandymt.com

August 19

- Echo Bluff Summer Concert–8 pm– Bring a blanket or a chair and enjoy a FREE concert under the stars featuring Dixie Union Band. Kick back and enjoy a lazy summer night. Relax and listen to this band's mix of bluegrass and country. Hot dogs, hamburgers, brats. ice cream and beverages will be available for purchase. For details contact Connie Weber at 573-751-1224.

August 26

- Free Yoga in the Park 10 a.m. – 10:45 a.m.– Join us for an all-levels yoga flow in Salem City Park. Instructor Jessica Kiser – Fourth Saturday May–September. Weather permitting. Bring your own mat and water. For more information please visit www.mindfulrootsmo.com
- Paint the Current River– Big Rock Candy Mountain presents Sip & Paint the Current River with Susan 1 p.m – 4 p.m. All classes are \$30. All supplies included. Sip and paints include one glass of wine or beer (additional available for \$5) For more information or to make your reservation call 417-932-1223 today! Space is limited.

August 31

- Kris Lager's Ozark Revival – Big Rock Candy Mountain's 3rd Annual Ozark Revival Featuring the Kris Lager Band. For more information visit www.bigrockcandymt.com.

For additional community events, please visit SalemMO.com





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 Darian Gowdy

Darian Gowdy is a busy woman. She works full time as a flight nurse for Air Evac as well as serves in the United States Air Reserve. As a flight nurse, she works 24-hour shifts. She is a dog mom and also a wife to Robb Gowdy, who is currently deployed. With such a busy schedule, Darian still carves out time each week to dedicate to health and fitness. She is self-disciplined when it comes to living a healthy lifestyle. She tries to make it a priority to get at least 4 days in the gym each week. If her schedule does not allow for that, she still utilizes other exercise routines. In fact, she rarely goes a day without some sort of physical activity.

Her fitness journey began about a decade ago when she was still in high school. She wanted to increase her strength for high school sports. This progressed to college, and although she didn't play sports anymore, she wanted to remain active. Once in college, she found herself with some unwanted extra pounds and negative body changes. She made the decision to chase a healthier lifestyle.

She had a basic knowledge of form and mechanics for lifting from high school weightlifting. The rest has come from a lot of trial and error. Darian has also attended Healthy Dent County's Yoga and Pilates Classes and has been able to learn more about how to control her breathing and how to engage different muscle groups. She enjoys the mental clarity that comes from a good workout which she says is much cheaper than therapy. The gym has changed how she views her overall health, both physically and mentally. Darian was never concerned with what size she wore or how much she weighed. She's always been much more connected with how she feels about herself. The gym has helped her build confidence in herself both physically and mentally. She prefers strength training over cardio but includes both. She likes the gratification and sense of accomplishment when she hits a new milestone with strength training. "The weights don't lie, either you lift it, or you don't. Those weights don't get lighter. You get stronger." Says Darian.

Darian's hobbies such as traveling, Brazilian jiu-jitsu, riding motorcycles, aerial yoga, and her love for the outdoors help keep her motivated to stay in shape. She wants to continue doing all the things she truly enjoys for as long as possible. On the days she lacks motivation, she falls back on discipline. She hears the voice in her head reminding her of the person she didn't like in the mirror for so long. She never wants to feel that way about herself again... (continued on next page)



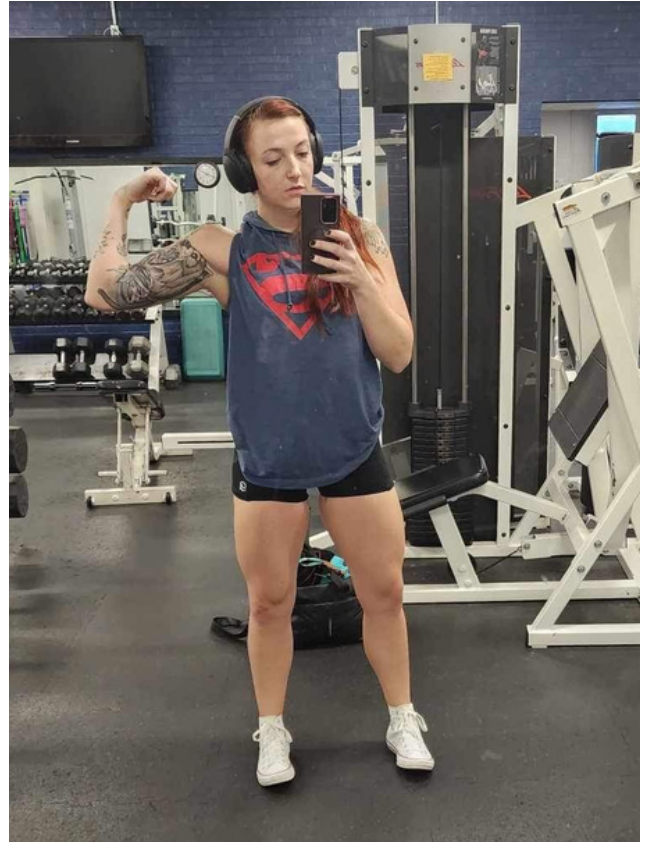
Membership Spotlight Darian Gowdy

She finds a lot of motivation in her family as well. Her husband, Robb, is incredibly fit. Her mom, Melissa Wynn also serves as a huge inspiration to Darian. She doesn't want to spill on her mom's age, but says when she grows up, she hopes to be like her! Darian makes healthy meal choices but believes in moderation. She doesn't restrict delicious treats and says your body must indulge sometimes or else you're going to be miserable.

Darian is always very approachable in the gym and finds passing on any advice or motivation to someone else who may be struggling or just starting very rewarding. I personally know Darian will always stop what she is doing during a workout to answer any questions or offer help to someone. I've asked her countless questions in the gym myself and watched as she helped others. She says that is the ultimate reward!

In Gowdy's own words, "The gym is the one place that doesn't acknowledge me. If I give it 20%, it gives me 20%. I appreciate the personal battles I've overcome by getting myself in the gym. The gym is a place you come in feeling like a monster mentally, and leave feeling better than when you walked in. The physical aspects of how you look, sure that's great everyone approaches their body differently with compliments. The true prize is silencing that negative voice in your head, or at least keeping it at bay. Everyone has a struggle, being physically strong has helped my mental health beyond anything else out there.

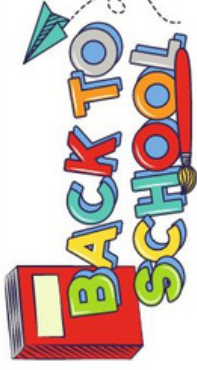
If you're just beginning it's worth the work, you will feel better as you progress through. When motivation fails, fall on discipline. When discipline fails, take a long hard look in the mirror and decide what is more important. It's you vs you. Never compete with the person standing next to you. Fight and be strong for you. Be healthy for you. Everything else will feel a lot lighter as you have an outlet for all things if you can fight for yourself. It's a choice, a lifestyle. Only you can overcome the obstacles you face. Happy lives start with healthy changes! A better you starts with building a better you, however you see fit (pun intended)."



HEALTHY DENT COUNTY FITNESS CENTER

August 2023

*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 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	1 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	2 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	3 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	4 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
14 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	8 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	9 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	10 10:00 a.m. Slow Motion 5:30 p.m. Spin* 6:30 p.m. Zumba	11 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
21 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	15 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	16 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	17 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	18 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
28 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	22 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	23 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	24 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	25 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
	29 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	30 8:30 a.m. Sweet & Low 5:30 p.m. Pilates 6:00 p.m. Spin*	31 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 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)