

# December 2023

## HEALTHY DENT COUNTY

### #HopeForPope Fundraiser



HOPE  
FOR  
POPE

**Sunday, December 3rd**  
**Live Auction begins at 11 a.m.**  
w/ Tom Wulff  
**Salem Community Center @ the Armory**

Bonebrake  
Cookie Walk  
Saturday, Dec. 9th  
10 a.m. - 1 p.m.

T'was the Night  
before Fitness  
Saturday, Dec. 23rd

Salem Community  
Center @ the Armory  
& Fitness Center  
CLOSED Monday,  
Dec. 25th

#### MEMBERSHIP SPOTLIGHT

Eric Rothgeb

Salvation Army:  
Make a difference this  
holiday season!  
[RegisterToRing.com](http://RegisterToRing.com)

New Year's Eve Ball  
Sunday, Dec. 31st



Membership Spotlight: Eric Rothgeb



Follow us on Facebook: [Healthy Dent County Fitness Center/Council for a Healthy Dent County](https://www.facebook.com/HealthyDentCounty) to stay up to date



**WPLF**

# **IRON MANIA**

**SATURDAY, JANUARY 27, 2024, 10 A.M. - 5 P.M.**  
**HEALTHY DENT COUNTY FITNESS CENTER**  
**1200 WEST ROLLA ROAD, SALEM MO**

**PARTICIPANTS (13+) MUST REGISTER ONLINE AT**  
[www.warriorpowerliftingfederation.com/upcoming-meets](http://www.warriorpowerliftingfederation.com/upcoming-meets)  
**OPEN TO MEN AND WOMEN**

**PRICES START AT \$70 FOR SINGLE EVENT**

**PUSH/PULL ENTRY FEE: \$80**

**FULL POWER ENTRY FEE: \$90**

**SPECTATOR FEE: \$10**

**CONCESSION ITEMS AVAILABLE FOR PURCHASE**

**Singlet REQUIRED for participation**

**Divisions include:** Raw, Classic Raw, Single Ply, Multi Ply,  
Soft Gear, Full Power, Push/Pull, Squat, Bench, Deadlift.

**Age Divisions:** Teen; Jr20-23, Open; Sub Master, 35 to 39, & Master

**PLEASE GO TO [WARRIORPOWERLIFTINGFEDERATION.COM](http://WARRIORPOWERLIFTINGFEDERATION.COM) FOR OFFICIAL RULES.**

Questions? Please call 573-739-1127 or email [Susie@salemcommunitycenter.org](mailto:Susie@salemcommunitycenter.org)



REGISTER TO

**RING™**



*Ways you can make a difference in  
your community this holiday season!*

- 1) Register to Ring the Bell at [RegisterToRing.com](http://RegisterToRing.com)**
- 2) Donate to the Salvation Army. Write a check and mail to:  
*The Salvation Army  
PO Box 190  
Salem, MO 65560***
- 3) Donate to the kettles located at *Walmart*, and *Country Mart* starting *November 22nd*.**
- 4) Donate to the counter kettles located at local businesses.**

*Thank You*

Questions? Call Susie Mackey at (573) 247-7099

Sherry at (573)729-8163 or email

[Sherry@salemcommunitycenter.org](mailto:Sherry@salemcommunitycenter.org)

# #HopeForPope Fundraiser



HOPE  
FOR  
POPE

**Sunday, December 3rd**  
**Live Auction begins at 11 a.m.**

w/ Tom Wulff

**Salem Community Center @ the Armory**

## **Donations Accepted at the Armory:**

December 2nd 6 - 7 p.m. & December 3rd starting at 9 - 10 a.m.

## **Admittance: Free**

Donation of soda or water cases appreciated.

## **Lunch**

\$10 -fish and ribbon potatoes  
(available throughout entire event or until gone)

## **Silent Auction for baked goods**

(please have ingredients labeled)

#HopeForPope t-shirts will be available for \$20

**March for Michala walk with glowsticks will take place  
through the Salem City Park at 5:30 p.m.**

CITY OF SALEM AND SALEM AREA CHAMBER OF COMMERCE PRESENTS:

# WINTER

## Wonderland

# Christmas Parade of Lights

SATURDAY  
**DEC 2**  
5:30 PM



Grand Marshal: Salem Marching Blue

SPONSORED BY:  **brightspeed**



# T'was the Night before Fitness

Healthy Dent County Fitness Center

- Saturday, December 23rd
- 9 a.m. - 9:45 a.m.
- Salem Community Center @ the Armory
- Donations Accepted - Proceeds go to #HopeForPope Fundraiser
- Gymnasium
- Instructor: Susie Cahill

45 Minute Workout

Intervals

- Upper Body
- Lower Body
- Core

Musical Cardio & Reindeer Games

Pyramid Style Burner

Body Weight Training and Cardio



Questions? Please Call 573-739-1127 or email [susie@salemcommunitycenter.org](mailto:susie@salemcommunitycenter.org)



*Healthy Dent County Fitness Center*  
**CHRISTMAS &  
 NEW YEAR'S SPECIAL**

During the month of **December** and **January**, ALL fitness center classes will be **FREE** to attend. Thinking of joining? Come try out our classes for **FREE!**

*Merry Christmas & Happy New Year!!*

**Fitness Center Class Schedule**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	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	8:30 a.m. Sweet & Low 5:30 p.m. Pilates	10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Zumba	8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga

For more information please call us at (573) 739-1127 or email [penny@salemcommunitycenter.org](mailto:penny@salemcommunitycenter.org)



# SALEM Project RISE

Reaching Independence through Support and Education



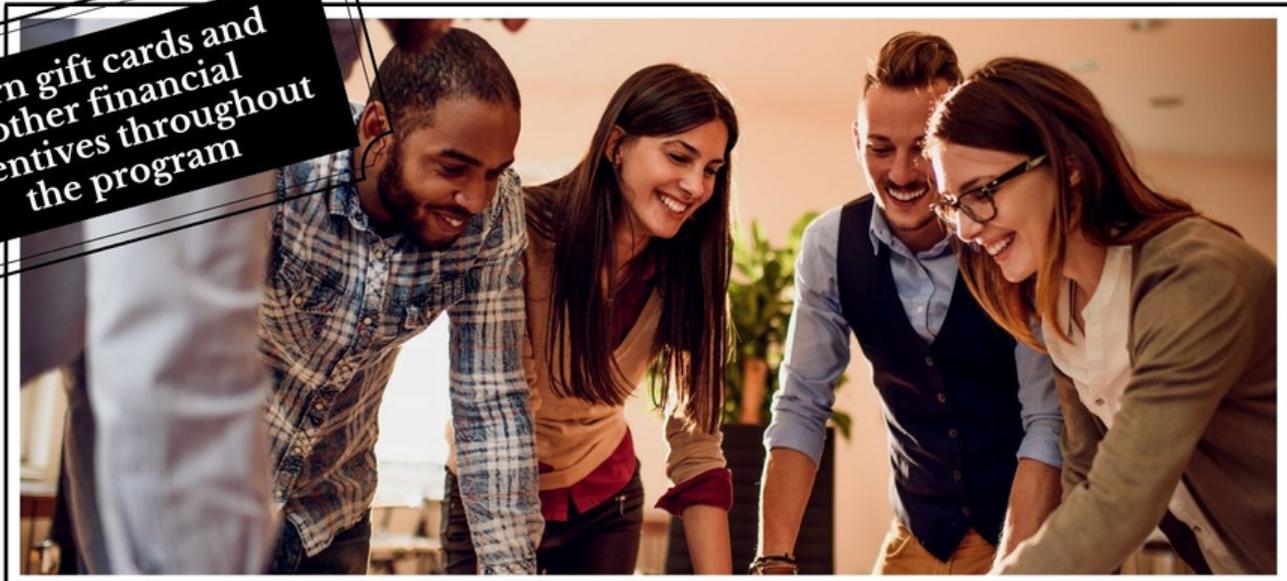
## Helping families reach personal and financial goals.

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16 Weeks - Meet weekly Monday evenings,  
and focus on helping you succeed at life.

- Employment/Career Development
- Further Education Opportunities
- Strength Finder
- Goal Setting
- Time Management
- Relationship Building
- Money Management
  - Budgeting
  - Credit Building
  - Needs vs Wants
- Community Involvement

Earn gift cards and  
other financial  
incentives throughout  
the program



### Objectives of RISE

- Increase your support systems, resources, and connections in your community.
- Provide education that will create long-term thinking and practice.
- Develop tools that guide you to improve financial health and empowerment.

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*Meals and childcare will be provided during meetings.*

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**Pick up/Turn in applications to the  
Salem Community Center @ the Armory office or visit:  
<https://tinyurl.com/ProjectRISE23>  
(1200 West Rolla Road, Salem, MO 65560)**

Presented by:



Jonah Schafer, Agent  
(573) 729-5165

2024

# ***New Year's Eve Ball***

**Doors open 7:00 p.m.**

**Dinner 7:30 p.m.**

**Band- Misfire/DJ-KRAE 9 p.m.**

**Cash Bar - The Local**

**12/31/23**

Salem Community Center @ the Armory  
1200 West Rolla Road

**\$55/Individual \$100/Couple**

**Ages 21+, Tickets available at:**

The Salem Area Chamber of Commerce  
Salem Community Center @ the Armory

Questions? Please call 573.729.6900





**Making Birthday Parties Easy!**

# *Bounce House Birthday Party*

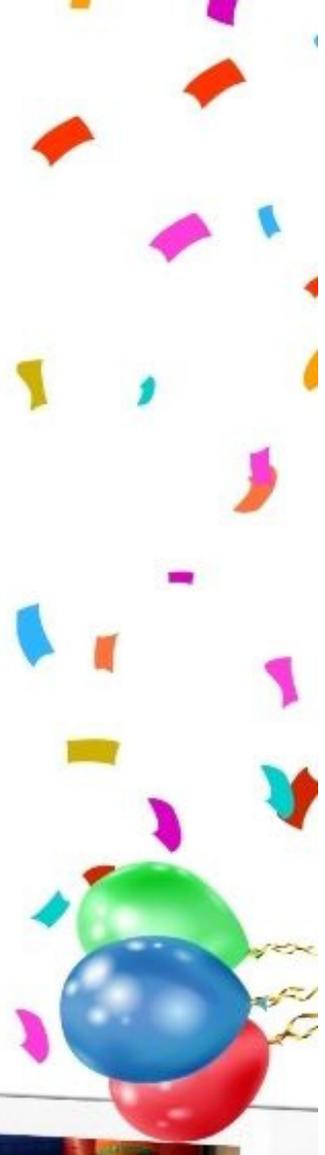
Salem Community Center @ the Armory

**3 Bounce Houses**

**4 Hours \$300**

(Tables, Chairs, and Kitchen Included)

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



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](mailto:Penny@salemcommunitycenter.org)





Light  
up the  
Park  
2023

December

2nd-31st

Displays  
in place by  
Dec.1st



[salemparks@salem.mo.com](mailto:salemparks@salem.mo.com)

# December Community Events

**Salem Community Center @ the Amory and Fitness Center offices are  
CLOSED Monday, December 25th.**

## **December 1 - 22 (Monday-Friday)**

- Trees and Trains Exhibit at the Ozark Natural & Cultural Resource Center.

## **December 2 -31**

- Light Up the Park - Drive through Salem City Park to see all the lighted displays. Opens at dusk each night.

## **December 2**

- Christmas Parade of Lights starting at 5:30 p.m.- Winter Wonderland theme. Entry form is required to participate. Forms can be picked up at the Salem Area Chamber of Commerce/Visitor Center.

## **December 3**

- Christmas Home Tours hosted by the Salem Cosmopolitan Club. Home list, times, and details to come. Tickets will be available at the Chamber/Visitor Center.

## **December 6, 13, 20**

- 8 Week Beginner's Guitar Lessons- 7-8 p.m. with Michael Connors at the Creative Arts Center. All ages! This class is geared for students from beginners and up. In this class, you will go beyond the basics of guitar playing, learn some music theory, and even some song writing tips. A performance event may be scheduled for you too! Cost is \$320/person 8 weeks of classes split into 4 week segments of \$160 ( you must take both sessions to complete the lessons). \*provide your own guitar. For more information please email [salemartcenter@salemcommunitybetterment.com](mailto:salemartcenter@salemcommunitybetterment.com).

## **December 9**

- Breakfast with Santa - Grace Harbor is hosting breakfast with Santa at the Salem United Methodist Church from 9 a.m. to noon. \$15 per person advance purchase by Dec. 1. \$20 per person at the door. Children 3 and under are free. Breakfast, photo with Santa and Mrs. Clause, crafts, story time, and more! Tickets are available at Town and Country Bank, The Bank of Salem, Riverways FCU, Progressive Ozark Bank, Vandivort Drug, Salem United Methodist Church. Questions? Please call 453-2000.
- Bonebrake Cookie Walk- Come fill up your cookie jar! Saturday, December 9th from 10 a.m. to 1 p.m. (601 N. Hickory St.) \$7 per pound.
- "Makerspace". All ages. Supervisors may vary. This program is designed to let people release their inner artist in a comfortable and safe place. There will be no formal instruction, just come craft and we will clean up. Bring in a project you are working on at home or finish a project you started in a class. Enjoy an atmosphere of creating around other creative people and getting ideas from each other. There will be some supplies available in our supply bins to enhance your creativity, or you may purchase a canvas and paints in a kit for a particular project separately. \$6 per person. For more information email [salemartscouncil@outlook.com](mailto:salemartscouncil@outlook.com) or phone 573-247-5308

## **December 15**

- Live Nativity and Petting Zoo at the Salem Lutheran Church. Come enjoy traditional Christmas carols while viewing the nativity. To be held on the church's circle driveway at, 403 E Scenic Rivers Blvd. Bring the whole family and join us in celebrating the Christ Child's birth. Snacks and children's gift bags will be provided in the Fellowship Hall after viewing. Parking behind the petting zoo and along the street.

## **December 23**

- Salem Community Acoustic Jam Session. All ages are welcome. Come and enjoy a fun and relaxing evening at the Creative Arts Center. beginning at 6:30 p.m. Musicians and listeners of all ages, talents and interests are invited. Bring your own instrument and play along with the crew, or just come to listen and tap your feet! No talent is necessary, just enthusiasm! You name it, you will probably hear it! February jam is canceled, this event will start in March and will be held monthly on the fourth Saturday.

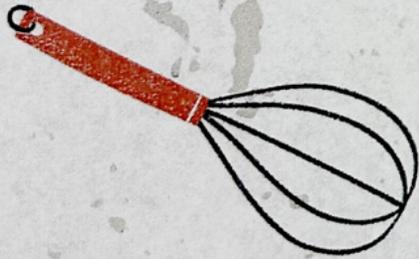
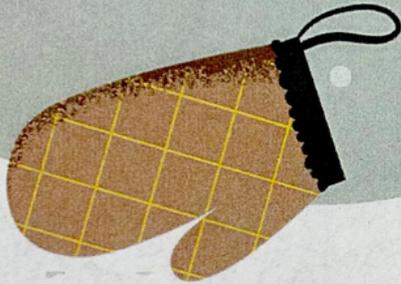
## **December 31**

- New Year's Eve Ball 7 p.m. - 12 a.m. 1st Annual New Year's Eve Ball hosted by Salem Area Chamber of Commerce and Healthy Dent County. Presented by American Family Insurance- Jonah Schafer. Tickets are available at the Salem Area Chamber of Commerce and Salem Community Center @ the Armory. \$55 for individual ticket, \$100 for couple tickets. Admission by ticket only. Included with ticket: Dinner, Dessert and Coffee Bar, Live Band, DJ, Party Favors, Midnight Toast, Photos, and more. More information to follow.

**For additional community events, please visit [SalemMO.com](http://SalemMO.com)**

# BONEBRAKE COOKIE WALK

Come fill up your cookie jar!



DECEMBER 9TH, 2023  
10:00 AM-1:00 PM

601 N. HICKORY  
SALEM, MO 65560

**\$7 per pound**



# Healthy Dent County Fitness Center

## Office Hours

Monday - Friday 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



# 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



# Membership Spotlight

# Eric Rothgeb

Occasionally a member comes along who makes me feel like a proud gym mom. Eric Rothgeb is one of those members whom I couldn't be prouder of. He has become a completely different kid from the one who first stepped foot in our fitness center. The boy who walked into this gym for the first time about a year ago was quiet and reserved and seemingly very self-conscious. Eric was quietly dealing with a lot as his brother had been battling a cancer diagnosis. His mom and his oldest brother had spent more than a year in a hospital and Eric had spent much of that time home alone.

Over the last year, we have watched Eric completely transform himself into a self-confident, healthier, happier, and more outgoing individual. He has clearly found a place he loves and feels at home. Eric has gone from pressing 8 lb. dumbbells to 55's with ease. He has gone from quiet and shy to outgoing when he walks into the gym and cheerfully gives a shout-out to all his gym friends. He talks to everyone throughout his workout trading fun gym jabs with those around him. Eric has trimmed up, toned up, and grown exponentially in the last year.

This healthier lifestyle began for Eric about two years ago when he decided to give up soda and sugar-packed energy drinks. His diet consisted of ketchup on virtually everything and a lot of junk food. After he cleaned up his diet, it was time to incorporate fitness. He initially looked up exercises online and worked out at home. He then joined Healthy Dent County Fitness Center. Eric was new to the gym but was always very receptive to any tips or guidance from our members. It was clear to everyone that he was serious about his workouts, and he caught the attention of some of our seasoned lifters quickly. They were happy to include him and help him along the way.

Today Eric continues to build his strength and live a healthier lifestyle. He works out 5 to 6 days a week. Fitness has impacted his increased confidence and his overall health in a big way. In the beginning, Eric wanted to make his family proud with his lifestyle choices. He succeeded in that. I see his mom regularly as this fitness journey has become a family affair as well. She is for sure one proud Momma Bear and always was. My guess is that he never anticipated how many of us would take notice of his hard work, but it was hard not to notice all the positive changes that took place in this teenager. As a gym family, we couldn't be prouder of Eric. He's not stopping anytime soon either. He plans to join the Marine Corps after graduation and keep health and fitness integrated into his future. Eric wanted to prove to himself that he was not a quitter, and he has done just that and more!

Eric is proof that fitness is much more than your mirror image or a number on the scale. It is as much mental health as it is physical. It is self-confidence. It teaches discipline. It is social. Fitness has made Eric a stronger human on the inside as well as the out.



HEALTHY DENT COUNTY  
FITNESS CENTER

December 2023

\*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba</p>	<p>5</p> <p>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</p>	<p>6</p> <p>8:30 a.m. Sweet &amp; Low 5:30 p.m. Pilates</p>	<p>7</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin* 6:30 p.m. Zumba</p>	<p>8</p> <p>8:30 a.m. Sweet &amp; Low 4:30 p.m. Gentle Yoga</p>
<p>11</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba</p>	<p>12</p> <p>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</p>	<p>13</p> <p>8:30 a.m. Sweet &amp; Low 5:30 p.m. Pilates</p>	<p>14</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin* 6:30 p.m. Zumba</p>	<p>15</p> <p>8:30 a.m. Sweet &amp; Low 4:30 p.m. Gentle Yoga</p>
<p>18</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba</p>	<p>19</p> <p>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</p>	<p>20</p> <p>8:30 a.m. Sweet &amp; Low 5:30 p.m. Pilates</p>	<p>21</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin* 6:30 p.m. Zumba</p>	<p>22</p> <p>8:30 a.m. Sweet &amp; Low 4:30 p.m. Gentle Yoga</p>
<p>25</p> <p><b>CLOSED</b></p>	<p>26</p> <p>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</p>	<p>27</p> <p>8:30 a.m. Sweet &amp; Low 5:30 p.m. Pilates</p>	<p>28</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin* 6:30 p.m. Zumba</p>	<p>29</p> <p>8:30 a.m. Sweet &amp; Low 4:30 p.m. Gentle Yoga</p>



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](mailto:lacey@salemcommunitycenter.org)

Website: [salemcommunitycenter.org](http://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)