

# January 2024

## HEALTHY DENT COUNTY



December 31st, 2023 - See inside flyer for details

Healthy Dent County  
Fitness Center  
New Year's Special  
FREE Classes

Project RISE  
Accepting  
Applications!

Salem Community  
Center @ the Armory &  
Fitness Center CLOSED  
Friday, December 29th @  
noon and Monday,  
January 1st

MEMBERSHIP SPOTLIGHT  
Eva Hodges

Healthy Dent County  
Fitness Center  
Basic Training  
in January!

Reserve your Bounce  
House Birthday Party!



Cheyenne and Eva Hodges



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



RING IN

2024

NEW YEAR'S EVE BALL

Hosted by Healthy Dent County & Salem Area Chamber of Commerce

**Buy Tickets Now!**

\$55 single - \$100 couple

*Reserve a table of 8 for \$400*

**DOORS OPEN 7:00 PM**

**DINNER 7:30-9:00 PM**

*Vintage Apron Catering*



Jonah Schafer, Agent  
(573) 729-5165

**DESSERT BAR • MIDNIGHT TOAST • PARTY FAVORS**

***BAND-Misfire***

***& DJ-Kim Steelman***

***CASH BAR by THE LOCAL***

Tickets can be purchased at:

- Salem Area Chamber of Commerce
- Salem Community Center @ the Armory
- Eventbrite



Salem Community Center  
@ the Armory,  
1200 West Rolla Rd. - Salem

SCAN FOR TICKETS





# 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



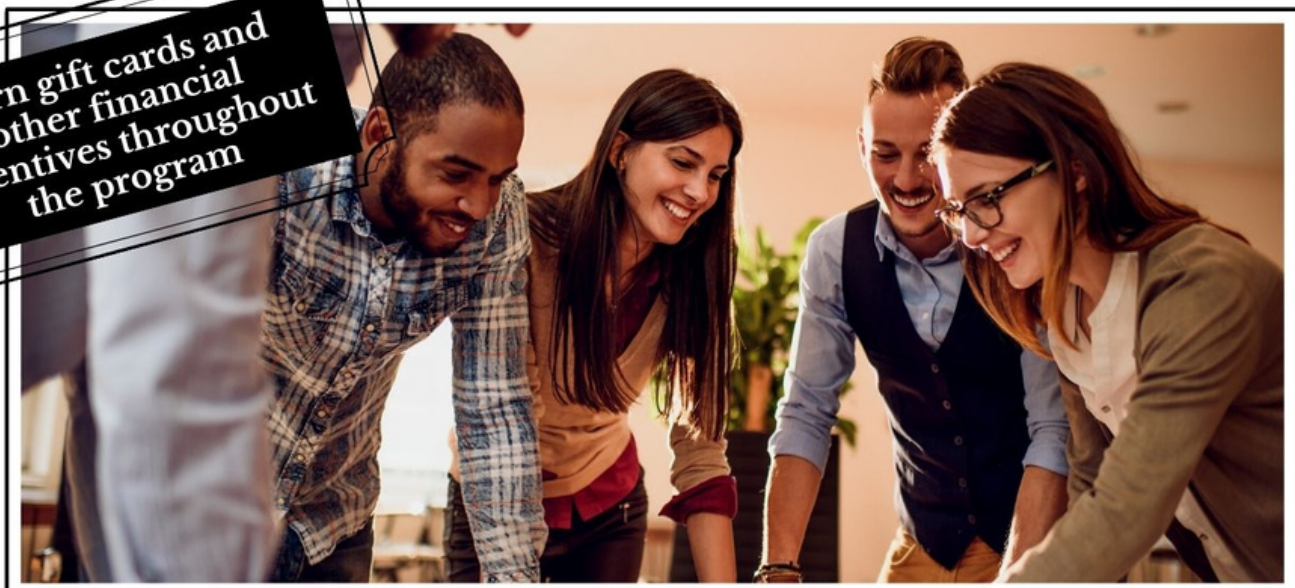
## Helping families reach personal and financial goals.

---

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.

---

*Meals and childcare will be provided during meetings.*

---

**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)**





HEALTHY DENT COUNTY FITNESS CENTER

# BASIC TRAINING

**Tuesdays, Wednesdays, Thursdays  
at 6:30pm in January (2nd-25th)**

**Salem Community Center @ the Armory Event Center  
1200 West Rolla Road, Salem, MO 65560**



***\$30 for all classes  
\$5 per class***

**4-Week Training Program  
Fundamentals of Fitness**

***No fads or gimmicks***

**-Knowledge   -Proper Form   -Muscle Engagement**

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







**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)**





# January Community Events

**Salem Community Center @ the Amory and Fitness Center offices are  
CLOSED Friday, December 29th @ noon and Monday, January 1st**

## **January 1**

- First Day Hike at Echo Bluff - Starts at 10 a.m. on the Painter Ridge Trail. This is a 2 mile hike.
- First Day Hike at Montauk - Start 2024 off right by taking a first day hike with us on the Pine Ridge Trail. This hike is of moderate difficulty and has some steep sections as it winds through the Montauk Upland Forest Natural Area. The trail is a little under 2 miles and the hike will be up to 2 hours, beginning at 10 am. This event is free, but registration is required. Call the park naturalist 573-548-2255 or the park office 573-548-2201.

## **January 6**

- Small Animal/Bird & Homestead Swap - 1st Saturday of Every Month 7 a.m.- noon at Turtle Cove Farms (10031 & 10037 Hwy H., Salem). Refreshment stand. For more information or questions contact: Kathy Borell (307) 421- 3571 or Sheri and Gene (417) 217- 9742.

## **January 9**

- The 2nd TUESDAY of each month- "Stitches" Group- 7-8:30 pm. 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. Cost will depend on amount of people present (\$20 per day).

## **January 13 & 27**

- "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.

## **January 27**

- Salem Community Acoustic Jam Session - All ages welcome. Come and enjoy a fun and relaxing evening at the Creative Arts Center. beginning at 6:30 pm. Musicians and listeners of all ages and 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 necessary, just enthusiasm! You name it, you will probably hear it February jam is cancelled, this event will start in March and will be held monthly on the fourth Saturday.

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







# Healthy Dent County Fitness Center

## Office Hours

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

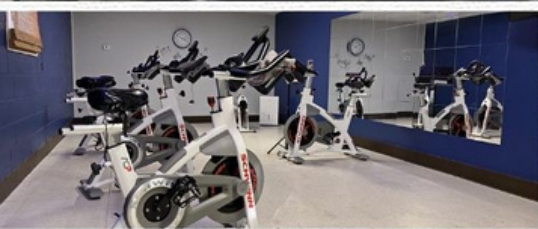
## Fitness Center Hours

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

## Eva Hodges

Two and a half years ago Eva Hodges found herself unhappy with some extra pounds she was carrying and knew she wanted to do something about it. In May 2021, Eva joined Healthy Dent County and decided to try out some of the classes. The first class she chose was Interval Training on Monday evenings. She quietly found a spot in the back row and made it through her first 45-minute class. It was hard, she was out of breath, and it left her sore. That didn't stop her. She continued trying the various classes offered at the fitness center and has been a faithful regular attendee ever since. Eva lives in Bunker and makes it a priority to drive to Salem at least twice a week for her classes. She is faithful to Interval Training and Tighten and Tone but also enjoys Kickboxing when she has the opportunity and special Saturday classes when available. Her daughter, Cheyenne joins her with the workouts at every opportunity she has.

The faithfulness to the classes has paid off for Eva. She turned into the shrinking woman. Month by month we watched her become smaller and smaller. She is four sizes smaller today than she was when she started. We watched the muscle tone start peeking out and we watched her become stronger and steadily increase the amount of weight she would use throughout class. Today she is one of the strongest and most fit members to come to any of the classes we offer. She encourages new members and lets them know how hard it was for her in the beginning and lets them know that it does get easier. She feels healthier, stronger, and has more self-confidence today than she had 2 and half years ago.

Classes made learning what exercises to perform easier for Eva since she always had an instructor to follow. She gets both cardio and strength included. They also provided built-in accountability and an inviting atmosphere.

"My experience at the Armory has been amazing. It has helped me to feel better about myself, healthier and stronger. The staff are wonderful, helpful and friendly. And my workout "family" is incredible! There's no judging or competing, we all cheer for each other." Says Eva.

When Eva isn't attending classes at the fitness center, she enjoys anything outdoors such as camping, kayaking, and hiking. She likes to hike with her brother and his family at any opportunity they have. She does include healthy eating but in moderation. She says she will not turn down ice cream! Eva is proof that a person does not have to spend hours every day of the week in the gym to achieve results. She found two of her favorite classes and stuck to them. She makes the trip from Bunker to Salem every Monday and Thursday evening after work and gets her workouts finished in less than an hour. On top of feeling healthier, she has been able to build some great friendships within the group classes. We are so blessed Eva found us two and half years ago and appreciate all that she has brought to our facility and into our lives!






# HEALTHY DENT COUNTY FITNESS CENTER

# January 2024

\*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Closed</b> 	<b>2</b> 10:00 a.m. Slow Motion <b>12:30 p.m. Spin*</b> 5:30 p.m. Kickboxing <b>5:30 p.m. Spin*</b>	<b>3</b> 8:30 a.m. Sweet & Low	<b>4</b> 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone <b>5:30 p.m. Spin*</b> 6:30 p.m. Move & Groove	<b>5</b> 8:30 a.m. Sweet & Low
<b>8</b> 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion <b>4:15 p.m. Spin*</b> 5:30 p.m. Interval Training 6:30 p.m. Move & Groove	<b>9</b> 10:00 a.m. Slow Motion <b>12:30 p.m. Spin*</b> 5:30 p.m. Kickboxing <b>5:30 p.m. Spin*</b>	<b>10</b> 8:30 a.m. Sweet & Low	<b>11</b> 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone <b>5:30 p.m. Spin*</b> 6:30 p.m. Move & Groove	<b>12</b> 8:30 a.m. Sweet & Low
<b>15</b> 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion <b>4:15 p.m. Spin*</b> 5:30 p.m. Interval Training 6:30 p.m. Move & Groove	<b>16</b> 10:00 a.m. Slow Motion <b>12:30 p.m. Spin*</b> 5:30 p.m. Kickboxing <b>5:30 p.m. Spin*</b>	<b>17</b> 8:30 a.m. Sweet & Low	<b>18</b> 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone <b>5:30 p.m. Spin*</b> 6:30 p.m. Move & Groove	<b>19</b> 8:30 a.m. Sweet & Low
<b>22</b> 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion <b>4:15 p.m. Spin*</b> 5:30 p.m. Interval Training 6:30 p.m. Move & Groove	<b>23</b> 10:00 a.m. Slow Motion <b>12:30 p.m. Spin*</b> 5:30 p.m. Kickboxing <b>5:30 p.m. Spin*</b>	<b>24</b> 8:30 a.m. Sweet & Low	<b>25</b> 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone <b>5:30 p.m. Spin*</b> 6:30 p.m. Move & Groove	<b>26</b> 8:30 a.m. Sweet & Low
<b>25</b> 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion <b>4:15 p.m. Spin*</b> 5:30 p.m. Interval Training 6:30 p.m. Move & Groove	<b>26</b> 10:00 a.m. Slow Motion <b>12:30 p.m. Spin*</b> 5:30 p.m. Kickboxing <b>5:30 p.m. Spin*</b>	<b>27</b> 8:30 a.m. Sweet & Low		

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)