

February 2024

HEALTHY DENT COUNTY

Curt's
MOBILE HOMES

VALENTINE'S DANCE

Friday, February 9th

Doors Open 6:00 p.m. - Live Music 6:30 - 9:30 p.m.
Salem Community Center @ the Armory

See inside flyer for details

Healthy Dent County
Fitness Center
Line Dancing
Tuesdays in February!

Project RISE
Accepting
Applications!

Healthy Dent County
Fitness Center
Sweetheart of a Special
BOGO February ONLY

MEMBERSHIP SPOTLIGHT
Liberty Ross

Healthy Dent County
Fitness Center
Co-Ed Volleyball
League Sign Ups

Reserve your Bounce
House Birthday Party!



Liberty Ross



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

Healthy Dent County Fitness Center

LINE DANCING



DANCE CLASSES

Tuesday evenings in **February** at **6:30 p.m.**
(February 6, 13, 20, 27)

\$5 per person - pay at the door

Instructor: Rosalie Wright

All Classes will be held at the
Salem Community Center @ the Armory
1200 West Rolla Road, Salem

For any questions, please call us at 739-1127
or email Susie@salemcommunitycenter.org





AARP

Free Tax Aide Filing

AARP volunteers will be doing taxes for **FREE** at the **Salem Community Center @ the Armory.**

The Healthy Dent County staff are currently taking appointments until April 5th.

Please call 729-8163.



AARP[®]

Real Possibilities

HEALTHY
DENT COUNTY

VALENTINE'S DANCE

Sponsored by: *Curt's*
MOBILE HOMES

Friday, February 9th

Doors Open 6:00 p.m. – Music 6:30 – 9:30 p.m.
Salem Community Center @ the Armory

\$5 PER PERSON AT THE DOOR (18+)

Enjoy a night of live country/pop music with great entertainers!



Come out for some great food and dancing!

Concession Available
(Chili Dogs, Chili, nachos, desserts and more!)

BYOB



Questions? Please call us at 573-729-8163 or email Jackie@SalemCommunityCenter.org



Sweetheart of a Special

Healthy Dent County Fitness Center

February ONLY
Buy One Get One Free

\$24.75 for two members

(Special Rate for 3 Months)

To Qualify:

- ⌘ New Members ONLY
- ⌘ Sign up for Autopay

Included in this:

- ⌘ Orientation
- ⌘ Workout Plan

***24 Hour Access Additional Cost**

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



Office Hours

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

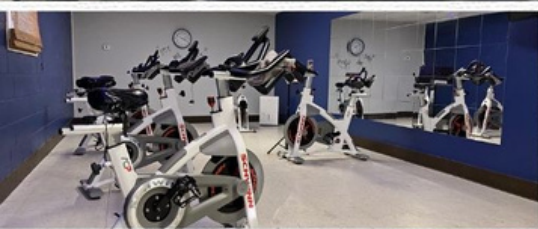
Fitness Center Hours

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





HEALTHY DENT COUNTY FITNESS CENTER

Competitive Co-Ed

Volleyball

League

6 p.m. Thursdays starting February 22nd, 2024
(Feb. 22, 29, Mar. 7, 14, 21, 28)

Championship Tournament
Saturday, April 6th at 9 a.m.

COST: \$175 per team

Location: Salem Community Center @ the Armory
1200 West Rolla Road, Salem, MO 65560

DEADLINE TO REGISTER: Friday, February 12th, 2024

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

Competitive Co-Ed

Volleyball

League

6 p.m Thursday, starting February 22nd, 2024
(Feb. 22, 29, Mar. 7, 14, 21, 28)
Tournament April 6th

COST: \$175 per team

Location: Salem Community Center @ the Armory
1200 West Rolla Road, Salem, MO 65560

Registration Form

Team Name: _____

Contact Name & Number _____

Participants: _____ T-Shirt Size _____



# 1	_____	_____
# 2	_____	_____
# 3	_____	_____
# 4	_____	_____
# 5	_____	_____
# 6	_____	_____

# 7	_____	_____
# 8	_____	_____

DEADLINE TO REGISTER: Friday, February 12th, 2024

RELEASE AND WAIVER

I know that playing volleyball is a potentially dangerous activity and that my team should not enter this event unless we are medically able and properly trained, and that physical injury, illness, and even death may result from risks inherent in this sport. We assume all risks associated with participating in this event. Having read this RELEASE AND WAIVER and in consideration of the acceptance of our entry, we, on behalf of myself and my team, release and agree to indemnify, defend, and hold harmless, even though any risks may arise out of negligence or carelessness of their party, Healthy Dent County, City of Salem, and all sponsors of this event and all agents, employees, and representatives above, from all claims, suits, liabilities, and actions. We grant permission for interested persons to photograph and record our participation in this event publicly.

SALEM Project RISE

Drew Lewis 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/ProjectRISESalem>
(1200 West Rolla Road, Salem, MO 65560)**

RISE - Participant Screening Form

DEMOGRAPHICS

1. Full Name: _____ Date of Application: _____
2. Date of Birth: Month: _____ Day: _____ Year: _____
3. Address: _____ City: _____ State: _____ Zip: _____
4. Mobile Phone: _____ Home Phone: _____
5. Email address: _____
6. Preferred Method of Contact: ☐ Mobile ☐ Home Phone ☐ Email ☐ Text ☐ Facebook
7. Current Members of Household:

Name (First and Last)	Relationship	Age/Gender	Race/Ethnicity	Date of Birth
Total Number of People in Household				

QUALIFIERS

8. Accountability:
 - a. Are you currently working or willing to return to a full-time position? ☐ Yes ☐ No
 - b. Are you able to commit to a 16-week program with weekly classes? ☐ Yes ☐ No

**Note: the first 16-weeks is the initial core programming. After core programming, members are encouraged to stay in the program for at least one year to ensure stability and self-sufficiency.*
9. Do you have a high school diploma or HiSET/GED? ☐ Yes ☐ No
 - a. If No, are you able to complete it within 6 months? ☐ Yes ☐ No
10. Have you been drug/substance free for more than six months? ☐ Yes ☐ No
11. Do you have stable housing? ☐ Yes ☐ No
12. Do you have reliable transportation (i.e. own a legal working vehicle, public transportation) ☐ Yes ☐ No
13. Total monthly household gross income for all household members? (before taxes and deductions)
\$ _____
14. Where/how did you hear about our organization? _____



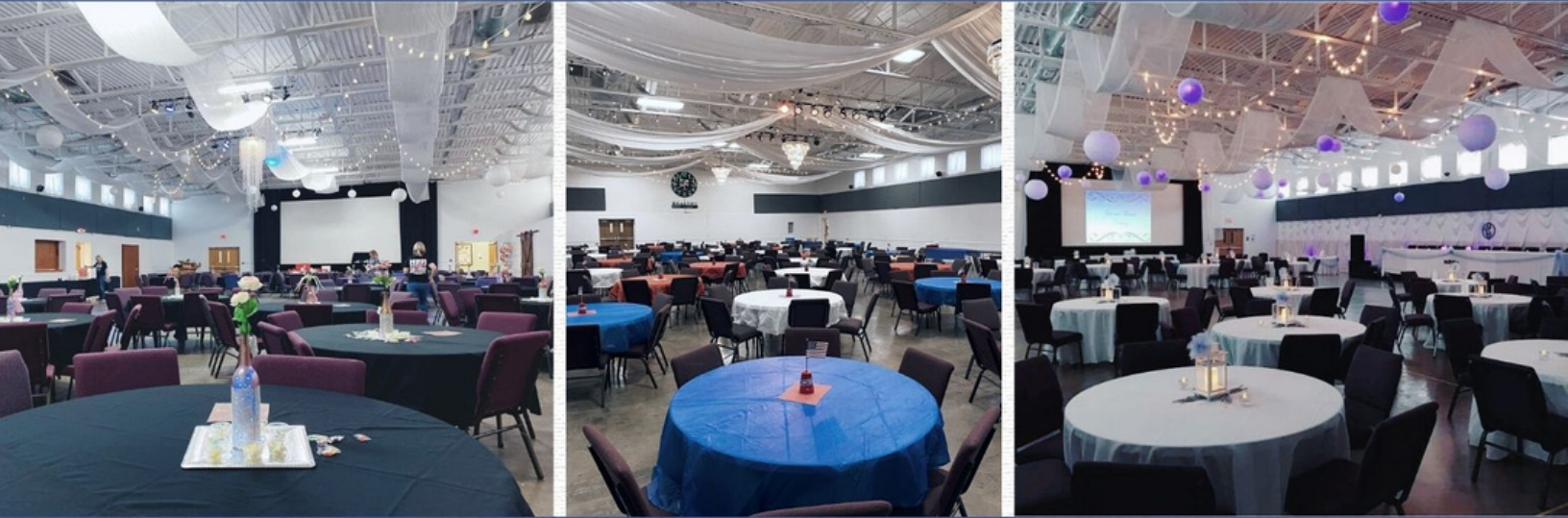
Saturday, February 24
Salem R-80 H.S. Gym
Dancing @ 7 p.m. - Doors open @ 6:30 p.m.

TO PURCHASE ADVANCED TICKETS CALL:
573-729-5917 ext. 4003



TICKET PRICES (Limited Quantity):
Advanced Tickets \$20.00
Tickets at the door are \$25.00
Bleacher Seating \$5.00 at the door

The Perfect Event Venue



For Your Class or Family Reunion!

- \$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 & black 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





Sherry Lea and Ty Richards



Thank you Rotary Club of Salem,

for partnering with us for your 5th Annual Mouse Race!
We appreciate your support and all that you do for our
wonderful community!

-Healthy Dent County

"Rotary is also a non-profit service organization active in Salem since 1956 with our motto of "Service above Self" explaining our mission. This year our Mouse Race raised enough funds to contribute \$1339 to Healthy Dent County and also to support our annual contribution of three (3) \$1000 scholarships to graduating Seniors of Salem High School and several other financial donations back to the community. Our other major fundraiser, The Pancake Breakfast has been set for Saturday, February 17 at the Salem Middle School cafeteria. 2024 will be a milestone for this event marking over 50 years of pancakes, sausage and coffee served to the community by The Rotary Club of Salem, Missouri. Hope to see you there, mark your calendar."

-Rotary Club of Salem



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



February Community Events

February 3

- 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.

February 9

- Healthy Dent County's Valentine's Dance sponsored by Curt's Mobile Homes – Salem Community Center @ the Armory. Doors open at 6 p.m. Live music from Candy and the Cowboy 6:30 p.m.- 9:30 p.m. \$5 per person pay at the door.

February 10

- "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 or phone 573-247-5308.

February 12

- Last Day of Catch and Release at Montauk State Park. The second Monday in February each year marks the end of the winter Catch-and -Release season. Fishing is not allowed within park boundaries until March 1.

February 13

- 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).

February 24

- Dancing with the Salem Stars Fundraiser event sponsored by the Salem Memorial Hospital Foundation at the Salem High School Gym at 7 pm. Doors open at 6:30. Proceeds benefit needed improvement & Capitol Equipment. Interested Dancers call 573-247-3292 or 816-982-2102 or email hharis@smdh.net
- "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 or phone 573-247-5308.
- 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

HAPPY
Valentines
DAY



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

Liberty Ross

Three months ago, Liberty (Libby) Ross joined Healthy Dent County and found herself in the weight room wanting to work out, but without a plan. Another member referred her to me for help with a fitness plan. After some discussion, we decided to aim for a 3-day plan to get her started. We met on three different days to go over each day individually. Her plan consisted of a day for chest & shoulders, a leg day, and a day for back and arms. It was obvious from the beginning that Libby was going to succeed with her plan. She was very eager to learn and start her transformation. Libby, unlike many of us, did not need it for weight loss. Just looking at her she was already in great physical shape. She has a very hectic schedule between school, her job at Sonic, various clubs she is active with and being on the high school tennis team. She needed an outlet to relieve stress and process emotions.

Libby is a social butterfly and quickly got to know many of the gym regulars and is great at asking good questions to learn as much as possible. She may have started with her original three-day plan, but watched, asked, and learned from others and it expanded from there. She now works out 5 days per week. She incorporates both cardio and strength training but prefers strength training as she wants to build more muscle for tennis.

Since joining, Libby has also inspired her mom to join and begin her own fitness plan. Liberty works out on her own some of the time and with a friend some of the time. She says it has helped her gain confidence and feel better overall. She can tell she is stronger. Her knee, which had initially been having some pain in it, has also improved as she has strengthened her muscles. She plans to always keep exercise a priority in her life as well as incorporate healthy eating. Libby has been the model fitness student in her three short months here. She was not afraid to ask questions and learn as much as she could. She took advantage of her fitness plan which we offer as part of membership. She continues to show up despite her incredibly busy schedule and she continues to ask questions. Consistency is key to any fitness journey and somehow as busy as this girl is, she is killing it! Libby has a bright future, and I can't wait to see where it takes her.

-Susie Cahill, Fitness Center Director



HEALTHY DENT COUNTY FITNESS CENTER

February 2024

*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
XOXO				
5 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. Move & Groove	6 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	7 8:30 a.m. Sweet & Low	1 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Move & Groove	2 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
12 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. Move & Groove	13 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	14 8:30 a.m. Sweet & Low HAPPY Valentines DAY	8 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Move & Groove	9 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
19 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. Move & Groove	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	21 8:30 a.m. Sweet & Low	15 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Move & Groove	16 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
26 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. Move & Groove	27 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	28 8:30 a.m. Sweet & Low	22 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Move & Groove	23 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
			29 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Move & Groove	

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)