

April 2024

HEALTHY DENT COUNTY

The "Non"

Newlywed
Game

Fundraiser

Event sponsored by Healthy Dent County

See inside flyer for details

The "Non"
Newlywed Game
Friday, April 12th

Salem Park & Rec
Baseball/T Ball/Softball
Registration

Healthy Dent County
Fitness Center
Medical Meets Fitness
April 3rd @ 5:30

MEMBERSHIP SPOTLIGHT
Joan (Vickers) Caton

2023
Healthy Dent County
Highlights!

Reserve your Bounce
House Birthday Party!



Joan (Vickers) Caton



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

MEDICAL MEETS FITNESS

New Health, New Lifestyle

**April 3rd, 2024
5:30 p.m.**

*Salem Community Center @ the Armory
1200 w. Rolla Rd, Salem*



YOU ARE INVITED!

Healthy Dent County is hosting an informational meeting about the popular weight loss injections available through medical providers. Ozark Health Care, LLC will educate the public about weight loss with the use of GLP-1 Agonists injections and answer questions. If you are considering or have opted for weight loss injections, Healthy Dent County can help you learn lifestyle changes and achieve your fitness goals.

Questions? Call Susie at 573-739-1127 or email
Susie@salemcommunitycenter.org

The "Non"



Newlywed

Game

Fundraiser

Event sponsored by Healthy Dent County

Friday, April 12, 2024

Salem Community Center @ the Armory
1200 West Rolla Road

Doors open at 5:30 p.m.
Game show starts at 6:30 p.m.

Table of 8 can be sponsored for \$300 or single tickets for \$25
Concession and cash bar available

Game Show Contestants

Luke & Hannah Heithold
Tom & Traci Wulff
Matt & Rachel Moncrief
Jon & Danelle Roos



BASEBALL * T-BALL * SOFTBALL

2024 Registration

HEY

\$35

Batter Batter

<https://go.teamsnap.com/forms/424749>

Open Registration:

March 22-April 11th

Late Registration:

April 12th-20th

\$45

Practice Start

Beginning of May

Coaches will Contact

Locations:

Salem City Park

We accept all major credit cards



Melissa DuBois * 573.729.6290 * salemparks@salem-mo.com

Salem
MISSOURI
PARKS & RECREATION



2023 Healthy Dent County Highlights

1200 West Rolla Road, Salem, (573) 729-8163

Over 80 exercise classes a month

Fitness Center surpassed 1,000 members

Over 200 Free Community Meetings Held

Drug Take Back Days in May & October

Project RISE Cohort Completed

Nearly 50 bounce house birthday parties

Annual Girls Night Out, Non-Newlywed and Casino Night

Over 1,000 utilize public access computers

Held first youth traveling volleyball league

DFC Too Good For Drugs Curriculum taught to all Salem/Dent County 4-6th grades

Over 600 fingerprint background checks

Held 5K, Color Run, Witches Walk and New Year's Eve Ball

Health Network Planning Grant received to establish health network

Over 300 families helped through Salvation Army

SCC@A Event Center Renovated

Over 10 Partnered Community Events

Over 200 taxes filed for free with AARP Volunteers

Nearly 300 taking advantage of Renew Active & Silver Sneakers for a free membership

STOP Act Grant received to prevent Underage Drinking



Spring 2024 Health Fair and Vaccine Clinic

May 3 • 7 am - 1 pm

1010 E. Scenic Rivers Blvd., Salem

**Check your Blood Pressure, Height, Weight, Cholesterol, A1C, and More.
Updated COVID-19 Vaccines. No Appointments Necessary.**

FREE Basic Screenings:

Blood Pressure • Height/Weight • BMI Calculation

Rapid Heart Healthy Screening: \$34.50

Basic Screening • Lipid (Cholesterol) • A1C

Expanded Screenings:

Blood Chemistry \$3.80 • Vitamin D \$13.75

Basic Thyroid \$3.50 • Blood Counts \$3

Other Services:

Rapid Blood Lead Screening: \$10

FREE Narcan

FREE STD Testing

*Information and scheduling
for additional services.*



 A Smithsonian Museum
on Main Street

OPEN NOW!

9 AM - 5 PM

MONDAY THRU FRIDAY



202 S Main St, Salem



CROSSROADS
Change in Rural America

There is no charge to visit the exhibit.



Healthy Dent County Fitness Center

Office Hours

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

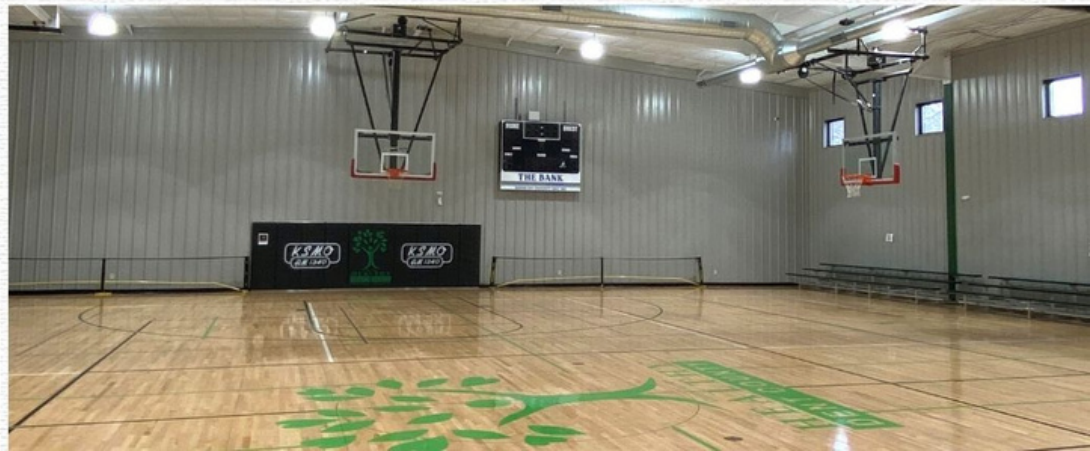
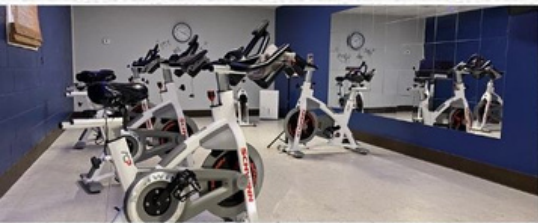
Fitness Center Hours

Monday-Friday: 5 a.m.- 7 p.m.

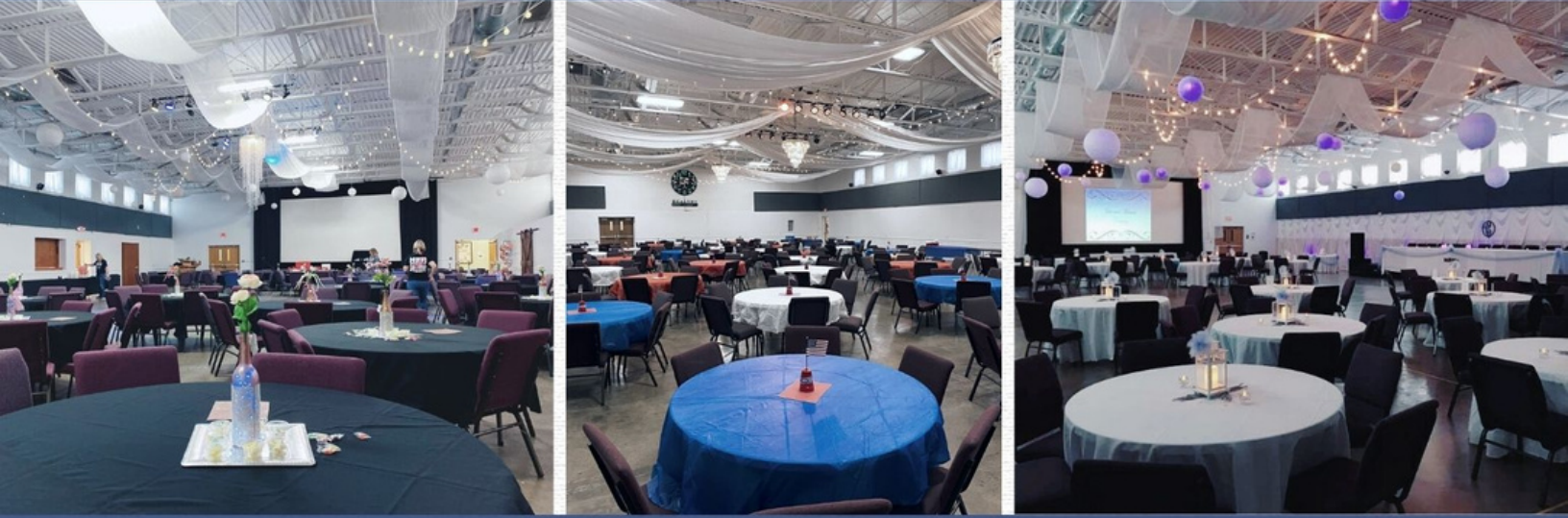
24 Hour Access Available

- 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



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



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



April Community Events

April 1 - May 4th

- Smithsonian Exhibit at the Ozark Natural & Cultural Resource Center.

April 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.

April 7

- 8 Week Beginning Block Crochet - Salem Creative Arts Center - Sundays, 4/7, 4/14, 4/21, with Nicole Curtis, 4:00-6:00 p.m. All ages! Children (with parent/legal guardian) and adults alike can participate, Minimum 3 Maximum 6. In this class you will learn at least 6 techniques- single crochet, half-double, double crochet, moss stitch, granny square, and lemon peel, to create individual blocks to crochet together using a border to make a mini-lap quilt. This would be for beginners crocheters, a little experience with basic stitches would be helpful. The instructor will teach how to make six different blocks, and let you make extras at home. During the last class, the instructor will teach how to crochet the blocks together with a border. The final product will be a small lap throw and the size will depend on the number of blocks each person makes. There will be enough yarn provided to create four blocks of each technique. Cost: \$80 for all 8 classes (this is only \$10 per individual class)- all supplies provided.

April 9

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

April 12

- The "Non" Newlywed Game at the Salem Community Center @ the Armory. Doors open at 5:30 p.m. Game show starts at 6:30 p.m. Healthy Dent County would like to invite everyone out to a fun community event, the "Non-Newlywed Game" Show. You won't want to miss this event. It is couple vs. couple in this hilarious version of the classic game show where you will discover just how much our couples know (or don't know!) about their spouse! Individual tickets \$25, VIP Sponsors \$300 (table for 8, complimentary snacks, and advertisement). Participants: Luke & Hannah Heithold, Tom & Traci Wulff, Matt & Rachel Moncrief, Jon & Danelle Roos.

April 13 & 27

- "Makerspace" Salem Creative Arts Center - 10 a.m. - 12 p.m. 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.

April 25

- Senior Citizen's Trout Fishing Tournament at Montauk State Park 7 a.m. - 2 p.m. This trout tournament will be open to any man or woman 60 years of age or older. Two classes will be designated, fly or bait. Two prizes will be awarded to winners in each class for heaviest trout and heaviest stringer of trout. Gift certificates will be presented to the winners upon completion of the tournament. Registration at Dorman L. Steelman Lodge.

April 26

- Montauk Arbor Day at Montauk State Park - FREE Tree seedlings will be handed out to park visitors at the park main office across from the lodge from 9 a.m. to 3 p.m. Take some time to grow a tree for future generations. Trees provided courtesy of Missouri Dept. of Conservation's George White Nursery.

April 27

- Bird Hike at Montauk State Park - Join members of the local Ozark Rivers Audubon chapter at the stone CCC Picnic Shelter for a morning of birding during the peak of spring migration, 8am-12pm. Learn about the diversity of birds that live in and migrate through the park. Wear something comfortable to walk in and bring binoculars if you have them. Beginner or veteran birder, come join the fun as we watch, listen, and enjoy. Potluck lunch and BBQ afterwards.

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

Joan (Vickers) Caton

Joan is 96 years young and participates in Slow Motion classes two days each week at Healthy Dent County and takes a walk every day! On top of this, Joan is still able to enjoy gardening, especially growing orchids, and reading.

Joan's active lifestyle began when she was 3 years old, when she started ballet. By age 13, she started classes with the San Francisco Ballet Company and was accepted as an apprentice at age 15. By age 17 she danced in the first American production of the Nutcracker in the role of Clara.

As a professional ballet dancer, Joan dedicated her life to the art with both the San Francisco Ballet Company and the American Ballet Theatre. Her ballet training set the pattern for her to maintain a fit and healthy lifestyle as it was required for her career. She has always loved to dance, and ballet was a natural way for her to stay fit.

When her dancing career came to an end, she changed her love for the Arts to teaching. She opened her own studio in the Bay Area and spent the next 25 years encouraging young children to enjoy the world of dance.

Joan encouraged her daughters to start ballet at an early age as well. She planted the seed of the importance of staying fit early on. Today, Carrie Border, Joan's daughter, is a regular at Healthy Dent County and not only takes classes, but also has a strict weekly regimen in the weight room. She also attends Slow Motion classes with her mother! Fitness isn't a hobby for this family it is a way of life.

Anyone who has attended Slow Motion with Joan is in awe of her. She serves as a motivator and an inspiration for everyone. Her energy, agility and flexibility are nothing short of amazing. This woman has created a legacy for her family for years to come. Teaching your family the gift of health is one of the greatest things we can do for them! Joan is living proof of the impact a fit lifestyle can have on a person. She says at 96, she is still dancing, even if it's from a chair!


-Susie Cahill, Fitness Center Director



HEALTHY DENT COUNTY FITNESS CENTER

April 2024

*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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. Jump & Jive	2 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	3 8:30 a.m. Sweet & Low	4 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Jump & Jive	5 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
8 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. Jump & Jive	9 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	10 8:30 a.m. Sweet & Low	11 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Jump & Jive	12 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
15 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. Jump & Jive	16 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	17 8:30 a.m. Sweet & Low	18 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Jump & Jive	19 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
22 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. Jump & Jive	23 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	24 8:30 a.m. Sweet & Low	25 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Jump & Jive	26 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
29 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. Jump & Jive	30 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			

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)