

March 2024

HEALTHY DENT COUNTY

The Perfect Event Venue



For Your Class or Family Reunion!

See inside flyer for details

The "Non"
Newlywed Game
Announcement
Friday, April 12th

Couples:

Luke & Hannah Heithold

Tom & Traci Wulff

Matt & Rachel Moncrief

Jon & Danelle Roos

OFFICE HOURS

8:00 am - 4:30 pm

Reserve your class or
family reunion now!

MEMBERSHIP SPOTLIGHT
Kavan Toman

AARP Accepting
Tax Appointments
NOW

Reserve your Bounce
House Birthday Party!



Kavan Toman



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

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





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



Office Hours

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

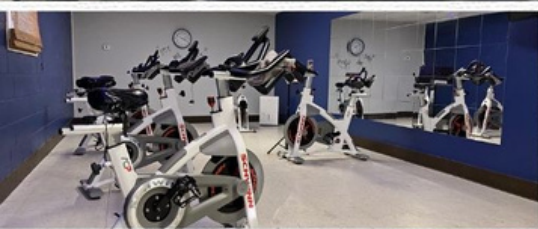
Fitness Center Hours

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

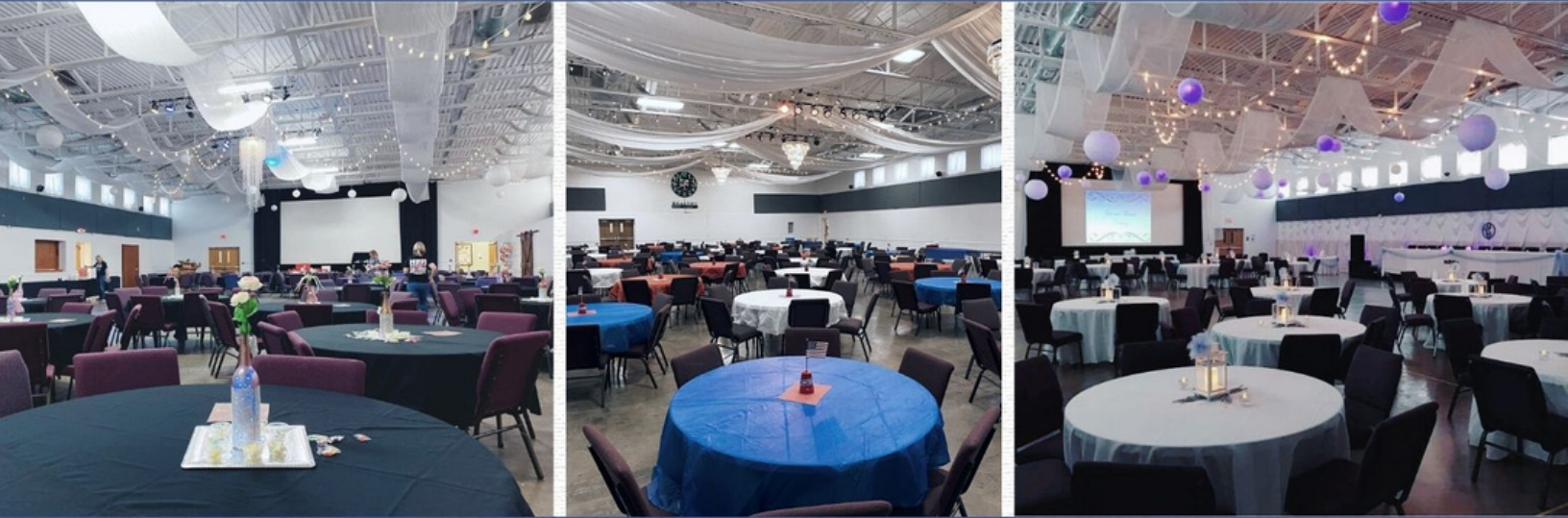
24 Hour Access Available

- 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



March Community Events

March 1

- Opening Day of Trout Season at Montauk State Park – Large numbers of enthusiastic anglers participate in this exciting first day of the Current River Trout Fishing Season. Fishing hours 6:30 a.m. – 6 p.m.
- Parsons Chiropractic will be having their 1 Year Celebration/Patient Appreciation on Friday, March 1st from 4pm to 7pm – Mark your calendars, there will be food vendors, drawings, and fun!

March 2

- 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.

March 9

- "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.
- Men's Trout Fishing Tournament at Montauk State Park. A trout tournament will be held for gentlemen of any age. Two classes in the tournament include fly and bait categories. Two winners in each class: heaviest trout, and heaviest stringer of trout. Gift certificates will be awarded to winners. Participants can register for the tournament in the Dorman L. Steelman Lodge. Tournament hours are from 6:30am to 2pm.

March 12

- 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).

March 15-16

- 100 Acre Wood Rally, more info to come.

March 16

- Ladies Trout Fishing Tournament at Montauk State Park. Ladies of any age can participate in this trout fishing tournament. Participants can register at the Dorman L. Steelman lodge. Two classes of fishing will be allotted, one for fly fishing and the other for bait fishing. Two winners in each class: heaviest trout, and heaviest stringer of trout. Gift certificates will be awarded to the winners that are redeemable for merchandise at the Montauk Lodge. Tournament hours are 7:30am to 2pm.

March 17

- St. Patrick's Day

March 23

- Starting March 23rd Smithsonian Exhibit at the Ozark Natural & Cultural Resource Center opens.

March 31

- Easter Day

For additional community events, please visit SalemMO.com

HAPPY
ST. PATRICK'S
DAY

Happy
Easter

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

Kavan Toman

Meet 13-year-old Kavan Toman. He first joined Healthy Dent County in August of 2023. He isn't old enough to drive himself to the gym, but still seems to get over here for his workouts. He will complete his workouts and then patiently wait for a ride to arrive to take him home. I'm sure the easy thing to do would be to go straight home from school and play video games like many of his peers, but working out is important to Kavan. His mom, Lauren Toman, has instilled the importance of a fit lifestyle in him from the time he was small. He says his motivation to workout comes from her. Proof that our kiddos really are watching us!

Kavan is the perfect young member. He isn't afraid to ask questions and he is always willing to try what is recommended to him. He always has a great attitude and offers encouragement to others as they workout.

Kavan first became interested in fitness a couple of years ago when he found himself being made fun of. Since then, he has worked to become stronger and healthier. In the process, Kavan noticed that he has also become faster. He likes to get 5 sessions each week. He prefers strength training over cardio but incorporates both. He has learned what to do by asking others in the gym as well as through YouTube.

Kavan is an incredibly personable young man who always plans to keep exercise a priority. He is very helpful to others and always very agreeable. Some of the seasoned members in the gym have graciously taken him under their wings to guide him as they have noticed his determination and passion. His mom has also established the importance of healthy eating in his life which he says he incorporates most of the time. Kavan possesses all the qualities to look forward to a bright and successful future. Healthy Dent County is thankful to get to be a part of that!

-Susie Cahill, Fitness Center Director





Follow us on Facebook under Healthy Dent County Fitness Center to stay up to date.

HEALTHY DENT COUNTY FITNESS CENTER

March 2024

*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 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	5 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	6 8:30 a.m. Sweet & Low	7 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Jump & Jive	1 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
11 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	12 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	13 8:30 a.m. Sweet & Low	14 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Jump & Jive	15 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
18 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	19 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	20 8:30 a.m. Sweet & Low	21 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Jump & Jive	22 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
25 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	26 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	27 8:30 a.m. Sweet & Low	28 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Jump & Jive	29 8:30 a.m. Sweet & Low 4:30 p.m. Gentle 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)