

# December 2024

## HEALTHY DENT COUNTY



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

Armory X Fitness (AXF)  
Cross Training  
January Registration  
NOW OPEN

Salvation Army  
Angel Tree & Dent County  
Toy Drive Sign Ups  
December 2nd

Pancakes & Pajamas  
Breakfast with Santa  
Trees & Trains

See inside flyer for details!

Member Spotlight  
Kim McDonald

Healthy Dent County  
Fitness Center  
RATE ADJUSTMENTS

Salem Community Center  
@ the Armory Offices and  
Fitness Center CLOSED  
Dec. 25th & Jan. 1st



Kim McDonald



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



# Dent County Toy Drive & Salvation Army Angel Tree Sign Ups



**Where:** Salem Community Center @ the Armory, 1200 West Rolla Rd. Salem

**When:** Monday, Dec. 2nd- from 3:30 pm to 5:30 pm

**Who:** Parents/Guardians of children of Dent County – Birth to 12 years old

**Only ONE person** per family at a time to register. No children.  
**Must bring** proof of child's age and proof of residency – utility bill, birth certificate, report card. Need to know interests of each child and clothing and shoe sizes.

**The child must live** with the adult that signs them up.

**PLEASE do not participate unless you truly need our help.**

Find us on Facebook – “The Dent County Toy Drive”



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  
*Wednesday Nov. 27th***
- 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)



# Pancakes

## *& Pajamas*



DECEMBER 14TH 7AM - 10AM  
SALEM COMMUNITY CENTER  
@ THE ARMORY

### **BRING THE WHOLE FAMILY!**

- \$10 PER TICKET
- 12 YR OLD & UNDER - FREE!
- WEAR YOUR PJS (NOT REQUIRED)
- PICTURES WITH SANTA
- CHRISTMAS MOVIES
- BREAKFAST BASKET RAFFLE  
ENTRY WITH EACH TICKET



BROUGHT TO YOU BY THE SALEM FIREWORKS COMMITTEE  
ALL PROCEEDS GO TOWARDS 2025 FIREWORK CELEBRATION



## 2<sup>nd</sup> ANNUAL BREAKFAST WITH SANTA, MRS. CLAUS & THE GRINCH

Join Santa, Mrs. Claus and  
the Grinch for Breakfast

**Saturday, December 14<sup>th</sup>**

**9AM – 12PM**

\$15.00 per person (advance purchase by December 4<sup>th</sup>)

\$20.00 per person after December 4<sup>th</sup> and at the door (limited space)

Children 2 and under are free for the activities (optional breakfast plate \$4.00 for 2 and under)

ALL children must be accompanied by an adult.

**Please consider sponsoring a child in need this Christmas Season. You may sponsor a child to experience Breakfast with Santa, Mrs. Claus and the Grinch. \$15.00 per ticket. Just let us know that the ticket(s) are for sponsoring a child.**

We will have Scrambled Eggs, Sausage, Pancakes, Fruit, Milk, Juice and Coffee prepared by Vintage Apron Catering.

Tickets are available for purchase in Salem at Vandivort Drug & Salem United Methodist Church.

For more information or to purchase tickets, please contact Kathy, Jan or Linda at 573-453-2000 or [graceharsalem@gmail.com](mailto:graceharsalem@gmail.com). To purchase tickets with Venmo or Zelle please contact Kathy at 573-739-9163 (call or text).

Admission includes breakfast, a photo with Santa and Mrs. Claus, Photo Ops with the Grinch, Crafts, Story Time, Singing of Christmas Songs, Cookie Decorating, Face Painting and Games. Breakfast will be served between 9 AM And 11 AM. All other activities will take place between 9 AM and 12 PM. The Grinch will arrive between 9:30 AM and 10 AM.

**The event will be held at Salem United Methodist Church  
801 East Scenic Rivers Blvd. Salem, MO 65560**

**All proceeds go to Grace Harbor Homeless Shelter**

Founded in 2021, Grace Harbor fights hunger and homelessness by providing decent and safe temporary housing for families with children. If space is available, we will accept adults. The shelter can accommodate between 9-12 residents who have access to three meals a day, showers, personal hygiene items, laundry facilities and supportive resources for job searching and a return to permanent housing.

The logo for the Ozark Natural and Cultural Resource Center features a stylized brown arrow pointing upwards, followed by the word "OZARK" in large, bold, green capital letters. Below this, the words "NATURAL AND CULTURAL" and "RESOURCE CENTER" are stacked in smaller, black, sans-serif capital letters. A decorative element of four green chevrons points to the right, positioned between the two lines of text.

**OZARK**  
NATURAL AND CULTURAL  
RESOURCE CENTER



**TREES & TRAINS OPEN NOVEMBER  
25th THROUGH DECEMBER 23rd**

**Open House November 24th  
1-4pm, Hosted by Salem  
City of Peace Garden Club**



**[facebook.com/SalemONCRC](https://facebook.com/SalemONCRC)**

**Mon-Fri 9am-5pm  
Saturdays 9am-1pm  
Sundays 1-5pm**



**AXF**  
*Armory X Fitness*

## Cross Training

- This full body workout is based on the idea of performing a variety of functional movements at a high intensity

## Instructor Eric Metcalf

- Salem R-80 Assistant Football Coach and Teacher
- Obtained CrossFit Certification
- Personally trained clients for 10 years, competed for 5 years

## Location

- Salem Community Center @ the Armory Event Center
- 1200 W. Rolla Rd. Salem

## January - Class Registration

- Every Monday, Tuesday, & Thursday
- **Evening 5:15 p.m.**

**\$60 for non-members**

**\$35 for Fitness Center Members**

ONLY 20 participants per class - Registration is Required  
(Age 15 and older)

Questions or to Register, please call 573-739-1127  
or email [Susie@salemcommunitycenter.org](mailto:Susie@salemcommunitycenter.org)

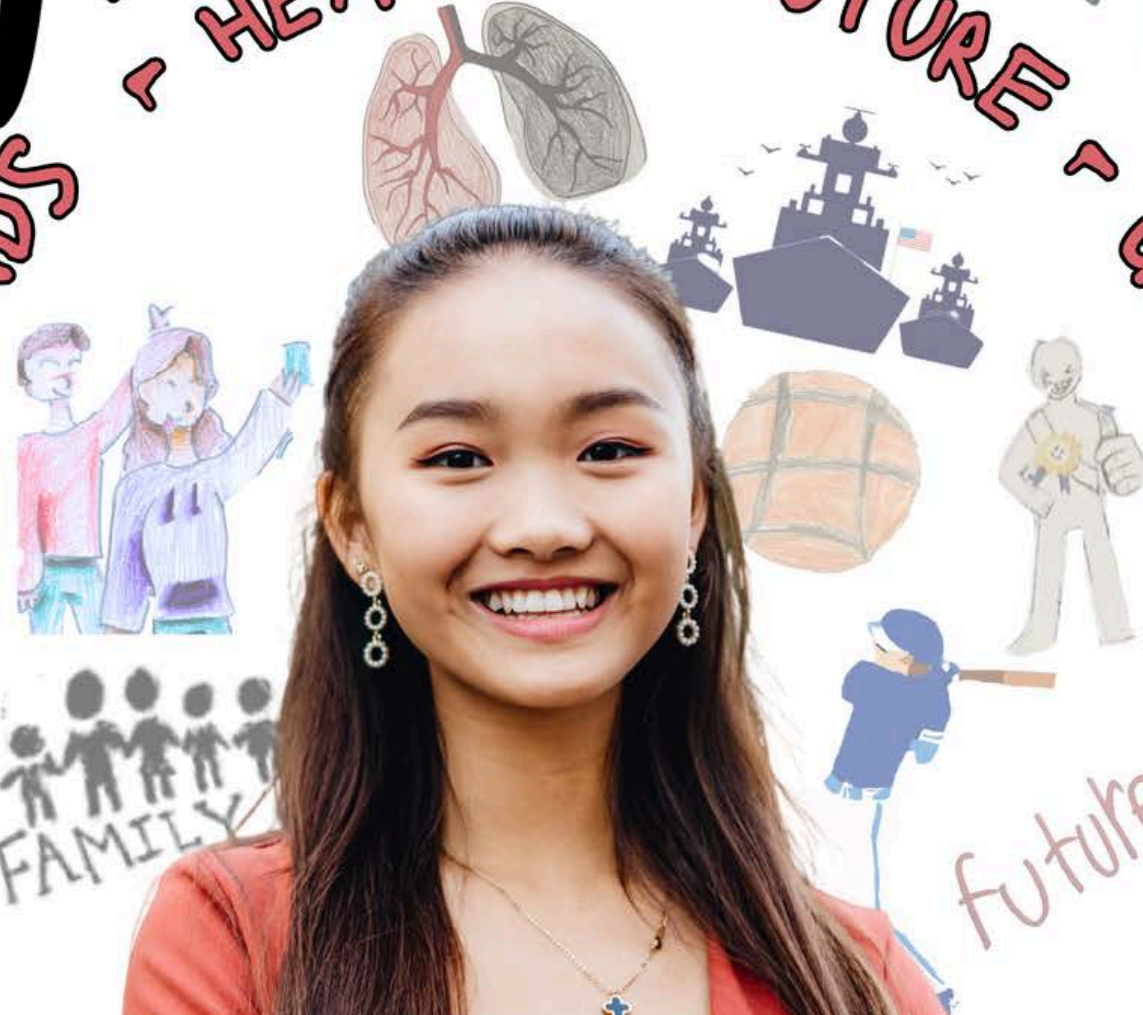


# KNOW YOUR WHY

FAMILY & FRIENDS

HEALTH & FUTURE

GOALS & HOBBIES



MAKE IT EASIER TO SAY NO TO DRUGS AND ALCOHOL.







# *Missouri State Highway Patrol* **SALEM**



## **DRIVER AND WRITTEN EXAM LOCATION Salem Community Center @ the Armory**

- 1200 West Rolla Road, Salem, MO 65560
- 2nd, 4th, and 5th Wednesday of the month  
(CLOSED during holidays)
- Written 9:45-11:50; 12:30-3:45;
- Driving 9:45-11:30; 12:30-3:20



[www.mshp.dps.missouri.gov](http://www.mshp.dps.missouri.gov)



**USPA**

# **IRON MANIA**

**SATURDAY, FEBRUARY 15, 2025, 9 A.M. - 5 P.M.**  
**HEALTHY DENT COUNTY FITNESS CENTER**  
**1200 WEST ROLLA ROAD, SALEM MO**

**PARTICIPANTS (13+) MUST REGISTER ONLINE AT**

<https://uspa.net/upcoming-events/>  
**OPEN TO MEN AND WOMEN**

**COST: FULL POWER: \$125**

**CROSS OVER: \$35**

**SPECTATOR FEE: \$10**

**SCAN QR CODE  
TO REGISTER**



**CONCESSION ITEMS AVAILABLE FOR PURCHASE**

**Singlet REQUIRED for participation**

**Divisions include: Raw, Classic Raw, Single Ply, Squat, Bench, Deadlift.**

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

**\*Lifters must possess a valid membership from USPA before they can register**

**PLEASE GO TO USPA.NET FOR OFFICIAL RULES.**

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

# RATE INCREASE

**IMPORTANT**

## HEALTHY DENT COUNTY FITNESS CENTER

We wish to express our sincere gratitude for your continued support and dedication as a member of the Healthy Dent County Fitness Center. Your commitment has been instrumental in helping us achieve significant milestones over the years.

Healthy Dent County is a non-profit organization devoted to enhancing and expanding the Salem Community Center @ the Armory, including the Fitness Center. To ensure we can continue to provide exceptional services and maintain our facilities, we must adapt to rising operational costs.

**We believe in transparency, which is why we're informing you about these changes well in advance:**

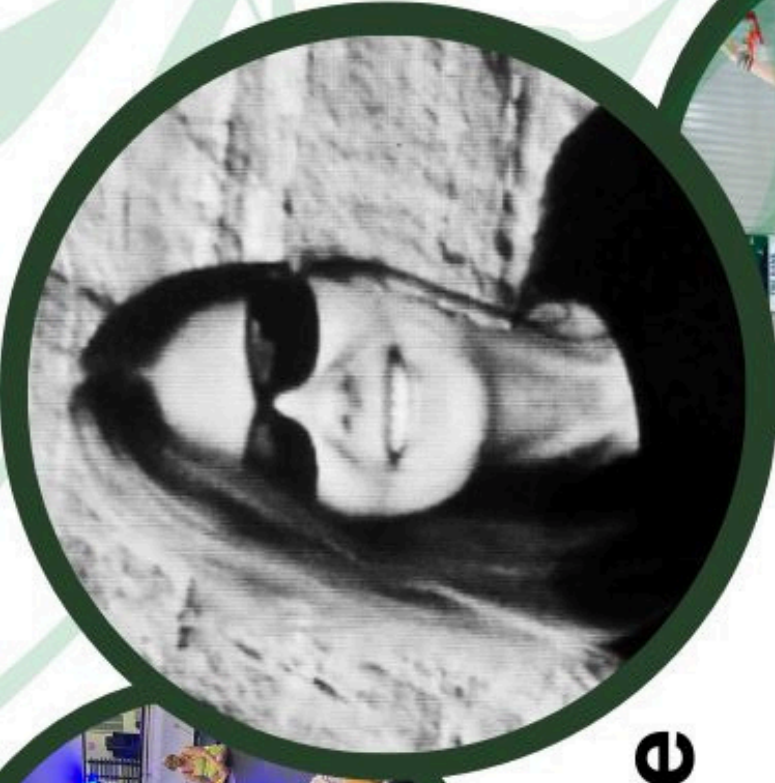
- Starting, January 1st, the base membership rate for **NEW MEMBERS** will increase from \$33 to \$35 per month.

We are happy to let you know that as a valued current member, your membership rate will remain unchanged, as long as your membership remains active. However, the 24-hour access rate change will be implemented on all memberships.

We deeply appreciate your understanding and continued support. Should you have any questions or need further assistance, please do not hesitate to contact Susie Cahill, Fitness Center Director, or Lanessa Cafourek, Fitness Center Administrative Assistant.



Council For A  
**HEALTHY  
DENT COUNTY**  
*Where Health Education and Community Meet*



# New Yoga Class Time

**Instructor: Ann Chase**

Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment.

- 1st Class is always free at Healthy Dent County
- Yoga is included in membership
- Or daily fee for non-members is \$10



Saturdays



9 a.m.



Healthy Dent County Fitness Center/ Salem Community Center @ the Armory



Call us at 573-739-1127 or email [susie@salemcommunitycenter.org](mailto:susie@salemcommunitycenter.org)



- ❄️ \$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





# Conference Rooms @ the Armory

Holiday and Birthday Parties, Reunions, Meetings, Baby Showers

❄️ \$50 weekdays, \$100 weekends

❄️ Available 7 days a week

❄️ Technology included (computer & large TV monitor)

**Salem Community Center**

**@the Armory**  
*Where Health, Education and Community Meet*

For more information and availability, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560



Walden Room (Up to 12 people)



Rotary Room (Up to 35 people)

**Making Birthday Parties Easy!**

# *Bounce House Birthday Party*

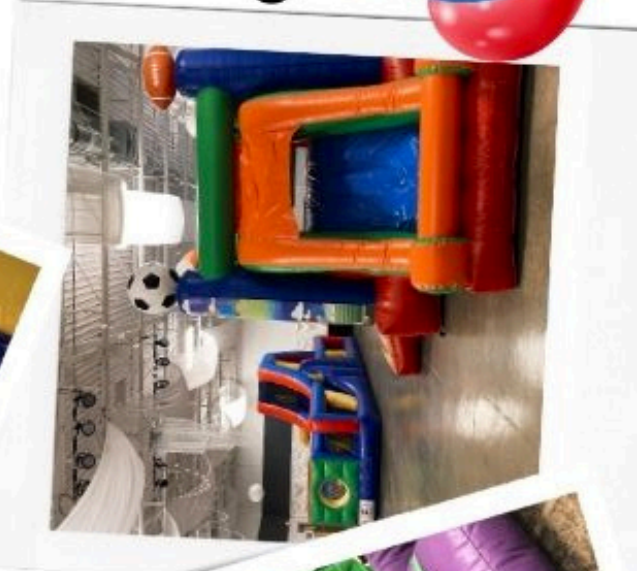
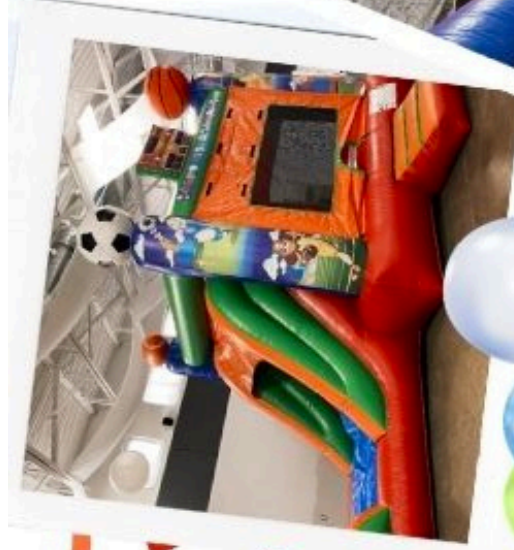
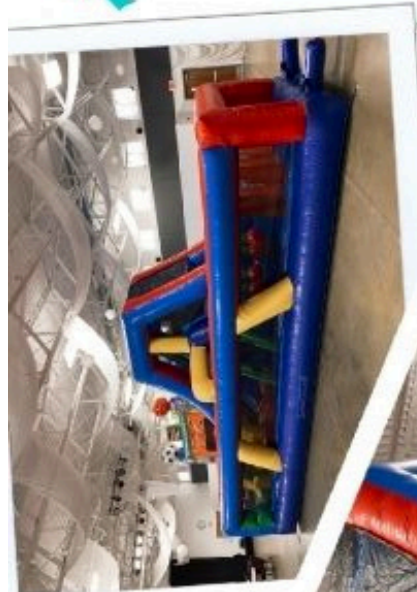
Salem Community Center @ the Armory

**3 Bounce Houses**

**4 Hours \$300**

(Tables, Chairs, and Kitchen Included)

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





# Healthy Dent County Fitness Center

## Office Hours

Monday - Friday 8:00 a.m. - 4:30 p.m.

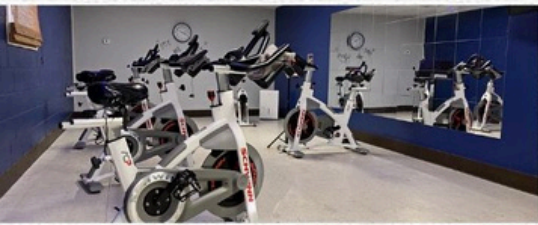
## Fitness Center Hours

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

# 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 [Lanessa@salemcommunitycenter.org](mailto:Lanessa@salemcommunitycenter.org)



# Membership Spotlight

## Kim McDonald

All members are entitled to an orientation as well as an individual workout plan which is included in membership at Healthy Dent County Fitness Center. I typically start new members off very slowly with a beginner plan for the weight room and that's exactly what I did when Kim McDonald made her appointment with me. I always have them begin with a 5-to-10-minute warm-up with cardio to warm their muscles up before hitting the weights. I had already learned from the membership application that Kim is 69 years old. I was immediately impressed when I noticed that her warm-up was a jog on the treadmill. That was just the beginning.

Kim was able to go through the entire plan with ease. Once I saw how well she was doing I decided to go ahead and give her a few more advanced exercises to do that most beginner plans don't include and again, she was able to complete them with ease. It is very common for a beginner to be unable to complete a

full set of certain exercises, but this wasn't the situation for Kim. She was able to complete full sets of sit-ups as well as the hanging tucks. This 69-year-old senior citizen had me in awe of her. Her ability to complete these movements was much more effortless than many people in their 20's. It came down to one reason – Kim had made it a priority to keep herself mobile and active with running long before she reached her 60's! It has made all the difference. By the end of her initial appointment, I was so impressed with her that I asked her if she would do me the honor of being the next member spotlight for Healthy Dent County. I felt like I could learn some things from her and was eager to hear her story.

Kim McDonald is a designer by trade. She enjoys creating new living spaces for people and getting to utilize her creative side. She and her husband live in Salem on a part time basis. She has a large flower garden in Salem that she weeds and works from spring through fall, as well as a smaller flower garden at their St. Louis residence. She truly enjoys watching the flowers emerge from early spring until fall with their amazing colors.

Kim began running and strength training with light weights at the age of 41. She was encouraged to do so by her daughter, Keely, who participated in half triathlon's. Kim enjoyed how it made her feel and has continued to make it a priority in her life since then. She really enjoys running as she can get lost in her thoughts. She finds strength training a tad more tedious because she must count her repetitions but knows it's important to include it regardless. Kim makes sure to include fitness into her schedule 3-4 times per week. Working out is something she does for herself. She enjoys the time alone for reflection. Her runs last anywhere from 45 minutes to an hour and strength training will last about the same amount of time.

Kim's hope is to continue exercising as long as she is capable to ensure her ability to live independently through her 80's and 90's. Kim has always lived well. Avoiding smoking, alcohol and drugs, but admits she does have a sweet tooth.

Kim is a wonderful example and served as an inspiration to me to never stop moving. The difference between her and many of her peers is astounding and I hope she can inspire anyone reading this to get up and get moving. For the most part, she didn't participate in structured fitness, she just moved. It was that simple. I believe she will reap the benefits of this as she continues to age.



# HEALTHY DENT COUNTY FITNESS CENTER

# December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>3</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>4</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>5</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin 6:30 p.m. Jump &amp; Jive</p>	<p>6</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>7</p> <p>9:00 a.m. Yoga</p>
<p>9</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>10</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>11</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>12</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin 6:30 p.m. Jump &amp; Jive</p>	<p>13</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>14</p> <p>9:00 a.m. Yoga</p>
<p>16</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>17</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>18</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>19</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin 6:30 p.m. Jump &amp; Jive</p>	<p>20</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>21</p> <p>9:00 a.m. Yoga</p>
<p>23</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>24</p> <p>CLOSED @ Noon</p>	<p>25</p> <p>CLOSED</p> <p><i>Merry Christmas!</i></p>	<p>26</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten &amp; Tone 5:30 p.m. Spin 6:30 p.m. Jump &amp; Jive</p>	<p>27</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>28</p> <p>9:00 a.m. Yoga</p>
<p>30</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>31</p> <p>CLOSED @ Noon</p>	<p>Jan. 1</p> <p>CLOSED</p> <p><i>HAPPY NEW YEAR</i></p>			

For rates or questions please call us at 573-739-1127 or email Lanessa@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

### **Healthy Dent County & Fitness Center 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)