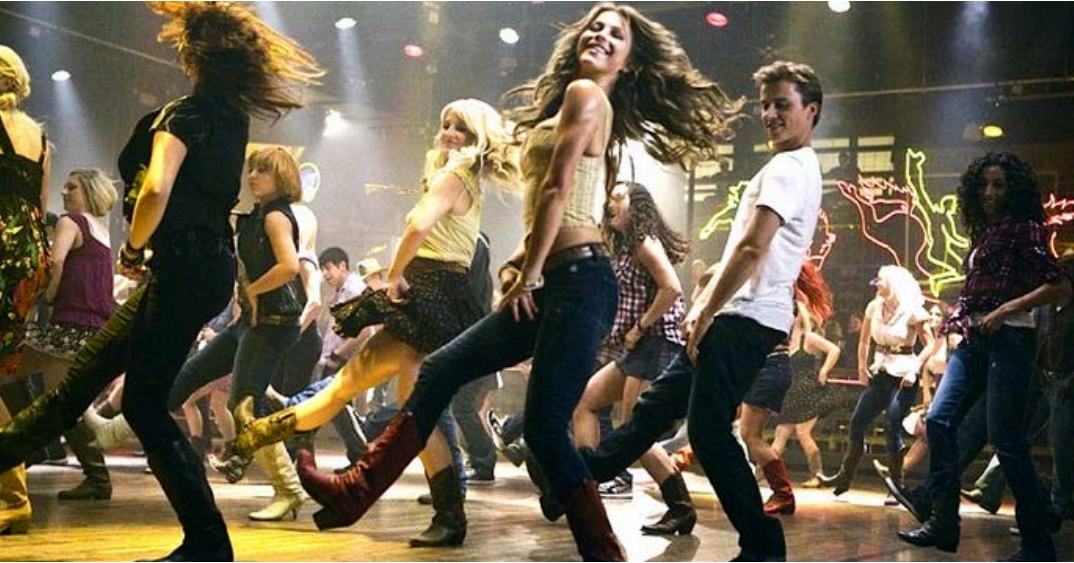


# February 2025

## HEALTHY DENT COUNTY

### LINE DANCING



### DANCE CLASSES

See inside flyer for details!

Line Dancing Begins  
In February!  
Every Tuesday Evening!

FREE AARP TAX AIDE  
Schedule your tax  
appointment NOW

We have the perfect venue  
for your special  
celebration! Book  
with us today @ the  
Armory!

Member Spotlight  
Rhonda Stephens

Healthy Dent County  
Fitness Center  
Circuit 30

Dave Ramsey's  
Financial Peace  
University Workshop  
REGISTRATION OPEN!



Rhonda Stephens



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

Healthy Dent County

# LINE DANCING



# DANCE CLASSES

**Tuesday** evenings in **February** at **6:30 p.m.**  
(February 4, 11, 18, 25)

**\$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](mailto:Susie@salemcommunitycenter.org)





**HEALTHY DENT COUNTY**

**Competitive Co-Ed**

**BASKETBALL**

**3 on 3 Tournament**

**Saturday, March 15th 9 a.m.**

**PRIZE: 3 Spalding TF-1000 Legacy Official Basketballs**

**COST: \$60 per team**

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

**DEADLINE TO REGISTER:**

**Monday, March 3rd, 2025**

For more information, please contact us at (573) 729-8163,  
TEXT (573) 247-1301, or email [Henry@salemcommunitycenter.org](mailto:Henry@salemcommunitycenter.org)

# HEALTHY DENT COUNTY

## **Competitive Co-Ed**

# BASKETBALL

## **3 on 3 Tournament**

**Saturday, March 15th 9 a.m.**

---

**COST: \$60 per team**

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

### **Registration Form**

Team Name: \_\_\_\_\_

Contact Name & Number \_\_\_\_\_

Participants: \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

# 1 \_\_\_\_\_

# 2 \_\_\_\_\_

# 3 \_\_\_\_\_



---

**DEADLINE TO REGISTER**  
**Monday, March 3rd, 2025**

#### RELEASE AND WAIVER

I know that playing basketball 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.

**For more information, please contact us at (573) 729-8163,  
TEXT (573) 247-1301, or email [Henry@salemcommunitycenter.org](mailto:Henry@salemcommunitycenter.org)**

Presented by Healthy Dent County

Dave Ramsey's

# Financial Peace<sup>®</sup>

UNIVERSITY

## WORKSHOP

The fastest way  
to beat debt and  
*build wealth.*

**Wednesdays**

Starting Feb. 19th 5:30- 7 p.m.

**9 Week Course**

Salem Community Center @ the Armory  
1200 W. Rolla Rd. Salem, MO



**INSTRUCTORS:**

**LUKE AND HANNAH HEITHOLD**

Imagine life with **NO debt, NO credit card payments, and NO car payments.** How much could you save, invest, and enjoy? What if every dollar you earned built your future instead of paying for your past?

**Discover how financial freedom can be yours!**

***Price: \$60***

SPONSORED BY:

Joe Brand

Seating Limited, REGISTER NOW ! Call 573-729-8163

### 9 LESSONS

- **February 19** - Baby Step 1 & Budgeting
- **February 26** - Baby Step 2
- **March 5** - Baby Step 3
- **March 12** - Baby Steps 4, 5, 6 & 7
- **March 19** - Wise Spending
- **March 26** - Understanding Insurance
- **April 2** - Building Wealth
- **April 9** - Buying & Selling Your Home
- **April 16** - Outrageous Generosity



HEALTHY  
DENT COUNTY

Questions? 573-729-8163, or email [Carlos@salemcommunitycenter.org](mailto:Carlos@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 4th.

Please call (573) 729-8163.



Healthy Dent County  
Where Health Education and Community Meet



Real Possibilities

**COMING  
SOON**



**HEALTHY  
DENT COUNTY**

**15 New Machines  
30 Minute Full Body Workout  
Circuit Style**

# WITH THEIR CHANGING BRAINS TEENS ARE MORE LIKELY TO...



**ACT ON IMPULSE**

**MISREAD SOCIAL/  
EMOTIONAL CUES**

**GET INTO ACCIDENTS**

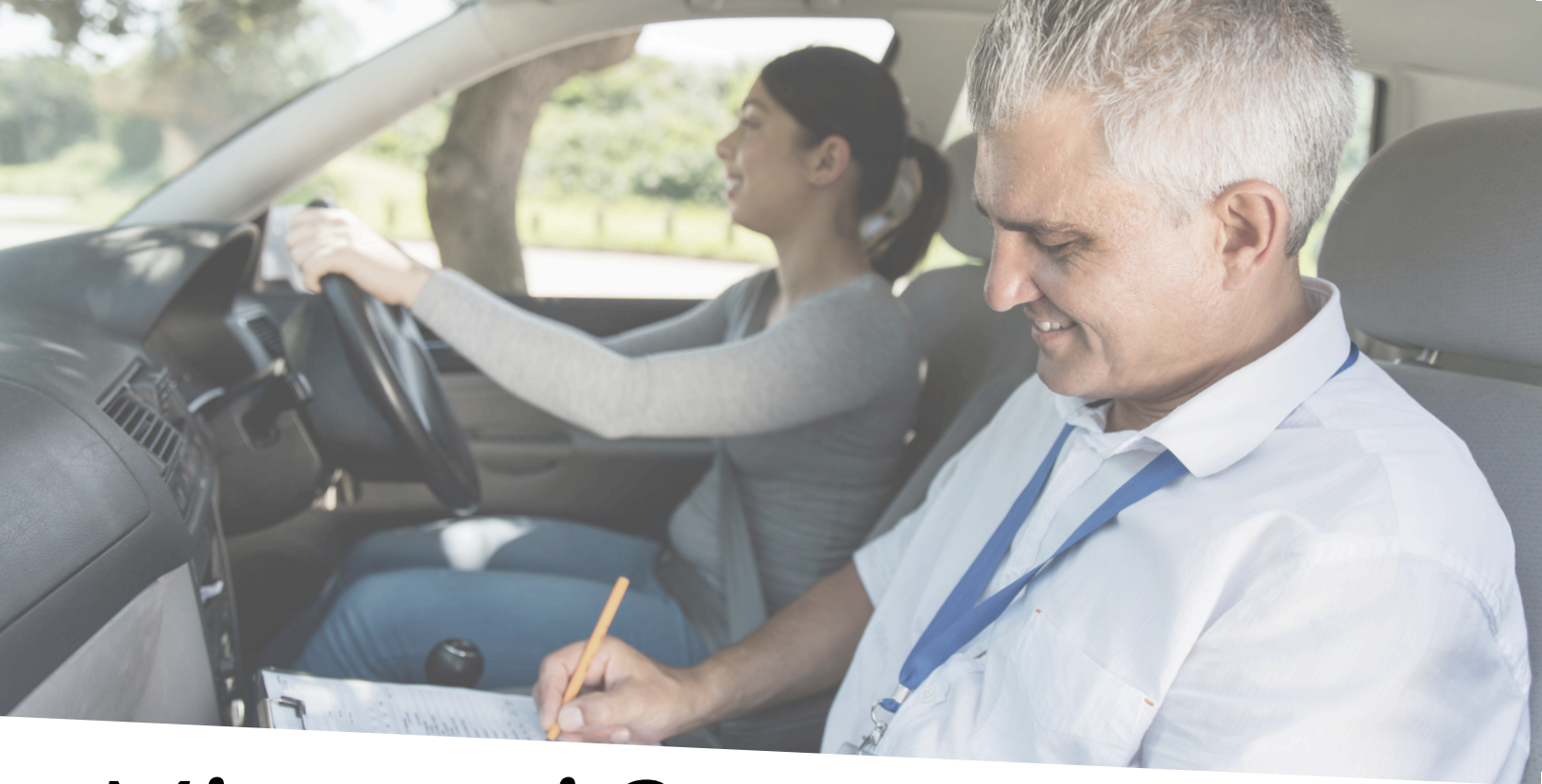
**GET INVOLVED IN FIGHTS**

**ENGAGE IN RISKY BEHAVIORS**

**HEALTHY  
DENT COUNTY  
PREVENTION COALITION**

**Teens are constantly learning and growing, especially when it comes to making decisions! As their brains change, so does the way they think. Let's be there to guide and support them through this exciting journey.**





# *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)

# 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





# Conference Rooms @ the Armory

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*

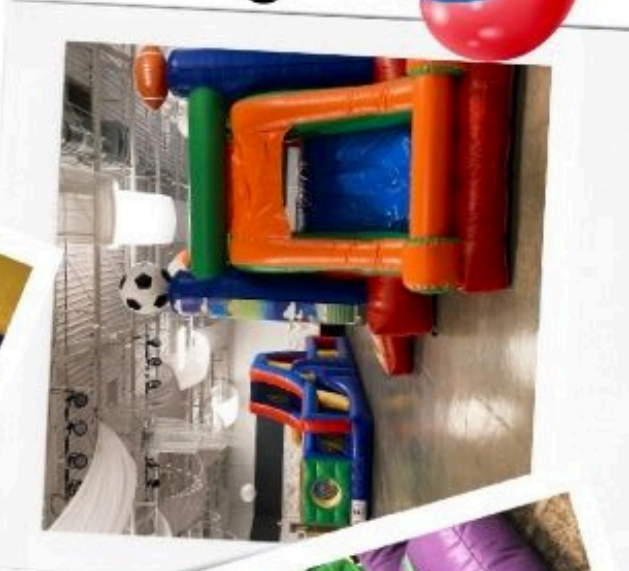
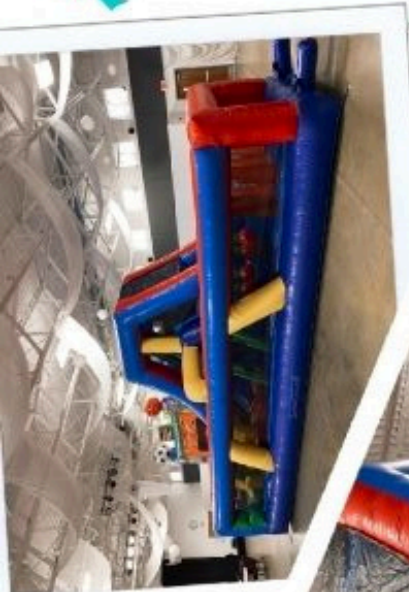
Salem Community Center @ the Armory

**3 Bounce Houses**

**4 Hours \$300**

(Tables, Chairs, and Kitchen Included)

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



**Salem Community Center**

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

**PRINT OUTS/COPIES**

*Single black and white copies*

10 cents each

*Single colored copies*

25 cents each

*Bluetooth*

25 cents each

**MISCELLANEOUS  
OFFICE SERVICES**

**EMAILS/SCANS**

\$1.00

**LAMINATION**

\$1 per pouch (8.5x11)

**FAXING**

\$1.50 first five sheets

25 cents for additional sheets

**FREE WIFI**

**FREE PUBLIC ACCESS  
COMPUTERS**

Salem Community Center @ the Armory | 1200 W. Rolla Rd. | Salem, MO 65560 | 573-729-8163



# Healthy Dent County Fitness Center

## Office Hours

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

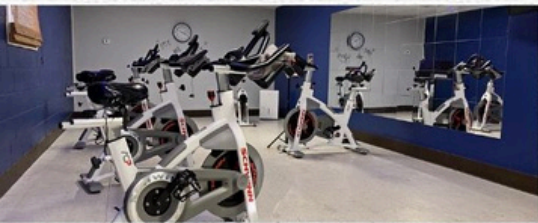
## Fitness Center Hours

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

## Rhonda Stephens

Rhonda first visited Healthy Dent County in February 2023 for our annual month of Line Dance Classes after retiring from Phelps Health. She enjoyed the camaraderie of the group atmosphere so much she decided to join our fitness center and was able to do so by utilizing the benefits from her Renew Active Insurance plan which gives her free membership. She initially utilized her appointment for a beginner plan and lesson on the equipment which is always included in membership. As a new retiree she had the time to try all our classes and quickly learned this was going to be her path to fitness.

She began slowly with Jump & Jive (cardio dance) classes twice per week since she had enjoyed the February line dance classes. She then added Kickboxing on Tuesday evenings. She faithfully attended these three classes per week for a few months while also incorporating walking at home on her off days. She then added Tighten & Tone on Thursday evenings and lastly, she added Interval Training on Monday evenings. Tighten & Tone and Interval Training are just before Jump & Jive on our calendar so that gives her 2 classes per night on those evenings. Interval Training and Tighten & Tone both incorporate strength training for her so she can finish with the cardio of Jump & Jive after each. This gives Rhonda a total of 5 regular classes per week along with her walks at home. She has also attends yoga classes when she is available.

Rhonda truly enjoys the classes and looks forward to attending them weekly. She finds them both fun and challenging and has noticed a definite impact on her fitness level. A true bonus for Rhonda was the friendships she has made in class. These classes have allowed her to have a much more active social life in and out of class with the friends she has made.

She absolutely plans on continuing to make exercise a priority in her life as she knows this is increasingly important with each new birthday that rolls around. The class setting and social accountability provides Rhonda with the motivation to continue, but the results she has been able to achieve since beginning serves as her main source of motivation. She believes the cardio has improved her heart and blood pressure and the strength training has improved her physically and made her stronger for daily life. Her plan is to remain as active as possible and enjoy retirement to the fullest. Rhonda encourages others to try the classes and says they include all fitness levels. She is proof that it is never too late to start to receive health benefits. She feels better overall, and her physical results are visible to everyone! She executed it perfectly by starting slow at a beginner level and building more into her schedule over time. She moves with much more ease through each exercise today than she did in the beginning and has been able to incorporate more advanced moves as time has passed.





# February 2025

## HEALTHY DENT COUNTY FITNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</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>4</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>5</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>6</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>7</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>8</p> <p>9:00 a.m. Yoga</p>
<p>10</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>11</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>12</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>13</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>14</p> <p>8:30 a.m. Sweet &amp; Low</p> <p><i>HAPPY Valentine's Day!</i></p>	<p>15</p> <p>9:00 a.m. Yoga</p>
<p>17</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>18</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>19</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>20</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>21</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>22</p> <p>9:00 a.m. Yoga</p>
<p>24</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>25</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>26</p> <p>8:30 a.m. Sweet &amp; Low</p>	<p>27</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>28</p> <p>8:30 a.m. Sweet &amp; Low</p>	

# HEALTHY DENT COUNTY FITNESS CENTER GROUP CLASSES

**Our group classes are the perfect way to get energized,  
meet new friends, and crush your goals!**

## INTERVAL TRAINING

Mon. – 5:30 pm (45 minutes)

Cardio, strength, and core training class with 45 to 60 second work out intervals followed by a 10 second rest.

## TIGHTEN AND TONE

Thurs. – 5:30 pm (45 minutes)

Strength training class designed to target and tone specific muscle groups.

## IN MOTION

Mon., Tue., & Thurs. – 10:00 am (60 minutes)

Participants exercise in a chair for 45 minutes then stand for 15 minutes. We use weights, bands, drumsticks, balls and more set to music. All ages welcome.

## KICKBOXING

Tues. – 5:30 pm (60 minutes)

This class is a combination of cardio, boxing and martial arts providing a total body workout. It aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

## SPIN

Tues. & Thurs. - 5:30 pm (45 minutes)

Bikes can be tailored to a light to moderate or high intensity workout. Bikes are available for members to use outside of class times.

## SWEET & LOW

Mon., Wed., Fri. – 8:30 am (60 minutes)

Participants stand to exercise 45 minutes and sit in chairs for 15 minutes. Low-impact exercise using weights, steps, bands, balance balls, and more. All ages welcome.

## JUMP & JIVE

Mon. & Thurs. – 6:30 pm (60 minutes)

An inspired dance-fitness program that blends rhythms set to high energy beats.

## YOGA

Sat. – 9:00 am (45 minutes)

Yoga exercises are a series of physical poses, breathing techniques, and meditation that can help improve strength, flexibility, and balance.



**Scan the QR code  
to sign up online.**

# SALEM COMMUNITY CENTER @ THE ARMORY

1200 W. Rolla Road, Salem • 573-739-1127 • 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)