

June 2025

HEALTHY DENT COUNTY

The Perfect Venue



Weddings, Receptions, Reunions, Banquets, and Fundraising Events
Check Availability Today!

See inside flyer for details!

We have the perfect
event venue for you
@ the Armory!
See inside flyer for details!

Riverways Pregnancy
Resource Center
Limited Free Ultrasounds
Monday, June 15th

Rolla Regional
Hiring Event
Thursday, June 5th
10 a.m. - 2 p.m.

Member Spotlight Molly Toothaker

Please welcome
Liberty Ross to Healthy
Dent County's team!

Get Strong In Style!
Healthy Dent County
Fitness Center T-Shirts



Molly Toothaker



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

The Rolla Job Center
presents the...

ROLLA REGIONAL HIRING EVENT

NATIONAL GUARD ARMORY
201 FAIRGROUNDS ROAD | ROLLA

JUNE 5
10AM-2PM



BRING COPIES OF YOUR RESUME
COME PREPARED FOR INTERVIEWS
PROFESSIONAL DRESS IS RECOMMENDED

PRE-REGISTER AT
CWDREGION.COM/RHE



The Central Workforce Development Board, Inc. and Missouri Department of Higher Education & Workforce Development are equal-opportunity employers/programs. Auxiliary aids and services are available upon request to individuals with disabilities. Missouri Relay Services at 711.

Alice Lou Craig Municipal Swimming Pool

OPEN MAY 24TH, 2025

for questions:

573-729-6228 (pool)

573-729-6031 (directors office)

salemparks@salem-mo.com

HOURS AND PROGRAMS



HOURS

Daily 12pm-6pm
Sunday 1pm-6pm
\$6 Children (3-13)
\$6 Adults



Pool Passes

\$220 Family Season Pass (4 person)
\$45 add a person (Family Pass)
\$80 Individual



Parties

Private

\$200 - 1 hour
\$250 - 1.5 hours
\$300 - 2 hours

Regular Hours

\$75
Includes Pavilion
10 admissions

Aerobics

Monday-Friday 9:30-10:30am
\$5 Daily
\$60 Monthly Pass
(11 pass holders required to hold class)



SWIMMING LESSONS

\$60

- Session 1: June 16th-27th
- Session 2: July 7th- 18th*
- Session 3: July 28th - August 8th*

MORNING

Level 1 & 3 - 10:30am-11:00am

Level 2 & 4 - 11:15am-11:45am

EVENING

Level 1 & 3 - 6:00pm-6:30pm

Level 2 & 4 - 6:30pm-7:00pm



- Water Babies July 7th-18th
6:00pm





Please welcome
Liberty Ross
to our team!

Mentoring Project Coordinator

Liberty Ross serves as the Mentoring Project Coordinator under the Opioid Grant, where she is dedicated to promoting youth health and leadership through education and community outreach. In her role, Liberty plays an integral part in implementing a mentoring program for students in grades 3–6 at both the upper elementary and middle school levels. She also contributes to the expansion of the Too Good for Drugs program, helping to extend its reach from grades 4–6 to now include students up through grade 9.

A natural leader, Liberty held the position of Class President throughout all four years of high school, where she cultivated strong communication, planning, and team-building skills. Her passion for youth development and substance use prevention shines through in every aspect of her work.

Currently pursuing a degree in engineering at Missouri University of Science and Technology, Liberty combines her technical education with a heart for service. She is committed to making a positive impact by teaching kids, promoting healthy choices, and fostering strong community involvement. Liberty's leadership, drive, and dedication make her a powerful advocate for youth and a valuable asset to the Healthy Dent County team.

Membership Spotlight

Molly Toothaker

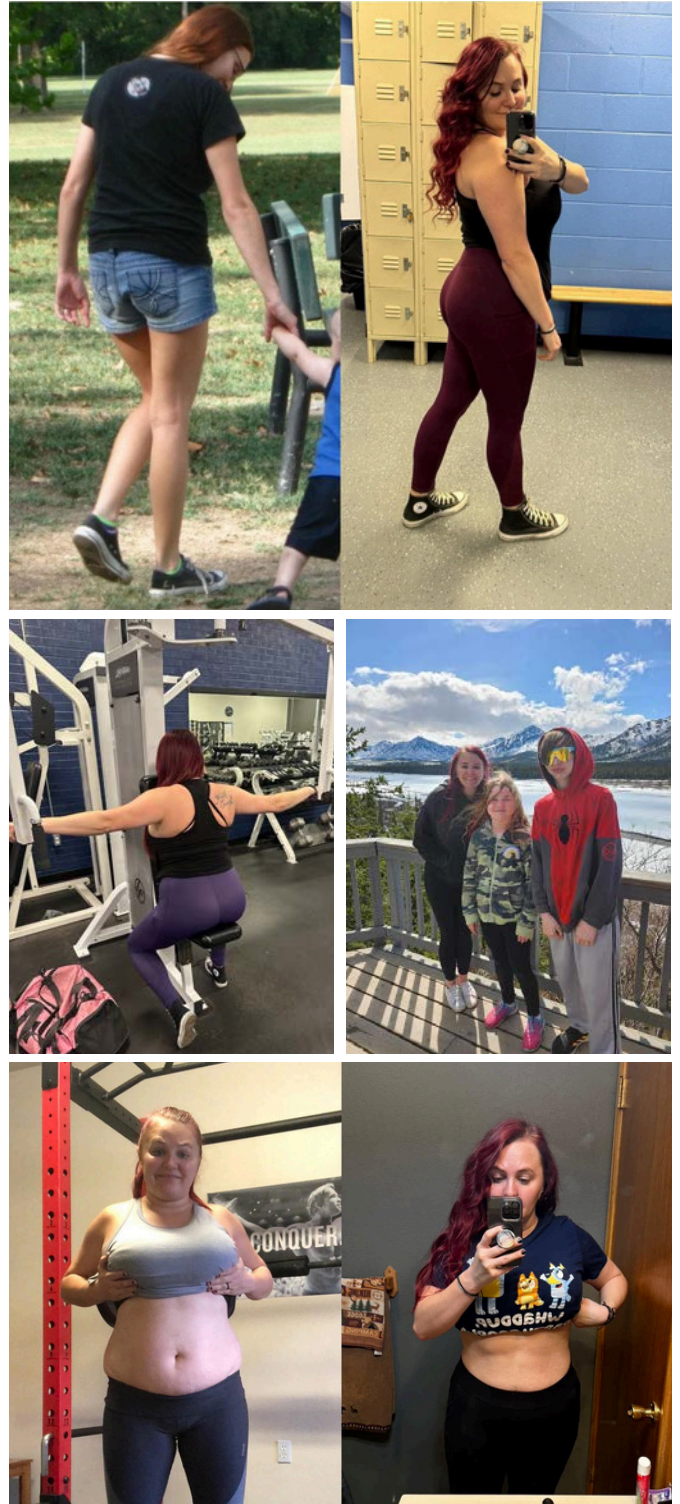
Meet Molly Toothaker, a dedicated member of Healthy Dent County Fitness Center who embodies strength, resilience, and the power of consistency. Molly has been working out 5–6 days a week, 1–2 hours at a time, for the last 10 years, but it was in 2019 that her journey truly transformed. At that time, she wasn't happy with how she looked and had been struggling with an eating disorder. She made the powerful decision to take control of her health — not just for herself, but for her kids.

Now, exercise is her therapy, her passion, and her way of life. “Working out improves my mental health. I finally became happy with the changes I was seeing in my body,” she says. Her favorite? Strength training — because it makes her feel powerful, inside and out. Molly works as a paraprofessional in a special needs classroom at Salem R-80, and her love for helping others carries over into the gym. She enjoys introducing workouts to new people and sharing her passion for fitness — especially here at Healthy Dent County, where the environment is always positive, supportive, and welcoming.

Fitness is now a family affair. Her son strength trains alongside her, and her daughter hits cardio while they're at the gym together. “The better I eat, the better my body feels,” Molly says, reinforcing how important healthy eating has become in her lifestyle. Whether she's lifting weights, hiking, fishing, traveling, or reading, Molly shows us that being strong isn't just about the body — it's about mindset, commitment, and making time for what matters most.

We're proud to have you as part of the community, Molly!

-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

GET STRONG IN STYLE!

Introducing our new T-Shirt, available NOW for purchase!



All proceeds benefit **Healthy Dent County**, a **non-profit organization**, and will go directly toward **improving** the facility and equipment used by the **community**.



Salem Community Center @ the Armory

Fitness Center Office

573-739-1127

Healthy Dent County Fitness Center

As a special thank you for signing in every Gym Visit

ENJOY this FREE GIFT!



Call Lanessa at 573-739-1127 to check if your visits have qualified you in the 500 or 1000 Club!



**Salem Community Center @ the Armory
Fitness Center Office**



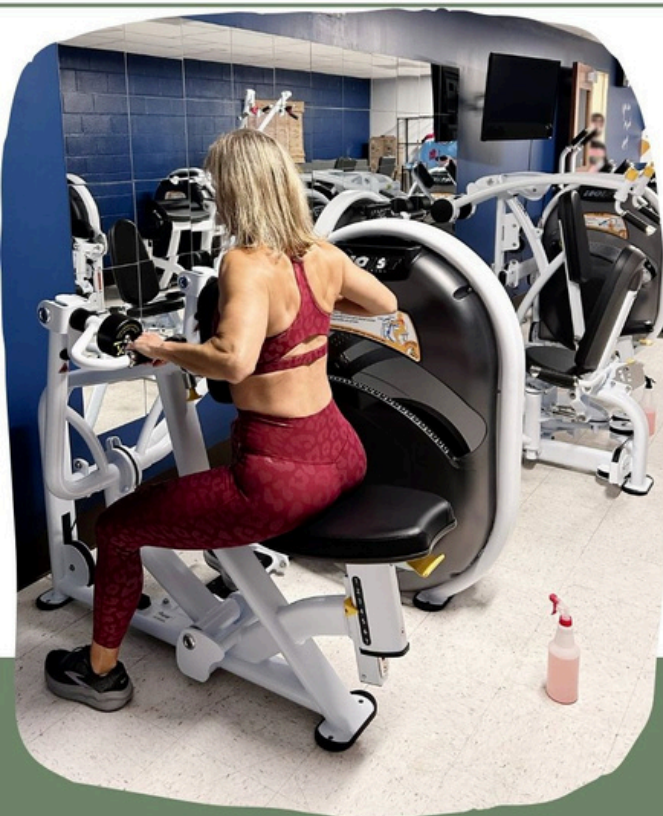
Experience a relaxed, intimidation free atmosphere
that makes fitness fuss-free and fun!



15 New Machines

Healthy Dent County is excited for you to try our new Circuit 30
Program, offering a full body workout in just 30 minutes.

INCLUDED IN MEMBERSHIP



Questions? Please call us at (573) 739-1127
or email Lanessa@SalemCommunityCenter.org

PROTECT YOUR GAME[®]

Not all game time decisions are made on the field

Physical impacts of NICOTINE use:



HEALTH

Stressed pulmonary system
(heart and lungs)



INJURY

More susceptibility
to injury



HEALING

Slow recovery processes



NO ENHANCEMENT

Less endurance;
weakness

KNOW THE IMPACTS

Physical impacts of ALCOHOL use:



METABOLISM

Constricts aerobic
metabolism - reduces
endurance



NUTRIENTS

Inhibits absorption of
nutrients - lowering
endurance and increasing
risk of injury



WEIGHT

Makes weight difficult to
maintain (gain or lose)



SLEEP

Constricts aerobic
metabolism - reduces
endurance



INJURY

Weekly use doubles
rate of injury



PERFORMANCE

Use within 24 hours of
activity reduces aerobic
performance

Neurological impacts of MARIJUANA use:



ABILITY

Dulls reaction time and
hand-eye coordination



PERFORMANCE

Reduces balance and
tracking ability



MEMORY

Impairs memory and
causes retrieval failure



NO ENHANCEMENT

THC has no performance
enhancing potential



ATHLETIC REPOSITORY

Degrades ability to
play your game



IDENTIFICATION

Impairs facial
recognition



**SUBSTANCE-FREE
ATHLETICS[®]**

substance_free_athletics



HEY, EXPECTING MOMS!
GET A FREE
LIMITED OBSTETRICAL
ULTRASOUND OF YOUR BABY
MONDAY, JUNE 16, 2025

You must be less than 15 weeks pregnant. This is a continuing education event for our nurses. Your scan will be observed by an instructor. Everyone who models will receive a free ultrasound picture of their baby and also receive a free gift.



SCHEDULE APPOINTMENT
(573) 739-4673



Riverways Pregnancy and
Family Resource Center
1600 Doss Road, Salem, MO 65560
Cheryl Gruber, RDMS

The Health Resources & Services Administration (HRSA), Department of Health and Human Services, provided financial support for this event. The award provided 100% of total costs and totaled \$700. The contents are those of the author. They may not reflect the policies of the Department of Health and Human Services or the U.S. government.



The Perfect 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

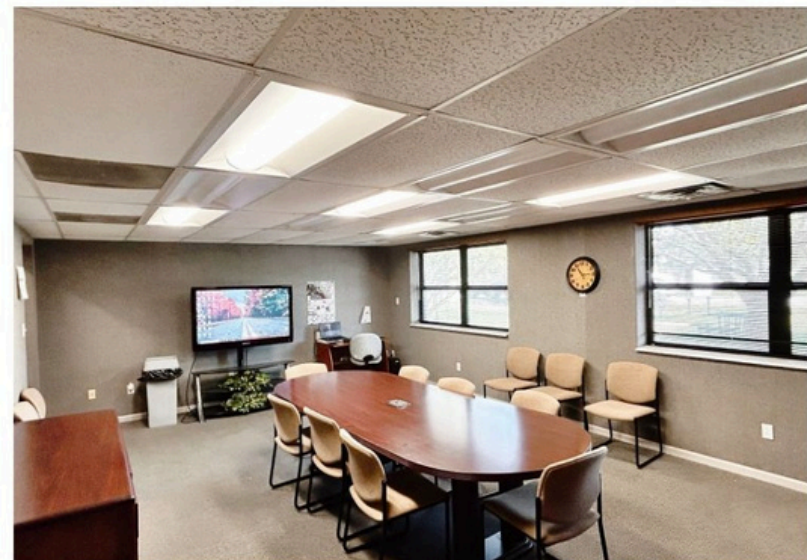
Birthday Parties, Reunions, Meetings, Baby Showers

- \$50 weekdays, \$100 weekends
- Available 7 days a week
- Technology included (computer & large TV monitor)

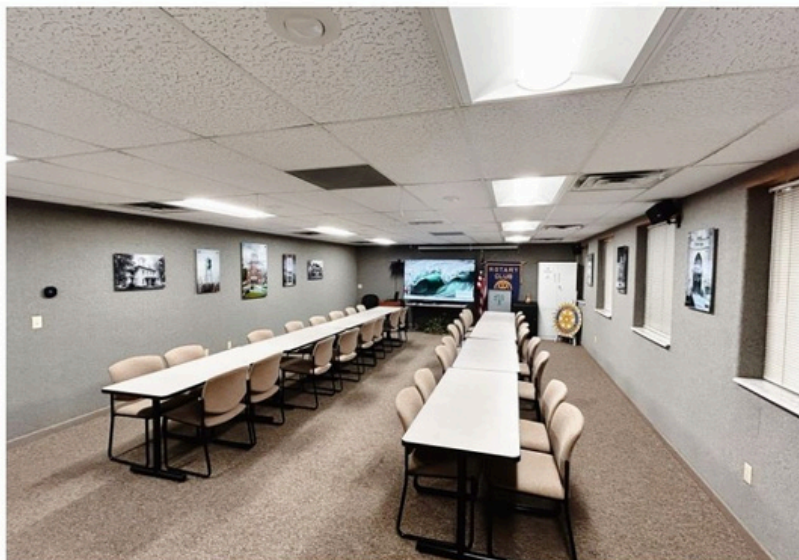
Salem Community Center

@the Armory
Where Health, Education and Community Meet

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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

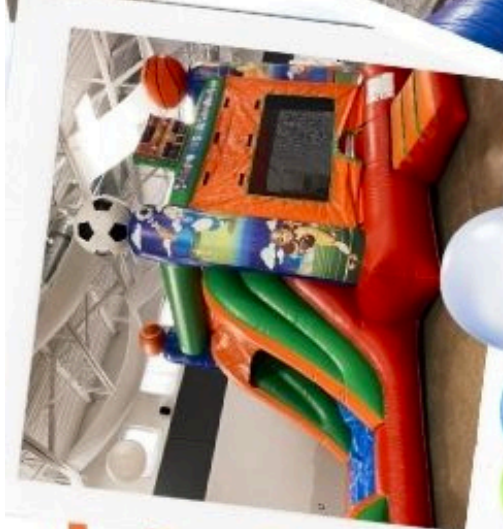
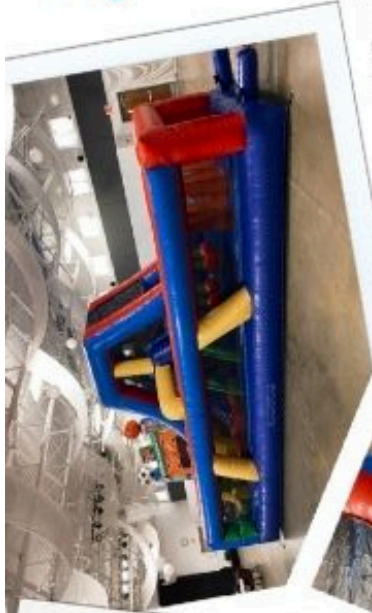
4 Hours \$300

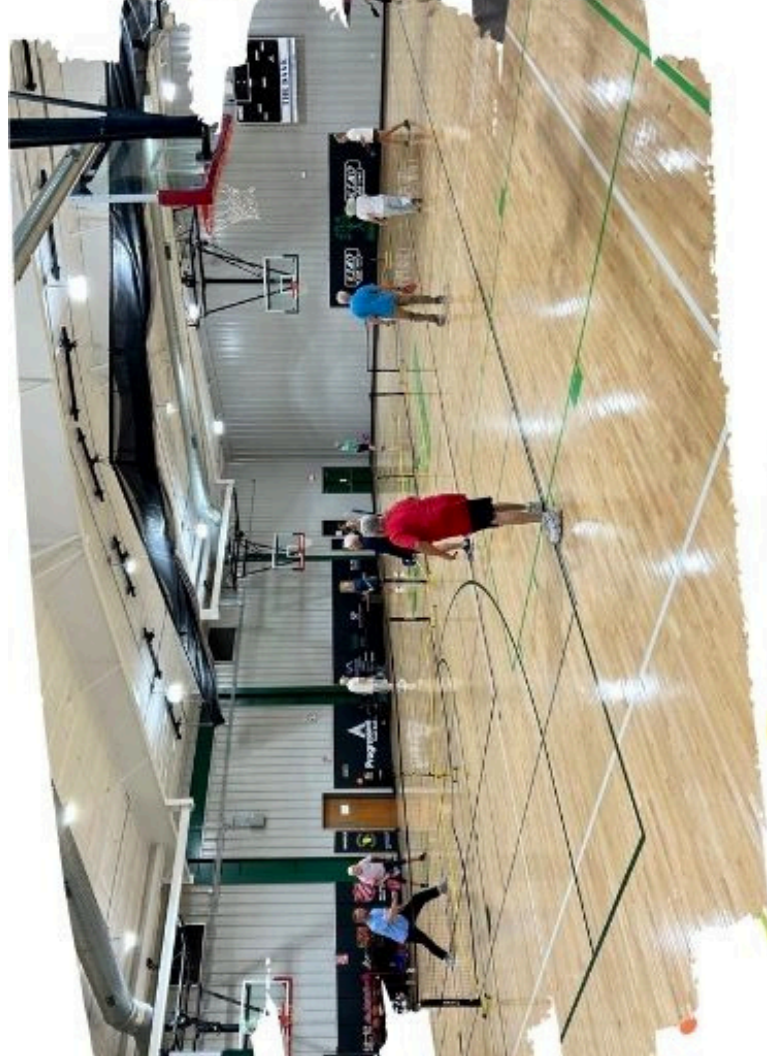
(Tables, Chairs, and Kitchen Included)

Gymnasium also available to rent

Half Court - \$15 an hour Full Court - \$25 an hour

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





Gymnasium Birthday Party

Salem Community Center @ the Armory

Half Court - \$15 an hour Full Court - \$25 an hour

Classroom - \$50

(Classroom must be reserved if serving food)

• Basketball • Volleyball • Pickleball • Dodgeball

Questions? Please call us at (573)739-1127



Healthy Dent County Fitness Center

Office Hours

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

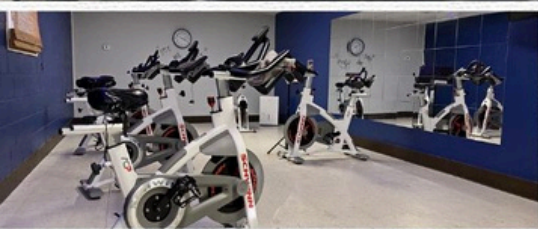
Fitness Center Hours

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





Salem Community Center @ the Armory

Heading to a family gathering at the Salem City Park?
Swing by next door and check out our gymnasium, we're a short walk away!

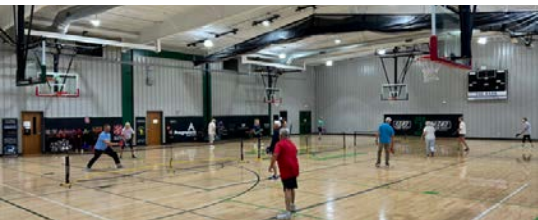
Gymnasium Rentals

Half Court - \$15 an hour

Full Court - \$25 an hour

- Basketball
- Volleyball
- Pickleball
- Dodgeball

For information and availability, call 573-739-1127 | 1200 W. Rolla Rd. | Salem, MO 65560



HEALTHY DENT COUNTY FITNESS CENTER

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	3 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	4 8:30 a.m. Sweet & Low	5 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	6 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	7 9:00 a.m. Yoga
8	9 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	10 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	11 8:30 a.m. Sweet & Low	12 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	13 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	14 9:00 a.m. Yoga
15	16 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	17 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	18 8:30 a.m. Sweet & Low	19 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	20 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	21 9:00 a.m. Yoga
22	23 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	24 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	25 8:30 a.m. Sweet & Low	26 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	27 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	28 9:00 a.m. Yoga
29	30 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	HEALTHY DENT COUNTY			HAPPY <i>Father's</i> DAY	

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

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.

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.

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.

JUMP & JIVE

Mon. & Thurs. – 6:30 pm (60 minutes)

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

LIIT

Tues. – 4:30 pm (45 minutes)

Low Impact Interval Training, easy on your joints with 45 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.

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.

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.

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 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



Salem Community Center



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

FREE WIFI

LAMINATION

\$1 per pouch (8.5x11)

FAXING

\$1.50 first five sheets

25 cents for additional sheets

FREE PUBLIC ACCESS COMPUTERS

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



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

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)