



July 2025

HEALTHY DENT COUNTY



Indoor Pool Play
PICKLEBALL
Tournament
HEALTHY DENT COUNTY FITNESS CENTER

Saturday, July 19th

Salem Community Center @ the Armory

SAVE the DATE!
Girls' Night Out
Witches' Walk
Casino Night

1.5 Mile
Hiking/Walking Trail
@ The Tiger Trail
Salem Upper Elementary

Salem Community Center
@ the Armory offices
CLOSED Friday, July 4th

See inside flyer for details!

Member Spotlight
Carrie Todd

Check your ears!
FREE Hearing Wellness
Screenings July & August

MU Extension
Food Preservation
Workshop
Saturday, July 26th



Carrie Todd



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

Check your ears.



Free Hearing Wellness Screenings

In Honor of National Wellness Month

During the months of July and August, Healthy Dent County will be providing all county residents, employees and their loved ones (18 and older) with complimentary hearing screenings provided by Southwestern Hearing Centers. The screenings will be available to you at no cost, at the clinic location most convenient for you.

Your screening will include:

- An Otoscopic Evaluation
- Full Hearing Screening
- Copy of your Audiogram Results

Click or scan below to choose your location and schedule your 15 minute hearing screening.



Hearing is an essential part of life!

Here are a few signs and symptoms to help recognize hearing loss. If you have friends or loved ones who may be experiencing any of the following, we ask you to invite them to have their hearing screened too.

Five Signs of Hearing Loss:

- Frequently asking others to repeat themselves
- Turning the TV to a volume others find loud
- Having trouble understanding conversations in noisy places
- Feeling like others are mumbling
- Often saying "What" or "Huh"



Five Symptoms of Hearing Loss:

- Cognitive decline (forgetfulness, dementia)
- Poor balance
- Fatigue, tension, stress and depression
- High blood pressure
- Isolation and loneliness



Food Preservation Workshop

Salsa

Whether you are new to canning, or you just need a refresher on something you've been doing for years, University of Missouri Extension's Food Preservation Series can help you preserve your produce safely and efficiently.



07/26/2025

**Water Bath
Canning
Salsa**

\$25.00

Must Pre-register by
7/19/2025

For more information,
special accommodations,
or to register contact

**Rachel O'Halloran
Nutrition Specialist**

Dent County Extension
Center

573-729-3196

dentco@missouri.edu

Salem Community Center @
the Armory
<https://extension.missouri.edu/events/home-food-preserv>

9 am - 11 am

Healthy Dent County's Upcoming Events!



Thursday, September 11th, 2025



Saturday, October 25th, 2025



Saturday, November 1st, 2025

DENT COUNTY COMMUNITY WALK

Join MU Extension and Healthy Dent County for a lunch hour walk at the Salem Community Center! As part of the 100 Miles, 100 Days challenge, this free, one-hour event is a fun way to move and stay motivated. All ages and abilities welcome—whether you’ve logged miles or are just getting started!

100 MILES
100 DAYS

MU Extension
University of Missouri

WHAT TO BRING?



WATER BOTTLE



**COMFORTABLE
ATTIRE**



**OUTDOOR
NECESSITIES**
SUNSCREEN, HAT, ETC.

WHEN?

WEDNESDAY
JULY 16, 2025

START TIME
@ 11:00AM

**MEET US AT THE FRONT OF
THE COMMUNITY CENTER!**

Use your lunch break to stretch your legs, connect with others, and recharge for the rest of the day. Meet fellow participants and swap tips to stay motivated all summer long!

**SCAN THE QR
CODE TO
REGISTER FOR
THE WALK!**

SCAN ME



MU Extension
University of Missouri

an equal opportunity/ADA institution



Indoor Pool Play
PICKLEBALL
Tournament
HEALTHY DENT COUNTY FITNESS CENTER

Saturday, July 19th

Salem Community Center @ the Armory

Men's Doubles
9 a.m. - 11 a.m.

Women's Doubles
11 a.m. - 1 p.m.

Mixed Doubles
1 p.m. - 3 p.m.

\$40 per team

Register Now! Limited Entries!
DEADLINE TO REGISTER: Wednesday, July 16th



Questions? Please call 573-729-8163 or
email Carlos@SalemCommunityCenter.org

Indoor, Pool Play
PICKLEBALL
Tournament
 HEALTHY DENT COUNTY FITNESS CENTER

Saturday, July 19th
Salem Community Center @ the Armory

Men's Doubles 9 a.m. - 11 a.m.	Women's Doubles 11 a.m. - 1 p.m.	Mixed Doubles 1 p.m. - 3 p.m.
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\$40 per team

Registration Form

Circle: Men's Women's Mixed

Team Name: _____

Contact Name & Number _____

Participants:

1 _____

2 _____



Signature #1

Date

Signature #2

Date

DEADLINE TO REGISTER: Wednesday, July 16th

Rules

- The tournament will begin in pool play and the bracket will be set according to standings during pool play.
- Pool play will consist of one game to 11. NOT 2 out of 3. Then 1 person from each team will inform a staff person of their game results. The bracket play will be single elimination and best of 3 for a match.

RELEASE AND WAIVER

I know that playing pickleball 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 or email Carlos@salemcommunitycenter.org



**1.5 MILE
HIKING/BIKING TRAIL
OPEN TO THE PUBLIC**

TIGER TRAIL

Located at:
Salem Upper Elementary School



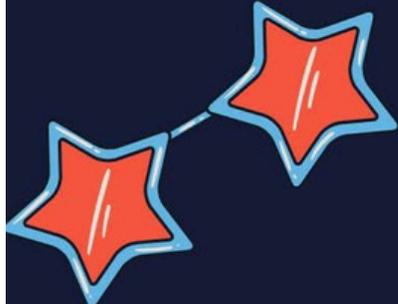
LAND of the FREE
HOME of the BRAVE
est. 1776



4th of July Parade - Friday, July
4th at 6pm in Downtown Salem

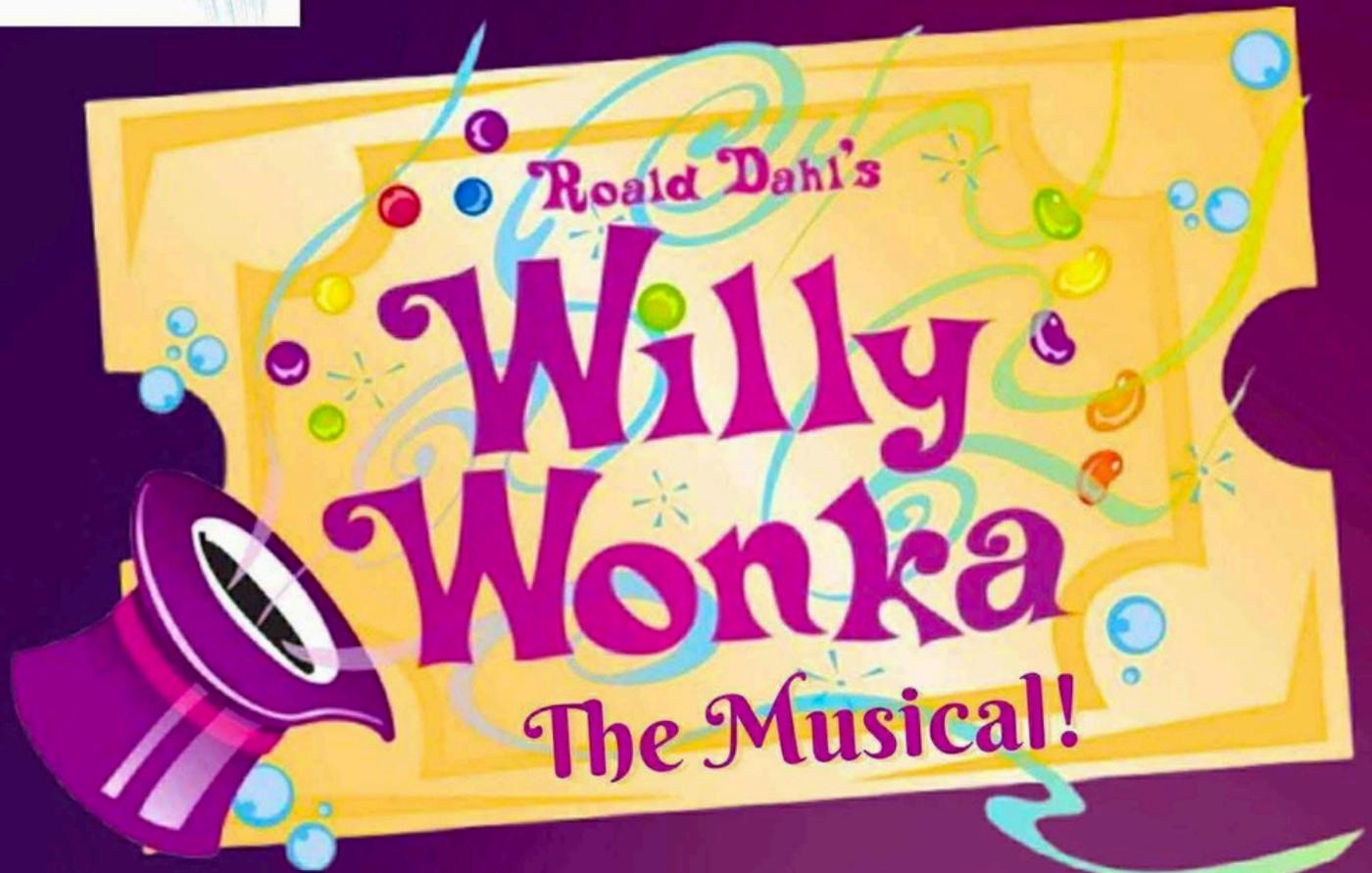
*4th of July theme : Vintage
Americana*

Email
chamber@salemмо.com
to receive an entry form,
or swing by the office at
1136 S. Main St. to grab
one! Entries due by June
27th.



Scenic Rivers
PERFORMING
ARTS

Come with me, and you'll be in
A World of Pure Imagination



July 10th - 13th

Thursday & Friday

7:00 PM

Saturday

2:00 PM & 7:00 PM

Sunday

2:00 PM

City Hall Auditorium

Salem, MO

\$10 / ticket*

Get your Golden Ticket at the door!

*all tickets are General Admission

Music & Lyrics by Leslie Bricusse & Anthony Newley

Adapted for the stage by Leslie Bricusse & Timothy A. McDonald

Presented through special arrangement with Music Theatre International, Inc.

Alice Lou Craig Municipal Swimming Pool

OPEN MAY 24TH, 2025

for questions:

573-729-6228 (pool)

573-729-6031 (directors office)

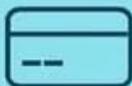
salemparks@salem-mo.com

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

<u>Private</u>	<u>Regular Hours</u>
\$200 - 1 hour	\$75
\$250 - 1.5 hours	Includes Pavilion
\$300 - 2 hours	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



KNOW THE FACTS: A CLOSER LOOK AT SKIN CANCER

Skin Cancer in the US

- **Skin cancer** is the most common cancer in the United States.
- **Melanoma:** While this type of skin cancer makes up just 1% of cases, it causes the most deaths.
- **66:** The average age for melanoma diagnosis. However, this type of skin cancer is also common in younger people.

Melanoma Trends

(Since the early 2000s)

- **Under age 50:** Rates have remained stable in women but declined by about 1% per year in men.
- **Ages 50 and older:** Rates increased by about 3% per year in women but remained stable in men.
- **Good news:** Melanoma death rates declined rapidly from 2013 to 2022 due to advances in treatment.

Lifetime Risk of Melanoma by Race/Ethnicity

A lighter skin color is a major risk factor in overall lifetime melanoma risk, although an individual's risk is influenced by many different factors.

- **White: 1 in 33 (3%)**
- **Hispanic: 1 in 200 (0.5%)**
- **Black: 1 in 1000 (0.1%)**

STAY SUN SMART FOR PREVENTION

Limit UV Exposure



- Avoid direct sun between **10:00 AM and 4:00 PM**, when UV rays are strongest.
- Stay in the shade whenever possible.

Use Sunscreen Properly



- Choose **broad-spectrum (UVA/UVB)** sunscreen with **SPF 30 or higher**.
- Apply generously to all exposed skin.
- Don't forget your lips—use SPF lip balm.
- **Reapply every 2 hours** and after swimming or sweating.
- Remember: Sunscreen does not block all UV rays.

Avoid Tanning Beds and Sunlamps



- Tanning devices increase your risk of skin cancer and cause long-term skin damage.

Wear Protective Clothing:



- Long-sleeve shirts, pants and long skirts provide the most protection.
- Wide-brim hats (2-3 inches) shield your face, scalp and ears.
- Look for wraparound or large-framed sunglasses that block 99-100% of UVA/UVB rays.

Protect Children



- **Infants under 6 months:** Keep infants out of direct sun. Dress them in hats and protective clothing. Check with your pediatrician before using sunscreen.
- **Older children:** Use kid-sized sunglasses and protective clothing. Avoid toy sunglasses.



For more information, visit the American Cancer Society website at cancer.org/sunsafety.

Membership Spotlight

Carrie Todd

Writer, Artist, Fitness Enthusiast

I moved to Salem for the love of my life, but I go to the Healthy Dent County Fitness Center for me. Fitness centers and gyms have always been places where I feel at home. I love movies. As a child, whenever I watched a movie like Rocky or Vision Quest, I would be inspired by the shape-up montage. Epic music and epic moves, I was hooked. The workout program I would subsequently start usually consisted of a lot of sit-ups and pushups, pumping my younger brother's 5-lb dumbbells, and doing lunges in my bedroom.

Although I've done nothing more competitive than a 5K fun run, I've worked out most of my life. (As an aside, I have several competitive lifters in my family, and my brother and a couple of my nieces (maybe others) even hold records.) I've also helped many people begin or resume their pursuit of fitness. I love working out with a buddy, but I'm also quite comfortable exercising alone.

My life has not been boring, and there was a period when I moved a lot for my job. Relocating several times a year, sometimes living out of motels, and eating takeout took a toll. Even though it was not the healthiest time of my life, I still tried to maintain a membership at Planet Fitness or a local gym. When I moved to a new place, that was usually where I felt comfortable first.

Exercise is part of any healthy lifestyle. Over the years, it helped me quit smoking. It helped me reach a healthy weight while quitting smoking and again when I stopped drinking. It helps me deal with stress.

I believe the best fitness regimen includes variety. My current routine includes weightlifting 1-2 times a week, cardio on the elliptical 3-4 times a week, and yoga. Going to the Healthy Dent County Fitness Center allows me to maintain a good cardio schedule, rain or shine. Plus, access to the weight machines and free weights is priceless. I have never felt judged at the gym, especially at this one. So, if you're sad, go to the gym. If you're lonely, go to the gym. Need to blow off steam, go to the gym. Of course, a nice walk can be great too.



Before



After



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**



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

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)

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

July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1		1 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	2 8:30 a.m. Sweet & Low	3 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	4 CLOSED 4th of July	5 9:00 a.m. Yoga
6	7 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	8 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	9 8:30 a.m. Sweet & Low	10 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	11 8:30 a.m. Sweet & Low	12 9:00 a.m. Yoga
13	14 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	15 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	16 8:30 a.m. Sweet & Low	17 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	18 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	19 9:00 a.m. Yoga
20	21 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	22 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	23 8:30 a.m. Sweet & Low	24 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	25 8:30 a.m. Sweet & Low	26 9:00 a.m. Yoga
27	28 8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	29 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	30 8:30 a.m. Sweet & Low	31 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive		

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.

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



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.

Tai Chi

Fri. – 5:30 pm (60 minutes)

Tai chi is a gentle mind-body practice that combines slow movements, deep breathing, and meditative focus to promote balance, relaxation, and overall well-being.

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

@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

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)