

August 2025

HEALTHY DENT COUNTY



DENT COUNTY

MENTORING

Makes a Difference

One Hour a Week to Change a Child's Life
INFO SESSION - Thursday, August, 28th 2 p.m.
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

Check your ears!
FREE Hearing Wellness
Screenings in August

Interested in being a mentor? See inside flyer for details!

Member Spotlight
Heidi Ross

Back to School Bash
2025 Events

Salem Community Center
@ the Armory offices
CLOSED Monday, Sept. 1st



Heidi and Liberty Ross



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

Back To School Bash! 2025

FREE
EVENT!

WILD WEST SHOW-DEO

Saturday, August 9 | 12:00-5:00 p.m.

Lone Pine Arena 465 County Road 2630, Salem

Hosted by The Community of Churches

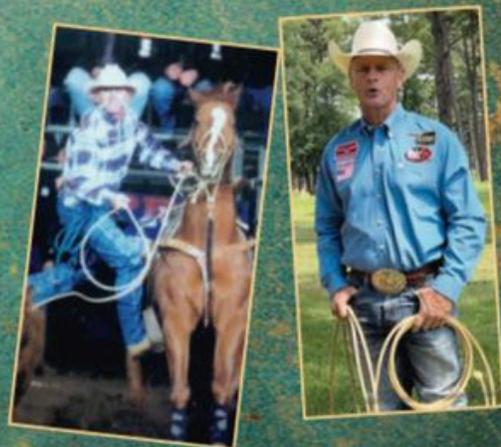
Fair Starts @ Noon | FOOD - GAMES - PRIZES

Greased Pig Race - Chicken Race

FEATURING:

- The Fastest Mounted Shooter World Champion, Jeff Brummett
 - Champion Barrel Racer, Adalynn Tilley
 - World Champion Calf Roper, Rob Pierce
- AND More Special Guests!

Every child leaves with a backback full of supplies, bed pillow, and blanket!



FREE
EVENT!

For More Information Contact:

Sis Ashley Decker 573-466-9156

Pastor Lyndell Decker 573-739-9235

Sis Ahleasha Elwood 573-247-2921

DENT COUNTY HEALTH CENTER

BACK TO SCHOOL

HEALTH FESTIVAL

DRIVE-THROUGH VACCINES

SPORTS PHYSICALS

CONNECT WITH COMMUNITY PARTNERS

LEAD TESTING

FREE SCREENINGS FOR TEACHERS

FREE REFRESHMENTS



AUGUST 9TH



AUGUST 9TH FROM 9AM TO 12PM



1010 E. SCENIC RIVERS BLVD. SALEM, MO 65560

QUESTIONS? CALL US AT 573-729-3106!





Four Rivers
Community Health Center

SALEM BACK-TO- SCHOOL BASH

RAFFLES
CUSTARD BY C-SUE
SCHOOL
SUPPLIES

AUG 13
2025
9AM - 4PM

IMMUNIZATIONS
SPORTS PHYSICALS
WELL CHILD CHECKS
ORAL EVALUATIONS

APPOINTMENTS ENCOURAGED. WALK-INS WELCOME.
ALL INSURANCES ACCEPTED FOR THE EVENT.



Call or text:
573-426-4455



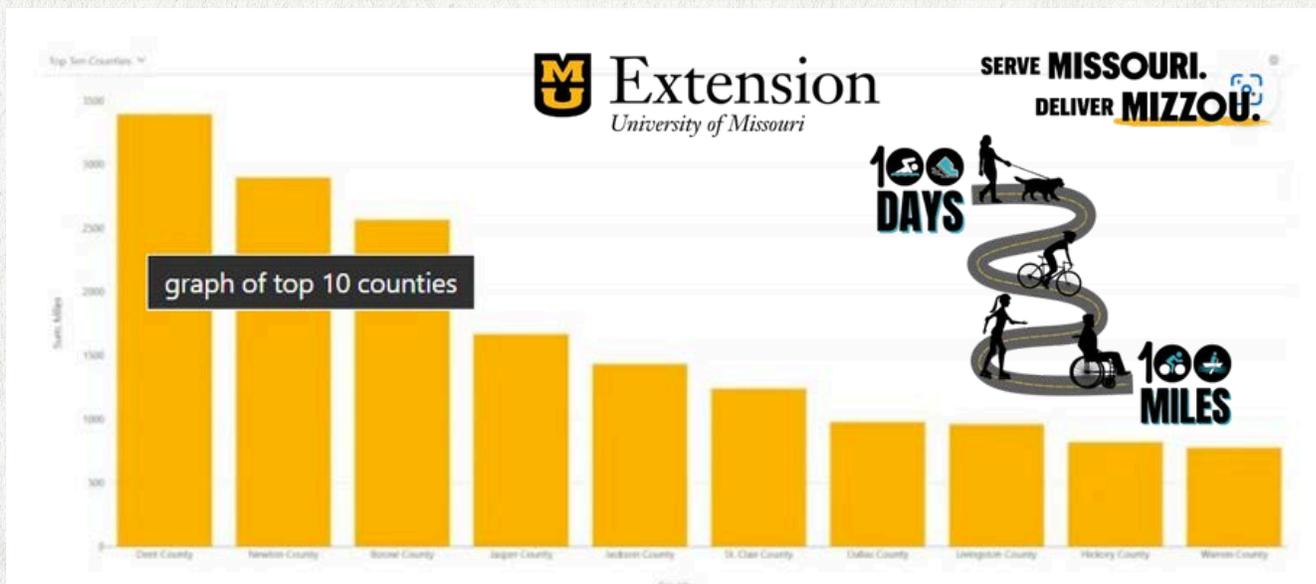
Location:
601 S. Macarthur Ave.



Website:
www.fourrivers.org



THANK YOU FOR JOINING US ON THE COMMUNITY WALK!



DENT COUNTY IS LEADING!

1. Dent	3395	6. St. Clair	1240.9
2. Newton	2898.1	7. Dallas	977.8
3. Boone	2565.9	8. Livingston	962.3
4. Jasper	1669.6	9. Hickory	819.7
5. Jackson	1434.1	10. Warren	778.8

REMEMBER TO SUBMIT YOUR STEPS!



DENT COUNTY MENTORING *Makes a Difference*

One Hour a Week to Change a Child's Life

INFO SESSION - Thursday, August, 28th 2 p.m.
Salem Community Center @ the Armory

What does a mentor do?

- Mentors meet with their matched mentee in a school setting 1 hour each week.
- Be a friend, help with homework, play games.
- Encourage and support their mentees.
- Mentors take a break from their everyday tasks and have fun too!
- Additional family and recreational events may be held throughout the school year.

Mentored Youth:

- Are less likely to misuse drugs & alcohol.
- Respond more positively to their teachers & parents.
- Have greater feelings of self-worth.
- Improved confidence and social skills.
- Reduces feelings of isolation.
- Positive decision making.
- Do better in school.

Sessions begin Wednesday, September 10th

Locations:

North Wood R-4 School
3rd - 6th Grade
Wednesdays - 3:45 - 4:45 p.m.

Salem R-80 Middle School
6th Grade
Thursdays - 8:06 - 8:55 a.m.

Salem R-80 Upper Elementary
3rd - 5th grade
Thursdays - 3:30 - 4:30 p.m.



Interested in being a mentor? Please contact Liberty Ross at 573-729-8163, TEXT 573-247-4886, or email Liberty@SalemCommunityCenter.org



SCAN QR CODE for more information!
SalemCommunityCenter.org

Healthy Dent County's Upcoming Events!



Thursday, September 11th, 2025



Saturday, October 25th, 2025



Saturday, November 1st, 2025

HEALTHY DENT COUNTY



Bring your girlfriends for an evening of pampering, shopping, and of course, eating!

Vendor booths available with great products to purchase!

**THURSDAY, SEPTEMBER 11TH
4:30-7:30PM**

Salem Community Center @ the Armory
1200 West Rolla Road, Salem

\$5 Admission

Includes food samples, giveaways, door prizes, and vendor demos.
Admission is limited to all women and girls 12 years of age and older.

Food Drive

Bring in any nonperishable canned food good for a chance to win a gift card. One ticket per item. The more you donate, the more your chances increase to win the gift card.

Donations will be given to:
Sacred Heart Food Pantry and Grace Harbor

For additional information, please call (573)729-8163
or email Jackie@salemcommunitycenter.org



**HEALTHY
DENT COUNTY**

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



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



TIGER TRAIL

Located at:
Salem Upper Elementary School



Electronics, Appliances, Tires & Media Storage Recycling Collection

Anything with a cord or battery operated! Residential Items Only!

SATURDAY
Sept. 13, 2025
9 a.m. to Noon

Salem S/W Construction Parking Lot
(Located at the corner of Third and Grand in Salem, MO)

2025 Disposal Fees Per Item

Electronics:

TV CRT over 27" = \$25
TV Wood Console = \$25
TV CRT under 26" = \$20
TV Flat Screen = \$15
All Computer Monitors = \$10
Refrigerated appliances with freon = \$10
Printers, scanners or copiers = \$5

Tires (rims removed / rims still on):

Passenger Tires = \$2.00 / \$4.00
Truck Tires = \$7.50 / \$15.00
Tractor Tires = \$35 / \$70.00

All other accepted items free of charge!

Now Accepting Media Storage: Records - 8-Track Tapes - VHS Tapes - Cassette Tapes - CDs/DVDs/Blue Ray Discs - Floppy Discs - External Hard Drives - Flash Drives/Memory Sticks

Not Accepted: Capacitors, transformers or ballasts that are not clearly marked as saying "NO PCBs" - Smoke detectors - thermostats - medical waste - gas containers - anything leaking oil or acid - broken ink or toner cartridges - alkaline batteries - light bulbs & fluorescent tubes - broken CRTS TVs or monitors

Eligible Counties: Crawford, Dent, Gasconade, Maries, Phelps, Pulaski, Washington

For more information, contact MRPC at (573) 265-2993 or jhollowell@meramecregion.org

For future collections, visit: ozarkrivers.org or follow us on Facebook at facebook.com/ORSWMD



Sponsored by:



Ozark Rivers Solid Waste Management District

This project was funded in part by the Missouri Department of Natural Resources.



Alice Lou Craig Municipal Swimming Pool

OPEN MAY 24TH, 2025

for questions:

573-729-6228 (pool)

573-729-6031 (directors office)

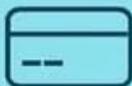
salemparks@salem-mo.com

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



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**

Membership Spotlight

Heidi Ross

Meet Heidi Ross, a dedicated member of Healthy Dent County Fitness Center who's proving that it's never too late to refocus, get stronger, and enjoy the journey along the way.

Heidi's hobbies include reading and traveling—two things that pair perfectly with her main goal for working out: staying healthy and active as she ages. She trains 3–5 times a week, balancing between strength training in the Circuit room and cardio fun on the pickleball court.

Although she's worked out inconsistently in the past, Heidi recently turned a corner. "Now I'm much more focused, and I can see the results," she says. That renewed dedication has paid off—Heidi has lost 15 pounds and gained a whole new outlook on fitness. "I feel great when I work out!"

Heidi's fitness inspiration? Her daughter, Liberty, whose own transformation motivated Heidi to take her health more seriously. Together, they now share weekly pickleball games, combining fun with fitness and turning it into a rewarding mother-daughter tradition.

Heidi enjoys both cardio and strength training, but for different reasons. She appreciates the measurable progress from the Circuit room and the effortless joy of pickleball. "The time spent playing is so fun that I don't even realize I've been exercising, which is the perfect type of cardio for me."

When she first started strength training, she found support and guidance from Susie at the gym. "She helped me feel at ease, and the quiet, calm environment of the Circuit room helped me gain confidence and independence."

Heidi is also committed to healthy eating, often cooking nutritious meals at home. It's all part of a sustainable, enjoyable lifestyle that supports her fitness goals and keeps her energized.

What keeps her going? "Seeing my progress and knowing I feel great when I come to the gym." And her mindset shift has made a huge difference: "I don't say 'I have to work out' anymore—I say 'I get to work out.'"

With a passion for staying active, traveling, and connecting with others, Heidi is a shining example of what it means to embrace wellness at every stage of life. We're proud to have her as part of our fitness family at Healthy Dent County!



HEALTHY DENT COUNTY FITNESS CENTER

August 2025

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

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.

**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

Did you know?

Underage drinking can lead to changes in brain chemistry that have life-long effects.

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

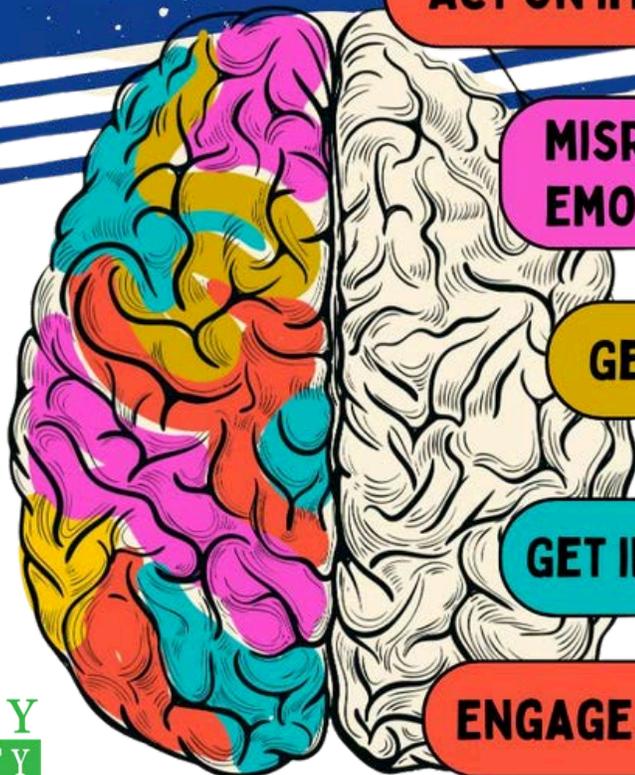
ACT ON IMPULSE

**MISREAD SOCIAL/
EMOTIONAL CUES**

GET INTO ACCIDENTS

GET INVOLVED IN FIGHTS

ENGAGE IN RISKY BEHAVIORS





- » \$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

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





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)