

September 2025

HEALTHY DENT COUNTY



A benefit for Healthy Dent County

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

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

14th Annual

Electronics, Appliances,
Tires & Media Storage
Recycling
Saturday, Sept. 13th

Bunks Across America
Sleep In Heavenly Peace
Saturday, Sept. 13th

Salem Community
Blood Drive
@ First Baptist Church
Tuesday, Sept. 2nd

See inside flyer for details!

Member Spotlight Mike Burgdorf

One Hour a Week to
Change a Child's Life
Become a mentor Today!

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



Mike Burgdorf



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



COMMUNITY VOLUNTEERS NEEDED TO BUILD BEDS FOR KIDS!

**SATURDAY, SEPTEMBER 13, 9AM-1PM
DENT COUNTY FIRE DEPARTMENT
PARKING LOT, SALEM MO**

Bed builds require no special skills, just willing hands. Our goal is to build 20 beds for kids in need in our community, and we can't do it without your help! Contact patti.mckeown@shpbeds.org for more info.



NO KID SLEEPS ON THE FLOOR IN OUR TOWN!

Go Wild



GIVE BLOOD

**FREE T-shirt and
TWO admissions
to Dickerson Park
Zoo for all
donors!**
While supplies last.



Blood Drive

Salem Community Blood Drive

First Baptist Church - Fellowship Hall
201 N. MacArthur, Salem

Tuesday, September 2, 2025
12:00 PM - 6:00 PM

To schedule an appointment call 417-227-5006 or go to
www.cbco.org/donate-blood



Scan or visit
www.cbco.org/zoo
for more info.

Sponsored by:



**COMMUNITY
BLOOD
CENTER**
OF THE OZARKS
not-for-profit organization

Photo identification required. Please eat well and drink plenty of fluids prior to the blood drive.

Community Blood Center of the Ozarks is the exclusive provider of blood to ALL your area hospitals.

Salem Area Chamber of Commerce



Pro Rodeo

AUG. 30 & 31

Gates Open @ 5:30 p.m.
7:30 P.M. Nightly

EVENTS

Bareback Riding • Calf Roping • Team Roping
Breakaway Roping • Bull Riding
Saddle Bronc Riding • Steer Wrestling
Barrel Racing • Ranch Bronc



Boot Toss Each Night (Ages 10 and under)

Dummy Roping

5:30-7 p.m. • 4-6 & 7-10 years of age
(Ropes provided - free)



TICKETS

ADVANCED

\$8 Adults | \$4 Children

AT THE GATE

\$10 Adults | \$5 Children
(ages 5 to 11)

Dent County Commons Hwy. 72, Salem

Announcer-Isaiah Garn

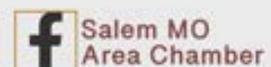
CONCESSION STAND • FOOD & RETAIL VENDORS

The Chamber wishes to thank corporate sponsors -
The Bank of Salem, Southeast Missouri Behavioral Health,
Salem Memorial Hospital, Four Rivers Community Health Center,
Phelps Health and Domino's.

NOT RESPONSIBLE FOR ACCIDENTS - Rain or Shine!



**PRO RODEO IS
IPRA/ACRA/MRCA
SANCTIONED**



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**



DENT COUNTY MENTORING *Makes a Difference*

One Hour a Week to Change a Child's Life

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

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.





SALEM



Healthy Dent County

Witches' Walk

SPONSORED BY

Salem License Office

Saturday, October 25th at 9 a.m.

Starts at the Tiger Trail
(1601 Doss Rd, Salem, Mo 65560)



\$25 per person

Register at the

Salem Community Center @ the Armory

Questions? Call 573-729-8163

Or Email Jackie@SalemCommunityCenter.org



SALEM



Healthy Dent County

Witches' Walk

SPONSORED BY

Salem License Office

Saturday, October 25th, 2025

Make checks payable to:

Healthy Dent County

P.O Box 190

Salem, MO

Name _____ Date of Birth _____

Address _____ Phone Number _____

Email Adress _____ Shirt Size _____

\$25 per person

Register by Wednesday October 15th to guarantee a shirt.



Amount Paid _____ Date _____

Membership Spotlight

Mike Burgdorf

Mike Burgdorf's fitness journey is nothing short of inspiring. For nearly two years, 1 year and 11 months to be exact, Mike has dedicated himself to becoming the best version of himself, both inside and out. He works out seven days a week, often hitting the gym two to three times a day with a consistent focus on strength training followed by cardio, a method he believes delivers the best results.

His motivation? It all started when he realized he no longer liked the person he saw in the mirror. That moment sparked a transformation fueled by a newfound passion for bodybuilding. Since then, fitness has completely changed his life.

"I know I'm a better version of myself because of it," Mike shares. And it's clear he's not only stronger physically but mentally and emotionally as well. Fitness helped him make the powerful shift from being an overweight alcoholic to becoming a fit, healthy, and more enjoyable person to be around. It's a transformation that has also made him a better father, one who now enjoys working out alongside his children.

Mike remains motivated by his gains and is committed to keeping fitness a lifelong priority. He's also passionate about helping others on their journeys and believes in the importance of healthy eating to support his training.

Mike Burgdorf is a true example of what happens when dedication meets purpose. His story is proof that it's never too late to rewrite your future and that the gym can be a place of not just physical change, but total transformation.



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**

HEALTHY DENT COUNTY
FITNESS CENTER

September 2025

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

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



Signs of Drinking Too Much:

SAMHSA

You drink more or longer than you intended

You need to drink more than you once did, to get the effect you want

You spend a lot of time drinking or thinking about alcohol

You continue to drink even though it makes you feel depressed or anxious - or adds to another health problem

Loved ones or trusted friends have made comments about your drinking

You try to cut down or stop drinking, but are not able to

You find that drinking interferes with daily activities, family, friends, or work

Or maybe...

- You have had legal problems due to drinking
- You have experienced symptoms of **withdrawal when you don't drink** (such as shakiness, sweating, tremors, headaches, anxiety, irritability, and/or insomnia)

HEALTHY
DENT COUNTY
PREVENTION COALITION

FindTreatment.gov

SAMHSA's National Helpline

1-800-662-HELP (4357)



- » \$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)