

# October 2025

## HEALTHY DENT COUNTY

HEALTHY DENT COUNTY

### LINE DANCING



### Dance Classes

Tuesday evenings at 6:30 p.m.  
October 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup>, November 4<sup>th</sup>

See inside flyer for details!

Witches' Walk  
@ the Tiger Trail  
Saturday, October 25th  
REGISTER NOW

Salem MO Spectacular  
Hot Air Ballons  
and Craft Fair  
October 25th  
OFFICE HOURS  
Monday - Friday  
8:00 am - 4:30 pm  
Drug Take Back  
Safely Dispose Medications  
October 25th

### Member Spotlight Nicky Beard

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

Don't let the cold stop the  
fun, secure your winter  
birthday party today!



Nicky Beard



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

Salem Mammography  
Department

**90s  
TRIVIA  
NIGHT**

Prize given to winner and best decorated table

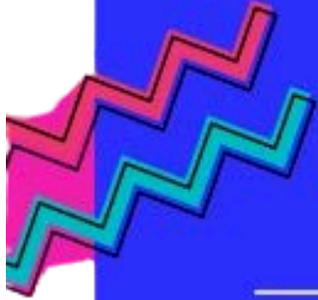
**11  
October**

Salem Community Center Armory  
Starts at 6:00pm

No Concessions  
Bring your own food and drinks

For More Information Contact

[Mnothaus@smdh.net](mailto:Mnothaus@smdh.net)





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](mailto: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 \_\_\_\_\_



HEALTHY DENT COUNTY

# LINE DANCING



## Dance Classes

Tuesday evenings at 6:30 p.m.

**October 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup>**

**November 4<sup>th</sup>**

**\$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)





# 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.

Locations:

**North Wood R-4 School**  
**3<sup>rd</sup> - 6<sup>th</sup> Grade**

Wednesdays - 3:45 - 4:45 p.m.

**Salem R-80 Middle School**  
**6<sup>th</sup> Grade**

Thursdays - 8:06 - 8:55 a.m.

**Salem R-80 Upper Elementary**  
**3<sup>rd</sup> - 5<sup>th</sup> 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](mailto:Liberty@SalemCommunityCenter.org)



SCAN QR CODE  
for more information!  
[SalemCommunityCenter.org](http://SalemCommunityCenter.org)

Healthy Dent County's Casino Night Presented by:



Jonah Schafer, Agent  
(573) 729-5165



# Saturday, November 1st, 2025

Salem Community Center @ the Armory

5:30 PM - Doors Open - Cash Bar

6:30 PM - 9:00 PM - Gaming

9 Additional Blackjack Tables  
Blackjack Table Reservations - \$100 (Seats 7)

Blackjack - Craps - Roulette - Poker

## **\$50/person - \$85/couple**

Ticket includes \$10,000 gaming money for prizes at the end of the night.

Purchase Tickets by Friday, October 24th to receive an additional \$5,000 gaming money!

## Red Carpet Glamour attire is encouraged

(Extra \$1,000 for arriving in Red Carpet Glamour attire)

Tickets available at the  
Salem Community Center @ the Armory

Scan QR Code or visit [tinyurl.com/RedCarpetCN25](https://tinyurl.com/RedCarpetCN25)  
to purchase tickets online!



For questions, please call us at (573)729-8163 or email [Jackie@salemcommunitycenter.org](mailto:Jackie@salemcommunitycenter.org)



**SALEM, MO SPECTACULAR**  
*Hot Air Balloons • Food Trucks • Craft Fair*

**October 25<sup>th</sup>, 2025**

**Al Brown Complex  
Chafin Ave Salem, MO**



HEALTHY DENT COUNTY FITNESS CENTER

**Co-Ed**

# VOLLEY BOO!

## **Tournament**

**10 a.m Saturday, October 18th, 2025**

**COSTUMES ENCOURAGED**

**COST: \$150 per team**

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

**DEADLINE TO REGISTER: Monday, October 13th, 2025**

For more information, please contact us at (573) 739-1127 or email [Susie@salemcommunitycenter.org](mailto:Susie@salemcommunitycenter.org)

HEALTHY DENT COUNTY FITNESS CENTER

Co-Ed

VOLLEY BOO!

Tournament

10 a.m Saturday, October 18th, 2025

COSTUMES ENCOURAGED

COST: \$150 per team

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

Registration Form

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

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

Participants:



- # 1 \_\_\_\_\_
# 2 \_\_\_\_\_
# 3 \_\_\_\_\_
# 4 \_\_\_\_\_
# 5 \_\_\_\_\_
# 6 \_\_\_\_\_

- # 7 \_\_\_\_\_
# 8 \_\_\_\_\_

DEADLINE TO REGISTER: Monday, October 13th, 2025

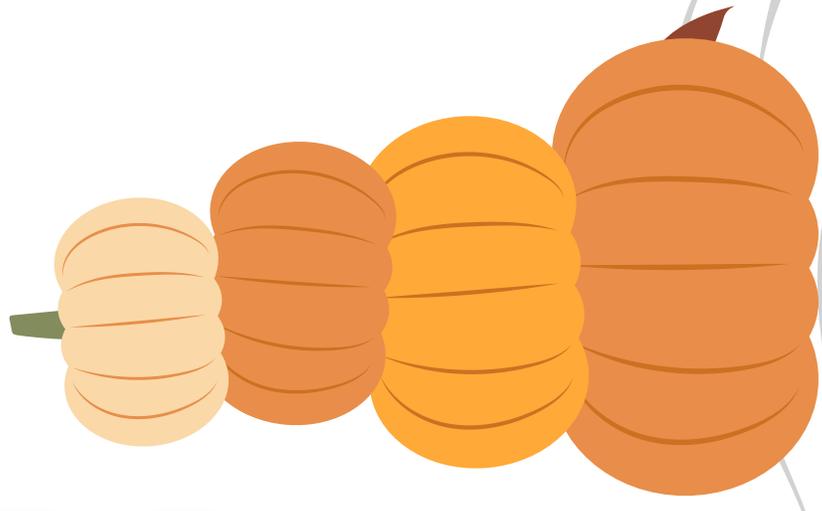
RELEASE AND WAIVER

I know that playing volleyball 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) 739-1127 or email Susie@salemcommunitycenter.org

SALEM  
COMMUNITY WIDE  
YARD SALE

Saturday,  
October 4th



# OZARK HERITAGE ARTISANS' HARVEST FEST

**Saturday, October 18th  
9:00 a.m. - 3:00 p.m.**

**at the Creative Art Center  
202 South Main, Salem**

**Art, crafts, bakedgoods,  
demonstrations, and FUN!  
Everyone Welcome!**



# DEA NATIONAL **Rx** TAKEBACK

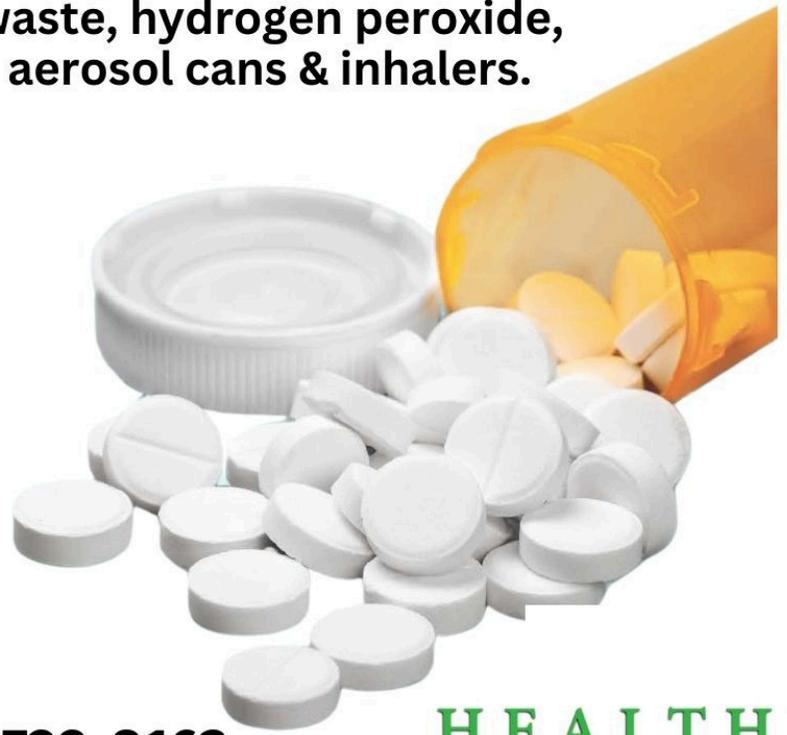
Saturday, October 25

## SAFELY DISPOSE OF MEDICATIONS

Keep unwanted and expired medication away from kids, persons struggling with substance use disorder, and out of the water supply!

- Drop Box Locations:  
Dent County
- Dent County Sheriff's Department
  - Salem Police Department

Items NOT Accepted: Needles (Sharps), Blood/Infectious waste, hydrogen peroxide, aerosol cans & inhalers.



Questions? Please call 573-729-8163  
1200 West Rolla Road, Salem



# *Meramec Regional Planning Commission*

*A Voluntary Council of Local Governments serving Missouri's Meramec Region*



## *Annual Dinner and Awards Ceremony*

*You are cordially invited to  
Meramec Regional  
Planning Commission's  
2025 Annual Dinner & Awards Program*

*Date: Thursday, Oct. 23, 2025*

*Time: Reception beginning at 5:30 p.m.  
Dinner and Awards Program beginning  
approximately 6:30 p.m.*

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

*Please RSVP by Oct. 9, 2025*

*Tickets: \$40 per person*

*Phone in Reservations by calling  
573-265-2993 or email  
[lcarroll@meramecregion.org](mailto:lcarroll@meramecregion.org)*





Marathon & Half Marathon courses are now USATF Certified

TEN YEARS RUNNING!

11.15.25

ROLLA/SALEM, MO



# 5K, 10K, HALF, RELAY, FULL MARATHON

- ✓ Benefits Veterans' and Mission 22
- ✓ Virtual Options
- ✓ Ruck Divisions (Heavy and Light)
- ✓ Post Race Party
- ✓ Free Pasta Party
- ✓ Half-Mile Honor Walk



## HEROESMARATHON.COM



### VETERANS/ACTIVE DUTY/FAMILIES 50% OFF REGISTRATION

SEE WEBSITE FOR DETAILS



# Team HDC's Virtual 5k



Join Healthy Dent County's Team HDC for a **virtual 5k** to Honor our Heroes Marathon. You can do this event anytime, anywhere between November 1st-15th.

Register online at  
[Heroesmarathon.com](http://Heroesmarathon.com)

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Use Code: **HDC25** to save **20%**  
off your registration fee

Questions? Please call us at 573-729-8163  
or email [Jackie@salemcommunitycenter.org](mailto:Jackie@salemcommunitycenter.org)

# 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!**

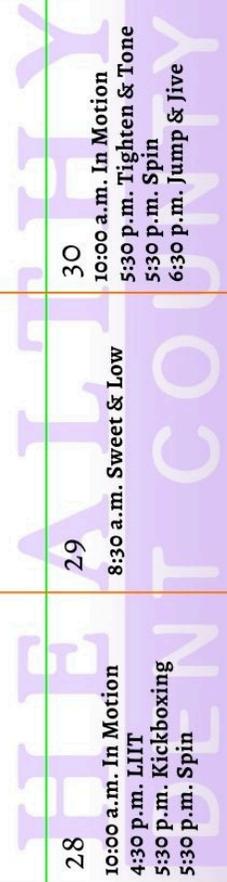


**Salem Community Center @ the Armory  
Fitness Center Office**

# HEALTHY DENT COUNTY FITNESS CENTER

# October 2025

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



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](mailto:lanessa@salemcommunitycenter.org)

## Membership Spotlight

# Nicky Beard

Nicky Beard is no stranger to the world of fitness. With a deep appreciation for good food, books of all kinds, and the outdoors, Nicky brings a well-rounded energy to everything she does, including her workouts. Her journey into fitness began over 20 years ago as a runner, completing multiple road races, including a half marathon.

However, like many dedicated athletes, Nicky's fitness path evolved over time. After having children, she noticed her body no longer responded the way it once had. Her metabolism shifted, and her joints could no longer tolerate the high-impact nature of running. While she remained passionate about staying active, she found herself feeling lost and overwhelmed inside the gym.

That turning point led Nicky to hire a personal trainer, someone who not only helped her navigate strength training but also sparked a newfound love for the science behind fitness. Through that guidance, she learned the importance of proper nutrition, cultivating a healthy mindset, and most importantly, the power of consistency. Today, Nicky trains 4–5 days a week and sees it as a cornerstone of her physical and mental well-being.

Her commitment to health doesn't stop with the barbell. Over the years, she has explored yoga, swimming, and spin classes, always seeking new ways to challenge her body and mind. But at the heart of it all are her two daughters. Nicky stays active so she can keep up with them for years to come, and to be a strong, healthy role model in their lives.

Her journey is a powerful reminder that fitness isn't about perfection, it's about progress, purpose, and showing up consistently.





- ▶ \$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**

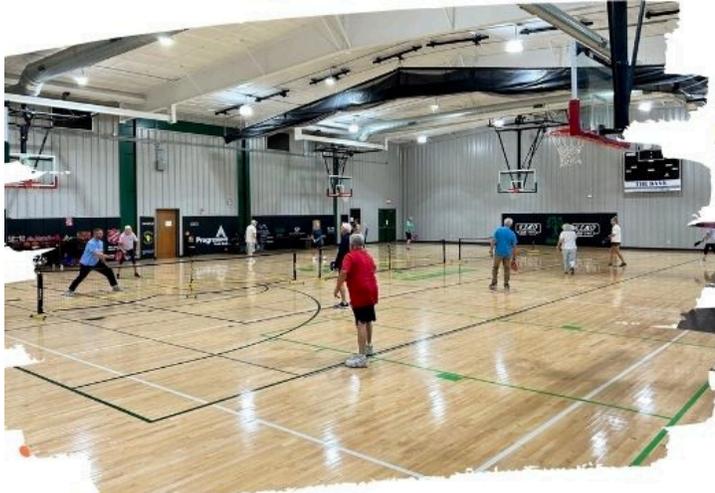
**4 Hours      \$300**

(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](mailto: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)