

# November 2025

## HEALTHY DENT COUNTY

Healthy Dent County's  
Casino Night Presented by:



Jonah Schafer, Agent  
(573) 729-5165



**Sat. November 1st**

Doors Open 5:30 p.m.

**Red Carpet Glamour  
is encouraged**

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

**Hosted at:**  
Salem Community Center @ the Armory

Salvation Army  
Make a difference this  
holiday season.  
[RegisterToRing.com](http://RegisterToRing.com)

Honoring our  
Heroes Marathon  
Saturday, Nov. 15th

Salem Community Center  
@ the Armory offices  
CLOSED Thurs. Nov. 27<sup>th</sup>  
& Fri. Nov. 28<sup>th</sup>.

See inside flyer for details!

Member Spotlight  
Jed Hovey

Self Defense Workshop  
Wednesday, Nov. 19th  
Saturday, Nov. 22nd

NEW BOUNCE HOUSE  
ARRIVAL!! Secure your  
birthday party today!

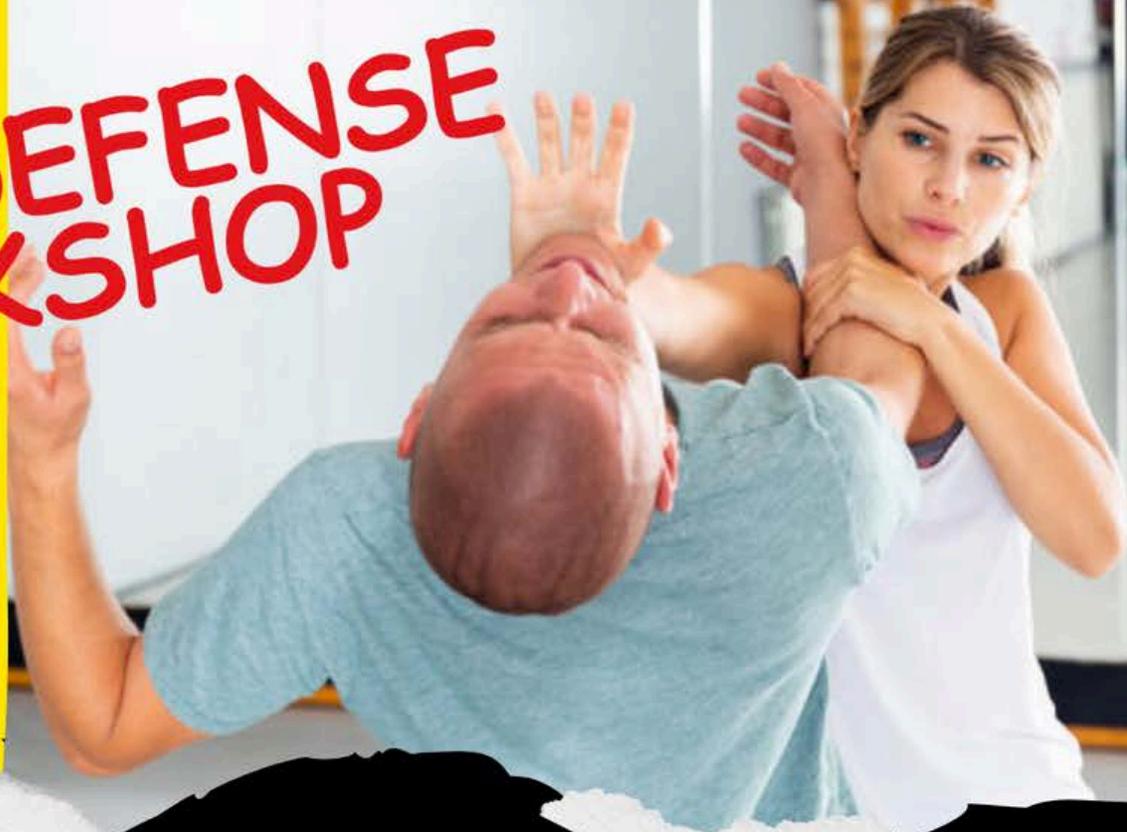


Jed Hovey



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

# SELF DEFENSE WORKSHOP



**TWO DATES- SAME CLASS**  
**WEDNESDAY, NOVEMBER 19 5:30- 7PM**  
**SATURDAY, NOVEMBER 22 10- 11:30AM**

**\$5/ PERSON, PAY AT THE DOOR**

✓ Open to men, women and seniors—no fitness level required

✓ Learn simple techniques anyone can do—no experience required

✓ Safety tips for home, shopping, and daily activities

✓ Build awareness to avoid danger before it starts

**SELF-DEFENSE ISN'T ABOUT FIGHTING- IT'S ABOUT FEELING SAFE AND WALKING WITH CONFIDENCE**

**Instructor:**  
**Kris Bieker**



**SALEM COMMUNITY  
CENTER @ THE ARMORY**

Healthy Dent County's Casino Night Presented by:

**AMERICAN FAMILY  
INSURANCE**

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)

**NEW  
ARRIVAL**

*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**



# DEA NATIONAL **Rx** TAKEBACK

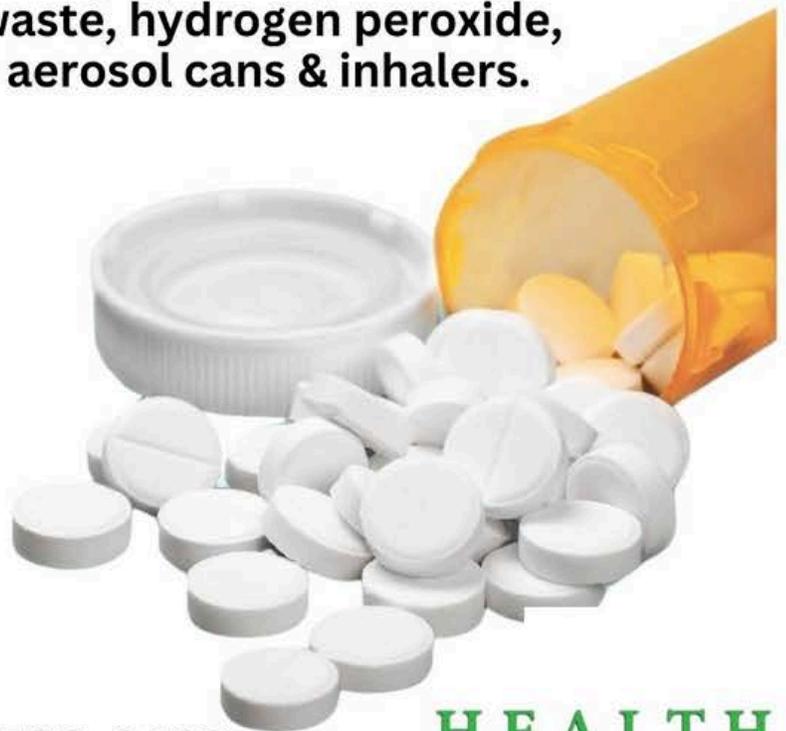
Keep unwanted and expired medication away from kids, persons struggling with substance use disorder, and out of the water supply!

## SAFELY DISPOSE OF MEDICATIONS

### 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

**HEALTHY**  
**DENT COUNTY**  
PREVENTION COALITION

HEALTHY DENT COUNTY

# LINE DANCING



## Dance Classes

Tuesday evening at 6:30 p.m.

**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)**





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.

OR join us November 8<sup>th</sup> at 9 a.m. at the Salem Community Center @ the Armory to walk with us in person!

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)



REGISTER TO

**RING™**



*Ways you can make a difference in  
your community this holiday season!*

**1) Register to Ring the Bell at *RegisterToRing.com***

**2) Donate to the Salvation Army.**

**Write a check and mail to:**

***The Salvation Army***

***PO Box 190***

***Salem, MO 65560***

**3) Donate to the kettles located at *Walmart*, and  
*Country Mart* starting **Wednesday November 26th.****

*Thank You*

Questions? Call Susie Mackey at (573) 247-7099

Sherry at (573)729-8163 or email

Sherry@salemcommunitycenter.org

**HOSTED BY THE SALEM MO FIREWORKS COMMITTEE**

# FALL TRIVIA

*Night*

@ THE ARMORY

**SATURDAY, NOVEMBER 22ND**

Starts at 6 PM | \$100 per team of 6 | \$20 per additional person for a max of 8 people per team

**PURCHASE 10 MULLIGANS FOR \$20**

Bring your appetite and some extra cash for a donation only soup bar!



Register  
your team  
here!

SALEM LUTHERAN CHURCH

# CRAFT & BAKE sale

CHRISTMAS CRAFTS  
BAKED GOODS  
KETTLE KORN  
CANNED PICKLES, JELLIES, SALSA  
SOUPS IN A JAR (WITH SAMPLES)  
CHRISTMAS RESALE SHOP

ALL PROCEEDS GO TO LOCAL MISSIONS & CHARITIES

NOVEMBER 1, 2025 | 9AM - 2PM

# November

UPCOMING EVENTS



# BLOOD DRIVE

First Baptist Church - Salem  
201 N. MacArthur Ave.

**TUESDAY, NOV. 4**  
**12-6 PM**

# Christmas at the FACTORY

MULTI VENDOR EVENT

Saturday, November 8th  
9:00 - 3:00  
Factory on Jackson  
1601 South Jackson St.  
Salem, Mo



NOV. 8 - 9AM-3PM  
SMITH VALLEY EVENT BARN

# HOLIDAY Market



SALEM EAGLES CLUB

# Winter Bazaar

Nov. 15  
10a-4p

Photos with Santa - Ornament Making  
Face Painting and More!

VENDORS WANTED. Indoor and outdoor spots available.  
Contact Nancy Inman to reserve, 573-247-9465



# 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

## Jed Hovey

When a friend invited Jed Hovey to join him at a Strongman event, he saw it as the perfect motivation to reignite his training. After a busy summer that kept him out of the gym, Jed set a goal, to rebuild his strength and prepare for competition in just one month. Thanks to dedication, consistency, and the supportive environment of the Armory and his fellow gym members, he did exactly that.

On September 27, 2025, Jed competed in the first annual Show Me Strong Championship hosted by Bodyfit KC in Midtown Kansas City, sanctioned by Strongman Corporation. The competition featured a lineup of intense events including the deadlift, where Jed hit a personal record of 435 lbs, as well as the yoke carry, axle clean and press, stone-to-shoulder, and the Dinnie stone hold. Despite several of these events being brand new to him, Jed placed 3rd out of 5 in the Novice Men's 105kg class.

Not long after, on October 18, 2025, he took on his second event, the Midwest Stone Fest at the Free State Highland Games in Lawrence, Kansas. The competition, presented by Per Aspera Strength, tested athletes with natural stone events like stone-to-shoulder, "Steinstossen" (stone throw), and a front carry medley. Jed placed 7th out of 12 in the men's division, an impressive finish against seasoned competitors.

For Jed, these experiences were about more than just competition.

"I enjoyed both events greatly, nothing's better than picking up heavy rocks and hanging out with strong people who inspire you to push yourself and achieve extraordinary things," he shared. "I met so many interesting people, gym owners, teachers, athletes, all there for the love of the sport and the community that is strongman."

With his passion for strength sports reignited, Jed plans to compete in many more Strongman events in the future. His journey is a reminder that with focus, community, and determination, it's never too late to come back stronger than ever.



HEALTHY DENT COUNTY  
FITNESS CENTER

November 2025

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

Happy  
Thanksgiving

# 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

Wed. - (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)



- » \$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)

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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)