

March 2026

HEALTHY DENT COUNTY



DENT COUNTY MENTORING Makes a Difference

One Hour a Week to Change a Child's Life

See inside flyer for details!

Tech Safety for Parents
Tues. March 3rd
6-7 PM @ The Armory

Healthy Dent County
Fitness Center
BUNGEE FITNESS
Coming Soon!

ANNOUNCING:
The Non Newlywed Game
Friday, April 3rd

Member Spotlight
Cheryl Dement

Healthy Dent County
Fitness Center
Half Price Daily Fee!
Friday, Mar. 27th

PERFECT EVENT VENUE!!
Secure your party today
@ the Armory!



Cheryl Dement



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



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
3rd - 6th Grade

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

Salem R-80 Middle School
6th Grade

Thursdays - 8:06 - 8:57 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

The "Non"

Newlywed

Game

Fundraiser

Event sponsored by Healthy Dent County

Friday, April 3rd, 2026

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

Doors open at 5:30 p.m.
Game show starts at 6:30 p.m.

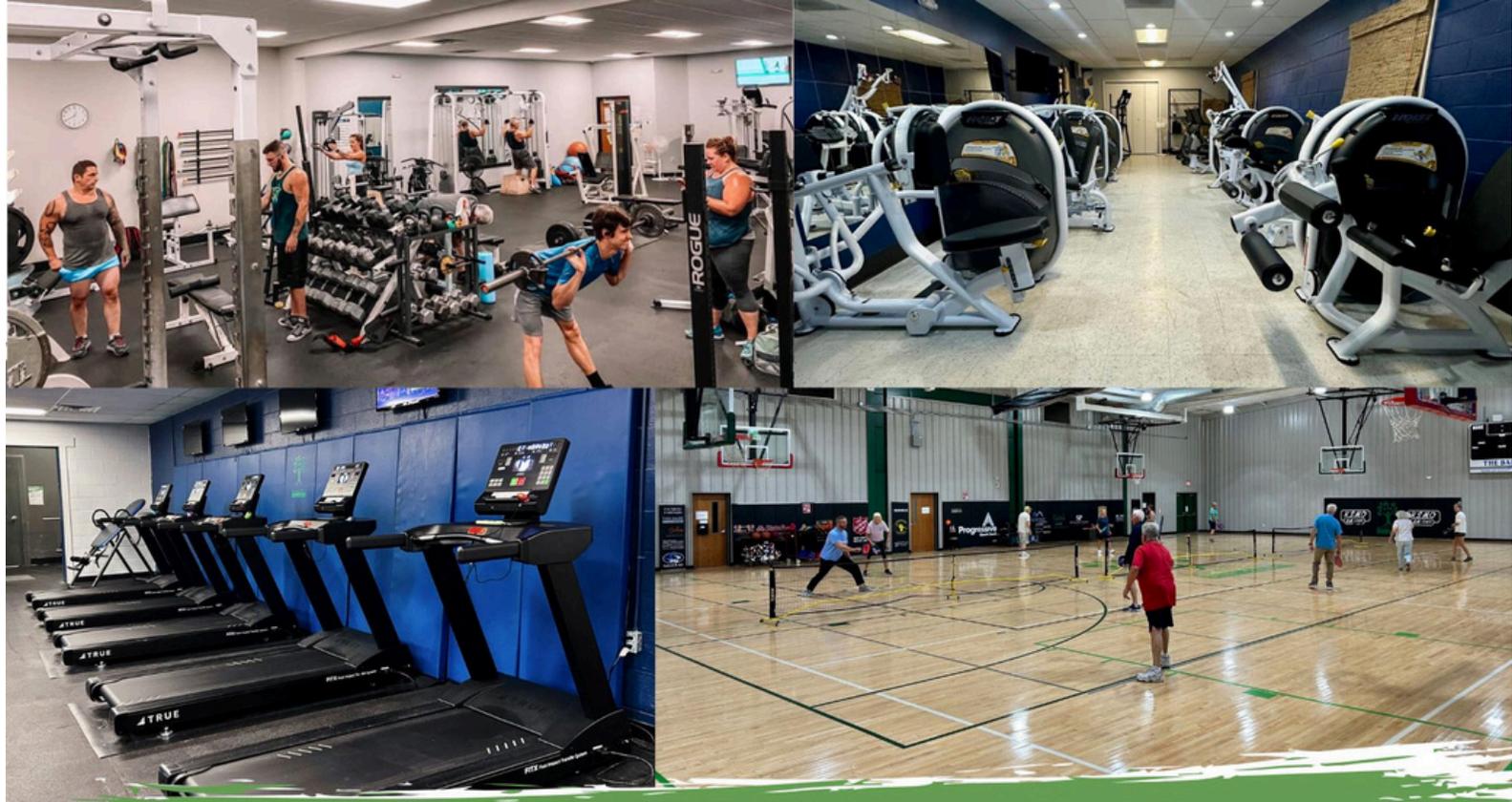
Table of 8 can be sponsored for \$300 or single tickets for \$25
Tickets are available at the Salem Community Center @ the Armory
Concession and cash bar available
NO outside food or drinks permitted.

Game Show Contestants

**Brian & Candi Mink
Wes & Kendra Mobray
Jake & Marissa Conway
Shane & Leanna Paine**

Questions? Please call us at (573) 729-8163





HEALTHY DENT COUNTY FITNESS CENTER

Half Price Daily Fees Select Friday Specials!

Weight & Cardio Room, Full Court Gymnasium, Circuit 30, & Spin Room

\$5.00 Noon - 4 p.m.

- *Friday, March 27th*
- *Friday, April 3rd*
- *Friday, April 24th*



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

For more information, please contact us at (573) 739-1127
or email Lanessa@salemcommunitycenter.org

BUNGEE FITNESS

Healthy Dent County Fitness Center



Intro to Bungee Fitness is a fun, low-impact workout using a harness and bungee cords for jumping, strength, and cardio exercises.

Instructor: Lanessa Cafourek



Questions: Call 573-739-1127
or email Lanessa@SalemCommunityCenter.org

PREVENTION
CONSULTANTS
of Missouri

TECH SAFETY 4 PARENTS

A practical, parent-focused class that teaches how to protect kids online, recognize digital risks, set healthy boundaries, and build safe technology habits at home.

MARCH 3, 2026 | 6-7 PM

**SALEM COMMUNITY CENTER @ THE ARMORY
1200 W ROLLA ST, SALEM, MO 65560**

RSVP to: Healthy Dent County
Carlos Lopez | 573-729-8163
carlos@salemcommunitycenter.org



Guest Speaker:
Linda Kozlowski
linda@preventionconsultants.org



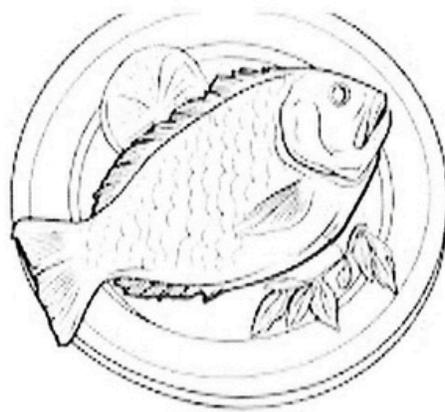
FISH FRY

Sacred Heart Church
108 S. Macarthur Ave.

Fridays 5:00 – 7:00
Feb. 20 – March 27



Salem Counsel 7501



Salem Counsel 7501

All You Can Eat

\$15.00

Fish, Sides, Beverage & Dessert

Take-Out Dinners \$12.00

1977

RALLY
IN THE

2026

100 ACRE WOOD

MARCH 12-14

DENT, WASHINGTON, CRAWFORD COUNTIES

THURSDAY 12TH

RALLYFEST HOOD PARK CUBA



FRIDAY 13TH

PARC EXPOSE DOWNTOWN POTOSI

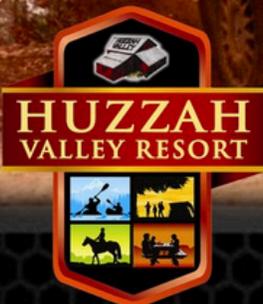
SATURDAY 14TH

PARC EXPOSE DOWNTOWN SALEM



SPECTATING

100AW.ORG



Give Blood.
Save Lives.
HAVE FUN!



COMMUNITY BLOOD CENTER
OF THE OKLAHOMAS

First Baptist Church
201 N. MacArthur

Tuesday, March 3
12-6 pm

**BLOOD
DRIVE**



SPRING CREEK GOLF CLUB

CHILI

COOK-OFF

Saturday, March 7th
Judging begins at 7:00



PRIZES

DESSERT
AUCTION

SIGN UP AT
THE CLUBHOUSE!

Current River Cruisers Car Club
CRUISE IN

CROSSROADS PARKING LOT

Saturday, APRIL 4



4-7 PM

Membership Spotlight

Cheryl Dement

Hobbies: Pickleball, hiking, and thrifting

Cheryl works out for strength, balance, and energy, three things that have become especially important since being diagnosed with osteoporosis two years ago. She stays active by working out two to four times a week, something she's done off and on since her 20s.

Her fitness journey started early; she used to be a runner in her teens and twenties and has always valued exercise for fitness and weight control. These days, Cheryl loves both cardio and strength training, cardio for endurance and strength training for healthy bones and muscles.

Cheryl knows the value of consistency. She dedicates two to four days a week to exercise and says fitness has allowed her to do more physically and enjoy life with fewer aches and pains.

She also loves that staying active allows her to play pickleball and hike comfortably. When asked what keeps her motivated, Cheryl says it's the simple things: "I have fewer aches and pains, and I love being able to play pickleball."

Healthy eating plays a part too, she focuses on nutritious meals most days but isn't afraid to splurge on weekends. Fitness is truly a family affair in the Dement household. Cheryl and her husband work out and hike together, and both of their adult daughters stay active, one of them was even a personal trainer!

For Cheryl, fitness is more than a habit, it's a way to stay strong, healthy, and connected to the people and activities she loves most.

-Susie Cahill
Fitness Center Director



HEALTHY DENT COUNTY
FITNESS CENTER

March 2026

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

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. - 10 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.

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



SALEM COMMUNITY CENTER @ THE ARMORY

1200 W. Rolla Road, Salem • 573-739-1127 • lanessa@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**



- ▶ \$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)