

# April 2026

## HEALTHY DENT COUNTY

The "Non"

# Newlywed

Game

## Friday, April 3rd, 2026

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

Alpha-Gal Syndrome  
Thurs. April 2nd  
5:30-6:30 PM @ The Armory

Healthy Dent County  
Fitness Center  
BUNGEE FITNESS  
Available NOW!

Change a child's life.  
Become a mentor  
TODAY!

See inside flyer for details!

Member Spotlight  
Pat Manganaro

Healthy Dent County  
Fitness Center  
Half Price Daily Fee!  
Friday, April 3<sup>rd</sup> & 24<sup>th</sup>

PERFECT EVENT VENUE!!

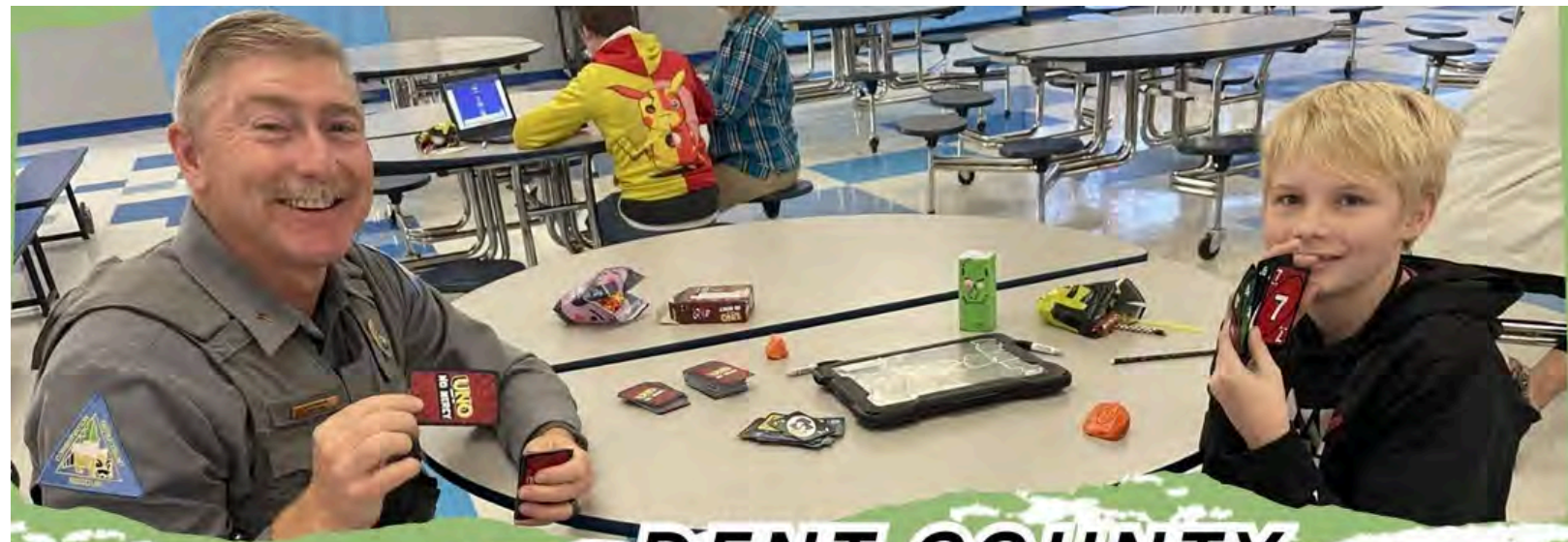
Secure your party today  
@ the Armory!



Pat Manganaro



 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**  
**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 - 8:57 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)

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 managed by *Vintage Apron*. 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

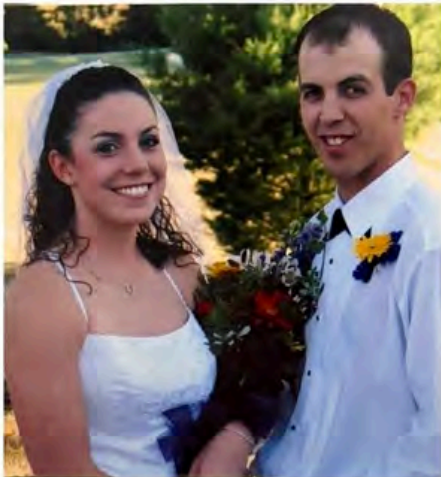


The "Non"

# Newlywed

Game

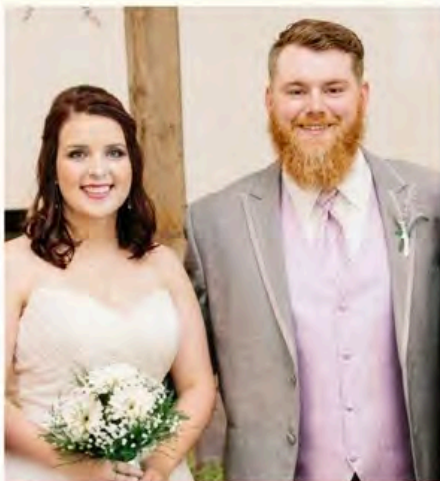
Game Show Contestants



**Wes and Kendra Mobray**



**Shane and LeAnna Paine**



**Jake & Marissa Conway**



**Brian & Candy Mink**

**Friday, April 3rd, 2026**

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



DENT COUNTY  
REPUBLICAN  
LINCOLN  
*Days*

**THURSDAY, APRIL 23**

**Social Hour: 5:30-6:30 p.m.**

Heavy Hors d'oeuvres

**Program: 6:30 p.m.**

Salem Community Center @ the Armory • 1200 W Rolla Rd, Salem

*Keynote Speaker*

**JASON SMITH**

- UNITED STATES CONGRESSMAN -

**TICKETS ON SALE NOW | \$25 PER PERSON**

Call Mike or Jamie Homeyer for tickets and sponsorship

(314) 609-0117

(573) 247-8427

**When parents create  
supportive and nurturing  
environments,  
children make  
better  
decisions.**



PREVENTION  
CONSULTANTS  
*of Missouri*

**talk about it**

powered by Prevent Ed

# 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.

**\$10 Fitness Center Members**

**\$15 Non-Members**

(Weight Limit for Safety: 210lbs)



- **Mondays: NOON - 1 p.m.**  
(March 30, April 6, 13, 20)
- **Wednesdays: 4:30-5:30 p.m.**  
(April 1, 8, 15)

**Special Reservations: \$100**

Grab a few friends, whether it's 2 or up to 8, and book your own private bungee fitness experience!

**Select Fridays and Saturdays**

(March 27, 28, April 17, 18)



**Lanessa Cafourek**



**Jackie Sisco**



**Registration Required. To register  
and check availability: Call 573-739-1127  
or email [Lanessa@SalemCommunityCenter.org](mailto:Lanessa@SalemCommunityCenter.org)**

# Alpha-Gal Syndrome Awareness

## Topics Include:

- What is alpha-gal syndrome?
- Symptoms
- Screening
- Prevention
- Shopping to avoid alpha-gal

Alpha-gal syndrome is on the rise in Missouri. Come learn more about it and what you can do to protect yourself.



## WHEN:

Thursday, April 2nd, 2026  
5:30 - 6:30 pm

## WHERE:

Salem Community Center @ the  
Armory  
1200 W Rolla St, Salem, MO 65560

Program presented by  
Nutrition and Health Specialist  
Maria Calvert

## To Register Call

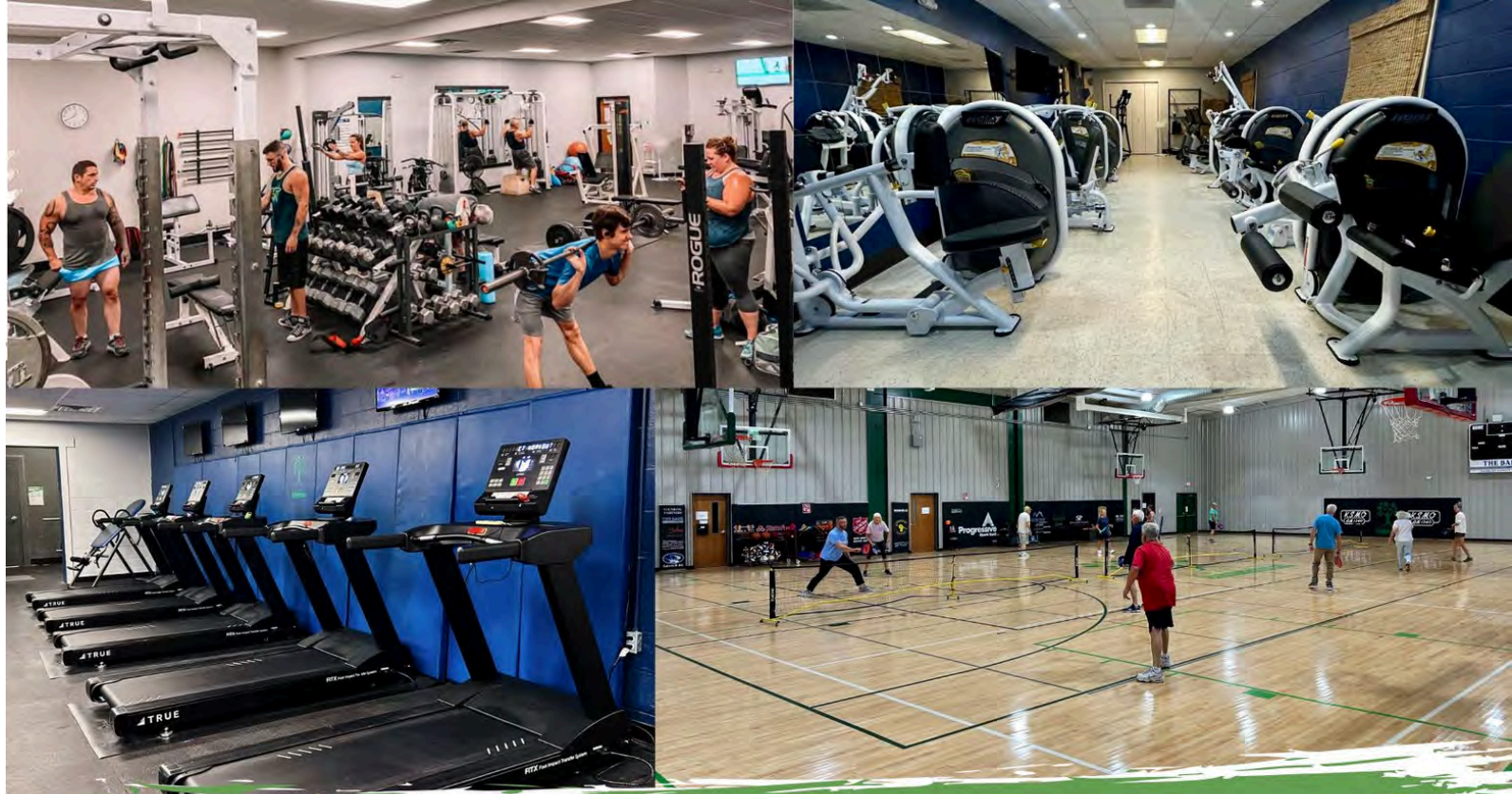
[\(573\) 729-8163](tel:(573)729-8163)

**Learn  
more.  
DO MORE.**

 **Extension**  
*University of Missouri*  
an equal opportunity/ADA institution



**Cost: \$5.00**



## 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, 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](mailto:Lanessa@salemcommunitycenter.org)



BLOOM FOR BETTER HEALTH  
FIRST ANNUAL GALA AND AWARDS  
BANQUET

APRIL 24<sup>TH</sup>, 2026

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

Current River Cruisers Car Club



**CRUISE IN**

CROSSROADS PARKING LOT

**Saturday, APRIL 4**

**4-7 PM**

**GRACE COMMUNITY CHURCH**

COMMUNITY

**EASTER  
EGG HUNT**

SATURDAY, APRIL 4<sup>TH</sup> AT 1:00  
IN FIELD BEHIND GCC

Ages 2 years – 6<sup>th</sup> grade  
Petting Zoo, Carnival Games, and Prizes!

**SALEM COMMUNITY GARDEN  
OPENS APRIL 4 FOR SEASON**



**Plots at  
Salem United Methodist Church  
801 E Scenic Rivers Blvd.**

**First Plot FREE!**

Accessible Garden Beds Available.



# HEALTHY DENT COUNTY FITNESS CENTER

# April 2026

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

For rates or questions please call us at 573-739-1127 or email [Lanessa@SalemCommunityCenter.org](mailto: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](mailto:lanessa@salemcommunitycenter.org)

## Membership Spotlight

# Pat Manganaro

Meet Pat Manganaro, a dedicated member whose journey reminds us that it's never too late to take charge of your health and strength.

Pat's journey to fitness began after a heart attack, which made exercise an essential part of her recovery and rehabilitation. What started as recovery has turned into a steady commitment, she now works out three times a week for an hour, blending cardio and strength training to keep her heart healthy and her body strong.

Much of her strength work takes place in the Circuit 30 Room, where she appreciates how the equipment instructions are plain, simple, and easy to follow. Pat says there's always someone nearby if a question does arise, which makes the space both welcoming and supportive.

Before joining Healthy Dent County Fitness Center, Pat found her activity through Zumba and line dancing. Once she and her husband moved to their farm, she stayed active hauling wood, painting fences, and tending to their mixed flock of ducks, geese, and guineas. But she soon realized that farm chores weren't always enough to keep her heart rate up and that's when she began regular workouts at the Armory.

"I might not even be above ground if I hadn't started exercising," Pat says. "I improved so much that my cardiologist took me off all my heart medicines and gave me a big hug for doing so well."

Pat's motivation? "My goal is to make it to 100 or die trying!" she jokes. She keeps her fitness balanced with healthy eating, avoiding fats and sodium whenever possible (though she admits veggies aren't her favorite).

We're so proud of you, Pat, your determination, humor, and heart inspire all of us at HDC to keep moving and never give up!



-Susie Wood Cahill, Fitness Center Director



Follow us on Facebook under Healthy Dent County Fitness Center to stay up to date.

# 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**



# The Perfect Venue

Weddings, Receptions, Reunions, Banquets, and Fundraising Events

- ▶ \$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)