

# May 2026

## HEALTHY DENT COUNTY

SAVE THE DATE

HEALTHY DENT COUNTY PRESENTS

# Dueling Pianos

**AUGUST 7TH, 2026**

SALEM COMMUNITY CENTER @ THE ARMORY

THE FLYING VORIES

HEALTHY DENT COUNTY

# Girls NIGHT OUT

Salem Community Center @ the Armory  
\$5 Pay at the Door

**THURSDAY, SEPTEMBER 10TH, 2026**

SHOPPING • DRINKS • FOOD • PRIZES • FUN

# SALEM WITCHES WALK

**SATURDAY, OCTOBER 31ST**  
9 A.M.

TIGER TRAIL  
1601 DOSS RD, SALEM, MO

Healthy Dent County's Casino Night Presented by: AMERICAN FAMILY INSURANCE

# Hawaiian Luau CASINO NIGHT

**Saturday, November 7th, 2026**

Salem Community Center @ the Armory

Safely Dispose of Medications at our local drop boxes!

Healthy Dent County Fitness Center  
**BUNGEE FITNESS**  
Available NOW!

Change a child's life.  
Become a mentor for the next school year!

See inside flyer for details!

Member Spotlight  
**Joseph Rothgeb**

Want a free gym membership? Stop by the Fitness Center office to see if you qualify!

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



Joseph Rothgeb



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

# DEA NATIONAL **R<sub>x</sub>** TAKEBACK

## SAFELY DISPOSE OF MEDICATIONS

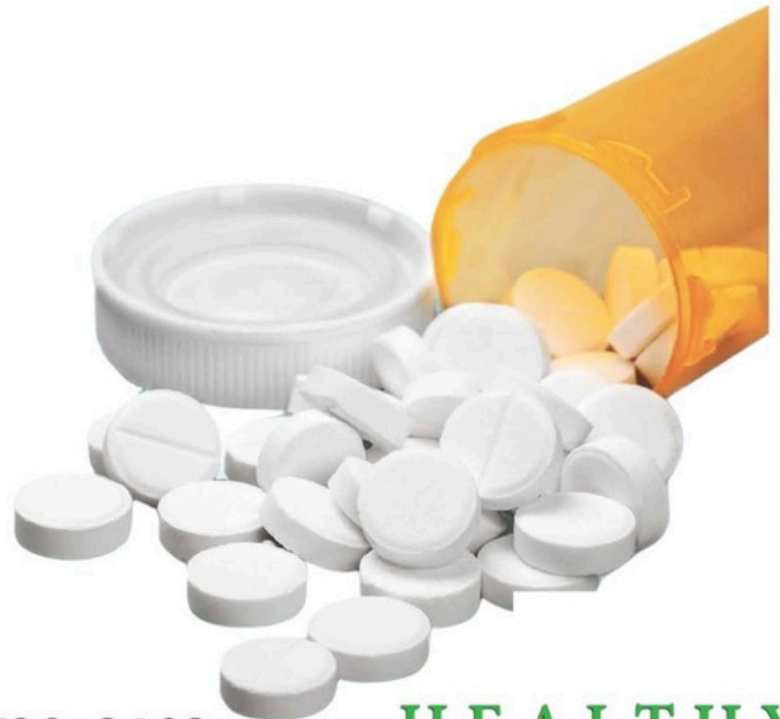
Keep unwanted and expired medication away from kids, persons struggling with substance use disorder, and out of the water supply!

### DON'T FLUSH!

### Drop Box Locations Available 24/7 in Dent County:

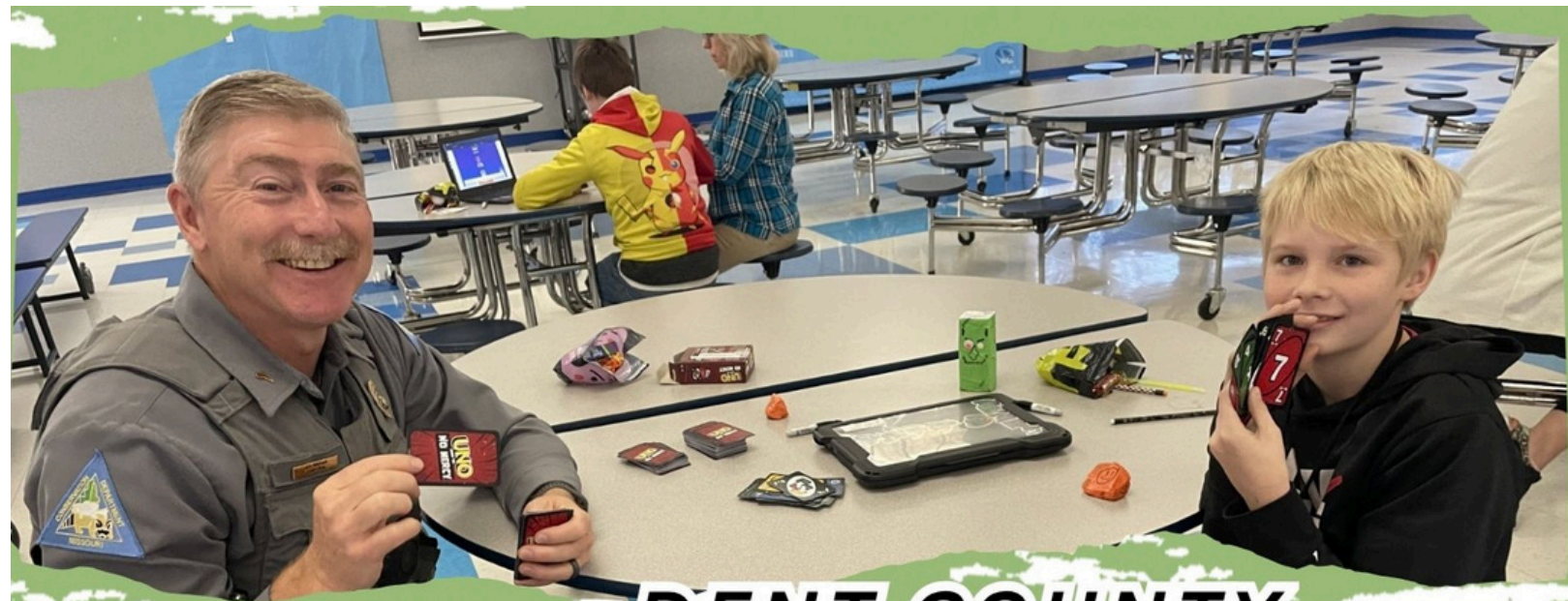
- Dent County Sheriff's Department
- Salem Police Department

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**



# 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.

## 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

PRESENTS

# Dueling

PIANOS

AUGUST 7TH, 2026

SALEM COMMUNITY CENTER @ THE ARMORY



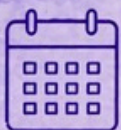
HEALTHY DENT COUNTY



# Girls

NIGHT OUT

*A benefit for Healthy Dent County*



THURSDAY, SEPTEMBER 10TH, 2026

SHOPPING • DRINKS • FOOD • PRIZES • FUN



# SALEM WITCHES' WALK



SATURDAY,  
OCTOBER 31<sup>ST</sup>

9 A.M.

TIGER TRAIL

1601 DOSS RD, SALEM, MO

Healthy Dent County's Casino Night Presented by:



Jonah Schafer, Agent  
(573) 729-5165

# Hawaiian Luau CASINO NIGHT

Saturday, November 7th, 2026

Salem Community Center @ the Armory

A graphic for an art show. The background is a colorful, abstract splash of paint in shades of blue, pink, yellow, and green. On the left, the text "Alpha Rho Tau District Art Show" is written in large, bold, multi-colored letters. Below this, "Salem High School gym" is written in black. A yellow pencil with a red eraser and a blue band is positioned horizontally. On the right, a sign on an easel reads "OPEN TO PUBLIC!" in black capital letters.

**Alpha Rho Tau**  
**District Art Show**  
Salem High School gym

April 30 & May 1 - 3PM to 6PM  
May 2 - 9AM to 11AM

Images by: Salem Area Chamber of Commerce



MAY 16

SUGAR CAINE

EL DIABLO

2026

# FLOATIN' & FIGHTIN' 26'

Salem Community Center:  
 at The Armory  
 1200 W. Rolla St.  
 Salem, MO 65560

Doors Open: 5:00 pm  
 Bell: 6:00 pm

**TICKETS SOLD AT:**  
 Salem Community Center at The Armory  
 or online at:  
<https://...>

General Admission: \$13  
 Show-Me Ringside: \$15  
 \*Family Slam Pack: \$40  
 \*Valid for 2 adults & 3 children under 18  
 OR 1 adult & 4 children under 18



@Show-me State Wrestling 
 @anywmsstatewrestling 
 @Show-meStateWrestling  
 @showme.state.wres 
 @DailyTheThingSSW



# Salem Community Blood Drive

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

**Tuesday, May 12, 2026**  
**12:00 PM - 6:00 PM**

To schedule an appointment call 417-227-5006

or go to [www.cbco.org/donate-blood](http://www.cbco.org/donate-blood)

**SHIP**  
SLEEP IN HEAVENLY PRICES

**NO KID SLEEPS  
ON THE FLOOR  
IN OUR TOWN!**



**MEETING**

5:30-6:30 PM  
SALEM COMMUNITY CENTER  
@ THE ARMORY



# 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: 5:30 -6:30 p.m.**
- **Wednesdays: 4:30-5:30 p.m.**

**Special Reservations: \$100**

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

**Call for availability!**



**Lanessa Cafourek**



**Jackie Sisco**



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

# HEALTHY DENT COUNTY FITNESS CENTER

\*Payment and registration required to attend Bungee Fitness

# May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>HAPPY Mother's Day</p>	<p>4</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. In Motion 5:30 p.m. Bungee Fitness* 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>5</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>6</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Yoga 4:30 p.m. Bungee Fitness*</p>	<p>7</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>1</p> <p>8:30 a.m. Sweet &amp; Low 5:30 p.m. Tai Chi</p>	<p>2</p>
<p>10</p>	<p>11</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. In Motion 10:00 a.m. Bungee Fitness* 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>12</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>13</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Yoga 4:30 p.m. Bungee Fitness*</p>	<p>14</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>15</p> <p>8:30 a.m. Sweet &amp; Low 5:30 p.m. Tai Chi</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. In Motion 5:30 p.m. Bungee Fitness* 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>19</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>20</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Yoga 4:30 p.m. Bungee Fitness*</p>	<p>21</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>22</p> <p>8:30 a.m. Sweet &amp; Low 5:30 p.m. Tai Chi</p>	<p>23</p>
<p>24/31</p>	<p>25</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. In Motion 5:30 p.m. Bungee Fitness* 5:30 p.m. Interval Training 6:30 p.m. Jump &amp; Jive</p>	<p>26</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>27</p> <p>8:30 a.m. Sweet &amp; Low 10:00 a.m. Yoga 4:30 p.m. Bungee Fitness*</p>	<p>28</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>29</p> <p>8:30 a.m. Sweet &amp; Low 5:30 p.m. Tai Chi</p>	<p>30</p>

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!  
\*Payment and registration required to attend Bungee Fitness

## 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 (45minutes)

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.



SALEM COMMUNITY CENTER  
@ THE ARMORY

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

## 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.

## \*Bungee Fitness

Mon. - 5:30 pm , Wed. 4:30 pm (45minutes)

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

## Membership Spotlight

# Joseph Rothgeb

Meet Joseph, someone who proves that consistency, discipline, and the right mindset can truly change your life.

A member of the Healthy Dent County Fitness Center for several years, Joseph started with a simple goal: to slim down. Over time, that goal grew into something bigger, building strength, improving his health, and committing to showing up every day. His approach has evolved alongside his progress. What began as weight loss turned into a focus on strength, both physical and mental. Whether it's strength training or cardio, Joseph shows up with purpose.

One of the things he values most about HDC is the supportive environment, having guidance when needed while still having the space to put in the work. And it shows. Joseph says his biggest accomplishment isn't just physical, it's how much better he feels day to day. His health has improved, his mindset is stronger, and his confidence has grown through consistency.

When it comes to motivation, Joseph keeps it simple: Set goals. Make a promise to yourself. Show up, even when you don't feel like it. Because as he's learned, confidence comes from doing the work, even on the hard days.

His advice? "Focus on your journey. Don't compare yourself to others. Stay consistent and trust the process."

Outside the gym, Joseph enjoys fishing, hunting, swimming, and spending time with family and friends. Fitness has become a key part of his lifestyle, and he credits the HDC community for helping him stay committed.

Final takeaway from Joseph: "Stop comparing and start lifting."



# 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.

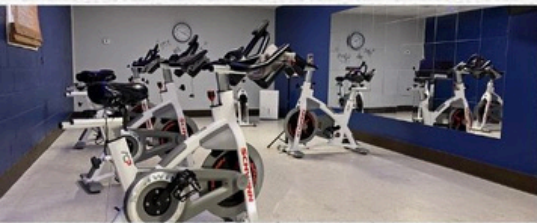
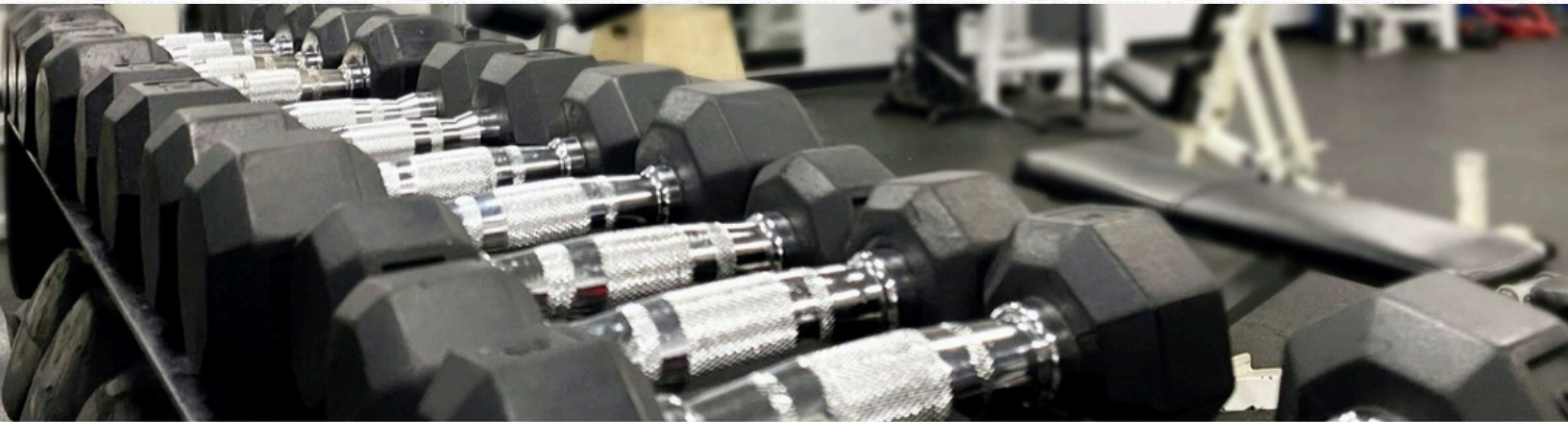
## Fitness Center Hours

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!

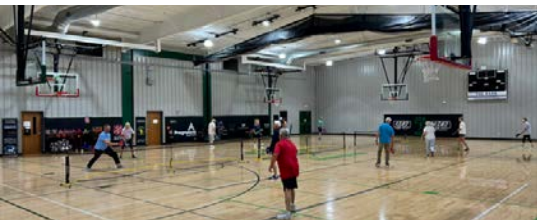
## *Gymnasium Rentals*

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)