

June 2026

HEALTHY DENT COUNTY

**WE'VE
GOT YOUR
BACK,
ZACH!**



**A COMMUNITY STANDING BEHIND ZACH
AS HE BATTLES SARCOMA.**

All proceeds will help Zach and his family with treatment expenses, travel, and daily living costs.

June 19th 5:00 - 9:00PM

Salem Community Center @ the Armory

See inside flyer for details!

MMA Basics Class
w/ Jerry Hall
Beginning June 3rd

We Got Your Back Zach!
Fundraiser Tournaments
Pickleball June 20th
Basketball June 27th

Change a child's life.

Become a mentor
for the next school year!

Member Spotlight
Eli Terril

ANNOUNCING:
Dueling Pianos
August 7th

Doors open @ 5:30

PERFECT EVENT VENUE!!

Secure your party today
@ the Armory!



Eli Terril



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

DEA NATIONAL **R_x** TAKEBACK

SAFELY DISPOSE OF MEDICATIONS

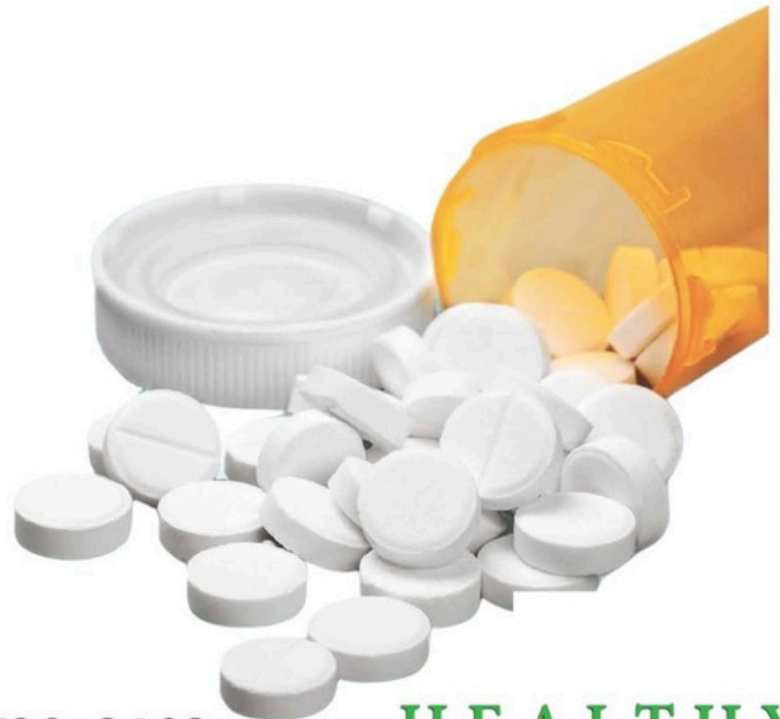
Keep unwanted and expired medication away from kids, persons struggling with substance use disorder, and out of the water supply!

DON'T FLUSH!

Drop Box Locations Available 24/7 in Dent County:

- Dent County Sheriff's Department
- Salem Police Department

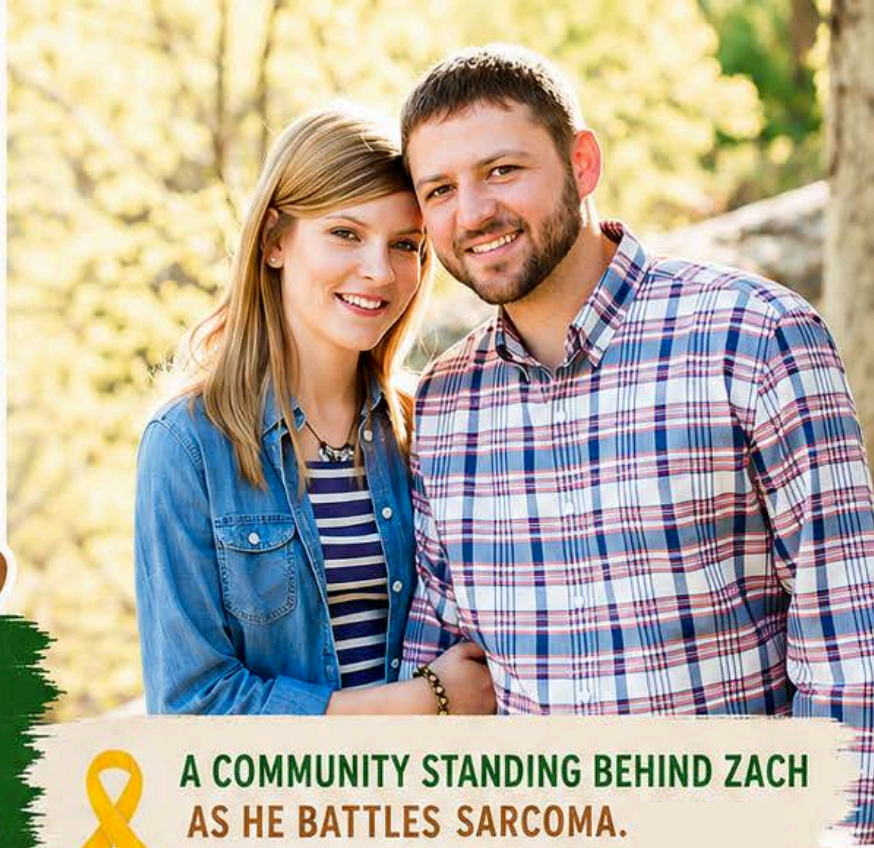
Items NOT Accepted: Needles (Sharps), Blood/Infectious waste, hydrogen peroxide, aerosol cans & inhalers.



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

**HEALTHY
DENT COUNTY
PREVENTION COALITION**

WE'VE GOT YOUR BACK, ZACH!



**A COMMUNITY STANDING BEHIND ZACH
AS HE BATTLES SARCOMA.**

All proceeds will help Zach and his family with treatment expenses, travel, and daily living costs.



COMMUNITY FUNDRAISER

JUNE 19

5:00 – 9:00 PM

Salem Community Center @ the Armory

.....

**JOIN US FOR AN EVENING OF
SUPPORT AND GENEROSITY.**

.....

AUCTION

DESSERT
AUCTION

FOOD &
DRINKS

Questions?

Please call 573-739-1127
or email Susie@SalemCommunityCenter.org

WE'VE GOT YOUR BACK,

ZACH!



**A COMMUNITY
STANDING BEHIND ZACH
AS HE BATTLES
SARCOMA.**

All proceeds will help Zach Moser and his family with treatment expenses, travel, and daily living costs.

PICKLEBALL BENEFIT FUNDRAISER SALEM COMMUNITY CENTER @ THE ARMORY



JUNE 20TH



10:30 AM- 4:30 PM

\$25/PER PLAYER

\$20/PER PLAYER FOR SECOND DIVISION REG.

Winner receives entry fee back

**REGISTRATION FORMS at the Salem Community Center @ the Armory
or call Carlos at 573-729-8163**

TOURNAMENT DIVISIONS

Men's Doubles

10:30 a.m. - 12:30 p.m.

Women's Doubles

12:30 p.m. - 2:30 p.m.

Mixed Doubles

2:30 p.m. - 4:30 p.m.

QUESTIONS? PLEASE CALL US AT 573-729-8163
OR EMAIL CARLOS@SALEMCOMMUNITYCENTER.ORG

WE'VE GOT YOUR BACK,

ZACH!

COMPETITIVE

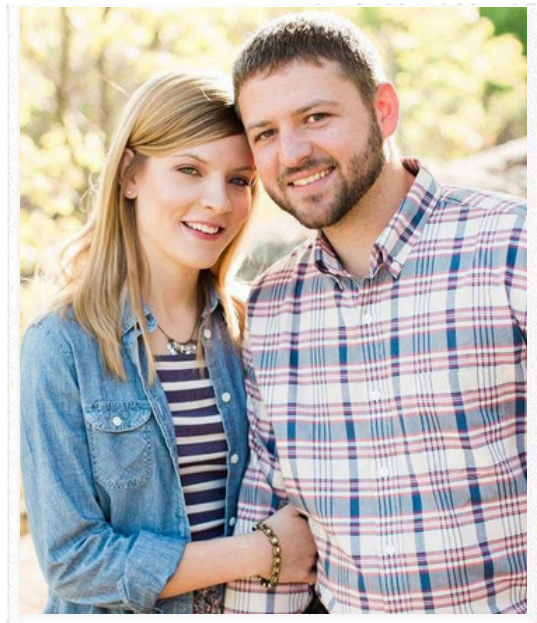
3V3

BASKETBALL

TOURNAMENT

Fundraiser

Salem Community Center @ the Armory



**A COMMUNITY
STANDING BEHIND
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SARCOMA.**

All proceeds will help Zach Moser and his family with treatment expenses, travel, and daily living costs.



JUNE 27TH



**MENS 10 A.M.
WOMENS 2 P.M.**



\$60/TEAM

Winner receives entry fee back

**REGISTRATION FORMS at the Salem Community Center @ the Armory
or call Henry at 573-247-1301**

**QUESTIONS? PLEASE CALL US AT 573-729-8163
OR EMAIL HENRY@SALEMCOMMUNITYCENTER.ORG**



THE MENOPAUSE RESET



**MAINTAINING A
HEALTHY AND HAPPY LIFE**

*WITH APRIL GREENER DNP,
APRN, FNP-BC*



**TUESDAY,
JULY 7, 14, 21**



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



5:30 – 6:30 PM
FREE



WEEK 1:

Understanding Menopause



WEEK 2:

Food, Movement and Mind
for Hormone Balance



WEEK 3:

When lifestyle isn't enough:
Your Options Explained:
HRT and Beyond



Questions? Please Call
573-739-1127 or email
Susie@SalemCommunitycenter.org



Current River Cruisers Car Club



CRUISE IN

CROSSROADS PARKING LOT

Saturday, JUNE 6

4-7 PM

SUMMER CARNIVAL
AT THE COMMONS
JUNE 18 | JUNE 19 | JUNE 20

CELEBRATING
100 YEARS
OF
INDIAN TRAIL STATE PARK
1926-2026

Civilian Conservation Corps (CCC) Historic Display

Walk & Learn Events
Saturday, May 30 and June 27
ONCRC Open - 9am until noon
10 am - Jason Stotler shares history & artifacts on display





DENT COUNTY MENTORING *Makes a Difference*

One Hour a Week to Change a Child's Life

Mentoring opportunities at:

R-1 | R-3 | R-4 | R-80

What does a mentor do?

These benefits help young people build confidence, self-worth, and social skills while reducing isolation and the risk of misusing drugs or alcohol. They are also more likely to make positive decisions, do better in school, and respond well to teachers and parents.

Mentored Youth:

These benefits help young people build confidence, self-worth, and social skills while reducing isolation and the risk of misusing drugs or alcohol. They are also more likely to make positive decisions, do better in school, and respond well to teachers and parents.

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

HEALTHY DENT COUNTY FITNESS CENTER

MMA BASICS

WITH INSTRUCTOR
JERRY HALL



STRIKING BASICS

Punch, kick, and move with purpose



GRAPPLING FUNDAMENTALS

Control, position, and defend



SELF-DEFENSE TECHNIQUES

Practical skills for real situations



CONDITIONING & MOVEMENT

Build strength, endurance, and agility



MMA FUNDAMENTALS

A complete introduction to the sport

- ✓ BEGINNER FRIENDLY
- ✓ ALL FITNESS LEVELS WELCOME
- ✓ BUILD CONFIDENCE
- ✓ GET IN SHAPE
- ✓ HAVE FUN



“
My goal is to help you build real skills, confidence, and strength—inside and outside the gym.

— JERRY HALL



CLASS BEGINS WEEKLY
JUNE 3 @ 6:30 PM
IN THE CLASSROOM
SALEM COMMUNITY CENTER
@ THE ARMORY



Included with
Fitness Center Membership

\$10 for Non Members

Questions? Call 573-739-1127 or email Susie@salemcommunitycenter.org

Healthy Dent County's
Dueling Pianos Presented by:



TITAN
Paving & Yard Drainage

Dueling

— PIANOS —

AUGUST 7TH, 2026

SALEM COMMUNITY CENTER @ THE ARMORY

DOORS OPEN @ 5:30 P.M.

**CONCESSION AND CASH BAR AVAILABLE
(HOTDOGS/HAMBURGERS)**

FLYING IVORIES

PERFORMANCE 6:30–9:30 P.M.



SCAN QR CODE
to learn about
The Flying Ivories!

**\$250 VIP Table of 6
\$25 Individual Tickets**

**Tickets available Monday, June 1st!
Salem Community Center @ the Armory**



573-729-8163



Jackie@SalemCommunityCenter.org



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
HEALTHY DENT COUNTY

SPONSORED BY
THE SALEM LICENSE OFFICE

SATURDAY, OCTOBER 31ST
9 A.M.

TIGER TRAIL
1601 DOSS RD, SALEM, MO

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

Jonah Schafer, Agent
(573) 728-5165

Hawaiian Luau
CASINO NIGHT

Saturday, November 7th, 2026

Salem Community Center @ the Armory

RADON

THE INVISIBLE THREAT

Radon is an invisible, odorless, and tasteless radioactive gas that forms naturally as uranium in soil and rock breaks down.

Radon is the second leading cause of lung cancer in the U.S. and causes over 21,000 lung cancer deaths each year.

Radon occurs naturally in the ground and can leak into homes through cracks and openings in the floors and walls. It can be found in both new and old homes.



If radon is trapped indoors it can build up to dangerous levels.



1 IN 3

homes in Missouri have high radon levels.

Smoking combined with high radon exposure increases a person's risk of developing lung cancer about **10 times**.



TIME TO TAKE ACTION!



Testing is the **only** way to know if the home you live in has high levels of radon. There are no immediate symptoms of radon exposure.

HOW TO TEST FOR RADON

- Purchase a radon test kit online or at a home improvement store.
- Order a free radon test kit from the Missouri State Radon Program (while supplies last).
- Hire a certified radon professional.

WHAT IF MY RADON LEVEL IS HIGH?

The EPA recommends that homes with radon levels above 4.0 pCi/L be lowered through mitigation systems. Homes should be tested every 2 years.

Certified professionals can install a radon mitigation system that safely redirects radon from beneath the foundation and vents it above the roof.

The average cost of a mitigation system ranges from \$1,000 to \$2,000.

FOR MORE INFORMATION

Visit the Missouri Department of Health and Senior Services Radon Program Website
health.mo.gov/radon
or call 866-628-9891



GRANT SUPPORT This educational material was supported by the Missouri Department of Health and Senior Services through the Centers for Disease Control and Prevention Funding (FA-DP22-2022). Its contents are solely the responsibility of the authors and do not necessarily represent official views of the Centers for Disease Control and Prevention.

Representatives will be at the Salem Community Center @ the Armory on Thursday, June 4th Noon - 3 p.m.



BUNGEE FITNESS



Healthy Dent County Fitness Center

FUN. LOW-IMPACT. HIGH RESULTS.

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

FREE Fitness Center Members

\$10 Non-Members

(Weight Limit for Safety: 210lbs)



Lanessa Cafourek



Jackie Sisco



MONDAYS
5:30 - 6:30 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!



REGISTRATION REQUIRED.

To register and check availability:

Call 573-739-1127

or email Lanessa@salemCommunityCenter.org



100 MILES, 100 DAYS EAST CENTRAL MISSOURI

June 16 - September 24

THIS SUMMER'S OPTIONAL ACTIVITIES

- **Get active, stay safe, and earn prizes!**
 - Move in ways you enjoy while building healthy habits and connecting with your community. Walk, run, dance, bike, hike, or choose any activity —every mile counts toward your 100-mile goal.
- **Track your miles for a chance to win!**
 - 60-79 miles: Cooling gear or premium socks
 - 80-99 miles: Bluetooth earbuds
 - 100+ miles: Premium insulated water bottle
 - 120+ miles: Bonus entry for bigger prizes like a mini massager or cooler bag
- **Set your goal, track your progress, and join the challenge!**



Local Community Walks

Join a local MU Extension walking event.



100 Miles Challenge

Log your movement and join the contest.



Walk With Ease Programs

Register for a physical activity program.

REGISTER TODAY!



**100 MILES
100 DAYS**

**JOIN THE
CHALLENGE!**

HEALTHY DENT COUNTY FITNESS CENTER

June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7	1	2	3	4	5	6	
	8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Bungee Fitness 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	8:30 a.m. Sweet & Low 10:00 a.m. Yoga 6:30 p.m. Mixed Martial Arts	10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 6:30 p.m. Jump & Jive	8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi		
	8	9	10	11	12	13	
	8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Bungee Fitness 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	8:30 a.m. Sweet & Low 10:00 a.m. Yoga 6:30 p.m. Mixed Martial Arts	10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 6:30 p.m. Jump & Jive	8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi		
	15	16	17	18	19	20	
	8:30 a.m. Sweet & Low 10:00 a.m. In Motion 10:00 a.m. Bungee Fitness 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	8:30 a.m. Sweet & Low 10:00 a.m. Yoga 6:30 p.m. Mixed Martial Arts	10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 6:30 p.m. Jump & Jive	8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi		
	22	23	24	25	26	27	
	8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Bungee Fitness 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	8:30 a.m. Sweet & Low 10:00 a.m. Yoga 6:30 p.m. Mixed Martial Arts	10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 6:30 p.m. Jump & Jive	8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi		
	29	30					
	8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Bungee Fitness 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing					
28	<p>HAPPY <i>Father's Day</i></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

Scan the QR code to sign up online.



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.

MMA Basics

Wed. – 6:30 pm (60 minutes)

A high-energy workout combining striking, grappling, conditioning, movement, and self-defense to build strength, coordination, endurance, and real-world skills at any fitness level.

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

SALEM COMMUNITY CENTER @ THE ARMORY

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

Membership Spotlight

Eli Terril

When it comes to commitment, resilience, and choosing change, Eli Terrell is a powerful example of what strength truly looks like.

Eli only recently joined Healthy Dent County Fitness Center, but his fitness journey began long before that. After facing his first round of cancer, Eli was given a wake-up call from his doctor, without major changes, his health risks were serious. That moment sparked a decision that would change his life.

Through consistency, determination, and lifestyle changes, Eli has lost over 100 pounds, completely transforming his health and outlook. His proudest accomplishment? Beating cancer twice and reclaiming control of his life through better nutrition and movement.

At HDC, Eli enjoys strength-based workouts where he continues to build physical strength and confidence. He says the best part of being here is the supportive atmosphere and how it's helped him feel better, both physically and mentally, while learning proper technique and staying motivated.

Outside the gym, Eli loves staying active through outdoor activities like walking, hiking, fishing, hunting, swimming, and anything that keeps him moving. His approach to nutrition is simple and sustainable: everything in moderation, with a favorite post-workout meal of homemade air-fryer chicken burgers.

When motivation is hard to find, Eli reminds himself how far he's come and how good he feels now. His advice for anyone just starting out? Figure out what you want out of it and do your research. And his personal motto says it all: Fear is a choice to embrace. Eli also values the community at HDC, sharing that it's given him a wider, and better, outlook on health and well-being.

One final message he wants others to hear: Don't be afraid to ask questions or for help. We are all at the gym to be a better version of ourselves. We're proud to have you at HDC, Eli. Your story is proof that dedication, courage, and consistency can change everything.





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 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)