

August 2026

HEALTHY DENT COUNTY

Healthy Dent County's
Dueling Pianos Presented by:



Dueling PIANOS

AUGUST 7TH, 2026

SALEM COMMUNITY CENTER @ THE ARMORY



Dent County Health Center
Healthy Fams
August 3rd
12:30 pm- 3:30 pm

Dent County Mentoring
Change a Child's Life
TODAY! Sign UP!

SCMCAA
Back To School Fair
Friday, August 14th
3 pm- 7 pm

See inside flyer for details!

Member Spotlight
Iva Hodges

ANNOUNCING
GIRLS' NIGHT OUT
Thurs. Sept. 10th

Healthy Dent County
Fitness Center
New Member Access
Available NOW!



Iva Hodges



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



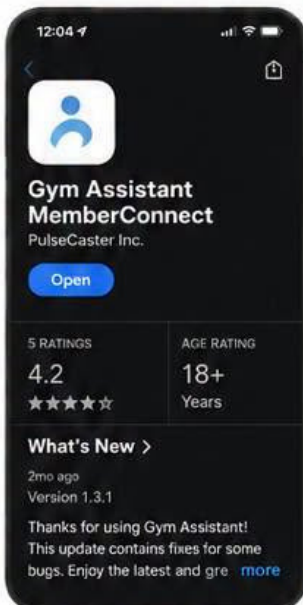
HEALTHY
DENT COUNTY
FITNESS CENTER

NEW 24-HOUR ACCESS IS HERE!

DOWNLOAD THE GYM ASSISTANT MEMBERCONNECT APP TODAY!

1 DOWNLOAD THE APP

Scan the QR code below or search for "Gym Assistant MemberConnect" in the App Store or Google Play.



Download and install the app.

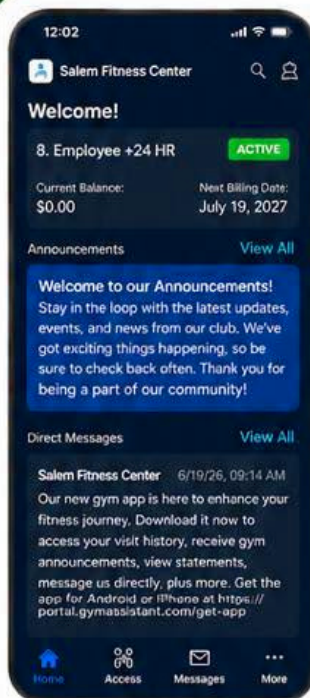


**SCAN QR CODE
TO DOWNLOAD**

(Key tags will be provided to those who do not have smartphones.)

2 OPEN THE APP

Open the app after installing. You will see the home screen.



Follow the prompts to create or log in to your account using your membership information.

3 STAFF APPROVAL IS REQUIRED

Your account must be activated by our staff before your QR code will unlock the door.



**PLEASE ALLOW
TIME FOR US TO
PROCESS YOUR
REQUEST.**

Until your account is approved, **you will NOT have access to the fitness center.**

4 USE YOUR QR CODE TO ENTER

Once activated, tap Access at the bottom of the app. Your QR code is your key!



Present your QR code to the scanner each time you enter the facility.

IMPORTANT REMINDERS



Downloading the app is **REQUIRED** for all members.



Staff approval is required before your QR code will work.



Please do not wait until you arrive at the gym to download the app.



If your account has not yet been activated, **you will NOT be able to enter the facility.**



Members without a smartphone may request a key tag from the front desk.

★ Please allow staff adequate time to process your request during normal business hours. ★



NEED HELP?

Our staff is happy to help you download the app and get set up!



**STOP BY THE
FRONT DESK**
during staffed
hours



**CALL US
DURING STAFFED HOURS
573.739.1127**



Stronger Together.

Healthier Together.

Healthy Dent County's
Dueling Pianos Presented by:



TITAN
Paving & Yard Drainage
(573)453-6379

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 Purchase
tickets Online

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

Tickets are available at the
Salem Community Center @ the Armory



573-729-8163



Jackie@SalemCommunityCenter.org



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?

- 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



SCAN QR CODE
for more information!
SalemCommunityCenter.org

JOIN US!

BACK TO SCHOOL FAIR

CALL DONNA
@ SCMCAA TO
PREREGISTER
(573)729-3500
X1145

August 14th • 3pm – 7pm

📍 Community Center @ The Armory
1200 W Rolla St. Salem, Mo. 65560

- Free backpacks & school supplies
- Games & prizes
- Free food
- Free socks & underwear
- Community resources



TO VOLUNTEER CALL DRU HOWARD
@ (573)247-8536



PHELPS-DENT

HEALTHY FAMS

HYGIENE & BABY ITEMS FOR OUR COMMUNITY

*Free diapers, wipes, and referral info!
Sizes [Newborn - 6] Adult Hygiene Bags & more.*

AUGUST 3, 2026 | 12:30 - 3:30 PM
DENT COUNTY HEALTH CENTER
1010 E. SCENIC RIVERS BLVD | SALEM, MO 65560

This program provides free hygiene items, diapers, wipes, and referral info to caregivers and pregnant women. Diapers range from newborn to size six.




Four Rivers
Community Health Center



Emily Griesenauer
Compass Health Network Prevention

573-368-4755

egriesenauer@compasshn.org

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HEALTHY DENT COUNTY



Girls NIGHT OUT



THURSDAY, SEPTEMBER 10TH, 2026

4:30 - 7:30 PM

Salem Community Center @ the Armory



Bring your girlfriends for an evening of pampering, shopping, and of course, eating!

Vendor booths available with great products to purchase!

\$5 Admission

Includes food samples, giveaways, door prizes, and vendor demos. Admission is limited to all women and girls 12 years of age and older.



Food Drive

Bring in any nonperishable canned food good for a chance to win a gift card. One ticket per item. The **more you donate**, the **more your chances increase** to win the gift card.

Donations will be given to:
Sacred Heart Food Pantry and Grace Harbor

**For additional information, please call (573)729-8163
or email Jackie@salemcommunitycenter.org**





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:



Jonah Schafer, Agent
(573) 729-5165

Hawaiian Luau CASINO NIGHT

Saturday, November 7th, 2026

Salem Community Center @ the Armory



Making Birthday Parties Easy!

Bounce House Birthday Party

Salem Community Center @ the Armory

3 Bounce Houses

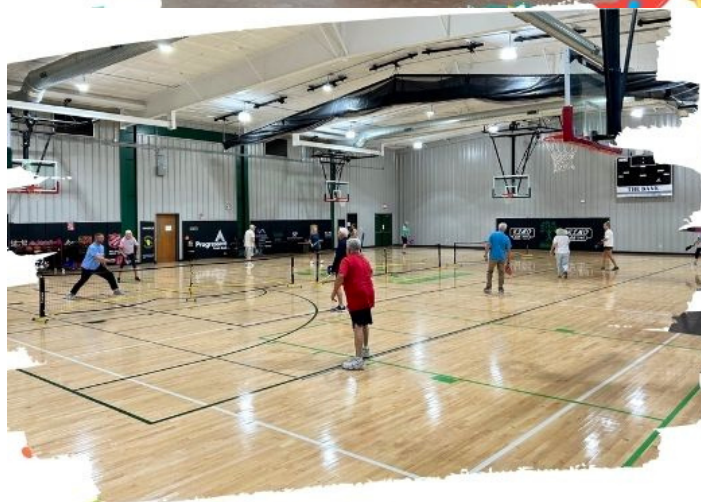
4 Hours \$300

(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



**1.5 MILE
HIKING/BIKING TRAIL
OPEN TO THE PUBLIC**



TIGER TRAIL

Located at:
Salem Upper Elementary School





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

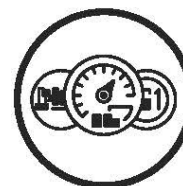
- **Get active, stay safe, and earn prizes!**
 - Move in ways you enjoy while building healthy habits and connecting with your community. Walk, run, dance, bike, hike, or choose any activity—every mile counts toward your 100-mile goal.
- **Track your miles for a chance to win!**
 - 60–79 miles: Cooling 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!**

THIS SUMMER'S OPTIONAL ACTIVITIES



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!**



Extension
University of Missouri

an equal opportunity/ADA institution

HEALTHY DENT COUNTY FITNESS CENTER

August 2026

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. Bungee Fitness 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 4:30 p.m. Bungee Fitness	6 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	7 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	8 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi
9	10 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	11 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing 5:30 p.m. Spin	12 8:30 a.m. Sweet & Low 10:00 a.m. Yoga 4:30 p.m. Bungee Fitness	13 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	14 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	15 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi
16	17 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	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 4:30 p.m. Bungee Fitness	20 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	21 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	22 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi
23/30	24/31 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	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 4:30 p.m. Bungee Fitness	27 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	28 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	29 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi

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 (45 minutes)

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 (45 minutes)

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

Iva Hodges

At Healthy Dent County Fitness Center, we love celebrating members who show up, work hard, and encourage those around them. This week, we're excited to shine the spotlight on Iva Hodges!

Iva has been a member of HDC for two years, and what started with a simple invitation from her friend, LeAnna Paine, to attend Jump & Jive has turned into a life changing fitness journey.

Before joining HDC, Iva mostly walked outdoors, used the treadmill, and exercised at home. Today, she's a familiar face in our evening classes, embracing every opportunity to challenge herself.

What keeps her coming back? The people. Iva says that working out alongside others motivates her to keep pushing, even when she's tired and wants to quit. Seeing everyone else finish strong inspires her to do the same.

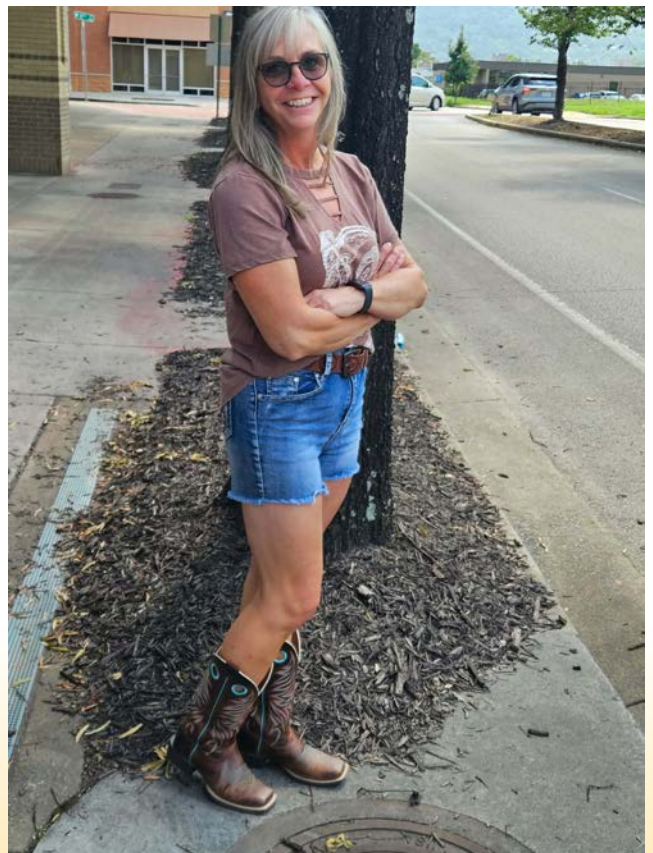
One of Iva's proudest accomplishments has been seeing her body become stronger and more toned while achieving her weight loss goals.

Beyond the physical changes, she's also experienced improvements in her blood pressure and overall health.

Outside the gym, Iva enjoys spending time kayaking, fishing, hunting, and hiking, staying active while enjoying the outdoors.

When it comes to nutrition, Iva keeps it simple. She enjoys the foods she loves in moderation, watches her portions, and focuses on balance rather than perfection. Her meals typically include a sensible portion of meat, potatoes, and vegetables.

Her advice for anyone just beginning their fitness journey is simple but powerful: "Find a friend who will show up to work out with you and push you."



Membership Spotlight

Iva Hodges

Although she doesn't have a favorite motivational quote, Iva lives by a mindset many of us can relate to:

"There are evenings I really don't feel like working out. I make myself do it anyway, and I always feel better afterwards."

Iva says one of the best parts of HDC is the friendships she's built. Whether they're laughing together, encouraging one another through tough workouts, or jokingly "cussing the instructors in their heads," it's the camaraderie that keeps her coming back. One lesson she's learned along the way is one that many people need to hear:

"Working out will tone your body, but if you want to lose weight, you have to change your eating habits too."

Thank you, Iva, for being such an encouraging and dedicated member of the HDC family. Your consistency, positive attitude, and willingness to show up even on the days you don't feel like it are an inspiration to everyone around you. We're proud to have you as part of Healthy Dent County Fitness Center!

-Susie Wood
Fitness Center Director





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)