

September 2026

HEALTHY DENT COUNTY

HEALTHY DENT COUNTY



THURSDAY, SEPTEMBER 10TH, 2026

4:30 - 7:30 PM

Salem Community Center @ the Armory



Salem Area
Chamber of Commerce
Pro Rodeo
Sept. 5th and 6th

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

Salem Community Center
@ the Armory offices &
Fitness Center CLOSED
Monday, Sept. 7th

See inside flyer for details!

Member Spotlight
Gaven Delashmit

HDC Fitness Center
Meet Health Bot!
Screen, Inform, & Monitor
Your HEALTH!

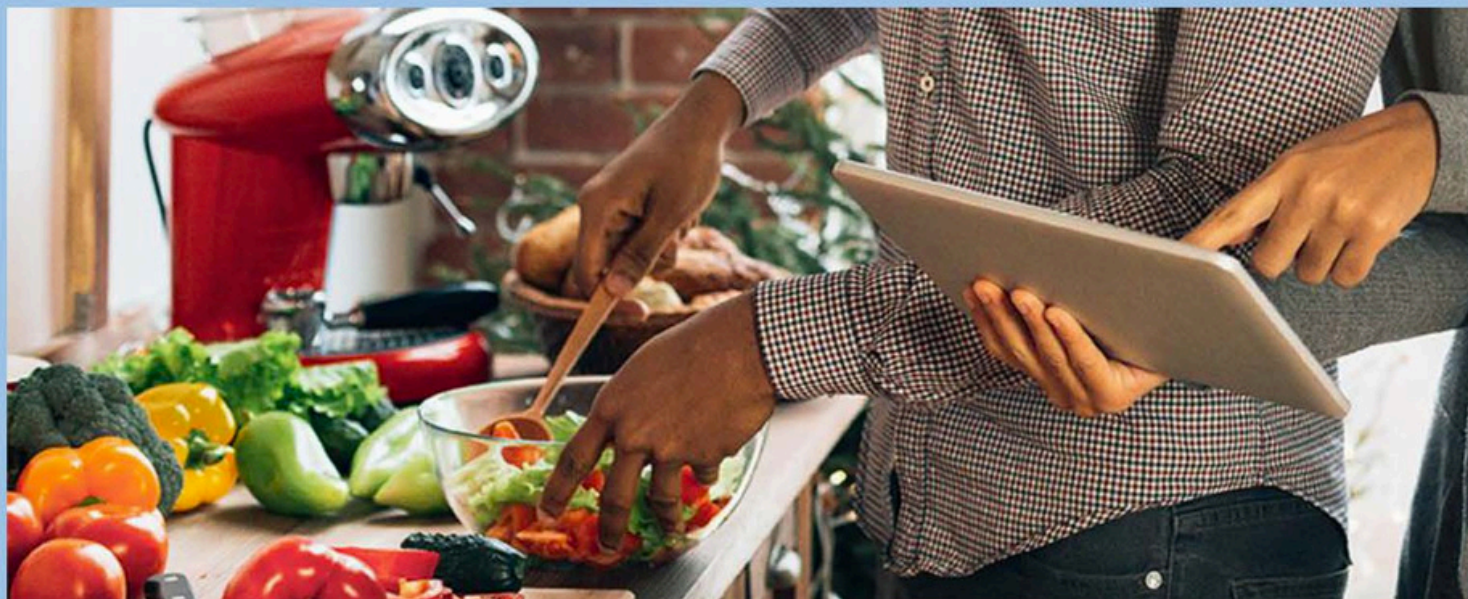
ANNOUNCING:
Witches' Walk
Sat. Oct. 31st!



Gaven Delashmit



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



Dining with Diabetes - Online

Dining with Diabetes is a class for adults with diabetes or pre-diabetes or anyone who cares for a person with diabetes. Through four weekly virtual classes, this program helps participants build skills while learning proven strategies to better manage, prevent or delay complications related to diabetes.

Dining with Diabetes includes:

- Topics such as meal planning, label reading, physical activity, self-monitoring, and goal-setting
- Demonstration of recipes based on principles taught in class
- Resource book
- Recipes
- Live discussion with other participants and instructor
- Exclusive access to the program's private Facebook group for more recipes and resources long after the program ends

Class Details

Wednesdays 10/14/2026 - 11/4/2026

12 pm to 2 pm; On ZOOM

Cost: \$0 - Funding for this course is received from the Missouri Department of Health and Senior Services Diabetes program

Registration Online:

<https://pears.io/events/mu/9575/>
Registration Phone: 573-266-2701



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**





DENT COUNTY MENTORING

Makes a Difference

ONE HOUR A WEEK TO CHANGE A CHILD'S LIFE

3RD- 5TH GRADE MENTORING OPPORTUNITIES AT:

R-1

Time TBD

R-2

Tuesday:
3:30pm-4:30pm

R-4

Wednesday:
3:45pm-4:45pm

R-80

Thursday:
3:30pm-4:30pm



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 573-200-7685, or email
Liberty@SalemCommunityCenter.org



SCAN QR CODE
for more information!
SalemCommunityCenter.org



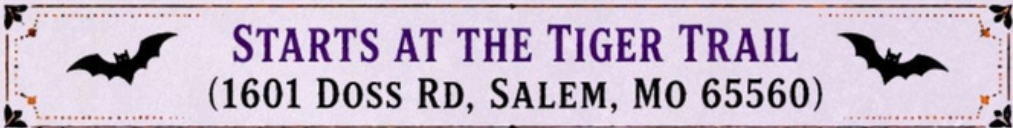
SALEM WITCHES' WALK

HEALTHY DENT COUNTY



SPONSORED BY
THE SALEM LICENSE OFFICE

SATURDAY, OCTOBER 31ST AT 9 A.M.



STARTS AT THE TIGER TRAIL
(1601 DOSS RD, SALEM, MO 65560)

\$25
PER PERSON

REGISTER AT THE
Salem Community Center
@ the Armory or by Calling
573-729-8163

REGISTER BY
OCTOBER 21ST
TO GUARENTEE A T-SHIRT!



Questions? Call 573-729-8163 or Email Jackie@SalemCommunityCenter.org



SPONSORED BY
THE SALEM LICENSE OFFICE

SATURDAY, OCTOBER 31ST AT 9 A.M.

Make checks payable to:
Healthy Dent County
P.O Box 190
Salem, MO

Name _____ Date of Birth _____

Address _____ Phone Number _____

Email Address _____ Shirt Size _____

\$25
PER PERSON

REGISTER BY
OCTOBER 21ST
TO GUARENTEE A T-SHIRT!



Amount Paid _____ Date _____

Questions? Call 573-729-8163 or Email Jackie@SalemCommunityCenter.org



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





Making Birthday Parties Easy!

Bounce House Birthday Party

Salem Community Center @ the Armory

3 Bounce Houses

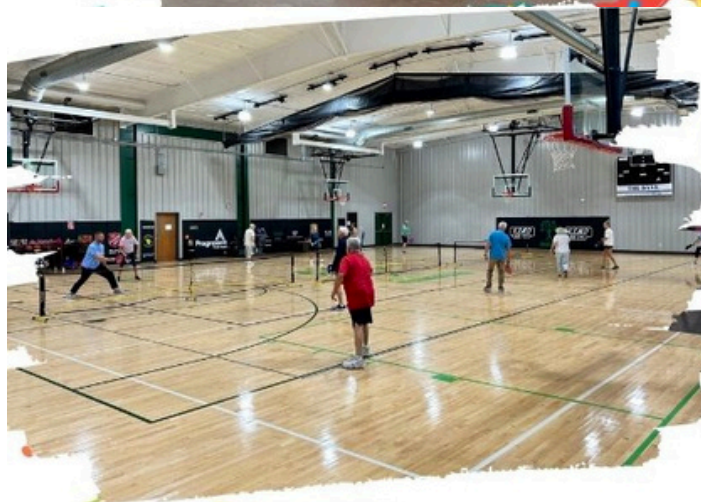
4 Hours \$300

(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

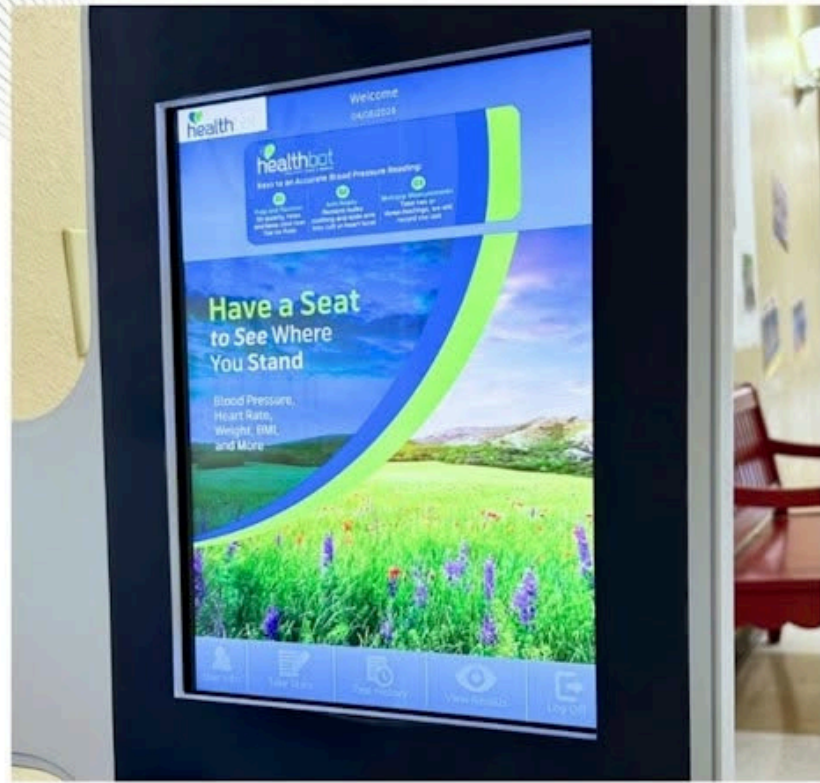
Questions? Please call us at (573)739-1127



Meet Healthbot: One Device to Screen, Inform & Monitor your Health

Take control of your health journey! Create your own account on the Healthbot to securely track your results over time, monitor your blood pressure, heart rate, weight, and BMI all in one place, whenever you need it.

Location: Fitness Center Hallway



FREE Services Offered to members and the public!



Blood Pressure



Heart Rate Monitoring



Weight Tracking



BMI Measurements

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

Questions? Call 573-739-1127

100 MILES, 100 DAYS EAST CENTRAL MISSOURI

June 16 - September 24

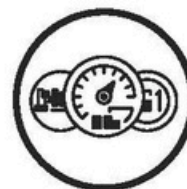
- **Get active, stay safe, and earn prizes!**
 - Move in ways you enjoy while building healthy habits and connecting with your community. Walk, run, dance, bike, hike, or choose any activity—every mile counts toward your 100-mile goal.
- **Track your miles for a chance to win!**
 - 60–79 miles: Cooling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

**100 MILES
100 DAYS**

**JOIN THE
CHALLENGE!**

REGISTER TODAY!



Extension
University of Missouri

an equal opportunity/ADA institution



COMMUNITY
BLOOD
CENTER
OF THE OZARKS
not-for-profit organization



First Baptist Church
201 N. MacArthur

Tuesday, Sept. 1
12-6 pm



**BLOOD
DRIVE**



12th Tiger
KICKOFF PARADE
FRIDAY, SEPT. 4
5:45 PM
LINE UP ON EAST SALEM HILL - 5:30 PM
Route: Dent Co. Courthouse to SHS!

Salem Area Chamber of Commerce



Pro Rodeo

Sept. 5 and 6 Gates Open @ 5:30 p.m.
7:30 P.M. Nightly



VENDORS BOTH NIGHTS!



SUNDAY NIGHT MUSIC
BY GREER COMPANY
(5:30PM)

**DENT
COUNTY
COMMONS**



FRIENDS OF NRA: CURRENT RIVER CHAPTER 2026 Banquet

SPONSORSHIPS & TICKETS NOW AVAILABLE

**SATURDAY,
SEPT. 12**

DOORS OPEN: 5 PM
DINNER – 6:30 PM

Salem Community Center @ the Armory

Story time and meet-the-author



SIVANI ISHAYA
"THE GOLDEN HUM"



Salem
Public
Library

**Sept. 15
10am**

SALEM ART WALK

DOWNTOWN on 4th
Salem Area Arts Council

September
26



**YOU ARE INVITED TO
CELEBRATE WITH US!**

BALLOON GLOW

**ACCEPTING APPLICATIONS
FOR FOOD & CRAFT
VENDORS!**

**FOOD VENDORS 10:30AM-8:00PM
CRAFT VENDORS 10:30AM-6:00PM**

**AL BROWN COMPLEX
CHAFIN AVE.
SALEM, MO 65560**

OCT. 24TH 2026

**VENDOR PRICING: FOOD \$80/ CRAFT \$30 MUST BE
SET UP BY 10:30AM**



HEALTHY DENT COUNTY FITNESS CENTER

September 2026

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

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.

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 (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

Scan the QR code
to sign up online.



Membership Spotlight

Gaven Delashmit

Meet Gaven Delashmit, a dedicated member who has been part of the Healthy Dent County family for the past 7 months! When he's not in the gym, you'll likely find him walking or enjoying sports, but fitness has quickly become an important part of his daily routine.

Gaven says his fitness journey started because of his friend, Bradix, and over time his approach has evolved into a commitment to becoming healthier and stronger. His favorite way to train is lifting weights, and one of the things he enjoys most about HDC is the friendliness of the people and the encouragement from others around him.

One of Gaven's proudest accomplishments so far has been losing an incredible 60 pounds. He credits his friends with helping keep him motivated on the tough days and says exercise has helped him feel more energized in everyday life. His advice for anyone just starting out? "Be consistent."

When it comes to balancing wellness with life, Gaven relies on meal prepping for the week, and after a workout, his go-to meal is simple: chicken. He often works out with Bradix and Kaven and appreciates having someone there to push him to do his best.

And if you ask Gaven for a motto that keeps him going, he'll tell you:
"They don't know me, son!"

Congratulations, Gaven, on the progress you've made and the example you're setting through hard work and consistency. We're proud to have you as part of the HDC family!

-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)