

October 2026

HEALTHY DENT COUNTY



See inside flyer for details!

Healthy Dent County
Fitness Center
Prime Fitness Available!
A healthier YOU,
Thanks to your employer!

Salem Community
Wide Yardsale
Saturday, October 3rd

Balloon Glow
Saturday, October 24th
Al Brown Complex

Member Spotlight
LeAnne Paine

Hawaiian Luau
Casino Night
Saturday, November 7th

Healthy Dent County
Line Dancing
Tuesdays in November!



LeAnne Paine



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

Prime® Fitness

by Tivity Health® offered here.



A Healthier YOU! Thanks to your Employer!

We're a proud partner of the Prime Fitness Network!

Healthy Dent County Fitness Center

1200 West Rolla Road, Salem MO

You may be eligible for a membership at little to no monthly cost! If you qualify, you'll receive a basic membership at our facility, giving you access to resources that can help you reach your health and fitness goals.

-
1. Check with your employer to see if your insurance qualifies.
 2. Sign up at the Healthy Dent County Fitness Center Office
 3. Tour the facility and start working out!

Questions?

Please call us at 573-739-1127 or email Lanessa@SalemCommunityCenter.org

Some of our Prime Fitness Partners



Presbyterian Health Plan, Inc.
Presbyterian Insurance Company, Inc.



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

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

5:30 PM - Doors Open - Cash Bar

6:30 PM - 9:00 PM - Gaming

\$50/person - \$85/couple

Ticket includes \$10,000 gaming money for prizes at the end of the night.

Purchase before Friday, October 30th for an extra \$5,000 gaming money.

Blackjack - Craps - Roulette - Poker

Blackjack Table Reservations- \$100 (Seats 7)

Table reservations do not include event admission.

Hawaiian Luau attire is encouraged

(Extra \$1,000 for arriving in Hawaiian Luau attire)

**Tickets Are Available at the
Salem Community Center @ the Armory!**



**Scan QR Code or visit tinyurl.com/LuauCN2026
to purchase tickets online!**

For questions, please call us at (573) 729-8163 or email
Jackie@salemcommunitycenter.org



HEALTHY DENT COUNTY

LINE DANCING



Dance Classes

Tuesday evenings at 6:30 p.m.
November 3rd, 10th, 17th, and 24th

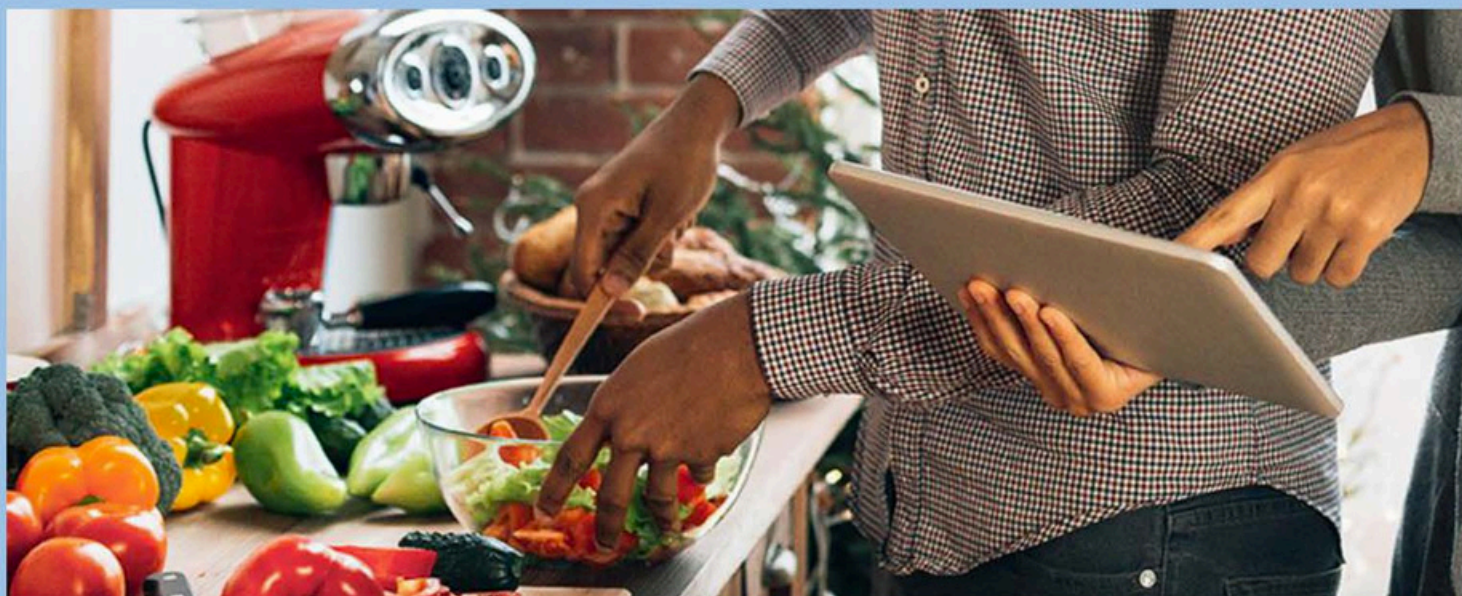
\$5 per person - pay at the door

Instructor: Rosalie Wright

All Classes will be held at the
Salem Community Center @ the Armory
1200 West Rolla Road, Salem

For any questions, please call us at 739-1127
or email Susie@salemcommunitycenter.org





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

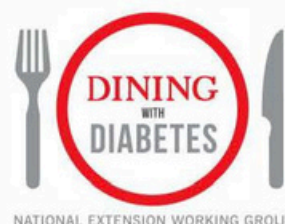
Class Details

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





**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**



NEWS



Vintage Apron Catering has officially partnered with Council for a Healthy Dent County for its first ***Grab & Go Meals & Snacks*** convenience location!

Very soon you will have access to some of your FAVORITES with no pre order, no wait, and no "missing our post"!

The Salem Community Center at the Armory is open to the public 7:00AM-7:00PM and to active members 24/7!

The number one question... "how do we pay?"

EASY! There will be a one click access to Venmo, or cashapp and a safe deposit box for cash or checks!

Our main "loading days" will be Tuesday and Thursday BRIGHT and EARLY!

Our signature salads, Chicken salad, pasta salad, high protein, low carb, gluten free... and a little of everything in between!!

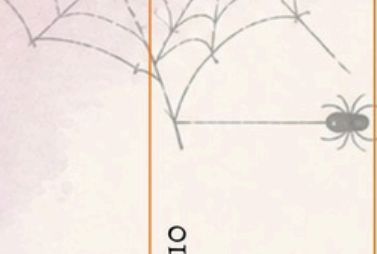
**-YARD-
SALE**

**COMMUNITY WIDE
OCTOBER 3**

Spots available behind city
admin building

HEALTHY DENT COUNTY FITNESS CENTER

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 6:30 p.m. Jump & Jive	2 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	3 
4 	5 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	6 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	7 8:30 a.m. Sweet & Low 6:30 p.m. Mixed Martial Arts	8 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 6:30 p.m. Jump & Jive	9 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	10 
11 	12 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	13 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	14 8:30 a.m. Sweet & Low 6:30 p.m. Mixed Martial Arts	15 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 6:30 p.m. Jump & Jive	16 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	17 
18 	19 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	20 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	21 8:30 a.m. Sweet & Low 6:30 p.m. Mixed Martial Arts	22 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 6:30 p.m. Jump & Jive	23 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	24 
25 	26 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	27 10:00 a.m. In Motion 4:30 p.m. LIIT 5:30 p.m. Kickboxing	28 8:30 a.m. Sweet & Low 6:30 p.m. Mixed Martial Arts	29 10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 6:30 p.m. Jump & Jive	30 8:30 a.m. Sweet & Low 5:30 p.m. Tai Chi	31 Happy HALLOWEEN 

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

TBD. – 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.

SALEM COMMUNITY CENTER @ THE ARMORY

1200 W. Rolla Road, Salem • 573-739-1127

lanessa@salemcommunitycenter.org

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

Scan the QR code
to sign up online.





Making Birthday Parties Easy!

Bounce House Birthday Party

Salem Community Center @ the Armory

3 Bounce Houses

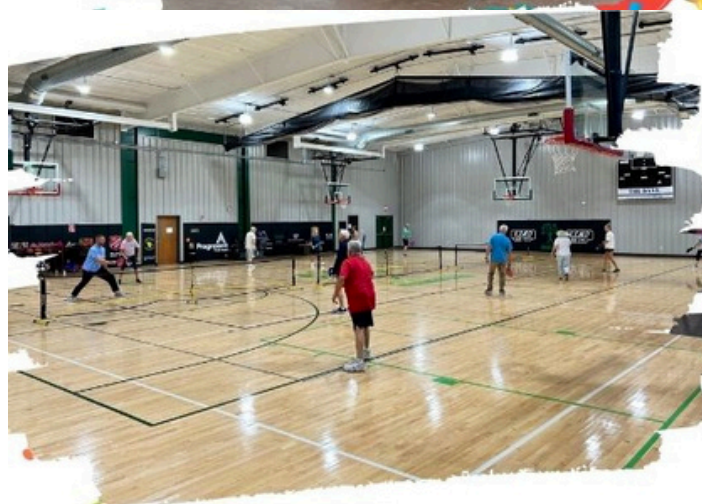
4 Hours \$300

(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



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



Membership Spotlight

LeAnne Paine

For LeAnne Paine, fitness has become about so much more than working out. It's about friendships, accountability, encouraging others and gaining the confidence to step outside her comfort zone.

LeAnne's fitness journey began when Tonya O'Brien talked her into working out with her. She started with classes and walking laps, and eventually exercise became a regular part of her life.

These days, classes are one of her favorite ways to stay active, and she considers Jump & Jive her "party time!"

One of the things LeAnne is most proud of is inspiring her parents to begin their own fitness journey by joining In Motion classes. Being able to positively influence the people she loves and encourage them to become more active is an accomplishment that clearly means a great deal to her.

And that encouragement goes both ways at HDC! LeAnne encouraged her friend Iva to give Jump & Jive a try. From there, Iva began trying other classes and encouraged LeAnne to join her. What started with one friend giving another a little push turned into two friends helping each other stay accountable, try new things and keep showing up.

That support has also helped LeAnne become more willing to step outside her comfort zone. She says she's tried things she normally might not have, including the Non-Newlywed Game, a Veterans Virtual 5K and the 100 Miles in 100 Days challenge.

LeAnne says exercise makes her feel better both physically and mentally, and she can definitely tell when she misses a workout.

(... continued on next page).



Membership Spotlight

LeAnne Paine

She also enjoys being able to learn something new and then turn around and help someone else.

Outside the gym, LeAnne enjoys fishing, gardening, kayaking, walking, jogging, reading and quilting. Her advice for someone trying a new fitness class is pretty simple: Give it at least THREE tries before deciding you don't like it! And, of course, we have to include a little LeAnne wisdom: "Run before rum!" And when it comes to Jump & Jive: If you do the wrong move, just keep moving — it isn't a mistake, it's a SOLO! LeAnne's story is a great example of what makes a fitness community special: one person inspires another, that person returns the encouragement, and pretty soon everyone is doing things they might never have tried on their own.

We're so glad you're part of HDC, LeAnne!

-Susie Wood
Fitness Center Director



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



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)