Salem Community Center (SCC) Newsletter

November 2026 Edition

A Season of Thanks: Celebrating Our Community Partners, Friends and Supporters!

November reminds us of the importance of gratitude, connection, and taking care of one another. The Salem Community Center is more than a place to work out or play sports, it is a place where friendships grow, healthy habits are formed and community comes together. As we begin our 25th year in business, we want to express our heartfelt thanks to our loyal customers, dedicated team, and everyone who has supported us along the way. Your trust and support have made this milestone possible, and we are truly grateful. We look forward to continuing to serve you for many years to come!

This month, we have plenty to be thankful for, exciting updates to share, and opportunities to give back. As we reflect on the many blessings of the past year, we want to take a moment to express our heartfelt gratitude to the people and organizations that make our mission possible.

Thank you to our members! Whether you visit us daily, attend a class, participate in a program, swim in the pool, or simply stop by to connect with friends, you are the heart of our center. Your loyalty, encouragement, and involvement inspire us every day.

Thank you to the Salem Community Foundation! Your generous support and investment in our community help us continue working toward a healthier, stronger, and more connected Salem area. We appreciate your commitment to making a positive difference.

Thank you to our SCC employees! Our dedicated employees are the backbone of our organization. Their hard work, commitment, and passion for serving our members and community make a difference every single day.

Thank you to our sports teams, coaches, and families! From practices and games to teamwork and sportsmanship, you bring energy and excitement to our building. We are proud to provide a place where athletes of all ages can build skills, confidence, and lasting memories.

Thank you to our local school systems! Our partnerships with area schools help us encourage active lifestyles, support youth development, and create opportunities for students to learn, grow, and succeed both on and off the playing field.

Thank you to our Women's Night Out community! For our biggest Fundraiser of the year, your participation, enthusiasm, and support help create meaningful opportunities for connection, fellowship, and fun. We are grateful for everyone who helped to make this event special. This evening raised $20,000 towards kid’s fitness and sports programs for the next year!

THANK YOU! To every volunteer, supporter, partner, and friend who helps make our center thrive. We are grateful to be part of such a caring and supportive community.

Senior Corner: Your Wellness Matters

As we find ourselves indoors, November is a wonderful time to focus on staying active, connecting with friends, and staying healthy throughout the colder months. Consider inviting a friend to join you for a walk, workout, or community activity this month. A little encouragement can go a long way!

Medicare Reminder:

Medicare Open Enrollment is happening now through **December 7**. This is the time to review your plan and make any changes for the coming year—including selecting a Medicare Advantage plan that may cover your gym membership.

We proudly accept SilverSneakers®, Renew Active®, Silver&Fit and other Medicare fitness programs.

If you are unsure whether your current or new plan includes a FREE MEMBERSHIP to our facility, stop by the Front Desk or call 330-332-5885 and speak with one of our staff members; we will be happy to help you check your eligibility. If you are losing your free membership on your plan, do not worry. During the month of **January 2027**, the SCC will offer a **discount (approximately 15%)** on our senior memberships. Normally discounted at 5%, you will be able to take advantage of even more savings!

Swipe 11 Times in November:

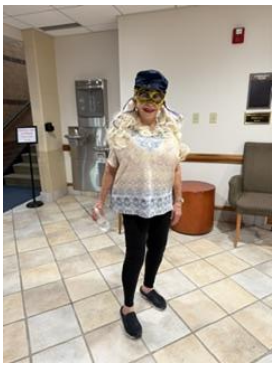
Don't forget...November is T-shirt Month: If you are part of an insurance supported membership and **swipe 11 times** during the month of November, you are eligible for an SCC t-shirt!

Last FREE Concert of the Year:
Mark your calendar to come enjoy the John Reese Concert on Wednesday, December 9, from 6-8 pm in the SCC Front Rooms.

Here are a few reminders for our senior members:

- **Keep moving!** Walking, stretching, balance exercises, and strength activities can help maintain mobility, flexibility, and independence. Check out the SCC Walking Club with Tadd on Tuesday/Thursday 8am at CenterPlex!
- **Stay connected.** Make time for friends, family, and community activities. Social connection is an important part of overall wellness. SCC classes are a great way to meet new friends and catch up with your long-time ones!
- **Stay hydrated.** Cooler temperatures can make it easy to forget to drink enough water throughout the day. Rule of thumb is half of your body weight in ounces!

SCC Halloween Costume Winners!










SCC Instructors!

Give the gift of Fitness this holiday season! - November 27 through December 31, 2026

Looking for the perfect way to kick off your holiday season and finish the year strong? We have a deal for you!

TWO-MONTH MEMBERSHIP SALE for JUST $90!

What's Included?

- Two full months of membership
- Access to membership included fitness classes

Whether you are looking to get back into a routine, try a new class, or give the gift of wellness to yourself or to someone special, now is the perfect time to join our fitness center!

NEW! GLP-1 Support & Wellness Program

We are excited to introduce a **NEW GLP-1 Program** designed to help members explore wellness, movement, and healthy lifestyle habits while navigating their personal health journeys.

GLP-1 medications have become an important part of weight-management care for some individuals. We recognize that medication can be one piece of a larger wellness plan, and we want to help you access supportive, sustainable fitness and lifestyle resources.

Participants will have the opportunity to explore:

- **Movement that meets you where you are:** Fitness options tailored to individual abilities, comfort levels, and goals.
- **Strength and functional fitness:** Activities that support muscle strength that can be lost on a GLP-1, mobility, and everyday movement.
- **Healthy lifestyle habits:** Physical and Nutritional education around consistency, recovery, hydration, and overall well-being.
- **Accountability and support:** A welcoming environment to help participants stay motivated and celebrate progress.

Who is this program for?

Adults interested in building healthier habits and learning how fitness can complement a medically supervised weight-management plan. If you are **considering a GLP-1 or already on your journey**, this program is for you! We look forward to helping members take positive steps toward their wellness goals in a supportive, encouraging environment.

Program details! This program will include one initial group meeting followed by two personal training sessions with an SCC certified Personal Trainer. Additional programming will follow this introductory program!

- **Program Group Meeting Date:** Thursday, November 19, 2026 at 6PM
- **Cost:** $120
- **Contact:** Leslie Ellis or sign up at the SCC Front Desk or online through the website

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MerryThanksgivingNewYear Challenge 4.0: "Maintain, Don’t Gain!"

The holidays are full of temptations—but we are here to help you stay balanced!

Join our 4.0 Challenge to “Maintain and not Gain”:

- Weigh in November 16-25
- Participate in BINGO card bonuses for prize entry
- Stay within 1 pound of your starting weight through January 1, 2027
- Weigh back in with staff by January 2-8, 2027
- Earn a one-of-a-kind fitness t-shirt

Sign up and weigh in at the fitness floor desk!

Giving Back: Salvation Army Thanksgiving Meal Collection – Baskets of Hope

The season of giving is here, and we are excited to support the Salvation Army and its efforts to help local families during Thanksgiving.

This November, we invite our members and community friends to participate in our Thanksgiving Meal Collection. Together, we can help make the holiday a little brighter for neighbors who may need extra support. Donations needed by **November 12! You may leave your donated items in the designated bins in the SCC lobby.**

Suggested donation items include:

- Egg Noodles/Macaroni & Cheese
- Canned green beans and corn
- Boxed stuffing and mashed potatoes
- Gravy and cranberry sauce
- Pancake Mix and Syrup
- Brownie Mix and Pumpkin Bread Mix
- Board Games
- Frozen Turkeys can be delivered directly to the Salvation Army of Salem (9am-2:30pm Tue-Fri)

Every donation, big or small, can make a difference. Thank you for helping us share the spirit of Thanksgiving and support families throughout our community!

A November Reminder: Gratitude along with Wellness Is Good for the Soul!

A friendly smile. A workout with a friend. A child's excitement after a game. These moments remind us why community matters.

Thank you for choosing to be part of our community center. Your support, participation, and kindness help us create a welcoming place where everyone has the opportunity to move, grow, and meet up with friends.

From our SCC family to yours, we wish you a wonderful Thanksgiving filled with warmth, happiness, and gratitude.
Happy Thanksgiving!

Building Hours & Holiday Schedule

As we prepare for the holiday season, please plan ahead for changes to our regular building hours.

Updated Building Hours – November 1, 2026

- Monday-Thursday: 6am-9pm
- Friday: 6am-6pm
- Saturday/Sunday: 8am-3pm
- **November Holiday Schedule: CLOSED Thanksgiving Day (November 26)**

Stay Connected: Make sure to follow us on social media and visit our website, salemcommunitycenter.com for more exciting updates and our **NEW** seasonal game schedules!