



Fall Into Fitness!

September is a season of change. As vacations come to an end and everyone settles back into their routines, the leaves begin to change color, it's the perfect time to focus on your health, reconnect with friends, and get involved in everything our Community Center has to offer.

This Fall season, make a fitness goal, join a sports league, attend a community event, or simply look for ways to stay active! Change is a good thing for our minds and bodies. Change forces us to work harder, experience something new and create new routines that make us better. The Salem Community Center is committed to everyone no matter what your personal preference is and what you are looking to change in your health life. We are excited to help you make this fall your healthiest and happiest yet!

Note: The SCC Natatorium will reopen from annual shutdown on Tuesday, September 8! Be sure to check out the beautiful new skylight!

Last Chance! End of Summer Membership Sale NOW-SEPTEMBER 6!

Time is running out to take advantage of our first time ever, End of Summer Membership Special!

Purchase an Annual Paid-in-Full Membership and receive 3 EXTRA MONTHS FREE!

That's 15 months of membership for the price of 12!

There's never been a better time to invest in your health. Stop by the front desk for details before this limited-time offer ends

Rewards Program BONUS POINTS....Bring a Friend This September!

Everything is more fun with a workout partner! Bring a friend to work out with you during the month of September and **earn 10 bonus incentive points** toward your member rewards. Your friend receives a day pass for \$5!

This is a great opportunity to introduce someone to our fitness center while earning extra rewards for yourself. How close are you to your prize?

First Goal: 100 points (Compact Flashlight)

Second Goal: 225 points (Workout Towel)

Third Goal: 350 points (Sweat Shirt)

Fall Sports and Programs - Registration is Open!

Ready to get back in the game?

Registration is now open for our Fall Sports and Fall programs. The SCC, CenterPlex and Center Circle have you covered with opportunities for all ages and skill levels. Don't wait, many programs fill quickly, so register today!

- Youth Volleyball
- Indoor and Tot Soccer leagues/programs
- Basketball
- Pickleball
- Tumble and Dance
- Swim Lessons
- Fit Kids
- Tai Chi

FREE LIVE MUSIC – Yarnell 5
Wednesday, September 9, 2026
6:00 PM – 8:00 PM
Salem Community Center

Invite your friends, and enjoy an evening of great live music at our FREE Community Concert featuring The Yarnell 5 and John Reese. This is a wonderful opportunity to gather with neighbors, relax, and celebrate our community together as we welcome in the Fall festivities.

Salem Community Center Fundraiser at Bob Evans in Salem

Wednesday, September 16, 2026
8:00 AM–9:00 PM

You are invited to join us for a Community Fundraiser at Bob Evans benefiting the Children's Fitness Center!

Come enjoy a delicious meal while supporting a great cause. **Bob Evans will donate 15% of net sales to the Children's Fitness Center** when you **present the fundraiser flyer at checkout**.

Bring your family, friends, and neighbors and help support the SCC Children's Fitness Center!

Don't forget to present the fundraiser flyer at checkout so your purchase can count toward the donation. The flyer is available at the SCC front desk **or by clicking the link**.

Thank you for supporting the Children's Fitness Center and our community!

Senior Health Fair

Monday, September 21, 2026
9:30 AM-Noon

Join us for our **Senior Health Fair**, dedicated to helping older adults stay healthy, informed, and active.

The event will feature:

- Health and wellness information
- Community resources
- Health screenings
- Local vendors
- Fitness and wellness opportunities
- Giveaways and more!

Whether you are looking for health resources or simply want to learn more about healthy aging, this event has something for everyone. No need to sign up, just show up and grab some great information!

September Wellness Tip – Exercise is Preventative Healthcare!

As schedules get busier, don't forget to prioritize yourself. This month, try to:

- Schedule your workouts on your calendar
- Take a class with Friends
- Cooler weather is great for a daily walk
- Stay hydrated throughout the day
- Choose seasonal fruits and vegetables along with lean protein
- Stretch before and after exercise
- Aim for 7–9 hours of sleep each night

Healthy habits are built one day at a time and small changes make a difference in your overall health!

Save the Date: Women's Night Out – Designer Purse Bingo!

Wednesday, October 7, 2026

4:30-8:30 PM

Gather your friends for an exciting evening of fun, laughter, and fabulous prizes at our **Women's Night Out Designer Purse Bingo!**

Event Details:

- **Date:** Wednesday, October 7, 2026
- **Time:** 4:30 PM – 8:00 PM
- **Location:** Salem Community Center
- **Tickets:** \$45 (Includes 10 bingo rounds and dauber, dinner and a specialty drink)
- Extra bingo cards and games available for purchase along with raffles.
- Back by popular demand, chances to win a diamond with our “Clutches and Carats” game!

Play for a chance to win brand-name handbags from designers like **Kate Spade, Michael Kors, Coach**, and more!

Do not forget about your chance to win a classic Louis Vuitton handbag!

All proceeds go toward youth fitness and sports programs along with needed equipment for kids’ programs including fit kids, kid’s gym, tumble, sports leagues, and all things fitness. It's the perfect girls' night out, so mark your calendars and purchase your **tickets at the SCC Front Desk**. Seating is limited and no tickets will be sold the day of the event so be sure to reserve your spot NOW!

Coming in November: New GLP-1 Wellness Program

We're excited to introduce a **new GLP-1 Wellness Program** beginning in November!

This program is designed to help participants taking GLP-1 medications build healthy habits through exercise, nutrition education, accountability, and wellness support. Our goal is to help members maximize their success while maintaining strength, mobility, and long-term healthy lifestyles. Watch for additional details and registration information coming soon!

Stay Connected This Fall

Our center is more than a gym, it's a place where neighbors become friends, families stay active, and our community comes together.

Thank you for choosing us as part of your healthy lifestyle. We look forward to seeing you at our events, in our fitness classes, on the courts, and around the facility throughout September and the Fall season.
