Spring

Active & Alive!

Fitness Menu

FREE Fun Activities in Grant County for All Abilities

Mar 15th thru May 23rd 2014

Happy Mother's Day

Monday	Tuesday	Wednesday	Thursday	Friday
Wonder Walkers Walking Club Meet at ***SC Visitors Center.*** More info? **Call 654-5873** **8:00 AM** **Strong Women / Strong Bones** ***GC Extension Service Office*** 2610 N Silver, SC **9:30—10:45 AM** **Gentle Chair Exercise & Stretching** ***Silver City Senior Center*** **11:00 AM** **Laughter Club** (1st ,3rd and 5th) ***Good Shepherd Episcopal Church*** *Enter at rear door of Fellowship Hall* 7th & Texas St Silver City *Call:388-0243* **12:15-12:45pm** **Tai Chi** (Call Lydia at 534-0059 to sign up.) ***Silver City Senior Center*** **1:00 PM** **Silver Stompers** Intermediate Line Dancing ***GC Convention Center*** **3:30 - 5:00 PM** **Table Tennis** ***GC Convention Center*** **5:30—7:00 PM** **Call Gerald for more**	**Gentle Exercise & Stretches** ***Mimbres Senior Center*** **10:00—11:00 AM** **Silver Stompers** **Advanced** Line dancing ***GC Convention Center*** **4:00—5:00 PM** **5:30-6:30 PM** We'd love to add you to our Spring schedule- beginning March through May!	**Wonder Walkers** Walking Club Meet at ***SC Visitors Center.*** More info? **Call 654-5873** **8:00 AM** **Strong Women / Strong Bones** ***GC Extension Service Office*** 2610 N Silver, SC **9:30—10:45 AM** **Stretch and Tone** ***Silver City Senior Center*** **11:00 AM** **Silver Stompers** Intermediate Line dancing ***GC Convention Center*** Every other Wed beginning October 16th **2:15-3:30 PM** **Bayard Weights and Bands** ***Bayard Lions Club*** **6:00—7:00 PM** ***Meets on Tuesday the first week of each month** **Table Tennis** ***GC Convention Center*** **5:30—7:00 PM** **Call Gerald for more info: 388-8113**	**Gentle Yoga** ***Good Shepherd Episcopal Church*** ***Cancelled*** 7th & Texas St Silver City **12:30—1:30 PM** **Silver Stompers** **Advanced** Line dancing ***GC Convention Center*** **4:00—5:00 PM** **5:30-6:30 PM** **Tai Chi** (Call Lydia at 534-0059 to sign up.) ***Silver City Senior Center*** **1:00 PM** ***SEE OTHER SIDE FOR MORE INFORMATION!***	**Wonder Walkers** Walking Club Meet at ***SC Senior Center*** More info? **Call 654-5873** **8:00 AM** **Strong Women / Strong Bones** ***GC Extension Service Office*** 2610 N Silver, Silver City **9:30—10:45 AM** **Stretch and Tone** ***Silver City Senior Center*** **11:00 AM** ***Do It For a Healthier You!*** **GC=Grant County** **SC=Silver City**

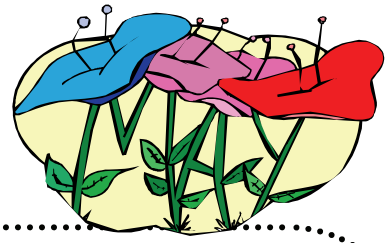
Active & Alive!

Do It For You!

MARCH 15TH – MAY 23RD 2014

FREE FUN Activities in Grant County for All Abilities

Supporting Organizations:



SWORD SouthWest OutReach for Diabetes

NEW MEXICO DEPARTMENT OF HEALTH

Thank You to our Volunteer Group Leaders!

Jose Enriquez……..……Wonder Walkers
Mary Ann Finn……..……...Laughter Club
Carney Foy……...Table Tennis
Jeff Goin……..…..Gentle Chair Exercise & Stretching
Lora Gose……..Beginning Line Dancing
Carolyn Havens……..……..…Advance Silver Stompers
Judy Holiday……Stretch and Tone
Lucinda Maddox……..…Advance Silver Stompers
Lucy Madrid ……...……Intermediate Silver Stompers
Thelma Melvin……....Gentle Exercise & Stretches
Lydia Moncada……Tai Chi & Dancercise
Judy O'Loughlin……..Strong Women/Strong Bones
Siva Raven……Beginning Line Dancing
Colleen Stinar…Cancelled……....Gentle Yoga
Pete Trujillo…….....Bayard Weights and Bands

Western Institute for Lifelong Learning

GRANT COUNTY COMMUNITY HEALTH COUNCIL

HMS HIDALGO MEDICAL SERVICES

Gila Regional Medical Center HealthReach

CHECK US OUT ON THE WEB AT:

http://www.grmc.org/Community/Classes/Active-Alive.aspx

Start the New Year in a "YOU" direction. Take care of yourself and take advantage of the free classes offered.

SEE OTHER SIDE FOR SCHEDULE!