



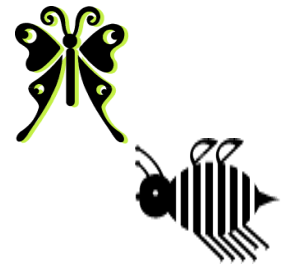
Active & Alive!

Fitness Menu

Summer 2013
July 8th—September 13th

FREE Fun Activities in Grant County for All Abilities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Wonder Walkers Walking Club Meet at **SC Visitors Center. More info? Call 388-1266 8:00 AM</p> <p>Strong Women / Strong Bones *GC Extension Service Office 2610 N Silver, SC** 9:30—10:45 AM</p> <p>Gentle Chair Exercise & Stretching Silver City Senior Center 11:00 AM</p> <p>Laughter Club (1st, 3rd and 5th) Good Shepherd Episcopal Church Parish Hall 12:15-12:45pm</p> <p>Tai Chi (Call Lydia at 534-0059 to sign up.) Silver City Senior Center 1:00 PM</p> <p>Silver Stompers Intermediate Line Dancing GC Convention Center 3:30 - 5:00 PM</p> <p>Table Tennis GC Convention Center (Bring a paddle) 5:30—7:00 PM Call Gerald for more info: 388-8113</p>	<p>Gentle Exercise & Stretches Mimbres Senior Center 10:00—11:00 AM</p> <p>Qigong Former NM College of Natural Healing 6th and Pinos Altos 1:30-2:00 For more info call: 388-2098</p> <p>Zumba Beginning August 6th-Town of Silver Recreation Center 1:30-2:30</p> <p>Silver Stompers Beginners Line dancing GC Convention Center 4:00—5:00 PM 5:30-6:30 PM</p> <p>Got a class you'd like to offer free to our local community? Call Marilyn at 575-313-0118 Mon-Fri between 9AM and 4 PM. We'd love to add you to our Fall schedule-beginning October 7th through December 13th!</p>	<p>Wonder Walkers Walking Club Meet at **SC Visitors Center. More info? Call 388-1266 8:00 AM</p> <p>Strong Women / Strong Bones *GC Extension Service Office 2610 N Silver 9:30—10:45 AM</p> <p>Stretch and Tone Silver City Senior Center 11:00 AM</p> <p>Silver Stompers Intermediate Line dancing GC Convention Center Every other Wed beginning July 17th 1-2:30 PM</p> <p>Tai Chi (Call Lydia at 534-0059 to sign up.) Silver City Senior Center 1:00 PM</p> <p>Bayard Weights and Bands Bayard Lions Club 6:00—7:00 PM</p> <p>Table Tennis GC Convention Center (Bring a paddle) 5:30—7:00 PM Call Gerald for more info: 388-8113</p>	<p>Gentle Yoga Good Shepherd Episcopal Church Enter at rear door of Fellowship Hall 7th & Texas St Silver City 12:30—1:30 PM</p> <p>Silver Stompers Beginners Line dancing GC Convention Center 4:00—5:00 PM 5:30-6:30 PM</p> <p>Special Event! Summer Walks Tuesdays 8AM Beginning July 9th thru August 13th Meet at the HUB- 6th and Bullard Downtown walking loop 1 or 2 mile option. Coffee chat afterwards-optional! Call: Mary Ann Finn 388-0243</p>	<p>Wonder Walkers Walking Club Meet at **SC Visitors Center. More info? Call 388-1266 8:00 AM</p> <p>Strong Women / Strong Bones *GC Extension Service Office 2610 N Silver, Silver City 9:30—10:45 AM</p> <p>Stretch and Tone Silver City Senior Center 11:00 AM</p> <p>Do It For a Healthier You!</p> <p>*GC=Grant County **SC=Silver City</p>



SEE OTHER SIDE FOR MORE INFORMATION!

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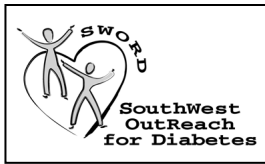
FREE FUN
Activities
in Grant County
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Supporting Organizations:



Thank You to our Volunteer Group Leaders!

Jose Enriquez.....Wonder Walkers
 Martha Everett.....Qigong
 Mary Ann Finn.....Laughter Club
 Carney Foy.....Table Tennis
 Jeff Goin.....Gentle Chair Exercise & Stretching
 Marta Goodman.....Stretching & Toning
 Lora Gose.....Beginning Line Dancing
 Carolyn Havens.....Beginners Silver Stompers
 Lucinda Maddox.....Beginners Silver Stompers
 Lucy MadridIntermediate Silver Stompers
 Thelma Melvin.....Gentle Exercise & Stretches
 Lydia Moncada.....Tai Chi & Dancercise
 Judy O'Loughlin.....Strong Women/Strong Bones
 Siva Raven.....Beginning Line Dancing
 Jessie Saenz-Gomez.....Zumba
 Colleen Stinar.....Gentle Yoga
 Pete Trujillo.....Bayard Weights and Bands



CHECK US OUT ON THE WEB AT:
<http://www.grmc.org/Community/Classes/Active-Alive.aspx>



Would you like to suggest or lead a new class?
 Contact Marilyn at 575-313-0118
 (Mon-Fri 9:00 AM—4:00 PM)
 with any suggestions or comments you have!

