

Written by Gallupsun Staff Friday, 30 December 2016 10:33

RMCHCS Women's Health Unit offers childbirth education classes, at no charge, every second Saturday of the month in the RMCH Library, 1901 Red Rock Drive, from 9 am-1 pm. Contact WHU at (505) 863-7026.

City of Gallup's Sustainable Gallup Board

The City of Gallup's Sustainable Gallup Board meets on first Monday each month from 3 to 5 pm at the Octavia Fellin Library. When those Mondays are holidays, the meetings are on the second Monday. Community members concerned about conservation, energy, water, recycling and other environmental issues are welcome. Call Bill Bright at (505) 722-0039 for information.

Community Pantry

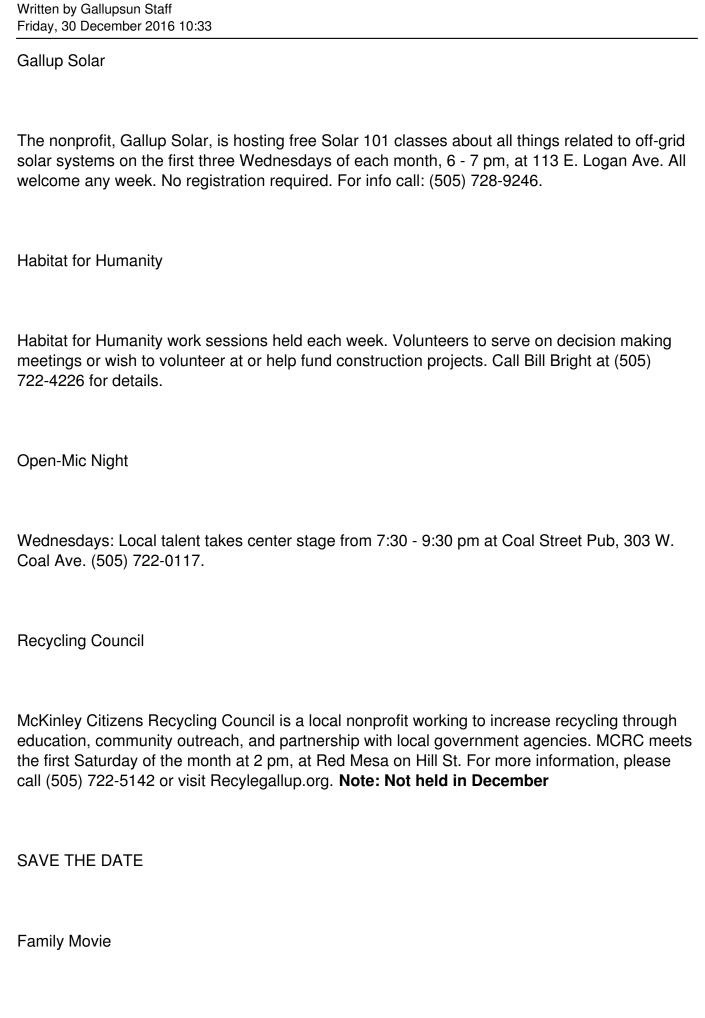
The Hope Garden offers organic produce for sale from 10 am - noon, Tue – Fri., 1130 E. Hassler Valley Road. All funds go to helping feed local folks. Call (505) 726-8068 or when visiting, ask for Vernon Garcia.

Friday Night Hootenanny

Gallup's longest-running live show! Every Friday night from 7 - 9 pm. Camille's Sidewalk Cafe, 306 S. Second St.

Gallup-McKinley County Humane Society

Wednesdays are low-cost Spay and Neuter Days, at the Gallup-McKinley County Humane Society. For more information, please call (505) 863-2616, or email: gmchumanesociety@gmail.com. Location: 1315 Hamilton Rd.



Written by Gallupsun Staff Friday, 30 December 2016 10:33

Jan. 6 at 4 pm: a family film for everyone to enjoy. Children's Branch, 200 W. Aztec Ave. This week: *The Rescuers* 

Baby and You

Rehoboth McKinley Christian Health Care Services is offering childbirth education classes the first Saturday of the month beginning Jan. 7, 2017. Classes are from 9 am to 1 pm in the RMCH library, second floor. Classes are free. For more information, call Women's Health unit at (505) 863-7026.

New Student Orientation UNM-G

Jan. 7, 9:30-11:30 am: For all incoming freshmen including transfer students. UNM-G, Student Services and Tech Center Room 200, 700 Gurley Ave.

McKinley Citizens' Recycling Council Meeting

The monthly meeting will be held at 2 pm, Jan. 7 at the Red Mesa Center, 105 W. Hill Ave. The public is encouraged to attend to learn about recycling opportunities in our region, updates on residential Gallup curbside recycling, plans for recycling outreach and more. For more information, call Gerald / Millie (505) 722-5141 or Shafiq (5-05) 227-7424. Check out the MCRC web site recyclegallup.org or call the City Solid Waste Department (505) 863-1212.

Taize Service

Jan. 8 at 4 pm: Join us for a special service as we enter the New Year — a time of rest, silence and spiritual refreshment. Take this opportunity to calm and quiet the soul before a new week begins. Music, chant, scripture, and candlelight are part of this hour held at Westminster

Written by Gallupsun Staff Friday, 30 December 2016 10:33

Presbyterian Church on Boardman Drive (151 N.M. 564 near the Orleans Manor Apartments). For more information, call Kathy Mezoff (505) 870-6136.

Gallup Invents!

Feb. 8: A workshop for inventors and innovators. Find out about the many resources available in New Mexico. 1-4 pm, Gallup Chamber of Commerce Meeting Room, 106 W. Hwy. 66, (505) 722-7220.

Dementia Caregivers Support Group

Jan. 10 at 6:30 pm, Jan. 11 at 10 am: The load for caregivers is lightened when they can share with others on the same journey and receiving practical tips and help to care for their patient. Classes are available at no charge and those attending are asked to pre-register by calling Robert at (505) 615-8053.

Yah-ta-hey Water and Sanitation District Biennial Board Election

Jan. 10 at the Navajo Estates Volunteer Fire Department from 11 am to 7 pm. The monthly board meeting is rescheduled from Jan. 9, to Tuesday, January 10, at 7 pm. 44 Estate Hwy. 264, Yah-ta-hey.

**New Year New Movies** 

Jan 11, 5:30 pm:Free weekly film. Popcorn provided. Octavia Fellin Public Library, 115 W. Hill Ave. Film: *Ben Hur* (2016)

Bereavement Support Group

Written by Gallupsun Staff Friday, 30 December 2016 10:33

Jan. 17 at 6:30 pm, Jan. 18 at 10 am: Grief is an individual journey, but it can be made easier when shared with others going through the same process and you learn how to grieve. Classes are free; pre-register by calling Robert at (505) 615-8053.

Working Through Your Grief Following a Death

Jan 10, 10 - 11 am. This program helps family members understand and begin the grieving process after a loved one's death so that they can begin to heal. Classes are free; pre-register by calling Robert at (505) 615-8053.

Someone You Know is Dying, How Do You Cope?

Jan. 11, 6:30 - 7:30 pm: For family members and caregivers of those struggling with a terminal illness of a loved one. We learn that the grieving process actually starts before a death has actually occurred. Classes are free; pre-register by calling Robert at (505) 615-8053.

Understanding and Planning for a Funeral or Cremation

Jan. 14, 10 am – noon. Learn what options are available. Classes are free; pre-register by calling Robert at (505) 615-8053.

**Understanding Hospice** 

Jan. 14, 2 - 4 pm. Hospice can provide many benefits to help a person and their family when they have been diagnosed with a terminal illness. Classes are free; pre-register by calling Robert at (505) 615-8053.

Written by Gallupsun Staff Friday, 30 December 2016 10:33

It's a Generational Thing

March 11, ArtsCrawl: Chaco Canyon is turning 110 years old! Mark the occasion with Symphony Chaco, presented by the Gallup Community Concert Association, and have some intergenerational fun with student art shows, family-friendly hands-on workshops, and glimpses into historic downtown Gallup.