



What's Happening around the City of Boulder City

## City Instructor is an “Angel” to Student



Parks and Recreation Director Julie Calloway shared a great story about one of their Fitness Center instructors: Mary Hinson, the Functional Fitness (senior exercise class) instructor and personal trainer. Julie says Mary has a big heart for the seniors in our community. Her students recently recognized her on her birthday with a basket of gifts. One student gave her a pillow with a blue angel on it. The student proceeded to tell the story of her angel - Mary! The student said she started in the Functional Fitness Class almost a year ago with little hope of having much of a quality of life. She had just recovered from a double mastectomy and a blood clot in her leg, and didn't think she would ever have an active life. She heard about Mary's class and decided to try it out. She struggled throughout, but she kept on coming.

Today, she is a very active senior loving life, even being able to skip! The student then turned to a newer class participant who was sitting in a chair with her walker, and she shared with the entire group, *“That is where I started, and look at me today!”* “It is a lesson to all of us - never give up and to embrace the blue angels in our lives,” Julie said. “We are grateful at Parks and Recreation to have amazing instructors who encourage their students and really care about the wellbeing of others!”

## Upcoming Meetings & Events

- Strategic Plan Workshop #1 at Smith Building—700 Wyoming St. March 18 at 5:00 p.m.
- Special City Council Meeting—Appointed Evaluations March 19 at 3:00 p.m.
- Planning Commission Meeting March 20 at 5:00 p.m.
- Strategic Plan Workshop #2 at Multi Use Building—1204 6th St. March 21 at 5:00 p.m.
- Parks and Recreation Commission Meeting March 25 at 4:45 p.m.
- Strategic Plan Workshop #3 at Smith Building—700 Wyoming St. March 25 at 5:00 p.m.
- Redevelopment Authority (RDA) Meeting March 26 at 4:45 p.m.
- City Council Regular Meeting March 26 at 5:00 p.m.
- Historic Preservation Commission Meeting March 27 at 5:00 p.m.
- Business License Liquor Board Meeting March 28 at 9:30 a.m.
- Special City Council Meeting—Budget March 28 at 2:00 p.m.
- The Big Clean at Bravo Field—891 Ave. B March 30 at 9:00 a.m.
- Strategic Plan Workshop: Council Update, City Hall April 1 at 4:00 p.m.
- Utility Advisory Committee Meeting April 3 at 1:00 p.m.
- City Council Regular Meeting April 9 at 5:00 p.m.

**Agendas, agenda packets, live streaming and video of previous meetings can be found at**

[www.bcnv.org/agendas](http://www.bcnv.org/agendas)

### City of Boulder City Communications

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