



SHARE new mexico™

New Mexico Senior Olympics

Summer Games: Seniors 50+ qualify at local level to advance to games held once a year. 28 Sports and Events open in all states for seniors 50+, no local qualifying required TREK to Healthy Fitness will provide senior adults 50+ health and fitness education through a series of workshops. All Indian Game Day: Introduces Native American Elders to Senior Olympic sports and activities and is intended to provide competition and motivation for year round training and increased activity. EnhanceFitness: An evidenced-based group exercise class for seniors 50+. One hour classes 3 times per week. Fitness training, health screening, stretching, aerobics, balance, strength training.

Details

Ages: Seniors/elderly

Minimum Age: 50

Services

Leisure/Recreation/Sports Older Adults

Locations

PO Box 2690

Roswell, NM 88202-2690

Phone: (575) 623-5777

Santa Fe

PO Box 2690

Santa Fe, NM 88202-2690

Phone: (505) 955-4725

Geographic Area Served: Santa Fe County

Parent Organization

New Mexico Senior Olympics

New Mexico Senior Olympics, Inc., dedicated to provide adults 50+ with opportunities for a healthy active lifestyle. Our mission is to promote physical fitness for seniors statewide: provide year-round opportunities

and motivation for adults 50+ to participate in local, state, and national games.

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Roswell, NM 88202-2690

NM 88202

Phone: (575) 623-5777

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Type: *Nonprofit*

EIN: 850270709

<http://nmseniorolympics.org/>