



Winter weather got you feeling cabin fever?

Check out the listings below for all of the wonderful things we have planned for February and March!  
Please note: Older children may attend activities designed for 5-9 year olds if they are accompanying younger siblings. Please pay close attention to the sign-up deadlines as they vary.

### Activities for 5 - 9 year olds (and their parents/guardians!)

Sunday, Feb. 19 , 1 pm - 3 pm  
[Power Island Snowshoe Exploration](#)  
Sign-up by 2/16

Saturday March 11, 9am-12pm  
[Mt. Jasper Hike](#)  
Sign-up by 3/9

### Activities for 10 - 15 year olds (and their parents/guardians!)

Saturday, February 11, 9am-12pm  
[Giant Falls Snowshoe Exploration](#)  
Sign-Up by 2/9

Saturday, March 11, 12:30pm-3:30pm  
[Mt. Jasper Hike](#)  
Sign-up by 3/9



### Meet Lisa!



Coordination of Families Healthy Together programs is changing hands. Rachel Freierman has moved on to a new job at the AMC, and Lisa Gilbert will be stepping into that role. Lisa has been with the AMC for about 7 years now and currently serves as the

Coos-County Place-Based Education Coordinator, offering programs to students all over the county. She calls Jefferson home and is excited to get to know more families in the area through Families Healthy Together.

**Sign-Up Contact Information:**  
Lisa – [lgilbert@outdoors.org](mailto:lgilbert@outdoors.org)  
603-730-2780

*\*Contact Lisa if you need assistance with transportation\**

For hike descriptions & directions click on the links in this newsletter.

### Featured Kids Only Hikes Ages 9 - 15 (no adults!)

Wednesday Feb. 22 (School Vacation): 8:30 am - 4:30 pm

Drop-off & pick-up at the [Gorham Town Common](#)

Hike will be to [Lila's Ledge](#) in Pinkham Notch.

*Lunch provided!*

Sign-up by Feb. 20: Limit 10 participants

Saturday, March 18: 9am-2:30pm

Drop-off & pick-up at the [Gorham Town Common](#)

Hike will be up [Mt. Crag](#) in Shelburne

*Lunch provided!*

Sign-up by Feb. 20: Limit 10 participants

**Flip over for special winter  
activities!**



## Winter 2017 Special Activities!

### Cross Country Skiing at Great Glen Trails, in Pinkham Notch

**Tuesday, Feb. 7th and  
Wednesday, March 8th**

1:30-4pm



Winter early release days for the schools mean we're going skiing! We've got free passes to give out for Great Glen Trails and they are giving us discounted rentals for only \$5. If you have your own cross-country skis, bring those and it's completely free! We will meet at the main building, get everyone outfitted and then split up by ability. Learn how to ski for the first time, or learn some new skills to improve your skiing! Regardless of your ability, it will be a great afternoon and a wonderful opportunity to get out and get moving!

**Deadline to sign-up for Feb. 7th is Wednesday, Feb. 1**

**Deadline to sign-up for March 8th is Wednesday March 1**

*Space is limited so sign-up ASAP!*



The FHT Homeschool Class will be starting back up with the following offerings this winter:

#### **Winter Survival Skills Class (4 weeks); ages 10+**

January 31st – February 21st (Tuesdays) from 10 am – 2 pm for ages 10+. Students must bring a lunch and be dressed to be outside in the snow (we have warm layers, boots, hats and gloves available for students to borrow if we have advance notice).

#### **Winter Ecology (5 weeks); 2 classes: Ages 4-7 & Ages 8 – 12**

March 1st – March 29th (Wednesdays) from 10 am – 12 pm for ages 4-7 & 8-12. Please dress to be outside.

If you would like more information or to sign-up, please contact Lisa!

#### **What to bring on a winter hike!\***

- Boots
- Extra layers (sweater, jacket, or fleece)
- Waterproof jacket and pants
- Water bottle (with water!)
- Lunch (something healthy like a sandwich and fruit) – only if indicated
- Snacks
- Small backpack
- Camera (optional)
- Warm winter hat and gloves

*\*FHT can loan you and your children any of the above equipment. Please contact Lisa if you would like to borrow anything\**



Have you "liked" Families Healthy Together on Facebook? If not, search for us or find us at [www.facebook.com/cooscountyhealthytogether](http://www.facebook.com/cooscountyhealthytogether) so you can get all the latest updates on activities!

