







JULY

EAAA Annex Week at a Glance

MON	TUE	WED	THU	FRI
	Senior Strength 8-8:45am		Senior Strength 8-8:45am	
				
 8:45-9:45am	Senior Strength 9-9:45am	 8:45-9:45am	Senior Strength 9-9:45am	 8:45-9:45am
Arthritis Foundation Exercise Program New! at 10am	Simple Yoga 10-10:45am	Arthritis Foundation Exercise Program New! at 10am	Line Dancing Improver 10-11am Intermediate 11am-12pm	Arthritis Foundation Exercise Program New! at 10am
Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am
Beginner Line Dancing at 12:30pm	Intro to Tai Chi at 12:15pm	Tai Chi 3 goes offsite on July 11th & 25th. Call for locations!	Intro to Tai Chi at 12:15pm	
 PAPER ROSES CLASS! Join us Tuesday, July 17th at 2pm. \$10 includes materials. Call us by Wed 7/12 to RSVP.			Paint & Snack event! Join us July 24th at 1:45pm to paint your own masterpiece! \$30 includes materials and snacks. RSVP by calling 941-2865 before the 20th.	

REMINDER: Please enter the Annex classroom thru the sliding doors in the mall. **We also ask that you CARRY your exercise shoes with you to class if it is wet outside.** New participants must call 207-941-2865 or 800-432-7812 before attending the first time.



Important Dates:

- ✧ July 4th: EAAA closed for Independence Day
- ✧ July 17th: PaperCraft Roses! \$10 includes snacks and materials!
- ✧ July 24th: Paint & Snack! \$30 includes snacks and materials!





Based on scientific research and input from older adults, EnhanceFitness® combines strength training, flexibility, and cardiovascular conditioning. All to GREAT music! With Erin Coltvet

\$3 per class
M/W/F
SILVER&FIT ENDORSED
8:45-9:45am



Dr. Lam's Tai Chi for Arthritis will improve balance, concentration and coordination. We will warm-up, perform basic movements seated or standing, and cool down.

Introduction to Tai Chi

8 weeks for \$45
June 5th – August 2nd

Tues & Thu at 12:15pm

Tai Chi 3

6 weeks for \$50 or \$5 drop-in
Mon, Wed & Fri at 11am

Tai Chi 3 will meet in and around Bangor for outdoor sessions on the 2nd and 4th Wednesdays of the month (weather permitting). Call 941-2865 for locations.



Join this gentle program to build strength, endurance, and range of motion, and finish with flexibility and relaxation techniques. With Erin & Lori

\$3 per class **Try for FREE!!!**
M/W/F 10-10:50am

Simple Yoga

Enjoy the benefits of traditional yoga without getting on the floor. Dress comfortably for this seated and standing yoga program.

Tuesdays 10-10:45am \$5

Line Dancing

A great way to combine fitness and fun for both the body and brain. Features several different music styles and lots of laughs! With Chris Dispenzieri

First hour is \$4.

Two hours for \$6

Thursdays starting at 10am

Beginner Line Dancing

Mondays at 12:30pm

June 11th – July 16th

6 weeks for \$25

Senior Strength

Using bodyweight, dumbbells, bands, and/or ankle weights to:

- Improve balance & coordination
- Build strength
- Reduce risk of falling



With Lori Diadone

\$3 per class

**Tues & Thurs 8-8:45am
& 9-9:45am**



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

An 8-week workshop designed to help you view falls and fear of falling as controllable, change your environment to reduce fall risk factors, and combines classroom discussions and exercises to be repeated at home.

Wednesdays, 1-3pm

September 12th – October 31st

Course is **FREE**, but pre-registration is required. Sign up **NOW** to reserve your spot.

Class participants can purchase the course manual for \$8. Copies are also available to borrow during workshop.

PUNCHCARDS AVAILABLE!

- 18 Fitness Classes for \$50
 - 12 Fitness Classes for \$35
- Simple Yoga and Tai Chi classes not included.
Expires after 90 days.