










August

EAAA Wellness 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	Arthritis Foundation Exercise Program New! at 10am
Tai Chi 3 at 11:00am	Tai Chi 3 goes offsite on August 8th & 22nd. Call for locations!	Tai Chi 3 at 11:00am	Improver 10-11am Intermediate 11am-12pm	Tai Chi 3 at 11:00am
Beginner Line Dancing at 12:30pm	Tai Chi 2 at 12:15pm	August 29th! Heartsaver Adult CPR & AED Training \$40	Tai Chi 2 at 12:15pm	Collette Tours information session Join us at 1pm on August 15th to learn about the trip to Iceland and the British Landscapes. Call 941-2865 to RSVP.
	Join us on the Brewer waterfront for Walking Meditation! Call for more details 941-2865.			

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:



VACCINES
are not just for kids.



✧ August is National Immunization Awareness Month. What vaccinations do you need? Check in with your healthcare team for updates.



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

\$3 per class
M/W/F
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.

Tai Chi 2

8 weeks for \$45

August 7th – September 27th

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 **First 3 classes are FREE!**

\$3 per class
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 10-11am \$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
July 23rd – August 27th
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



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.