



November 2016 EAAA Annex Week at a Glance

MON	TUE	WED	THU	FRI
	Senior Strength 8-8:45am		Senior Strength 8-8:45am	
FITNESS FUN 9-9:45am	Senior Strength 9-9:45am	FITNESS FUN 9-9:45am	Senior Strength 9-9:45am	FITNESS FUN 9-9:45am
Functional Fitness & Wellness Class 10-10:45am	Tai Chi 2 10-10:45am	Functional Fitness & Wellness Class 10-10:45am	Line Dancing Beginner 10-11am Improver 11am-12pm Intermediate 12pm-1pm	Tai Chi 2 10-10:45am
Tai Chi 3 11-11:45am		Tai Chi 3 11-11:45am		Tai Chi 3 11-11:45am
Chair Yoga 12-12:45pm		Chair Yoga 12-12:45pm		Functional Fitness & Wellness Class 12:00-12:45pm
	Intro to Tai Chi 5:15-6:15pm			





Active Agers Group: Card & Board Games, Movies, Museum trips & more! Join us the 4th Wednesday at 1:30 to plan next month's events and Saturdays at 8am at the Broadway Dysarts!

REMINDER: In the event of inclement weather, we strongly recommend contacting us at 941-2865 to learn if classes at the Annex are cancelled. Please enter the classroom thru the sliding doors in the mall. ALSO: we ask that you CARRY your exercise shoes with you to class if it is wet outside. This calendar is subject to change. New participants must call 207-941-2865 or 800-432-7812 before attending the first time.



Important Dates:

- ❖ Nov 2nd: Collette Tours Presentation at 2pm
- ❖ Nov 6th: Daylight Savings Ends 
- ❖ Nov 11th: Closed for Veterans Day 
- ❖ Nov 24th & 25th: Agency closed for Thanksgiving Holiday



FITNESS FUN

Simple low-impact cardio and strength class that also includes flexibility and balance.

With Erin Coltvet

drop-in for \$3 per class

M/W/F 9-9:45am

Senior Strength

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

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

With Lori Diadone



drop-in for \$3 per class

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

Gentle Yoga

Join us for a joyful yoga flow with traditional elements in a light-hearted setting. Please bring a yoga mat.

Drop-in for \$3 per class

COMING SOON!

FALLS RISK ASSESSMENTS

(FRA) Specially trained staff will determine your risk of falling by assessing your:

- Vision
- Reach
- Mobility

Receive a report to reduce your risk of falls! **FREE**



Tai Chi

Improve balance, concentration and coordination. We will warm-up, perform basic movements seated or standing, and cool down.

Intro to Tai Chi

Tuesday at 5:15pm \$20

Tai Chi 2

\$3 drop-in Tue & Fri at 10am

Tai Chi 3

\$3 drop-in M/W/F at 11am

Chair Yoga

Enjoy the benefits of traditional yoga, all from your chair. Dress comfortably.



drop-in for \$3 per class

M/W 12-12:45pm

Oil & Acrylic Painting



Learn Oil and/or Acrylic Painting techniques while creating your own piece of art! Watercolor option, too. Call for more info!

6 sessions for \$40

COMING SOON!

Sewing Classes

We'll get together to work on a guided project or more experienced sewers can work independently.

COMING SOON!

Functional Fitness & Wellness Class

Join Michelle Spencer for strength, balance and flexibility class that includes core work, stretching.



drop-in for \$3 per class

M&W 10am & Fri at 12pm

Line Dancing

A great way to combine fitness and fun for both the body and brain. Features several different music styles, not just country!

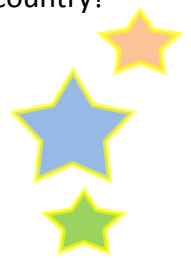
With Chris Dispenzieri

First hour is \$4.

Two hours for \$6

Thursdays:

- 10am Beginner
- 11am Improver
- 12pm Intermediate



PUNCHCARDS

NOW AVAILABLE!

- 18 Fitness Classes for \$50
 - 12 Fitness Classes for \$35
- Good on any drop-in style class (except Line Dancing). Expires after 90 days.

- 1-hour Line Dancing \$40
 - 2-hour Line Dancing \$60
- Includes 10 classes good for 90 days.