






MAY 2017

EAAA Annex Week at a Glance

| MON | TUE | WED | THU | FRI |
|--|---|---|---|---|
| | Senior Strength 8-8:45am | | Senior Strength 8-8:45am | |
|  ENHANCE FITNESS® 8:45-9:45am | Senior Strength 9-9:45am |  ENHANCE FITNESS® 8:45-9:45am | Senior Strength 9-9:45am |  ENHANCE FITNESS® 8:45-9:45am |
| Functional Fitness & Wellness Class 10-10:45am | | Functional Fitness & Wellness Class 10-10:45am | Line Dancing Beginner 10-11am Improver 11am-12pm Intermediate 12pm-1pm | Chair Yoga 10-10:45am starts May 26th |
| Tai Chi 3 11-11:45am | <div style="border: 2px solid green; padding: 5px; display: inline-block;"> TC3 is outdoors 2nd & 4th Wednesdays! Call 941-2865 for locations. </div> | Tai Chi 3 11-11:45am | | Tai Chi 3 11-11:45am |
| Intro to Tai Chi 12-12:45pm | | Intro to Tai Chi 12-12:45pm | | Functional Fitness & Wellness Class 12:00-12:45pm |
|  | <div style="border: 2px solid red; padding: 5px;"> Healthy Eating for Successful Living in Older Adults 1-3:30pm starting May 9th! </div> | | |  OLDER AMERICANS MONTH AGE OUT LOUD: MAY 2017 |



The 11th Annual Senior Expo is Tuesday, May 23rd 2017
10:00- 2:30 at Husson University Gymnasium
1 College Circle, Bangor

Falls Risk Assessments:

Tuesday, May 23rd
at the Senior Expo

REMINDER: Whenever Bangor Public Schools are closed or delayed due to inclement weather, Wellness Programs will not meet during the closed or delayed time. Please enter the Annex classroom thru the sliding doors in the mall. **Please 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:

- ✧ May 23rd: 10am-2:30pm Senior Expo!
- ✧ May 29th: closed for Memorial Day



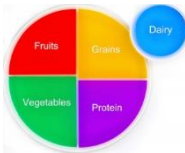
1129 Union St, Bangor 207.941.2865 or 800.432.7812 info@eaaa.org



Based on scientific research and input from older adults, EnhanceFitness® combines strength training, flexibility, and cardiovascular conditioning. All to GREAT music! With Erin Coltvett
drop-in for \$3 per class
M/W/F 8:45-9:45am

Healthy Eating for Successful Living™

Learn more about nutrition and how lifestyle changes can promote



better health. Set goals, solve problems, shop better! 6 week course plus a restaurant outing.

Tuesdays 1-3:30pm
May 9th – June 13th

FALLS RISK ASSESSMENTS

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

- Vision
- Reach
- Mobility

Tuesday
May 23rd
at EXPO!

Receive a report to reduce your risk of falls!

FREE

Simple Yoga

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

Fridays 10-10:45am \$5

RETURNS May 26th!

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 AVAILABLE!

- 18 Fitness Classes for \$50
 - 12 Fitness Classes for \$35
- Expires after 90 days.

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

Yoga
returns!

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

Tai Chi

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.

Intro to Tai Chi

8 weeks for \$35 or \$5 drop-in
Mon & Wed at 12pm

Tai Chi 3

6 weeks for \$50 or \$5 drop-in
M/W/F at 11am

We will meet outdoors
around the Greater Bangor
area every 2nd & 4th

Wednesday (weather permitting).
Call 941-2865 for locations.



AGE OUT LOUD: MAY 2017