




OCTOBER

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	Simple Yoga 10-10:45am
Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am
				Functional Fitness & Wellness Class 12:00-12:45pm
Intro to Tai Chi at 1:00pm		Intro to Tai Chi at 1:00pm		

Join the Active Connexions Group every Saturday at 8am at the Broadway Dysarts! Active Connexions is a social group for active seniors. Activities include a scheduled breakfast every Saturday, Friday lunches, plays, walks, movies, etc. The group enjoys getting together to build relationships and shared interests. Join today!

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:

- ✧ October 9th: closed for Indigenous Peoples' Day
- ✧ October 31st: Happy Halloween!





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

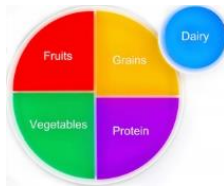
\$3 per class

M/W/F

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! FREE 6 week course plus a restaurant outing.

COMING SOON! REGISTER NOW!

FALLS RISK ASSESSMENTS

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

- Vision
- Reach
- Mobility

Call 941-2865
for appt.

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



Functional Fitness & Wellness Class

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

\$3 per class

M&W 10am & Fri at 12pm

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

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.

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

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 \$45

Mon & Wed at 1pm

Thru 11/6/17

Tai Chi 3

6 weeks for \$50 or \$5 drop-in

M/W/F at 11am

