










November

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 at 10am	Simple Yoga 10-11am	Arthritis Foundation Exercise Program at 10am	Line Dancing Improver 10-11am Intermediate 11am-12pm	Arthritis Foundation Exercise Program at 10am
Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am
	Tai Chi 2 at 12:15pm		Tai Chi 2 at 12:15pm	
	Intro to Tai Chi at 1:30pm		Intro to Tai Chi at 1:30pm	



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. Whenever Bangor Public Schools are closed or delayed due to inclement weather, Wellness Programs will not meet during the closed or delayed time.



Important Dates:

- 👉 November 12th: closed to observe Veterans' Day
- 👉 November 14th: 1-5pm Heartsaver Adult CPR & AED class
- 👉 November 22nd & 23rd: closed for the Thanksgiving Holiday
- 👉 November 28th: Paper Crafting Ornaments 1-3pm





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



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

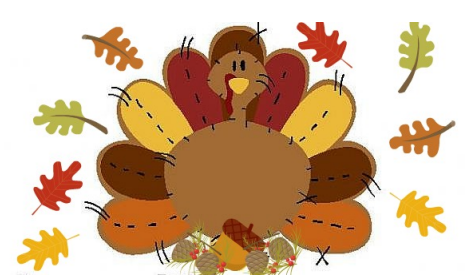
8 weeks for \$45
October 30th – December 20th
Tues & Thu at 1:30pm

Tai Chi 2

8 weeks for \$45
October 2nd – November 29th
Tues & Thu at 12:15pm

Tai Chi 3

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



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
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

PUNCHCARDS AVAILABLE!

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

November 14th!

Heartsaver Adult CPR & AED Training \$40



We'll use beautiful paper and glue to create a 3D puffed heart and round daisywheel ornaments. If time allows, we might be able to create a gift box, too. All materials and tools are included for this crafting event, but you may want to bring your own glue gun.

\$10 per person includes materials to create your ornaments. Add the optional gift box for \$2 more. RSVP by calling 941-2865 before November 20th.