November

EAAA Wellness

Week at a Glance

1129 Union Street, Bangor
207.941.2865 ~ info@eaaa.org

MON	TUE	WED	THU	FRI	SAT
	Senior Strength 8-8:45am		**Senior Strength 8-8:45am**		EASTERN AREA AGENCY ON AGING
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	
Arthritis Foundation Exercise Program at 10am	Simple Yoga 10-11am	Arthritis Foundation Exercise Program at 10am	**Line Dancing** Beginner 10-11am Improver 11am-12pm	Arthritis Foundation Exercise Program at 10am	**Line Dancing** Beginner 10-11am Improver 11am-12pm
Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am	
Intro to Tai Chi at 1:30pm	Oct 21-Dec 11 1:30pm $35/person (no class held on 11/11 or 11/27)	Intro to Tai Chi at 1:30pm	Tai Chi 2+ at 12:30pm		Introduction to Line Dancing at 12:30pm

Important Dates:

Nov 11th: Agency closed for Veterans' Day
Nov 27th: afternoon wellness classes are cancelled
Nov 28th & 29th: Agency closed for Thanksgiving

REMINDER: Please enter the Annex classroom thru the sliding doors in the mall. Also, please 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.

Eastern Area Agency on Aging
Annex at the Airport Mall

Find us on Facebook

Call 941-2865 or 1-800-432-7812 or email info@eaaa.org to register.

ENHANCE FITNESS®

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**

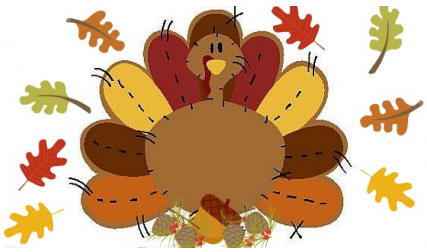
Tai Chi

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.

Tai Chi 2+
This class will review Brushed Knee thru Push Mountain, then ADD the remaining forms to prepare you for Tai Chi 3
6 weeks for $28 or $5 drop-in
Thursdays **at 12:30pm**

Tai Chi 3
6 weeks for $50 or $5 drop-in
Mon, Wed & Fri **at 11am**

Introduction to Tai Chi
October 21 - December 11 $35
Mon & Wed **at 1:30pm**



Arthritis Foundation® Exercise Program

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**

Fitness classes such as Senior Strength, EnhanceFitness, Arthritis Foundation Exercise Program, and Simple Yoga are open for you to start anytime.

Just show up a few minutes early to complete a registration form and you are good to go. All other programs, please call ahead to 941-2865.

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 **8-8:50am & 9-9:50am**

Line Dancing

A great way to combine fitness and fun for both the body and brain. Features several different music styles.

First Hour $4 or 2 hours $6
Thursdays starting at 10am

and NOW…
SATURDAYS!!!
October 19th - November 23rd
10-11am Beginner
11am-12pm Improver
$24 for one hour or do both for $36

Introduction to Line Dancing
12:30-2pm on Saturday
October 5th - November 23rd
for $40.
Register by October 4th.

EASTERN AREA AGENCY ON AGING

As an Aging & Disability Resource Center, our goal is to improve awareness of and access to health and wellness programs for those age 50 and over, adults 18 and over with disabilities, and family caregivers across our four county service area.