









January

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		
 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	<div style="border: 1px solid black; padding: 5px; text-align: center;"> 1/4-2/8/2020 1 hour: \$24 2 hours: \$36  </div>
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 	
Tai Chi 3 at 11:00am	<div style="border: 1px solid black; padding: 5px; text-align: center;"> GAME DAY! Tues, Jan 28th 1-3pm </div>	Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am	Dancing Beginner 10-11am Improver 11am-12pm
Tai Chi 2 at 1pm	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Starts with Brushed Knee left! Begins 1/13! \$35 </div>	Tai Chi 2 at 1pm	Tai Chi 2 ⁺ at 12:30pm	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Leisurely Tie the Coat thru "feet in a V." </div>	 EASTERN AREA AGENCY ON AGING

Important Dates:

January 1st: Agency closed for New Years Day

January 2nd: Wellness Classes resume

January 20th: Agency closed for Dr. Martin Luther King Jr. Day

REMINDER: Please enter the Annex classroom via the sliding doors in the mall. Also, please CARRY your exercise shoes with you if it is wet outside. Whenever Brewer Public Schools are closed or delayed due to inclement weather, Wellness Programs will not meet during the closed or delayed time.



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 **8:45-9:45am**
M/W/F

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 Intro to Tai Chi moves and principles, then ADD Brushed Knee thru Push Mountain.

January 13th - March 18th **\$35**
Mon & Wed at 1pm

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

Review the entire form, deepening skills and concepts. Increase strength and meditation time.

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

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!!!

January 4th - February 8th

10-11am Beginner

11am-12pm Improver

\$24 for one hour or do both for \$36



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