



FEBRUARY

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	
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
TÀI CHÌ 3 at 11:00am	Mini-Canvas Painting Class! February 25th 1-3pm We will paint 4 mini canvases in a land or seascape theme. Materials included. Donations appreciated.	TÀI CHÌ 3 at 11:00am		TÀI CHÌ 3 at 11:00am	
TÀI CHÌ 2 at 1pm		TÀI CHÌ 2 at 1pm	TÀI CHÌ 2* at 12:30pm	 EASTERN AREA AGENCY ON AGING	

Important Dates:

- February 7th: Wear **RED** Day! 
- February 17th: Agency closed for Presidents Day!
- February 25th: Painting Mini-Canvas Class 1-3pm!

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



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



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



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



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...



January 4th - February 8th
10-11am Beginner
11am-12pm Improver
\$24 for one hour or do both for \$36
Call 941-2865 for info on session dates beyond February 8th.



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AGENCY ON AGING**