

January

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	Simple Yoga 10-10:45am	Functional Fitness & Wellness Class 10-10:45am	Line Dancing Beginner 10-11am Improver 11am-12pm Intermediate 12pm-1pm	Functional Fitness & Wellness Class 10-10:45am
Tai Chi 3 at 11:00am	A Matter of Balance starts 1/16/18 @Sunbury Village 10am-12pm FREE! Register by calling 941-2865	Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am
Tai Chi 2 at 12:00pm thru 1/17/2018		Tai Chi 2 at 12:00pm thru 1/17/2018		
 Silver&Fit® Intro to Tai Chi at 1:30pm begins 1/23/2018			Intro to Tai Chi at 1:30pm begins 1/23/2018	

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. If you are unsure, please contact 941-2865 to learn if classes are cancelled. New participants must call 207-941-2865 or 800-432-7812 before attending the first time.



Important Dates:

- ✦ January 2nd: Classes resume for 2018!
- ✦ January 15th: Agency closed for Martin Luther King, Jr. day

1129 Union St, Bangor 207.941.2865 or 800.432.7812 info@eaaa.org



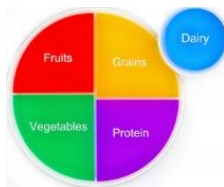
Based on scientific research and input from older adults, EnhanceFitness® combines strength training, flexibility, and cardiovascular conditioning. All to GREAT music! With Erin Coltvet

\$3 per class
M/W/F

SILVER&FIT
ENDORSED
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. **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 an
appointment.

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/F **10-10:45am**

Simple Yoga

Enjoy the benefits of traditional yoga without getting on the floor. Dress comfortably for this seated and standing yoga program.

Tuesdays 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
- Yoga and Tai Chi 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



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.

Introduction to Tai Chi

8 weeks for \$45
starting January 23rd

Tues & Thu at 1:30pm

Tai Chi 3

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



An 8 week workshop designed to help you view falls and fear of falling as controllable, change your environment to reduce fall risk factors, and combines classroom discussions and exercises to be repeated at home. **Course is FREE.**
Manual available for purchase for \$8. Copies available to borrow during workshop.