










EAAA Annex 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
Functional Fitness & Wellness Class 10-10:45am	Simple Yoga 10-10:45am	Functional Fitness & Wellness Class 10-10:45am	Line Dancing	Functional Fitness & Wellness Class 10-10:45am
Tai Chi 3 at 11:00am	Intro to Tai Chi starts June 5th! Tues & Thur at 12:15pm. 8 weeks for \$45.	Tai Chi 3 at 11:00am	Improver 10-11am Intermediate 11am-12pm	Tai Chi 3 at 11:00am
Introduction to Line Dancing at 12:30pm		Tai Chi 3 goes offsite on the 1st & 3rd Wednesday of the month starting in June!		Ask your insurance provider if you have the  benefit to attend free classes at EAAA!
	Tai Chi 2 at 1:30pm		Tai Chi 2 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. 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:

- ✧ May 17th: Senior Expo at Husson University. Offices and Annex closed.
- ✧ May 28th: Closed to observe Memorial 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
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.

Introduction to Tai Chi

8 weeks for \$45
June 5th – August 2nd

Tues & Thu at 12:15pm

Tai Chi 2

8 weeks for \$45
March 27th – May 17th

Tues & Thu at 1:30pm

Tai Chi 3

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

Starting in June, Tai Chi 3 will meet in and around Bangor for outdoor sessions on the 2nd and 4th Wednesdays of the month. Call 941-2865 for locations and details.



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 and lots of laughs! With Chris Dispenzieri
First hour is \$4.
Two hours for \$6
Thursdays starting at 10am

And now...

Introduction to Line Dancing

Mondays at 12:30pm
April 23rd – June 4th FULL!
6 weeks for \$25

Waitlist available for next session.

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



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.** Class participants can purchase the course manual for \$8. Copies are also available to borrow during workshop.

PUNCHCARDS AVAILABLE!

- 18 Fitness Classes for \$50
 - 12 Fitness Classes for \$35
- Simple Yoga and Tai Chi classes not included.
Expires after 90 days.



Eastern Area Agency on Aging's
12th Annual Senior Expo

- Thursday, May 17, 2018
- Husson University Gym
- Breakouts at Gracie Theatre

