



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		Tai Chi 3 at 11:00am	Improver 10-11am Intermediate 11am-12pm	Tai Chi 3 at 11:00am
Beginner Line Dancing at 12:30pm	Intro to Tai Chi at 12:15pm	Tai Chi 3 goes offsite on June 13th & 27th. Call for locations!	Intro to Tai Chi at 12:15pm	Ask your insurance provider if you have the
		A Matter of Balance 1-3pm meets June 20 - August 15		 benefit to attend free classes at EAAA!

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.** New participants must call 207-941-2865 or 800-432-7812 before attending the first time.



Important Dates:

- ✧ June is Home Safety Month and CPR/AED week is June 1st-7th.
- ✧ June 19th: EAAA offices closed for staff in-service.





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 3

6 weeks for \$50 or \$5 drop-in

Mon, Wed & Fri at 11am

Tai Chi 3 will meet in and around Bangor for outdoor sessions on the 2nd and 4th Wednesdays of the month (weather permitting). Call 941-2865 for locations.

June is also Home Safety Month.



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...

Beginner

Line Dancing

Mondays at 12:30pm

June 11th – July 16th

6 weeks for \$25

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.

Wednesdays, 1-3pm

June 20th – August 15th

Course is FREE, but pre-registration is required.

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.

