






December

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 Beginner 10-11am Improver 11am-12pm Intermediate 12pm-1pm	Functional Fitness & Wellness Class 10-10:45am
Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am
Tai Chi 2 at 12:00pm	 Oil & Acrylic Painting Class 11:30am-1:30pm thru 12/12/17	Tai Chi 2 at 12:00pm		



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:

- ✧ December 22nd: last day of wellness classes for 2017
- ✧ January 2nd: classes resume for 2018!



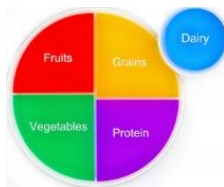
Based on scientific research and input from older adults, EnhanceFitness® combines strength training, flexibility, and cardiovascular conditioning. All to GREAT music! With Erin Coltvet

\$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 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.

Tai Chi 2
8 weeks for \$45
Mon & Wed at 12pm

Tai Chi 3
6 weeks for \$50 or \$5 drop-in
M/W/F at 11am

Oil & Acrylic Painting



Learn Oil and/or Acrylic Painting techniques while creating your own piece of art! Watercolor option, too. Call for more info!

\$40 **Nov 7-Dec 12, 2017**
Tuesdays 11:30-1:30pm