




# JULY 2017

# 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	<p>July 11th at 10:30am FITNESS WALK at Mt. Hope Cemetery. \$3 Meet Erin at the Empty Arms Memorial in the NEW side of Mt. Hope.</p> <p><b>Weather Permitting</b></p> <p>July 25th at 10:30am FITNESS WALK at Prentiss Woods. \$3 Meet Erin in the parking area on Grandview Ave (additional parking available at Bangor High).</p>	Functional Fitness & Wellness Class 10-10:45am	<p><b>Line Dancing</b></p> <p>Beginner 10-11am Improver 11am-12pm Intermediate 12pm-1pm</p>	Simple Yoga 10-10:45am
Tai Chi 3 11-11:45am		Tai Chi 3 11-11:45am 7/12: Brewer Waterfront 7/26: Mt. Hope Emptv Arms		Tai Chi 3 11-11:45am
Tai Chi 2 12-12:45pm		Tai Chi 2 12-12:45pm		Functional Fitness & Wellness Class 12:00-12:45pm
Intro to Tai Chi 1-1:45pm		Intro to Tai Chi 1-1:45pm		

**Active Connexions Group meets every Saturday at 8am at the Broadway Dysarts!**



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:

- ✧ July 4th: EAAA closed in observation of Independence Day
- ✧ July 18th, 1-3pm: Falls Risk Assessment Event

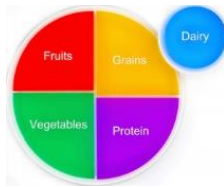
1129 Union St, Bangor 207.941.2865 or 800.432.7812 info@eaaa.org



Based on scientific research and input from older adults, EnhanceFitness® combines strength training, flexibility, and cardiovascular conditioning. All to GREAT music! With Erin Coltvet  
**drop-in for \$3 per class**  
**M/W/F 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! 6 week course plus a restaurant outing. **COMING THIS FALL! REGISTER NOW FOR FREE!**



## FALLS RISK ASSESSMENTS

(FRA) Specially trained staff will determine your risk of falling by assessing your:

- Vision
- Reach
- Mobility

July 18<sup>th</sup>  
1-3pm by  
appt.

Receive a report to reduce your risk of falls! **FREE**



## Functional Fitness & Wellness Class

Join Michelle Spencer for strength, balance and flexibility class that includes core work, stretching.  
**drop-in for \$3 per class**  
**M&W 10am & Fri at 12pm**

## Simple Yoga

Enjoy the benefits of traditional yoga without getting on the floor. Dress comfortably for this seated and standing yoga program.  
**Fridays 10-10:45am \$5**  
**Or 12 classes for \$48**

## 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
- 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  
**drop-in for \$3 per class**  
**Tues & Thurs 8-8:45am & 9-9:45am**

## Tai Chi

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.

**Intro to Tai Chi**  
**8 weeks for \$45 or \$5 drop-in**  
**Mon & Wed at 1pm**  
**Tai Chi 2**  
**8 weeks for \$45 or \$5 drop-in**  
**Mon & Wed at 12pm**  
**Tai Chi 3**  
**6 weeks for \$50 or \$5 drop-in**  
**M/W/F at 11am**

*Tai Chi 3 will meet outdoors around the Greater Bangor area every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday (weather permitting). Call 941-2865 for locations.*