





August

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	Join us:  Learn safety strategies August 15th at 11am!	Functional Fitness & Wellness Class 10-10:45am	Line Dancing Beginner 10-11am Improver 11am-12pm Intermediate 12pm-1pm	Simple Yoga 10-10:45am
Tai Chi 3 11-11:45am	Tai Chi 3 11-11:45am 8/9: Ecotat Park 8/23: Brewer Waterfront	Tai Chi 3 11-11:45am		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		

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:

- ✧ August 15th: Heads Up Safety presentation at 11am
- ✧ August 24th: Living Well class begins at St. Xavier's House

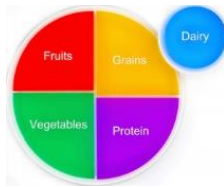
1129 Union St, Bangor 207.941.2865 or 800.432.7812 info@eaaa.org



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

Call 941-2865
for an 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.

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

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