




September

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>September 12th at 10am. FitWalk at Essex Street Woods (at the end of Watchmaker Street). Meet Erin for a great outdoor workout! \$3 per person.</p> <p>Weather Permitting</p> <p>September 19th at 2pm. FitWalk at Brown Woods (on Ohio Street). Join Erin for a great outdoor exercise sessions! \$3 per person.</p>	Functional Fitness & Wellness Class 10-10:45am	<h2>Line Dancing</h2> <p>Beginner 10-11am Improver 11am-12pm Intermediate 12pm-1pm</p>	Simple Yoga 10-10:45am
Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am 9/13: Mt. Hope Cemetery 9/27: Ecotat Park		Tai Chi 3 at 11:00am
Tai Chi 2 at 12:00pm		Tai Chi 2 at 12:00pm		Functional Fitness & Wellness Class 12:00-12:45pm
Intro to Tai Chi at 1:00pm starting 9/11/17		Intro to Tai Chi at 1:00pm starting 9/11/17		

Join the Active Connexions Group every Saturday at 8am at the Broadway Dysarts! Active Connexions is a social group for active seniors. Activities include a scheduled breakfast every Saturday, Friday lunches, plays, walks, movies, etc. The group enjoys getting together to build relationships and shared interests. Join today!



10th Annual National
Fall Prevention Awareness Day
Take part in these programs for **FREE** on
Tuesday, September 19th, 2017!

- 8-8:45am - Senior Strength
- 9-9:45am - Senior Strength
- 10am - 12pm Falls Risk and Fitness Assessments
- 12:30pm Nutrition Improvement Discussion
- 2-3:30pm FitWalk at Brown Woods and a brief meditation

Please call 941-2865 to make a 15 minute appointment for an assessment.

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:

- ✧ September 4th: closed for Labor Day
- ✧ September 19th: join us for Fall Prevention Aware Day events!





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

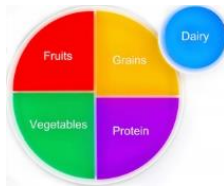
\$3 per class

M/W/F

8:45-9:45am

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 plus a restaurant outing.

COMING SOON! REGISTER NOW!

FALLS RISK ASSESSMENTS

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

- Vision
- Reach
- Mobility

Sept 19th
10am-12pm
by appt.

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 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

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

\$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

Mon & Wed at 1pm

Starting 9/11/2017

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



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