

# ACHIEVING A HEALTHY BALANCE SENIORS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

Rockport, Maine 04856

207.236.3375 • [www.penbayymca.org](http://www.penbayymca.org)

Sandy Bodamer - [sbodamer@penbayymca.org](mailto:sbodamer@penbayymca.org)

Fall I Session: September 5–October 29

### SIT AND BE FIT! (Location: Lily Pond House)

#### • New time and new location!

A slower pace chair exercise class focusing on strength, flexibility and balance. For the beginner, most exercises are done sitting in a chair.

**Tuesday and Thursday: 10:45–11:30 AM (No class 10/19)**

**Cost: Free Members / \$20 Participants**

**Instructor: Sandy Bodamer**

### HEARTWATCH (Location: YMCA)

You will be on a path to recovery with this specially designed program for post cardiac event patients. Heartwatch is a phase III and IV cardiac rehab program designed to lead participants through a basic fitness program. The program is supervised by nurses and has a fitness specialist on staff during the class to help with each individual. Special care is taken to ensure the health and safety of the participant: blood pressure and heart rate will be monitored constantly during all workouts.

**Monday, Wednesday & Friday: 7:00–8:00 AM**

**Cost: \$62 per month**

**Instructor: Sandy Bodamer**

### PICKLE-BALL®! (Location: YMCA Gym)

Pickle-Ball is designed to be easy to learn and play, whether you're five, eighty-five or somewhere in between. Played with a paddle on a court or in the yard, Pickle-Ball is a cross between badminton, tennis, and ping-pong.

**Tuesday and Thursday: 8–10am**

**Cost: Free Members / \$3 Participants**

### HEALTHY SENIORS at the Rockland Harbor YMCA

This low impact, total body workout is designed for all individuals, from beginners to intermediate fitness levels. It includes balance, core strength, flexibility and strength training. Chairs, bands, weights and balls are used for this fun and energetic class.

**Mon. Wed. and Fri.: 1:00–1:45 PM (Rockland Harbor YMCA)**

**Cost: Free Members / \$20 Participants**

**Instructors: Sandy Bodamer and Victor Gould**

### SENIOR STRENGTH, STRETCH & BALANCE

(Location: YMCA)

Active Older Adults can experience a simple, one hour program introducing the basic components of fitness: strength, balance, flexibility and relaxation. Please join us for friendship, fitness and fun as you build greater self-confidence and independence!

**Monday, Wednesday\* and Friday: 10:45–11:45 AM**

**\*Wednesday class end at 11:30 AM**

**Cost: Free Members / \$80 Participants**

**Instructor: Sandy Bodamer**

### ZUMBA® GOLD (Location: YMCA)

Zumba® Gold takes all the excitement from the original Zumba® class and introduces it to the active older adult, the true beginner, and anyone needing modifications for success. With its Merengue, Salsa, Cha Cha, Cumbia, Belly dance, Flamenco, Tango and Rock and Roll rhythms, Zumba® Gold is about much more than a total body workout—it might be the easiest and most joyful way to stay healthy for life.

**Tuesday and Thursday: 10:45–11:45 AM**

**Cost: Free Members / \$140 Participants**

**Instructor: Becky Dunton**

## Senior Social and Educational Opportunities

### 10 TIPS! NUTRITION EDUCATION SERIES

Nancy Wood, nutrition educator from the Knox County Community Health Coalition will be providing 4 interactive classes to promote healthy food choices within a budget. Nutrition lesson plans will provide knowledge in a fun and engaging manner. Food demonstrations and tastings are provided during each session.

- Thursday, Sept. 7: Focus on fruits
- Thursday, Sept. 14: Vary your veggies
- Thursday, Sept. 21: Make half your grains whole grains
- Thursday, Sept. 28: Vary your protein routine

**Location: PBY Community Room 249**

**Time (all sessions below): 11:45 AM –12:45 PM**

**Cost: Free to all – Register by calling 236.3375**

**Class size limited to 10 participants**



### BEING MORTAL

**Thursday, October 19**

**9:30–11:30 AM**

**Location: Pen Bay YMCA**

Join us for a free screening, refreshments & discussion of the PBS Frontline Documentary.

**Being Mortal** explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses and family members who care for them. **Made possible by the Davis Foundation, the Palliative Care Program of Pen Bay Medical Center and Waldo County General Hospital and the Penobscot Bay YMCA.**

**Free to all – Register by calling 236.3375**

