

# ACHIEVING A HEALTHY BALANCE SENIORS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

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

Fall I Session: September 4 - October 28

### HEARTWATCH (Location: Penobscot Bay 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**

### 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**

### SENIOR STRENGTH, STRETCH & BALANCE

(Location: Penobscot Bay 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 ends at 11:30 AM**

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

**Instructor: Sandy Bodamer**

### ZUMBA® GOLD

(Location: Penobscot Bay 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 / \$15 drop-in fee per class**

**Instructor: Becky Dunton**

## Senior Social & Educational Opportunities Save the dates!

### SELF DEFENSE FOR SENIORS

**Thursday, September 13**

**Noon - 1:00 PM**

**Location: Rockland Harbor YMCA**

Learn the ABC's of Safety with John Jenkins. This interactive seminar will help with **A**: Awareness Assessment, **B**: Body Mechanics and **C**: Creating an escape plan. Tailored for all ages and abilities!

**Reserve your spot by September 10th. Call: 593-8500**



### HEALTHY AGING

**Tuesday, September 25**

**12:00-1:00 PM**

**Location: Rockland Harbor YMCA**

Join Mona Stearns, RN and former owner of the Midcoast Gym as she explores attitude, social connections, beliefs, nutrition and exercise for healthy aging.

**Reserve your spot by September 24th. Call: 593-8500**



### SAVAGE OAKES VINEYARD AND WINERY TOUR

**Thursday, October 11**

**11 AM - 1:00 PM**

Join us for a field trip to the Savage Oakes Vineyard and Winery in Union.

This fun and informational trip will include transportation, a tour, wine tasting and lunch!

**Reservations and payment required by October 5th.**

**Only 13 seats on our Y bus are available.**

**Cost: \$30 per person - RSVP to 236.3375.**



### TRICK OR TREAT - CRAFT CHOCOLATE AND TASTING TOUR!

**Tuesday, October 30th**

**11:30 AM - 12:30 PM**

Join us at the RHY for a walk on the boardwalk to Bixby & Co., One Sea Street Place, Rockland. From bean to bar chocolate, we will see how the finest ingredients create the finest chocolate bars in Maine!

**Cost: Free! Register today by calling 593-8500**

