

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

Sandy Bodamer - sbodamer@penbayymca.org

Fall II Session: October 29–December 23

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!

THURSDAY, NOVEMBER 8

HEALTHY HOLIDAY EATING

11:30 AM – 1:00 PM

Location: Penobscot Bay YMCA

Join Marcy Kyle and Phoebe Carlson, nutrition experts for a class and food demonstration with strategies

to continue to eat healthy during the upcoming holiday season. **Reserve your spot by November 1, 2018.**

Please call: 236-3375



FRIDAY, NOVEMBER 16

GARDENS AGLOW!

Coastal Maine Botanical Gardens

Depart Y at 4:45 PM,

Return by 8:45 PM

Cost: \$25 per adult

Join us for a trip to the largest light show in Maine!

See hundreds of thousands of lights, strung through the upper gardens in a beautiful display. Gardens Aglow is a ticketed event that delights people of all ages. Fee includes admission and transportation!

Must reserve and pay by November 2nd.

This trip is limited to 13 participants.



TUESDAY, DECEMBER 11

VICTORIA MANSION HOLIDAY TRIP!

Departing the Y at 8:30 AM

Return by 2:30 PM

Cost: \$25 per person
(covers admission/travel)

Note: We will stop on the way back to the Y for lunch at the participant's expense.

Celebrate the season with a bus trip to the holiday display at the Victoria Mansion, a National Historic Landmark, located in Portland Maine. Meet Sandy Bodamer at the Y for an 8:30 AM departure, tour the mansion and have lunch on the way home. **This trip is limited to 13 participants.** Sign up early and reserve your spot! Reservation and payment must be made by December 6th.

