

# 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)

Spring II Session: April 23 - June 10

### 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**

### PICKLE-BALL®! (Location: Pen Bay 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**

### 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!

### ROAD SCHOLAR TRIP PLANNING SESSION!

**Thursday, May 3**

**Noon - 1:00 PM**

**Location: Pen Bay YMCA**

### ROAD SCHOLAR

*Adventures in Lifelong Learning*

Survey results are in! We will be choosing a trip based on the 3 most popular destinations of interest: Scandinavia & Finland, United Kingdom or the Best of America.

**Bring your lunch, your calendar and your imagination as we begin to plan our 2019 Educational Adventure!**

### BENEFITS OF WHOLE GRAINS

**Tuesday, May 15**

**11:30 AM - 1:00 PM**

**Location: Penobscot Bay YMCA**

Join Sandy and the Jump Start Nutrition Experts, Marcy Kyle and Phoebe Carlson for a cooking demo and talk about the benefits of whole grains, featuring the ancient grain Quinoa.

**Reserve your spot by May 4th! To register, please call 236-3375.**



### BOTANY OF BUTTERFLIES

**Tuesday, June 12**

**9:30 AM - 2:00 PM**

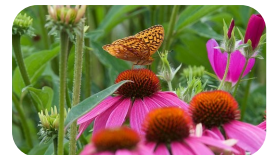
**Maine Botanical Gardens**

Join us for a field trip to the Coastal Maine Botanical Gardens in Boothbay! Experience transformation in all its forms. You will be surrounded with Maine's native butterflies and visit the butterfly gardens illustrating the intricate relationship between plants and pollinators. This trip includes a docent guided walking tour of the gardens and lunch.

**Reservations and payment required by May 29th.**

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

**Cost: \$36 per person - includes transportation, admission, guided tour and lunch. RSVP to 236.3375.**



### FIRST DAY OF SUMMER!

**Thursday, June 21**

**11:30 AM - 1:00 PM**

Join us for the solstice, the longest day of the year with a picnic and hike at the Camden Snow Bowl! Bring something to share and we will enjoy a picnic at the lodge and a 1.3 mile hike on the Hosmer Brook Trail!

**Cost: Free! Register today by calling 236.3375**

