

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

Spring II Session: April 22 - June 9

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

Location: Rockland Harbor YMCA

Cost: Free Members / \$25 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

DANCE YOURSELF FIT

Location: Penobscot Bay YMCA

This exhilarating cardio class will keep you grooving while using easy to follow moves combining fast and slow rhythms and intervals to tone and sculpt your body while burning calories. Radio hits, pop, hip hop and country music will guide you while improving your coordination, balance, cardio fitness and most importantly—MOOD!

Tuesday and Thursday: 10:45-11:45 AM

Cost: Free to Members / \$15 drop-in fee per class

Instructor: Becky Dunton

Senior Social and Educational Opportunities

THIRD THURSDAY BOOK CLUB

A new opportunity to join us for a participant driven book club! Do you enjoy a good book and a lively discussion? We do too and hope you will join us!

Book Club

- **April 18th Meeting: 11:30 - 12:30**
Book of the month for April: Eleanor Oliphant is Completely Fine by Gail Honeyman
- **May 16th Meeting 11:30-12:30**

Location: Penobscot Bay YMCA, Room 204
Please feel free to bring your own lunch!

ROOTS: THE OTHER HALF OF THE STORY

Tuesday, May 21

9:00 AM - 2:00 PM

Maine Botanical Gardens

Experience Spring in Maine with a tour of the Coastal Maine Botanical Gardens. We will find a new way to explore the unseen, anchored in artist Steve Tobin's monumental outdoor roots sculptures spread throughout the Gardens. This trip includes a docent guided walking tour of the gardens and lunch.

Reservations and payment required by April 26, 2019

Only 13 seats on our YMCA bus are available.

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



BEADING FOR BEGINNERS!

Thursday, April 25

Noon-1:00 PM

Rockland Harbor YMCA

Have you ever wanted to create your own jewelry? Would you be interested in a new hobby?

Patti Bosken will be here at the Rockland Harbor YMCA to give a demo and display her beading skills!

Please sign up by April 18th by calling 593-8500 to reserve your seat!

