

# ACHIEVING A HEALTHY BALANCE SENIORS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PENOBSCOT BAY YMCA

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**Summer Session: June 17 - August 11**

## 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 IV cardiac rehab program designed to lead participants through a basic fitness program.

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

**Cost: \$62 per month**

**Instructors: Sandy Bodamer, Dan Seefahrt & Norm Parratt**

## 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 / \$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!

**Thursday: 10:45 - 11:45 AM**

**Cost: Free to Members / \$15 per class drop in Participants**

**Instructor: Becky Dunton**



## Senior Social & Educational Opportunities

### THIRD THURSDAY BOOK CLUB

Thursday, June 20

11:30 AM - Rockland Harbor YMCA

Book: *The Orphan Train* by Christina Baker Kline.



Do you enjoy a good book and a lively discussion? We do too and hope you will join us!

**Cost: Free!**

**This will be our last meeting for the summer until Fall.**

### FIRST DAY OF SUMMER!

Friday, June 21

2:00-3:00 PM

Join us for the solstice, the longest day of the year with a picnic and hike at Beech Hill Preserve. A short walk up an old farm road to the top of the hill and stunning views!

**Cost: Free!**

**We will meet in the parking lot or at the stone wall!**



### THE FRAGRANCE OF LAVENDER

Thursday, July 18

11:30 AM - 1:30 PM

Join us on a trip to the Glendarragh Farm in Appleton to enjoy Maine's most fragrant crop! Bring your lunch and enjoy a picnic at the farm.

**Cost: To be determined**

**We will carpool from the Penobscot Bay YMCA!**



### SUNNY SUMMER SOCIAL FOR SENIORS!

Who doesn't like an ice cream social to celebrate the end of the summer session? Please join us!

- **Friday, August 9 from Noon-12:30 PM**  
**Location: Penobscot Bay YMCA**

- **Friday, August 9 from 2:00-2:30 PM**  
**Location: Rockland Harbor YMCA**



### SAVE THE DATE!

Wednesday, August 21

9:00 AM - Noon

Join us at the Penobscot Bay YMCA for a collaborative event addressing social isolation and loneliness in older adults. Please stay tuned for more information. Brought to you by Quarry Hill, Penobscot Bay YMCA, Pen Bay Community Health & Wellness and Points North Institute/CIFF.