

Penobscot Bay & Rockland Harbor YMCA

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL SESSION: SEPTEMBER 1 – DECEMBER 31

116 Union St. Rockport, ME 04856
207.236.3375
www.penbayymca.org
Sandy Bodamer – sbodamer@penbayymca.org

MONDAY

7:45–8:30 AM	Core & More	Rockland
8:45–9:30 AM	Healthy Seniors	Rockland
10:45–11:30 AM	Senior Strength&Stretch ADV	Rockport / 249
12:00–12:50 PM	Senior Strength, Stability and Balance	Rockport / 249

TUESDAY

7:00–7:45 AM	Low Impact TRX	Rockport / 249
8:00–8:45 AM	Tai Chi For Health	Rockport / Lily Pond
5:30–7:00 PM	Ayurvedic Yoga	Rockport / Lily Pond

WEDNESDAY

7:45–8:30 AM	Core & More	Rockland
8:00–9:00 AM	Beginner Tai Chi / 24 Forms	Rockport / Lily Pond
8:45–9:30 AM	Healthy Seniors	Rockland
10:45–11:30 AM	Senior Strength&Stretch ADV	Rockport / 249
12:00–12:50 PM	Senior Strength, Stability and Balance	Rockport / 249

THURSDAY

7:00–7:45 AM	Low Impact TRX	Rockport / 249
--------------	----------------	----------------

FRIDAY

7:45–8:30 AM	Core & More	Rockland
8:45–9:30 AM	Healthy Seniors	Rockland
10:45–11:30 AM	Senior Strength&Stretch ADV	Rockport / 249
12:00–12:50 PM	Senior Strength, Stability and Balance	Rockport / 249

Active Older Adult programs are sponsored by:



REGISTRATION:

- Classes listed in GREEN require monthly registration. Registration opening one month in advance of the first of each month.
- For September classes member registration starts August 24, non-member registration starts August 27.
- Classes listed in BLACK require weekly registration, which opens 1 week prior to each class.
- Please try to register at least 1 hour before the class.

SOCIAL & CLUB OPPORTUNITIES:

Book Club

Meets monthly
Fridays 1:30 – 2:30 PM

September 11, October 9, November 6, December 4

Location: Penobscot Bay YMCA

Join fellow Active Older Adults for our monthly book club! Enjoy good books, lively conversation, and great company.

AOA Council Meetings

Meets monthly
Fridays 1:30 – 2:30 PM

September 18, October 16, November 13, December 11

Location: Penobscot Bay YMCA

Help shape the future of our Active Older Adult community!

Monhegan Island Fall Adventure!

Friday, September 25

Departure: Port Clyde Ferry – arrive no later than 10:15 AM for the 10:30 AM departure

Return: 4:30 PM

Come aboard the Port Clyde ferry and escape to Monhegan Island, where time seems to stand still. A thriving fishing village and historic artists' colony, Monhegan offers rugged coastal scenery, winding trails, and beautiful fall scenery. It's the perfect adventure for nature lovers, photographers, artists, or anyone looking for a memorable day away!

The round-trip fare for adults: \$52 per person; children(2–12) \$35. Reserve your own ticket in advance via Monhegan Boat Line: 207-372-8848

Pumpkins Galore!

Friday, October 23 at 1:00 PM

Location: Penobscot Bay YMCA

Corey Walton will bring her crafting expertise to us for a Pumpkin Paper Craft 1:00 pm, class size limited to 12, sign up and reserve your spot.

Thanksgiving Potluck!

Friday, November 20 at 12:30 PM

Location: Penobscot Bay YMCA

Back by popular demand, we'll celebrate the season with an early Thanksgiving Feast! The Y will provide the turkey, beverages, and paper products—you provide the "trimmings." When you sign up, please indicate what dish you'll share: veggie, salad, dessert, or rolls. It's your chance to bring your favorite Thanksgiving side dish! THERE WILL BE NO 12PM SENIOR STRENGTH CLASS

Yankee Swap and Cookie Exchange!

Friday, December 18 at 1:30 PM

Location: Penobscot Bay YMCA

Join us for a festive holiday gift-giving party game and cookie swap. Each person brings one wrapped, anonymous gift; let's make it something fun and inexpensive. Santa approves recycled, re-gifted, or silly gifts. More fun for everyone! And don't forget your favorite cookies; bring a dozen to share and a few to sample!

Scan QR code to register

Please Note: Schedule may change.



PROGRAM DESCRIPTIONS

LOW IMPACT TRX – Learn the basics of TRX and explore flexibility, muscle, core and balance.

CORE AND MORE – A 45-minute core intensive, designed to build strength and balance. Body weight exercise, stability balls, core boards, and free weights will be used to challenge the core!

HEALTHY SENIORS – Active older adults can experience a simple 45-minute program introducing the basic components of fitness: strength, balance, flexibility, and relaxation. Please join us for a fun fitness class that will help you build greater self-confidence and independence! Please note: There is a drop-in fee for participants (non-members).

SENIOR, STRENGTH, STABILITY AND BALANCE – Come experience movement and strength with Sandy as she leads you through a seated workout with standing opportunities to increase strength, posture, balance, and mobility.

SENIOR STRENGTH STRETCH ADVANCED – All the components of fitness: strength training, flexibility and balance will be addressed with the addition of mat core work. Participants should be prepared to bring their own mat and go to the floor. Both seated and standing, using free weights, bands and balls.

AYURVEDIC YOGA – Join us for an all-levels vinyasa x kundalini style yoga flow, using breath work, physical postures, aromatherapy, and tailored places to increase strength and flexibility, stimulate the lymphatic system, calm the nervous system, cultivate mindfulness, and use Ayurveda to promote peace, patience, and well-being within ourselves.

BEGINNER TAI CHI/ 24 FORMS – Tai chi is an ideal way to relax deeply into mindful movement, improve balance and health of all kinds, and find a pleasant, grounding center for ourselves in the middle of challenging times. It has far-reaching benefits for most everyone.

TAI CHI FOR HEALTH – Bone Health & More. Another, shorter Tai Chi form to explore, with whole body benefits for everyone and some specific moves for bone health. This is an easy to learn sequence that is right for beginners, or for more advanced players who want a deeper dive into the fundamentals.

NEW TO GROUP CLASSES?

It can be intimidating to try something new, especially in a group setting. Please know that you are welcome!

Follow these steps to make your first class a success:

- Wear comfortable clothes.
- Arrive early.
- Introduce yourself to the instructor and let them know that this is your first time trying a group class.
- If necessary, get a quick rundown of important props and poses.