

# Penobscot Bay & Rockland Harbor YMCA

## ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### SPRING 1 SESSION: FEBRUARY 23–APRIL 18

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#### MONDAY

|                |  |                |
|----------------|--|----------------|
| 7:45–8:30 AM   | Core & More                            | Rockland       |
| 8:45–9:30 AM   | Healthy Seniors                        | Rockland       |
| 11:00–12:00 PM | Senior Strength&Stretch ADV            | Rockport / 249 |
| 12:00–1:00 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 Life | Rockport / Lily Pond |
| 9:00–10:00     | Slow Flow Yoga   | Lily Pond            |
| 11:00–12:00 PM | Chair Yoga       | Rockland             |
| 5:30–6:45 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             |
| 11:00–12:00 PM | Senior Strength&Stretch ADV            | Rockport / 249       |
| 12:00–1:00 PM  | Senior Strength, Stability and Balance | Rockport / 249       |

#### THURSDAY

|              |                |                |
|--------------|----------------|----------------|
| 7:00–7:45 AM | Low Impact TRX | Rockport / 249 |
| 11:00–12:00  | Chair Yoga     | Rockland       |

#### FRIDAY

|                |  |                |
|----------------|--|----------------|
| 7:45–8:30 AM   | Core & More                            | Rockland       |
| 8:45–9:30 AM   | Healthy Seniors                        | Rockland       |
| 11:00–12:00 PM | Senior Strength&Stretch ADV            | Rockport / 249 |
| 12:00–1:00 PM  | Senior Strength, Stability and Balance | Rockport / 249 |

#### HEALTHY SENIORS

Also offered at Thomaston Library  
Tuesdays and Thursdays 11:00–11:50 AM

#### SOCIAL & CLUB OPPORTUNITIES:

##### Book Club

Friday, March 13 1:30–2:30 PM

Location: Penobscot Bay YMCA

Fee: FREE

BOOK: The Poachers Son, by Paul Doiron

A gripping Maine-set mystery, The Poacher's Son follows game warden Mike Bowditch as he hunts a fugitive father while uncovering family secrets, moral gray areas, and the harsh beauty of the North Woods.

##### Book Club!

Friday, April 10 1:30–2:30 PM

Location: Penobscot Bay YMCA

Fee: FREE

BOOK: Lost on a Mountain in Maine by Donn Fendler  
A true survival memoir, this book recounts 12-year-old Donn Fendler's harrowing nine-day ordeal lost in the Maine wilderness after straying from a hiking party, and his grit, resourcefulness and courage in finding his way back

##### Active Older Adult Advisory Council for the Penobscot Bay YMCA!

Friday, March 27 1:30–2:30 PM

No April meeting due to the Tuscan trip.

Location: Penobscot Bay YMCA

Be a voice for the future of our Active Older Adult community! Let's build a vibrant 2026 centered on fun, fellowship, and wellness.

##### Creative Blooms: First Day of Spring Gathering

Friday, March 20 1:30–2:30 PM

Location: Penobscot Bay YMCA

Celebrate the arrival of spring with a hands-on floral craft experience led by Corey Walton. Create a simple spring arrangement, enjoy a relaxed, creative atmosphere, and connect with others while sharing conversation, creativity, and seasonal joy.

#### Active Older Adult programs are sponsored by:



#### REGISTRATION:

- Classes listed in GREEN require registration for the entire session.
- 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.

Member Registration: February 16  
Non-member Registration: February 19

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!

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**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 selfconfidence 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 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.

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**YOGA** – This class focuses on building strength, flexibility, and balance while fostering mindfulness and relaxation. Modifications and variations will be provided to suit your individual needs, ensuring everyone feels supported and challenged at their own pace.

**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.

**CHAIR YOGA** – Chair Yoga offers gentle movement and mindful breathing that encourage you to pause, arrive in the moment, and move with ease. All levels are welcome.

**SLOW FLOW YOGA** – An all levels flow class in which each movement is linked with the breath. We commence the flow in a brief seated meditation, set an intention and practice various breath work techniques (pranayama).

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**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 LIFE** – Explore a shorter tai chi form that allows participants to focus specifically on improving balance and experiencing flow in a fun, easy-to-learn sequence that is suitable for most everyone, including those brand new to this proven practice. Tai chi enhances whole-body health.

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## 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 prop and poses.