

Y MATTERS

FOR OUR MEMBERS WHO MATTER TO US!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE BANGOR REGION YMCA

17 Second Street Bangor, ME 04401

Spring 2017 Issue

April 2017

BangorYMCA.org

A newsletter for members, supporters, and volunteers of the Y

LETTER FROM THE CEO, DIANE DICKERSON



Can you imagine that our beloved Bangor Region YMCA has been doing what we do every day for **150 Years!** That is 54,750 Days! That is almost 79 million minutes. Most importantly, that is millions of people—children, teens, adults, families, seniors—all **having been positively impacted by our YMCA. If that is not something to be proud of and celebrate, then nothing is!**

I love hearing Y stories from people like Frank Farrington, Clif Eames, Tom Bennett, Paul Means, Tom and Bonnie Sawyer, Marie and Stan MacMillan, Sally and Bill Arata, Cheryl Noyes, Julia Eaton, The Cole Family, Steve Spetnagel, Tim Rice, Secretary of Defense William Cohen, and many more. I love hearing about the legends like John Coombs, G. Peirce and Flossie Webber, Lloyd Willey, Bud Grant, Doug Brown, Robert A. Jordan, Bill and Peg Bennett, Barbara Cassidy, LaJune and David Means, Mary Dyer, Doc Mann, Mike and Elsa Cohen, **and hundreds more who made this Y what it is today. And, how about our 16 Visionaries who started The Bangor YMCA Foundation** – Merrill Bradford, Roland Chandler, E. Richard Drummond, George Everett, Paul Freese, Mark Ginn, Curtis Hutchins, David Means, Thomas Mourkas, E. Bowdoin Nealley, Boutelle Savage, John Vickery, Benjamin Viner, Leo Viner, Samuel Viner, and William Viner. **All of these people who have shared their stories, their wisdom, their time, their resources, and their hearts are the ones who have kept this Y going for all of these years and who laid the foundation for the joy and impact we bring to the wonderful community we serve.** As a very proud CEO of this magical place, I am humbled and grateful to the heroes who have enabled this YMCA to survive, grow, and prosper.

Yes, this Y was started in 1867; only 23 years after the very first YMCA began in London, England. Even though the world looked different 150 years ago, the mission of the Y was always the same, working to meet social, physical and spiritual needs for the greater good of all. We are so proud to still be here 150 years later, and in our opinion, better than ever. We are proud of the variety of programs we offer for all ages. We are proud that we serve all people, and in 2016 **provided nearly \$245,000 in financial aid to ensure that everyone has access to our Y.** We are proud of our amazingly passionate staff who gives so much of their heart and soul every day. We are proud of our dedicated Board of Directors and Committee members who make us all better. We are proud of our members and the community we are so humbled to serve. And, we are so proud and appreciative to our hundreds and hundreds of donors who support us through their financial and in-kind donations. We have been **Lighting and Loving this community for 150 Years because others have been our beacons through their generosity and genuine caring of our Y. (con't on next page)**

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SAVE THE DATE!

- Easter **CLOSED 4/16**
- Healthy Kids Day **4/29**
- Erin's Run **5/6**
- Family Sunday Funday **5/21**
- Memorial Day **CLOSED 5/29**
- CPW Open House **6/16**
- One Light, Many Candles **6/17**
- Gala & Auction **9/23**

LETTER FROM THE CEO... (con't.)

We are kicking off our 150th Anniversary with our Annual Giving Campaign. Our goal is to raise \$350,000, and as always, every dollar matters. There is no donation too small or too large. To honor our anniversary, our goal is to raise \$150,000 in April, and another \$150,000 in May, with the final \$50,000 coming in June. Our Campaign Kick-Off will be in April, and in May, we are honoring our anniversary by having a **team of 150 Y advocates** run or walk in Erin's Run on May 6th. Special anniversary shirts will be given to our 150 Y team members for this important event. On June 17th, we are celebrating our anniversary by having a special event, **One Light, Many Candles, with Betty and Noel Paul Stookey** (see pg. 3) at Gracie Theatre. In July and August, we will be **honoring our 150 years with our kids at Camp G. Peirce Webber, Camp Jordan, and with our Summer Barracuda Swim Team**. And, on September 23rd, **our 150 Year Anniversary celebration will be at our annual Changing Lives Gala and Auction at Cross Insurance Center**. We hope all of you will participate in the many celebration activities because **YOU are our Y Family**. We also hope you will set your own personal fund-raising goals for our Annual Campaign. If you have never given before, please make this Anniversary year your first time. If you have given in the past, consider giving a little more this year in honor of our 150 years. **WE NEED YOUR SUPPORT.**

As Always, I Thank Each of You from the Bottom of My Heart, for being a part of our Y FAMILY. We are so honored that you spend a portion of your life with us.

MEMBER IMPACT STORY

Each newsletter we will highlight one of our members and share their story of how The Bangor YMCA has impacted their life.

Mike Grondin



I've been a Bangor Y member since 1990. It is more than just a "gym". It is a vital community organization which truly helps people. I have benefited from swimming, cardio

room, classes, weight training, etc, but I have also been able to be of service through the Y, particularly the Leaders School Program. It's not just about keeping somewhat fit – it's about service too. "We are born not for ourselves, but to help others".

Has the Bangor YMCA made a difference in your life? Are you feeling healthier, stronger, noticing a positive difference in your child or yourself? We want to know!

Email us your first name, last name, phone number, AND Impact Story to dzellers@bangorY.org!

Y APPRECIATION DONOR BANNER PROGRAM

Have you noticed a few new additions to the ceiling in our Fitness Center? These banners are part of our new **Y Appreciation Donor Banner Program**.

We wanted to recognize and thank the wonderful individuals and organizations who contributed \$1,000 or more to our 2016 Annual Campaign.

It's not too late to be a member of our Donor Banner Program, make a donation of **\$1,500** or more in honor of our 150th anniversary to our **2017 Annual Campaign** and mail it to:

**Diane Dickerson, CEO
The Bangor YMCA
17 Second Street
Bangor, ME 04401**



ONE LIGHT, MANY CANDLES



Betty and Noel Paul Stookey continue to support the Bangor YMCA in 2017. Don't miss this very special evening of inspiration, joy, and song, on **June 17th at Gracie Theatre.**

A Multifaith Program in word and song presented by Reverend Betty Stookey and Noel Paul Stookey.

A program of readings and music that reflect the diversity and integrity of individual faith while seeking a global spiritual community.

Tickets will soon be available at the Y.

BARRACUDA SWIM TEAM



Our Barracuda Swim Team had a successful start to their championship season by placing **SECOND** at Y States, competing against the other 15 YMCA's in the state of Maine. Over 120 kids competed in the 3 day event, which is the largest representation The Barracuda Swim Team has sent to date. Our swimmers have worked hard and made huge improvements since they started in September and we couldn't be any more proud!

Looking ahead, our team has 3 qualifiers for the Showcase Classic held on the first week of April. This meet is billed as the fastest age group meet in the country and we can't wait to cheer our swimmers on!

Have a child who loves to swim and is at least 6 years old? The summer Swim Team program begins on May 1st. All skill levels are welcome! Registration will begin mid-April. For more information, email Matt Cook, Aquatics Director, at mcook@bangorY.org.

A very large **CONGRATULATIONS TO MATT COOK**, our Aquatics Director and Bangor YMCA Barracuda Swim Team Head Coach, for being named **MAINE YMCA COACH OF THE YEAR!** We are so proud of you and are grateful for all that you and your team do for our youth!



MUNCHKINS T-BALL

May 8th – June 14th

Who: 4 – 6 years old

When: Mondays, 5:00 – 5:45 (Practices)

Wednesdays, 5:00 – 6:00pm (Games)

Where: Hayford Park

Cost: \$25 Members | \$50 Non-Members

Your child will have one practice each week on Mondays to learn the basic skills of T-Ball including hitting, throwing, catching and running the bases. Games will be played on Wednesdays.

Our Munchkins Program is a fun way for your child to be active and socialize with other kids their age! **Sign up today!**

For more information, contact Annie Grant, Youth Sports and Activities Manager, at agrانت@bangorY.org.



RECIPROCAL MEMBERSHIP

Traveling soon or planning your summer vacation? Did you know that you can take your Bangor YMCA membership with you? As a member of The Bangor YMCA you can use other YMCAs in the New England area **at no additional charge!**

Traveling outside the New England area? No worries, you're still able to use other YMCAs with the **AWAY** program. For more information, stop by the Welcome Center, or call 207-941-2808.

WILDERNESS CENTER AT CAMP JORDAN

By Jodie Burckhard
Director of Camp Programs and Services

Summertime, and the living is easy. Well, that's what it looks like from the outside in, but let me tell you there are many more details to think about when it comes to planning the summer at Camp Jordan! We are 109 years in the making and are confident that this summer will be the **BEST SUMMER EVER**.

There are a few exciting programs and updates to share. Since it was extremely popular in 2016, we have added an additional **Adventure Camp Week** and both the Horseback Riding and Sailing Camp options are back. Our KYBOS (bathhouses) have been renovated and camp is looking good!

And just so you are aware, our weeks are filling up fast and availability is limited, but it's not too late to get your kids signed up for Camp Jordan. They will have opportunities to achieve new skills, feel as though they belong and play an important role in our camp life, and will know that after they leave at the end of the week, they always have a family at Camp Jordan that can't wait to see them again. Not sure if you can afford camp? **Scholarships are available** and we will do our best to make camp work for your family's budget.

I wish you all a warm spring and hope that your summer is filled with health and happiness. And please always remember, **IT'S A GOOD DAY TO HAVE A GOOD DAY!**



CHOOSE YOUR CAMP EXPERIENCE!

SLEEP AWAY CAMP

Sleep Away Camp is the perfect introduction for children ages 8 to 15 into the Wilderness Center's summer camp programming. Keenly aware of the different stages of youth development, our program provides age appropriate activities to foster self-exploration, challenge, and achievement.

Session 1
Hollywood Week
July 9th – 15th

Session 2
Holiday Week
July 16th – 22nd

Session 3
Around the World
July 23rd – 29th

Session 4
Color Wars
July 30th – August 5th

ADVENTURE SEEKERS

The Adventure Seekers Program is a wilderness expedition program for students looking for an exciting, elevated camp experience. Our various expeditions incorporate mountain biking, rock climbing, backpacking, spelunking, paddling, whitewater rafting, wilderness survival and more on trips specially designed for different ages and abilities.

Maine Wilderness Adventure (Ages 11-15)
July 23rd – 29th

Advanced Expeditions (Ages 14-17)
July 5th – August 5th

LEADERS SCHOOL

Utilizing group problem-solving competitions, intense physical challenges, wacky traditions, and guided reflection, Leaders School helps teens find their inner leader. This is a pedal-to-the-metal week of excitement, formulated by experts in the field of experiential learning and group development. Leaders are pushed to their limits, encouraged to "slay their dragons", and then make connections from their Leaders School experience to their everyday lives.

High School Week • Entering 9th – 12th Grade
August 6th – 12th

Middle School Week • Entering 5th – 8th Grade
August 13th – 19th

SPECIAL DISCOUNTS

ALUMNI DISCOUNT: Parents & Grandparents who are sending their kids to camp this summer will receive a **\$50 discount** per child, per session! Alumni who send our Camp Director a written memory of camp will receive a **\$100 credit** towards registration!

REFER A FRIEND: Refer a friend to be a new camper and you'll receive a **\$100 credit** towards your registration fee for every new camper you refer!

YMCA MAINE EMPLOYEE DISCOUNT: If you're a YMCA Maine Employee, call us today to hear about our Special Discount!

Stop by our Welcome Center or visit
CampJordan.org to Register today!

CAMP G. PEIRCE WEBBER

DAY CAMP • June 26th – August 25th

Our traditional day camp program is for youth entering Kindergarten through 8th Grade looking to fill their weeks with different fun activities in a safe environment. Kids will engage in activities such as Sports, Swimming, Archery, Zip Lining, and will have fun with weekly themed activities.

Every day my child came home with a new story about his day!
-CPW Day Camp Parent

OPEN HOUSE

We'd love to have you join us at our Open House Barbecue on

Friday, June 16th – 4:30 – 6:30pm
At Camp G. Peirce Webber
250 Emerson Mill Road, Hampden, ME 04444

To give us an idea of how many families will be attending, please RSVP to:

The Bangor YMCA
17 2nd Street, Bangor, ME 04401
207-941-2808

ADVENTURE DAY CAMP • June 26th – August 18th

Adventure Day Camp is for youth entering 6th through 10th Grade. **This Camp is designed to give campers a new and exciting experience outside of Camp G. Peirce Webber, giving them the opportunity to meet new friends and build relationships while exploring what our beautiful state of Maine has to offer.** Campers will start their day at Camp G. Peirce Webber with their group and will often attend opening ceremonies before leaving at 9:00am for the day's adventure. Time will be spent exploring the outdoors, hiking, swimming, visiting The Bangor YMCA Wilderness Center at Camp Jordan, as well as having one day each week be an educational or volunteer day.

NEW SPECIAL ADVENTURE DAY CAMP WEEK! JULY 3rd-7th (PROGRAM WILL BE RUNNING ON JULY 4TH)

New this year, campers signed up for this special Adventure Day Camp week will be spending every day at The Bangor YMCA Wilderness Center at Camp Jordan! Campers will get a taste of the Wilderness Center experience doing different activities, including trying out the ropes course, swimming in Branch Lake, and having a Thursday night sleepover in the cabins!



Scholarships
are
Available!



Stop by our Welcome Center to Register today! **Spots fill up quickly!**

We appreciate **COLE LAND TRANSPORTATION MUSEUM** for their support of our Y! Stop by their museum in Bangor; children 18 years old and under are always free!

OPEN WATER SWIM CAMP

August 20th – 26th

Open Water Swim Camp at our Wilderness Center at Camp Jordan is designed to help competitive swimmers ages 12 years and older improve their open water skills and training. **All swimmers must show proof of time for the 500.**

Campers will attend two swim sessions per day and take part in a variety of other activities including:

- Discussions with a Licensed Nutritionist, Certified Personal Trainer, and Sports Psychologist
- Tubing
- Archery & Riflery
- Ropes Courses
- **AND MORE!**

All training sessions will be taught and supervised by certified USA Swimming & YMCA certified coaches.

Register today at CampJordan.org. For more information, contact Matt Cook, Aquatics Director, at mcook@bangorY.org.

SWIM LESSONS

The Bangor YMCA offers swim lessons to everyone from babies to seniors. We also are a community leader in making sure that kids in our area learn how to swim, and learn about water safety to help reduce the number of drownings in Maine.

Structured from the YMCA's nationally recognized swim program, our swimmers will gain valuable knowledge on competitive swimming, basic water safety and rescue as well as learning the YMCA's core values: Caring, honesty, respect and responsibility. **Swim lesson registration begins April 10th.**

Register today for our Second Spring Session. **Lessons begin April 24th.** Spots are limited! Visit BangorYMCA.org for more information.

LIFEGUARD CERTIFICATION

We have several lifeguarding courses available with potential job placements at the Y, Bangor Parks and Rec, and Brewer Parks and Rec, upon successful completion of the course.

Classes run from 8:00am – 5:00pm

- Mon – Thurs, April 17th – 20th
- Mon – Thurs, June 26th – 29th

Cost: \$275 | Course includes American Red Cross Training Book & Pocket Mask.

Must be 15 years old or older.

RECERTIFICATION COURSES will run from 8:00am – 5:00pm

- Friday, April 21st
- Friday, June 30th

Cost: \$75

Visit BangorYMCA.org to register or stop by our Welcome Center.



WATER POLO

Join us on **Tuesday & Thursday** evenings from **5:30 – 7:00pm** in the Aloupis Pool for exciting & competitive co-ed drop in games of Water Polo!

COST: \$5 per night, per player

Must be 14 years or older and comfortable swimming in deep water.

Stop by our Welcome Center or visit BangorYMCA.org for more information.

OUTDOOR SWIM LESSONS

NEW THIS YEAR! The Bangor YMCA is excited to be offering Outdoor Swim Lessons at Camp G. Peirce Webber! Our Outdoor Swim Lessons are for ages 3 – 12 years old and is a great alternative to our year-round indoor lessons. It is also a convenient option for families who have kids attending our Camp G. Peirce Webber Day Camp or Adventure Day Camp programs. A parent/guardian must be present during early evening lessons.

SUMMER A: June 26th – July 23rd
Registration begins June 12th

SUMMER B: July 24th – Aug 20th
Registration begins July 17th

COST PER SESSION: \$40 Members,
\$70 Non-Members



ACTIVE TRAILS

Thanks to our partnership with the **National Park Service** and a \$25,000 Active Trails Grant from the **National Park Foundation**, The Bangor YMCA is excited to offer our community the opportunity to travel to Maine's new national monument, **Katahdin Woods & Waters National Monument**, through the **Katahdin Region Active Trails Program**! All trips include professional guides and transportation, making this the perfect program for anyone who wants to explore Maine's great outdoors.



THANK YOU TO OUR PARTNERS!



UPCOMING TRIPS INCLUDE:

- Family Hiking
- Leaf Peeping
- And More!
- Canoeing
- Mountain Biking
- Family Camping
- Service Trips

For more information, contact John Quinn, Adventure Program Manager, at jquinn@bangorY.org.

DATES FOR UPCOMING TRIPS COMING SOON!

NOONTIME CLASSES

GET FIT DURING YOUR LUNCH BREAK! Drop in during your lunch hour and take advantage of our noontime classes! **Classes begin at 12:15pm.**

MONDAY – Tabata Express, Mindful Meditation

TUESDAY – Core Focus Together

WEDNESDAY – Strength Train Together

THURSDAY – Tabata Express

FRIDAY – Core Focus Together

Classes run from 30 – 60 minutes long.



PUNCH PASSES

Only interested in taking our Fitness Classes? Buy a **PUNCH PASS** and take advantage of our Land & Water Fitness Classes on a drop-in basis!

As a special offer, we have included a complimentary punch pass with **3 FREE PUNCHES** for you or a friend to use!

Stop by and try out a class today!



**The Bangor YMCA
PUNCH PASS**

1

2

3

Expires 7/1/17

ALL ABOUT TRX®



By Adam Clark
Fitness Center Manager

Many people believe that the only way to get stronger is to lift weights. That is a myth. Resistance training can come in many forms including weights, bodyweight training, resistance band training and a fairly new addition to the market, suspension training. The most popular suspension training on the market is made by TRX®. TRX, also known as **Total Resistance eXercise**, was created by a Navy SEAL who was looking for a different type of training while on deployment. Using a jiu jitsu belt and parachute webbing, the first model of the TRX Suspension Trainer was created. Nearly ten years later, it was introduced to the market and has grown exponentially.

The TRX Suspension Trainer is an adjustable strap with handles that can be anchored nearly anywhere. Whether it is a TRX Mount, around a pull-up bar, vertical bar, or around a sturdy tree branch, the TRX Suspension Trainer is one of the most versatile pieces of exercise equipment in the market.

Combining strength, mobility, flexibility and stability, the TRX Suspension Trainer requires your core to be activated at all times when performing exercises. Locking in your core, it is a piece of equipment that works for anyone. From world-class athletes to senior citizens, the TRX Suspension Trainer can be easily adjusted depending on fitness level by just simply changing your body position.

Come try one of our TRX classes and see that the buzz is real on **Tuesdays at 6:30pm, Thursdays at 5:45pm, or Saturdays at 7:15am.**

Call the Welcome Center the day before class to reserve your spot.



Caring Connections is a cooperative program of The Bangor YMCA and Eastern Maine Medical Center, providing outreach, education, advocacy, support and access to quality breast and cervical health services. Caring Connections works with the Maine Breast and Cervical Health Program and Eastern Maine Medical Center to **provide Pap tests, mammograms, and other health tests free to women who qualify.** What many women do not know is the income guidelines for the Caring Connections programs are higher than that of many other social services.

For example, a single woman can have a gross income of \$29,700 and a family of four can make up to \$60,750. **Those who have medical insurance can also enroll in the program if they qualify financially.** Currently all insurances are required to cover Pap tests and screening mammograms, however diagnostic tests are often not covered until a person's deductible has been reached. To apply, call 207-941-2808 and ask for Caring Connections.

MEN'S CANCER NETWORK

Caring Connections is launching a new program **for men diagnosed with prostate, testicular, or penile cancers, at all stages of diagnosis,** and will host and facilitate monthly meetings that are open to men and their partners. Periodic guest speakers will host discussions on pertinent topics related to men's health and/or cancer, as well as open up discussion about experiences and challenges related to their cancer diagnosis.

The group will be facilitated by Caring Connections staff as well as a prostate cancer survivor, Jonathan Henry. Meetings will be held in the Isaac Farrar Mansion.

If you would like more information about the services offered, call 207-941-2808 and ask for Caring Connections.

LIVESTRONG® AT THE YMCA

A Program for Cancer Survivors

We started our second session of our LIVESTRONG® at the YMCA program in February and are planning to start a new session this month. This 12-week evidence-based fitness program will help cancer survivors improve their fitness and help them overcome fatigue associated with treatment. The group meets twice a week for 75 minutes with 60 minutes focused on training and the remaining time reserved for social activities such as guest speakers or socializing over coffee and tea.



LIVESTRONG at the YMCA is open to anyone 18 years or older who is living with or beyond cancer treatment. There is no cost for the 12-week session and once you have graduated from the program, there will be alumni groups for members of the Y to keep exercising and getting together.

Contact us for more information on the LIVESTRONG at the YMCA Program at livestrong@bangorY.org or call 207-941-2808.



INTERACT LEADERS CLUB



The Interact Leaders Club at The Bangor YMCA is a youth service organization sponsored by the Bangor Breakfast Rotary and The Bangor YMCA that completes local and international service work. One of their local efforts is to make meals for three area homeless shelters, The Bangor Area Homeless Shelter, Hope House, and Shaw House. Interact is currently fundraising and working towards their goal of raising \$150 to cook 100 more meals for the local shelters.

The Interact Leaders Club meets from 6:00 - 7:00pm every Wednesday in the Isaac Farrar Mansion and meetings are open to all high school students. For more information or to make a donation, please contact John Quinn at jquinn@bangorY.org.



DISCOVERY FRIENDS FOR 2.5 – 5 YEAR OLDS

We have many exciting things happening in our Discovery Friends Early Childhood Education Program! Our kids are constantly learning and gaining new skills through group activities in our newly expanded self-directed Learning Centers. Thanks to a generous donation from **Bangor Savings Bank**, we are able to focus our centers around science, technology, engineering, math, social studies, and literacy!

Our kids are also learning about water safety and how to swim. As part of our Water Safety Program, all three of our classrooms receive swim lessons twice a week from a YMCA Certified Swim Instructor. Each lesson is an opportunity for our kids to practice and improve their basic swimming skills, and become more comfortable and safe in the water. As of March, six kids in our 4 – 5 year old Butterflies Classroom and one kid in our 3 – 4 year old Caterpillars Classroom have successfully passed the deep end pool test! We are so proud of them!

Over the next couple of months, the kids in our program will be learning about a variety of different topics including metamorphosis with REAL caterpillars, life cycles, spring and summer seasons, oceans, space, and much more!

In June, kids in our Butterflies Classroom will be graduating from this program and will be attending Kindergarten in the fall. We are so honored to be selected by their families to help them prepare their child for elementary school! **Spots will be available in June for kids ages 4 – 5 years old in our Butterflies Classroom.**

For more information, a list of current openings, and to reserve a spot for your child, contact Beth Cassidy, Early Childhood Education Manager, at bcassidy@bangorY.org or call 207-941-2808.



Y-WORKS FOR KINDERGARTEN – 6TH GRADE

Our Y-Works Before & After School Program has been running on all cylinders and we have had a fantastic school year! The staff have been so helpful, supportive, and caring to the amazing kids in our program.

Over the past year, our kids have built amazing friendships and accomplished group activities with their team building and problem solving skills. They have shown tremendous growth and we couldn't be any prouder! To celebrate, we will be throwing an end of the school year party!

Looking ahead, we are planning to expand our program. Our goals are to secure a new location for our 3rd – 6th Graders, as well as look at the possibility of opening a new off-site program. We are excited about the future and will keep you updated on our progress!

Registration for the 2017 – 18 school year begins on May 15th for all families that are currently enrolled in program, and on June 1st for new families. Spots fill up quickly, so don't wait to register your child!

For more information, contact Kristin Parker, Youth Development Program Manager, at kparker@bangorY.org.



SECOND WIND NEWS

A FUN HEALTH & WELLNESS PROGRAM FOR OLDER ADULTS

The Bangor YMCA Second Wind Program gives older adults the opportunity to participate in physical and social activities in a fun, safe, and friendly environment. Our Second Wind Program helps improve mobility, balance and flexibility, increase strength, decrease stress, enhance social relationships and improve overall wellness.

Older adults ages 62 years and older receive a **10% senior discount** from our regular \$40 monthly membership rate or \$480 annual membership rate. **The Senior rate is \$36 per month OR \$432 per year. Financial assistance is also available to those who qualify.** Many social activities are available to our Second Wind members and take place in our Isaac Farrar Mansion on either a monthly or weekly basis. Some of these activities include monthly seminars, music, poetry, book club, and more!

Below is the list of the activities that take place on a regular basis in the Isaac Farrar Mansion. All of our activities are open to **EVERYONE** in the Second Wind Program. If there is an activity you would like to see added, please email gzielinski@bangorY.org.

ACTIVITIES HELD IN THE MANSION

SECOND WIND SEMINAR: The Second Wind Seminar meets on the fourth Tuesday of most months from 2:00 – 3:00pm. Guest speakers cover a wide range of topics from nutrition for older adults to Maine's weather. We are lining up speakers to cover topics including dealing with multiple prescriptions and physical fitness for older adults, as well as bus riding in Bangor. Times and dates for these seminars will be available soon.

DRAWING FOR PAINTING: This group has been meeting every Tuesday, from 12:00 – 3:00pm, to enjoy various drawing and painting activities (except on Tuesdays when the Second Wind Seminar is held). Please check our website calendar to be sure this activity is taking place.

BRIDGE: Join members for bridge lessons and games on Tuesdays, Wednesdays, and Fridays, from 1:00 – 4:00pm.

ARTS & CRAFTS/SEWING GROUP: This is an informal meeting every Monday, from 9:00 – 11:00am, in the library where those attending can enjoy some coffee and crafts activities on a walk-in basis.

BOOK CLUB (NEW FORMAT): The Second Wind Book Club meets once a month. Each month, book club members read a book of choice that fits into a theme – fiction or nonfiction. Members will then have a chance to share a book they have enjoyed. The hope is that more people will be interested and have a greater opportunity to socialize and discuss their favorite books.

The Book Club will meet Friday, April 28th, at 1:30pm. The theme for this month is Arts & Anything Related.

DOWNTON ABBEY REVISED (CHECK SCHEDULE): A group of members get together every Monday to watch episodes of Downton Abbey in the Mansion. This activity will take place whenever there is nothing else scheduled such as the potluck dinner or trips to our Wilderness Center at Camp Jordan. Please check the schedule to see when the Mansion is available.

PAINTING AND ART ACTIVITIES (AS ROOM SCHEDULE PERMITS): The Second Wind group is thinking about providing an open art studio time that is available when the conference room in the Mansion is not in use. Members can bring their own supplies and use the space when it is convenient to them. If you are interested, please email gzielinski@bangorY.org.

CARD GAMES are available on a "Drop in and Play basis" when the music room is not being used.

ACTIVITIES ON HOLD

DRUMMING CIRCLE: As of now, the drumming circle is looking for a good time to meet. More information will be coming soon.

POETRY CIRCLE: The Second Wind group had a poetry circle that met a few times last spring on the 2nd Friday of each month. If anyone is interested in starting it up again this spring, please email gzielinski@bangorY.org.

POTLUCK AND MOVIE

Each month, a potluck style dinner is held in the Isaac Farrar Mansion. Members bring different dishes to share and socialize while watching a movie. An email with information on the movie for April will be sent out at the beginning of the month. Please send your e-mail address to junewdooddy@yahoo.com, if you would like to receive monthly information about the potluck and movie.

Potluck and Movie: 3rd Monday of every Month

DATES: April 17th, May 15th, June 19th

TIME: 11:30am – 5:00pm

SENIOR FRIENDLY FITNESS CLASSES

Class of the Month:

Senior TRX® 45

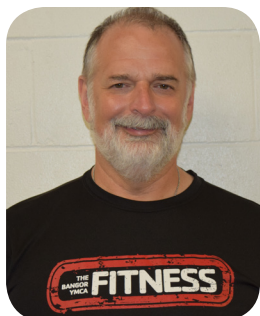
Tuesdays: 12:00 – 12:45pm

Ever think there was an exercise that anybody can do, no matter your fitness level, to help build your endurance, strength, flexibility, balance and mobility? More importantly, did you know that increasing all of those parts of your body will help prevent injury?

TRX Suspension Training is a safe and effective method of exercise that uses your body weight to reach these goals. TRX stands for **T**otal body **R**esistance **e**Xercise and it allows you to choose your own intensity to improve your overall quality of life and help you with everyday activities.

PLEASE NOTE: Classes are suitable for all fitness levels. Please be sure to arrive early as class is limited to a maximum of 9 participants.

Greg Zielinski, our Senior Fitness and Program Manager, coordinates the activities and trips for our Second Wind Program.



Feel free to contact Greg at anytime.

Gregory A. Zielinski, PhD
Senior Fitness and Program/
Grant Development Manager
ACSM Certified Personal Trainer

Phone: 207-941-2808

Email: gzielinski@bangorY.org

OUTDOOR AND OTHER OFF-SITE ACTIVITIES

Looking ahead, we would like to continue some short-day excursions. The Walking Club may also start up again.

The Y received a grant from the National Park Foundation to use the trails at the new Katahdin Woods and Waters National Monument during 2017.

A portion of this grant is designated to Second Wind trips. Watch for announcements of upcoming trips over the summer and fall that could involve additional activities besides hiking.

Some potential trips that are coming up in late May are a morning hike in the Katahdin Woods and Waters, followed by an afternoon at the Fiddler and Fiddlehead Fest, and Patten Lumber Museum.

More information coming soon!

PICKLEBALL

Have you ever played pickleball? The Second Wind Program is looking for members who are interested.

Email gzielinski@bangorY.org for more information.

VOLUNTEER OPPORTUNITIES

Our Child Watch Babysitting Service needs a few volunteers. If you are patient, caring and enjoy working with children between the ages of 6 months to 10 years old, then we want you!

Our wonderful Child Watch Staff needs help between the hours of **9:30 – 11:30am M-F** and **5:00 – 6:30pm M-TH**.

For more information and to pick up a Volunteer Application, stop by the Welcome Center today!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE BANGOR REGION YMCA

17 Second Street
Bangor, ME 04401
207-941-2808

VISIT US ONLINE TO STAY CONNECTED!

Visit our website BangorYMCA.org to find information about programs, fitness classes, childcare, and more! Download our app to your smartphone to check for schedules, check-in electronically, AND MORE!

GET OUR APP ON YOUR MOBILE DEVICE!



LIKE US on Facebook and select "Get Notifications" or **FOLLOW US** on Twitter for updates about our programs, storm cancellations, and more!



[Facebook.com/BangorYMCA](https://www.facebook.com/BangorYMCA)



[Twitter.com/BangorYMCA](https://twitter.com/BangorYMCA)



[YouTube.com/BangorYMCA](https://www.youtube.com/BangorYMCA)

FALL - SPRING FACILITY HOURS

MON - FRI: 4:30am - 9:00pm

SAT & SUN: 7:00am - 4:00pm

SUMMER HOURS

MON - FRI: 4:30am - 8:00pm

SAT & SUN: 7:00am - 2:00pm

Fitness areas close
15 min. prior to
building close &
Pools close 30 min.
prior to building
close.

HOLIDAY SCHEDULE

The Bangor YMCA will be closed for the following holidays:

New Year's Day
Easter
Memorial Day
4th of July

Labor Day
Thanksgiving & The
Day After
Christmas & The Day
After