HEALTH & FRIENDSHIPS HAPPEN AT THE Y!

For those seeking a healthy, enriching, social, and educational life.

Participate in our Older Adult programs and Second Wind Social Club FREE with Y Membership!

November – December, 2026 Calendar of Activities & Programs

See back for descriptions.

MONDAY

WATERinMOTION® Shallow, 8 – 9 am
Strong for Life, 9:15 – 10 am
Second Wind's Coffee & Conversation, 9:30 – 10:30 am
Enhance Your Life, 11 am – 12 pm
Splash Fit, 11:15 am – 12:15 pm
Yoga for Life, 12:15 – 1:15 pm

TUESDAY

Aqua Tai Chi, 8 – 9 am
Forever Fit, 8 – 9 am
Strong for Life, 9:15 – 10 am
Second Wind's Scrapbooking Club, 9:30 – 10:30 am
WATERinMOTION® Shallow, 11 am – 12 pm

WEDNESDAY

WATERinMOTION® Platinum, 8 – 9 am (Begins Sept. 8)
Strong for Life, 9:15 – 10 am
Second Wind's Card Games Club, 10 – 11 am
Enhance Your Life, 11 am – 12 pm
WATERinMOTION® Shallow, 11:15 am – 12:15 pm
Yoga for Life, 12:15 – 1:15 pm

THURSDAY

Aqua Tai Chi, 8 – 9 am
Forever Fit, 8 – 9 am
Strong for Life, 9:15 – 10 am
Second Wind's Coffee & Conversation, 9:30 – 10:30 am
WATERinMOTION® Shallow, 11 am – 12 pm
Second Wind's Mahjong, 2 – 4 pm

FRIDAY

WATERinMOTION® Shallow, 8 – 9 am
Strong for Life, 9:15 – 10 am
Enhance Your Life, 11 am – 12 pm
Splash Fit, 11:15 am – 12:15 pm
Yoga for Life, 12:15 – 1:15 pm

For a complete list of our group fitness classes, stop by our Welcome Center or visit our website.

SPECIAL ACTIVITIES & PROGRAMS

SECOND WIND'S CREATE A CARD WITH KATHY:

November 4 & December 2 | 11 am – 12:30 pm

FREE MEMBER EVENT!

Have fun creating greeting cards with Kathy on the first Wednesday of every month! (Supplies are limited)

FREE MEMBER EVENT!

ORRINGTON PUBLIC LIBRARY

9 – 10:30 am. Join us for our Book Club for older adults on the 3rd Friday of every month! Ten (10) books will be provided by the Orrington Public Library.

HOLIDAY CLOSURES

November 26 & 27: Thanksgiving

December 24: Christmas Eve
Closing early at 3 pm

December 25: Christmas

December 31: New Year's Eve
Closing early at 3 pm

Programs are available for people living with: arthritis, Alzheimer's, Parkinson's Disease, cardiovascular disease & cancer.

BANGOR REGION YMCA • Lifting People. Strengthening Community.
17 Second Street, Bangor, ME 04401 • 207-941-2808 • bangory.org

102826

DESCRIPTIONS

The following activities and programs are FREE with a Y Membership!

SECOND WIND SOCIAL CLUB ACTIVITIES (Isaac Farrar Mansion)

Card Games Social Club: Gather with other Y members who love playing card games!

Coffee & Conversations: Gather around the dining room table with other Y members for some coffee and conversation.

Scrapbooking Social Club: Gather with other Y members who love to create scrapbooks! Members must bring their own materials.

Mahjong: Come play Mahjong with us! Don't know how? No problem! An instructor will be available to teach you how to play. Mahjong sets will be provided but are limited.

ENHANCE YOUR LIFE (Studio 1)

This class is for active older adults living with arthritis or similar conditions that may limit movement. Each class will include approximately 5 minutes of warm up, 20 minutes of aerobic exercise, 25 minutes of strength and balance, and 10 minutes of cool-down and flexibility exercise. Sessions are carefully designed to improve all components of health-related physical fitness, to increase mobility, and to reduce pain. This class is modifiable for all ability levels, with participants retaining control of their intensity levels from very low to more moderate.

FOREVER FIT (Studio 1)

Forever Fit is a class designed around the essentials: aerobic exercise for heart health, strength and flexibility for movement efficacy, balance for stability, and social connectedness for support and fun. Modifications are provided throughout the class to make exercises adaptable for a wide range of fitness levels. Whether you want to improve your fitness or just maintain a healthy lifestyle, Forever Fit offers a positive and encouraging environment to help you reach your goals.

SPLASH FIT (Means Pool)

Splash Fit is a dynamic, low-impact water fitness class that blends cardio, strength, balance, and stretching into one fun, effective hour. The water's natural resistance builds muscle tone while staying gentle on the joints, making it ideal for all fitness levels. Whether you're looking to boost endurance, improve mobility, or simply stay active, Splash Fit delivers a full-body workout that leaves you feeling strong and revitalized.

STRONG FOR LIFE (3rd Floor)

A fitness program for active older adults that will help improve balance and overall muscle strength by using weights and other resistance exercises. Especially beneficial in reducing the impact of osteoporosis. Class starts with a warm-up and continues with 30 minutes of strength training exercises, followed with core, balance and stretching. All demonstrated by your instructor for optimal success in this class.

WATERinMOTION® PLATINUM (Means Pool)

This is a low-impact, shallow-water workout designed specifically for active aging adults and people returning to exercise. This fun pool program combines easy-to-follow choreography with uplifting music to safely improve heart health, muscle strength, and flexibility. By using the natural buoyancy and resistance of water, it helps participants build balance, coordination, and agility while protecting the joints from stress and impact.

WATERinMOTION® SHALLOW (Means Pool)

This class is a fun, energetic aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skills and fitness levels. Jump in and make a splash with this dynamic cardiovascular and full body strengthening workout. With land equivalent intensity, fantastic sing-along quality music, and passionate instructors, enjoy the pure fun of this 60-minute water workout!

YOGA FOR LIFE (Studio 1)

Based on traditional Yoga poses and practices, this is a mindful, non-competitive class, appropriate for people of all ages and levels of experience. Clear instructions are given, both for your safety and so you can learn to do the practices on your own if you wish. Stretching with focused attention, relaxed breathing, and release of tension are emphasized. Every class begins with a warm-up and closes with Yoga Nidra, a guided Deep Relaxation.

For more information about our programs and services,
visit **bangory.org**, call **207-941-2808**, or stop by our Y for a tour with our Member Experience Associates!