

Activities

9:00-12:00

9:10-9:30

Seated Yoga. Start the day with a few gentle stretches with Stephanie Dustin.



9:35-9:50

Head to Toe Physical Therapy
Learn how to get up safely after a fall.



10:00-10:20

Stress Relief

Learn potent and effective techniques that you can use from day to day and year to year to help relieve stress and tension.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

10:30-11:00

Line Dancing

Join George Oliver, Line Dancer extraordinaire for a demonstration of line dance. He is hoping you will join in and learn a step! Come prepared for fun with a beat.



11:10-11:20

Head to Toe Physical Therapy

Learn how to get up safely after a fall.



11:30-12:00

Cathance Fitness Center.

Siler Sneakers. Simple, fun range of motion exercises with Jane.



3rd Annual Wellness Fair

September 20, 2016, 9:00-12:00PM
Bowdoinham Fire Station



*Sponsored by
Bowdoinham's
Advisory Committee on Aging*

Kathy Pszczolkowski, Chair
Bob Curtis, Vice-Chair
Joanne Savoie, Secretary
Rachel Evans
Dick Rose
Patty Melander
Joan Smith
Theresa Turgeon

ACOA challenges residents who have reached the milestone of their 60th birthday to energize their lives by joining in any of our activities or events.



For more information about activities and services for older Bowdoinham residents, contact:

Town of Bowdoinham
Older Adult Services Coordinator

Tel: (207) 666-5531, ext. 110
Email: poh@bowdoinham.com

* Exercise Demonstrations are in the Community Room. See map on reverse side.

Map Key

1. **Beverages.**
2. **Welcome Table.**
3. **Brunswick Area Respite Care.** Adult day program and the services it offers to support caregivers.
4. **Cathance Fitness Center.** Silver Sneakers and fitness programs to keep you “fit as a fiddle”.
5. **SEARCH.** Program provides companionship for older, isolated residents by volunteers.
6. **Community Aging in Place.** Free program that can help you make needed changes to your home.
7. **UNE Dental School.** Learn about preventative dental care that can keep you smiling.
8. **Bowdoinham EMS.** Blood pressure and pulse checks
9. **CHANS.** *FREE* flu shot (donations accepted).
10. **Head To Toe Physical Therapy.** Free balance assessments will help you assess your risk for a fall.
11. **ACOA Tool Table.** simple tools that make life easier.
12. **Electronic Petting Zoo.**
13. **Bowdoinham Food Pantry.**
14. **Mason’s Handy Brigade.** Help with basic home maintenance and service referrals.
15. **Access Health.** Hints and tips for healthy eating and embracing a healthy lifestyle
16. **Midcoast-Parkview Hospital.** Information about programs and services to maximize your wellness.
17. **Literature table.**
18. **Alzheimer Association.** Information and supports for care partners and for people living with dementia.
19. **AARP.** Learn about programs and resources to make your “golden years” more enjoyable.
20. **U-Maine Cooperative Extension.** Soil test kits, food preservation info. & recipes.
21. **Food Addicts Anonymous.** Healthy eating habits
22. **Rides INC.** Volunteer transportation program.

Wellness Fair Map

