



STRONG CONNECTIONS AT THE Y AUGUST 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 – 11:00am – Second Wind “Coffee & Conversations Club” – In Mansion Dining Room **	2 11:00am – 12:00pm – Neuro Health Exercise Class 3:00pm (NEW TIME) – Alzheimer’s Association Care Partner Virtual Support Group 7:30pm – Jimmy Buffet at Maine Savings Amphitheater	3 11:30am – 1:00pm – Breast Cancer Survivor Support Social Group	4 9:30 – 11:00am – Second Wind “Coffee & Conversations Club” – in Mansion Dining Room** 10:00 – 11:00am – Neuro Health Social Hour 11:00am – 12:00pm – Neuro Health Exercise Class 3:30pm – Friends Zoom Chat **	5	6
7	8 9:30 – 11:00am – Second Wind “Coffee & Conversations Club” – In Mansion Dining Room **	9 11:00am – 12:00pm – Neuro Health Exercise Class	10 3:00 – 4:00pm – NEW! Caring Connections In-person Cancer Support Group (All cancer diagnoses welcome)	11 9:30 – 11:00am – Second Wind “Coffee & Conversations Club” – in Mansion Dining Room** 11:00am – 12:00pm – Neuro Health Exercise Class 3:30pm – Friends Zoom Chat **	12	13
14	15 9:30 – 11:00am – Second Wind “Coffee & Conversations Club” – In Mansion Dining Room ** 6:30pm – FREE BPSM Nutrition Talk: The DASH Diet (Join Vanessa virtually on Zoom)**	16 11:00am – 12:00pm – Neuro Health Exercise Class	17 11:30am – 1:00pm – Breast Cancer Survivor Support Social Group	18 9:30 – 11:00am – Second Wind “Coffee & Conversations Club” – in Mansion Dining Room** 10:00 – 11:00am – Neuro Health Social Hour 11:00am – 12:00pm – Neuro Health Exercise Class 3:30pm – Friends Zoom Chat **	19	20
21 1:00 – 3:00pm – Parkinson’s Society Summer Get Together	22 9:30 – 11:00am – Second Wind “Coffee & Conversations Club” – In Mansion Dining Room **	23 11:00am – 12:00pm – Neuro Health Exercise Class	24	25 11:00am – 12:00pm – Neuro Health Exercise Class 3:30pm – Friends Zoom Chat **	26 6:30pm – “The Gothard Sisters” at Bangor Arts Exchange https:// bangorartsexchange.org/ product/08-26-2022- the-gothard-sisters- presented-by-celtic-roots/	27
28	29 9:30 – 11:00am – Second Wind “Coffee & Conversations Club” – In Mansion Dining Room **	30 11:00am – 12:00pm – Neuro Health Exercise Class	31			

THE BANGOR REGION YMCA

AUGUST IS NATIONAL WELLNESS MONTH

DON'T FORGET TO CHECK OUT THESE UPCOMING SPECIAL ACTIVITIES:

SECOND WIND IN PERSON “COFFEE & CONVERSATIONS CLUB”
Register with Vanessa if you are new to the group.
9:30-11:00AM, MONDAYS & THURSDAYS
(no club on August 25th)

Following CDC Guidelines to help keep everyone safe. Masks are optional for all members. Masks may be required for support groups.

To pre-register or for more information, contact Vanessa Newman, Community Health Advocate, at 207-941-2808 or vnewman@bangorY.org

SEPTEMBER SNEAK PEEK

SEPTEMBER 7TH –

Mood Lifters 15-week session starts and everyone must register by the end of August

SEPTEMBER 8TH –

Sign-Up Day and Foot Care Clinic. For Foot Clinic, must be paid and registered by September 7th

SEPTEMBER 17TH AND 18TH –

Annual Breast Cancer Survivors Retreat!
Must be registered by September 10th.

WEEK OF SEPTEMBER 19TH –

New LIVESTRONG® at the YMCA class and other evidence-based programs start

SEPTEMBER 21ST –

Jump Start Your Creativity virtual art class begins.
Must be registered by September 16th.

KEY

Orange = Support Groups

Blue = Special Activities

Red = Special Y Activities

Purple = Second Wind Activities

Green = Fitness Activities

All events noted with a double asterisks (**)
require pre-registration with Vanessa.