

fit&fun

Over 50

Spring Challenge 2019



March

11 MONDAY
Healthy Aging
PI Inn & Convention Center
10 am - 12 pm

Social and music begin at 10 am, with guest speaker Dr. Anthony Lapinsky, orthopedic surgeon, speaking at 10:30, followed by lunch. Cost is \$5 for Senior Connection members; \$10 for non-members. *Sponsored by AR Gould.*

16 SUNDAY
Planet Head Day
UMPI Wieden Gym
10 am - 1 pm

This is a fundraiser for C.A.N.C.E.R. Enjoy food, fun, and science and cancer education. *Sponsored by PI Rotary Club, CANCER and UMPI.*

17 SUNDAY
Sneakers & Shamrocks
NMCC, 12 pm

Run or walk a 4K on St. Patrick's Day. Registration begins at noon in the lobby of the Smith Wellness Center at NMCC. All participants will be awarded green shoelaces and a one day pass at the Wellness Center. Cost: \$4. Best dressed will win a special prize. *Sponsored by AR Gould & NMCC.*

April

1 MONDAY
Healthy Aging
NMCC, Reed Commons
10 am - 12 pm

Social and music begin at 10 am, with Dr. Roger Pelli speaking at 10:30, and then lunch. Cost is \$5 for Senior Connection members; \$10 for non-members. *Sponsored by AR Gould.*

6 SATURDAY
Spring RunOff 5K
UMPI, 8 am

Registration begins at 8 am. Walkers start at 9:30; runners start at 10 am. There is a 3-person relay team option. Pizza served in Wieden Gym after the race. Cost: \$15 each; \$25 for team.

14 SUNDAY
Sunday Swim & Photos with Easter Bunny
UMPI Gentile Hall, 2-5 pm

The first two hours general swim; last hour reserved for seniors and special needs. Cost: \$1. *Sponsored by AR Gould.*

28 SUNDAY
Sunday Swim
UMPI Gentile Hall, 2-5 pm

The first two hours general swim; last hour reserved for seniors and special needs. Cost: \$1. *Sponsored by AR Gould.*

May

14 TUESDAY
Women's Health Conference
AR Gould Hospital, 5-8 pm

Are you feeling tired lately, especially after the long winter? Come learn some different reasons why that may be and how to feel better. This free conference features several AR Gould providers. Preregistration required.

18 SATURDAY
Aroostook River Fun Run
Three Course Options

Paddle down the Aroostook River; bike; or run/walk a 5K. All courses end at the PI Fish & Game Club with a free BBQ lunch, awards and door prizes. Registration is 8:30-9:30 (paddlers at Thomas Brewer Park in Washburn; bikers at PI Bus Garage; and runners/walkers at Machias Savings Bank). All events start at 10 am. *Sponsored by PI & Washburn Rotary Clubs, PI Kiwanis Club, AR Gould Hospital, PI Fish & Game Club, and Machias Savings Bank.*

30 THURSDAY
Rockin' on Riverside
Riverside, 6-8:30 pm • Free

Bring your lawn chair and come enjoy the music of the Star City Syndicate!

Keeping active can help keep you healthy.

Prizes and incentives available at various activities.

