

ACTIVITIES FOR For All Active Older Adults ON MDI

Monday
9—10:00 a.m.
Active Older Adults
Harbor House—Southwest

Bone Builders
9:00—10:00 a.m.
YWCA, Bar Harbor

10:15 a.m.
Ready Fit, YMCA
Bar Harbor

12:00—Noon Town Trotters
Northeast Harbor

1:00—Aqua Aerobics
MDI YMCA

2:00 p.m. Cardiac Rehab
Harbor House—Southwest
Call for info: 244-3713

4:00—5:30 p.m.
TOPS - Northeast Harbor
(Take off pounds sensibly)

Tuesday & Thursday
9—10:00 a.m.
YES—Exercise
Malvern Belmont - Bar Harbor

9:00 a.m. Talks and Walks
MDI YMCA

9:00—10:00
Aqua Aerobics—Harbor Ridge, SWH

1—2 p.m.
Active Older Adults @ the Neighbor-
hood House—Northeast

Thursday only
2:00 p.m. Cardiac Rehab
Harbor House—Southwest

Tuesday's only
Ridge Apartments—SWH
1:30 p.m.
BINGO
Everyone Welcome! Prizes & Coffee

Wednesday & Friday
9—10:00 a.m.
Active Older Adults
Harbor House—Southwest

Bone Builders
(Wednesday only)
9:00—10:00 a.m.
YWCA, Bar Harbor

YES Exercise Class
(1st Wednesday of each month)
10:00—11:00
Maple Lane Apts., Northeast Harbor

10:15 a.m. **(Friday only)**
Ready Fit, YMCA—Bar Harbor

12:00—Noon Town Trotters
Northeast Harbor

1:00—Aqua Aerobics—MDI YMCA

2:00 p.m. Cardiac Rehab
Harbor House—Southwest
(Friday only)
Call for info: 244-3713



**Arts & Crafts with
Marge**

**POSTPONED FOR THE SUMMER—
WILL RESUME IN OCTOBER.**




TRIAD For Seniors
Wednesday, August 13th
Northeast Harbor Library
10:00 –11:00 a.m.
Guest Speaker:
Maine Attorney General, Steven Rowe
Refreshments will be served



**ISLAND CONNECTIONS
HAS TWO UPCOMING
EVENTS IN WHICH THE
DATES HAVE NOT YET BEEN
SET. PLEASE CHECK WITH SUE
FOR MORE DETAILS: 288-4457**

Ullikana Tea & Singalong
Claremont Tea & Singalong



**FREE Blood Pres-
sure Clinics**

**1st Wednesday of
each month**
Malvern Belmont Estates 9:00—
9:50
Rodick Lorraine, 10:00—10:30

1st Thursday of each month
Ridge Apartments (SWH)
10:00—11:00