

ACTIVITIES FOR DECEMBER

For All Active Older Adults ON MDI

Monday

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

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

9:15—9:45
Older Adult Meditation Class
FREE—YMCA

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

Tuesday & Thursday

9:45—10:45 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 Neighborhood House—Northeast

Tuesday only

9—10:00 a.m.
YES—Exercise, Ridge Apts., SWH

Thursday only

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

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

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

FREE Blood Pressure Clinics



1st Wednesday of each month

Malvern Belmont Estates
9:00—9:50
Rodick Lorraine
10:00—10:30

1st Tuesday of each month

Ridge Apartments (SWH)
10:00—11:00



Lunch & Learn Series: “Rehabilitation of Drug Abusers in Hancock County”

At the Birch Bay Inn
December 5th
Lunch: 11:30 a.m.
Learn: Noon