

ACTIVITIES FOR JULY

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**

**When: 2nd Sunday of each
month**


**Where: Malvern Belmont Community
Room**

Time: 2:00 p.m.

OPEN TO THE PUBLIC—FREE




TRIAD For Seniors
2nd Wednesday of each month
Northeast Harbor Library
10:00 –11:00 a.m.
 Refreshments are served
 Topic: Advanced Directives & Living Wills



FUN HAT LUNCHEON
 Hosted by: Island Connections
Wednesday, July 9th
 Noon at the Deck House

**\$7.00/person includes lunch, beverage & dessert along with a
1/2 hr. show by the Deck House Singers.**

A fun hat is mandatory and judging will take place for a prize.
To reserve your spot please call: 288-4457



**FREE
Blood Pressure
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