

ACTIVITIES FOR SEPTEMBER

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



MAINE PROPERTY TAX & RENT REBATE
FREE Preparation Clinics in Hancock County
REGISTRATION IS REQUIRED
SPACE IS LIMITED
Clinics from 10 a.m. to 11 a.m.

Sept 10 Ellsworth – Public Library

Sept 18 Blue Hill – Public Library ** 10:30 a.m. — 11:30 a.m.**

This clinic is for seniors & adults with disabilities, and their caregivers, who need help filling out the Maine Property Tax & Rent Rebate application forms.

Staff will go through the application process *step-by-step*, and will be available to answer individual questions *after* the session.

CALL 1 - 800 - 432 - 7812 TO REGISTER


END OF SUMMER PICNIC
 Bar Harbor Savings & Loan and Island Connections invite you to their Summer Picnic, Thursday, September 11th, at Albert Meadow in Bar Harbor, Noon. All seniors & disabled island residents are invited to attend. Please RSVP by September 8th: 288-4457.



COMMON GROUND FAIR
 Island Connections invites all Island Seniors to this years common ground fair tour, Friday, September 19th—rain or shine. Bus trip & ticket price is \$10.00 Departing Malvern Belmont at 8 a.m., picking up at Somesville Fire Station at 8:25 a.m. and returning around 4 p.m. Must RSVP by September 15th: 288-4457.

TRIAD For Seniors
2nd Wednesday of each month
Northeast Harbor Library
10:00 –11:00 a.m.

Refreshments are served
 Informative discussions on various senior topics



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



Senior Appreciation Day in NEH at Neighborhood House on Sept 19 from 11-2pm

RAIN OR SHINE