All meals served with reduced fat milk. Some food may contain MSG. Menu is subject to availability of items. Suggested donation is $4 per meal. Thank you

FOR ISLAND WIDE HOME DELIVERED MEALS:
Please call 288-4770 for more information or to schedule an assessment.

Meals are delivered by wonderful Island Connections volunteers!

MDI Housing Authorities’ Healthy Life Café
Providing well balanced, hot noontime meals for older adults on Mount Desert Island.
A nutrition program for healthy aging
Call 288-4770, Ext. 121

Jane: Chef
Allie: Director of Healthy Life Café
Phoebe: Meal Coordinator

MARCH 2020 • LUNCH MENU

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<tr>
<td>Stuffed Shells, Garlic Bread, Peas, Pudding Deliver</td>
<td>Chicken Cordon Bleu, Potato Tots, Corn, Fruit</td>
<td>Baked Haddock, Rice Pilaf, Spinach, Roll, Cake Deliver</td>
<td>BBQ Pulled Pork Sandwich, Chips, Coleslaw, Fruit</td>
<td>Flatbread Pizza, Salad w/dressing, Pie Deliver</td>
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<td>Ham, Scalloped Potato, Brussel Sprouts, Cookie Deliver</td>
<td>Cheeseburger, Pasta Salad, Fruit</td>
<td>Macaroni &amp; Cheese, Hot Dog, Broccoli, Fruit Turnover Deliver</td>
<td>Cream of Chicken Soup, Chef Salad w/dressing, Biscuit, Fruit</td>
<td>Turkey w/stuffing &amp; gravy, Mashed Potato, Squash, Cake Deliver</td>
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<td>Shepherd’s Pie, Green Beans, Strawberry Shortcake Deliver</td>
<td>Haddock Au Gratin, Rice Pilaf, Mixed Veggies, Fruit</td>
<td>American Chop Suey, Wax Beans, Cornbread, Cookie Deliver</td>
<td>Broccoli &amp; Cheese Quiche, Salad, Roll, Fruit</td>
<td>Corned Beef, Boiled Potato, Carrot, Cabbage, Pie Deliver</td>
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<td>Honey Mustard Chicken, Rice Pilaf, Spinach, Pudding Deliver</td>
<td>Spaghetti w/ Meatballs, Garlic Bread, Salad, Fruit</td>
<td>Sweet &amp; Sour Pork, Veggie Egg Roll, Peas, Cake Deliver</td>
<td>Cream of Mushroom Soup, Chicken Salad Wrap, Chips, Fruit</td>
<td>Beef Pot Pie, Veggie Sticks w/Ranch dip, Roll, Blueberry Pie Deliver</td>
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<td>Vegetable Lasagna, Caesar Salad, Breadstick, Brownie Deliver</td>
<td>White Bean &amp; Chicken Chili, Corn Bread, Fruit</td>
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Senior Coffee House is Back with a new name:

The MDI Coffee House

Coffee, tea, snacks, & great conversation with friends & neighbors

Tuesday, March 3rd from 9:30—11:30am

Tuesday, March 17th from 9:30—11:30am

Location: YWCA 36 Mount Desert St. Bar Harbor

For more info contact Doreen at Island Connections: 288-4457

Exercise — Bar Harbor

Malvern Belmont
Downstairs community room

Exercise Class:
Tuesday & Thursday
9am—10am

Fitness for Parkinson’s:
Tuesday & Thursday
10:30—11:30am

Seated Tai Chi
Friday 9am—10am

Tai Chi for Health & Fall Prevention:
Friday 10:30—11:30

Chair Yoga:
Wednesday 9 — 10am

Meditation:
Wednesday 10 — 10:30am

ywca

Monday - Wednesday - Friday
Strong Bones & Strong Bodies
9—10am

Yoga for cancer:
NEW TIME**
4:30 pm —5:45pm

Exercise: Northeast Harbor

Neighborhood House
Active Older Adults
Wednesdays, 11:00am - 12:00pm Instructor: Debra Neale

Exercise: Southwest Harbor

Ridge Apartments
Strong & Steady Fitness
Mondays & Wednesdays
11:00am - 12:00pm
Free for Seniors

Open Table MDI

FREE Community Suppers
Every Tuesday 4:00—7:00PM
At BH Congregational Church: 29 Mount Desert St., Bar Harbor
ALL ARE WELCOME!!

Winter reminder: If school is cancelled so are the meals!

If school is not cancelled, sometimes the roads are bad and may cause safety concerns for volunteer drivers. If this is the case, we may be unable to deliver meals. Please contact the kitchen if you would like frozen meals during holidays or when bad weather is approaching. Thank you—Healthy Life Café