

All meals served with reduced fat milk. Some food may contain MSG. Meals may change based on item availability. Suggested donation is \$4 per meal. Thank you.

FOR ISLAND WIDE HOME DELIVERED MEALS:

Please call 288-4770 ext. 117 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

Vicki Lewis: **Chef**

Allie Bodge: **Director of Healthy Life Café**

****Orders called in on same day are not guaranteed. Please call orders in with at least 48 hours notice.** Thank you—Café Staff**

September 2019 – Lunch Menu

Mon

Tue

Wed

Thu

Fri

2 OFFICE & KITCHEN CLOSED 	3 Chef Salad, Roll, Chocolate Cream Pie DELIVER	4 Baked Haddock, Rice, Mixed Veggies, Cookie DELIVER	5 Stuffed Shells, Broccoli, Garlic Bread, Fruit	6 Beef Pot Pie, Salad, Roll, Blueberry Cake DELIVER
9 Honey Baked Chicken, Red Potato, Green Beans, Pudding DELIVER	10 American Chop Suey, Spinach, Cornbread, Fruit	11 Roasted Pork, Stuffing, Peas, Fruit Turnover DELIVER	12 Broccoli & Cheese Quiche, 3 Bean Salad, Fruit	13 Sliced Turkey w/ Gravy, Mashed Potato, Squash, Pumpkin Bar DELIVER
16 Mac & Cheese, Kielbasa, Stewed Tomato, Cookie DELIVER	17 Fish Burger, Sweet Potato Fries, Corn, Fruit	18 BBQ Chicken, Rice Pilaf, Green Beans, Cake DELIVER	19 Spaghetti & Meatballs, Broccoli, Garlic Bread, Fruit	20 <u>Cold Plate</u> Chicken Salad, Lettuce, Tomato, Pasta Salad, Apple Crisp DELIVER
23 Meatloaf, Scalloped Potato, Peas, Oatmeal Cookie DELIVER	24 Corn Chowder, Hot Dog w/ Roll, Fruit	25 Baked Ham, Mashed Potato, Carrots, Pudding DELIVER	26 Manicotti, Spinach, Breadstick, Fruit	27 Cheeseburger, Caesar Salad, Strawberry Shortcake DELIVER
30 Chicken Cordon Bleu, Rice, Corn, Carrot Cake DELIVER				

SEPTEMBER

ACTIVITIES & INFO For Active Older Adults on Mount Desert Island

Holidays may interfere with exercise schedule

Exercise Northeast Harbor

Neighborhood House

Active Older Adults
Wednesdays;
11:00am - 12:00pm

Instructor: Debra Neale
Free for Seniors

Exercise Southwest Harbor

At Harbor House Fitness Center

Active Older Adults 9-10am
Monday, Wednesday, Friday

Age Strong 7:45—8:30am
Monday & Wednesday

Every Monday at Main St. Location:

Chair Yoga: 9-10am
Meditation: 10-10:30am
Tai Chi for Health: 11am-12pm

Exercise Bar Harbor

Malvern Belmont Downstairs community room

Tuesday & Thursday
9am—10am

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

Tai Chi for Health
(seated) New day & time:
Friday: 9am—10am
(standing) Tuesday: 1-2pm

Chair Yoga
Wednesday 9-10am

YWCA

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

Yoga for cancer:
1:30—2:30

Open Table MDI

FREE Community Suppers Every Tuesday

4:00—7:00PM

At Bar Harbor Congregational Church

ALL ARE WELCOME!!

