

The Scoop

Robin Cogger, Parks & Recreation Director
Brenda Bracy, Facility Coordinator
Janis Marshall-Colby, Program Coordinator
Nancy Garfield, Chef



Volume 38 Issue 4

Phone: 207-363-1036

July 2019

BEYOND THE PAGES IS BACK! MEET AND GREET THE AUTHOR

“Walking Slow” by Ioanna Opidee
Thursday, July 11th - 10:15am

Our Beyond the Pages readers have been excited about the books and movie trips so far. Our next book is “Walking Slow” by Ioanna Opidee. Ioanna is related to member Dianne Couture. She’s had many book signings and her book has been very popular with many Book Clubs. This book depicts how situations that happen in your life can affect your life choice and decisions. For this particular “Beyond the Pages” book, we have invited the author, Ioanna Opidee to join us before our read for a “Meet the Author.” She will have books available for sale at cost, which she will be happy to autograph for you. If you are unable to attend her “Meet the Author,” please call the Senior Center and we will be happy to arrange for her to leave one for you and you can pick it up later at the Senior Center. **This is a Lunch & Learn Program. If you plan to join us for the presentation, your lunch is \$1 off today. When you register for this program, please also remember to register for lunch!**

Advisory Board Meeting

Tuesday, July 16, 2019

1:00 pm - Activity Room

BEYOND THE PAGES BOOK DISCUSSION - TBA

“Walking Slow” by Ioanna Opidee

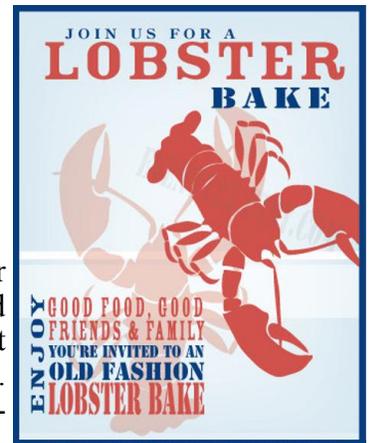
Now that you’ve had a chance to meet the Author, Ioanna, and taken time to read her book, please plan to join us to discuss this awesome book. I have also invited Ioanna to join us for the discussion as I’m sure she’d love you to share your thoughts on her writing.

ENTERTAINMENT & LOBSTER BAKE

Friday, July 19, 2019
Entertainment begins at
10:30am

Lobster Bake begins at
Noontime

Don’t forget to register for our annual lobster bake to be held on Friday, July 19th, right here at York Senior Center. We’ll have entertainment beginning at 10:30am, and follow-up with a yummy lobster bake! York’s Masonic Lodge members spend hours preparing a delicious summer lobster luncheon, with the lobsters cut so they’re easy to break and eat. Meals include: clam chowder, corn on the cob, potato salad, watermelon and blueberry crumb cake! You can register for your choice of a single lobster meal or a double lobster meal! **Cost - TBA. Register in the office beginning July 2nd, payment is due upon registration. Sorry - no take out meals today.**



WORLD CINEMA

Sponsored by International Women’s Club of NE
Thursday, June 11th - 3:00pm

2018 film: *Eighth Grade*

As Kayla Day begins the last week of a difficult year in eighth grade, the emotional perils of adolescence swirl around her. Though she's comfortable with her online persona, the looming social challenges of high school terrify her. 1 hour, 34 minutes English, no subtitles.



July 2019 Luncheon Menu

YORK PARKS AND RECREATION DEPARTMENT SENIOR CENTER
 (207) 363-1036
 MEMBER DONATION \$4.00

	1 American Chop Suey With Cheese, Vegetables	2 Baked Haddock Florentine OR Plain Baked Haddock, Rice Pilaf, Vegetables	3 CLOSED For LUNCH TODAY	4 CLOSED TODAY 	5 Happy long weekend	6
7	8 Stuffed Cabbage with red sauce, Smashed Potato, Vegetable	9 Homemade Soup, Sliced Turkey BLT Sub Sandwich, Chips, Pickle	10 Yankee Pot Roast Dinner, Mashed Potato, vegetables	11 Garden Salad, Lasagna Roll Up with Red Sauce, Meatball/Sausage	12 Marinated Shrimp Or Baked Haddock with crumb topping Vegetable	13
14	15 Chicken A La King over rice or biscuit, Vegetable	16 Greek Salad, Greek Meatballs With Tzaziki Sauce Rice Pilaf	17 Pork Chops with Peppers and Onion, Mashed Potato, Vegetable	18 Spiral Sliced Ham Creamy Macaroni and Cheese, Vegetables	19 LOBSTER FEED Sign up and pay at the office starting July 2nd...space is limited!	20
21	22 Homemade Soup Italian Sub Sandwich with chips and pickle	23 Corn Chowder, BBQ Pulled Pork Sandwich on a Bun, Chips, Pickle	24 Everyone's favorite Meatloaf, Mashed Potato, Gravy, Vegetable	25 Italian Herbed Chicken Breast, Penne Pasta Primavera, Vegetables	26 Baked Haddock with crumb topping, Potato, Vegetables	27
28	29 Hot Dog on a Bun, Baked Beans, Cole Slaw	30 Garden Salad, Chicken Parmesan over Spaghetti, with Red Sauce	31 Open Faced Hot Turkey Sandwich, Stuffing, Gravy, Cranberry, Vegetable	1 Asian Rice Bowl with Teriyaki Chicken and Vegetables, Egg Roll	2 Baked Haddock with Crumb Topping, Spinach Rice Pilaf, vegetable	

Friendly Reminder

As we continue to grow and welcome new members, it becomes more important for you to make your lunch reservations with us in a timely fashion. Some of our popular meals have been known to sell out on occasion, so please remember to sign up early to reserve your space!

Registrations can be made by **3:00pm the day before** you wish to join us. On rare occasions, same day reservations may be accepted **before 9:00am** as long as space permits.

Please **do not leave a voice message**, but be sure and speak with someone personally when making your reservation.

When joining us for lunch, **please arrive by 11:30am** to allow ample time for set-up before we serve. If you are running late, kindly let us know and we'll set your meal aside for you.

JULY CALENDAR 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	8:30am - Cribbage 8:30am - Good Shepherd Food 9:00am - Exercise Ballroom Dance 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Chess 4PM-6PM - FACIALS LETTIN GOOD TIMES ROLL TBA	2	8:30am - Zumba Gold 8:30am - Cribbage 9am-Noon - Reiki Healing by appt. 1:00pm - Craft Club 1:00pm - Hand and Foot 1:00pm - Bridge	3	8-11:00am - Foot care/Blood Pressure 8:30am - Cribbage 9:00am - Exercise Group 1:00-4:00pm - Hairdresser 1:00pm - Poker & Dominoes	4	
7	8	9	10	11	12	13	
8:30am - Good Shepherd Cribbage 9:00am - Exercise Group 10:00am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Chess 4PM-6PM - FACIALS	8:30am - Zumba Gold 8:30am - Cribbage 9am-Noon - Reiki Healing by appt. 10:30AM - ESSENTIAL OILS 10:30AM - AMBER SHAW Q&A 1:00pm - Craft Club Hand and Foot 1:00pm - Bridge	8-11:00am - Foot care/Blood Pressure 8:30am - Cribbage 9:00am - Exercise Group 10:15AM - SPLASH PAINT & POUR 12:30pm - UKULELE LESSONS 1:00-4:00pm - Hairdresser 1:00pm - Poker & Dominoes	8:30am - Zumba Gold 8:30am - Cribbage 11:30AM-4PM - FACIALS 10:15AM - WALKING SLOW L&L 1:00pm - Wii Bowling Bridge 1:00pm - Learn Mahjong 3:00PM - WORLD CINEMA TREASURE ISLAND MUSICAL TBA	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 1:00pm - Dominoes & Mahjong 12:45pm - Tai Chi			
14	15	16	17	18	19	20	
8:30am - Good Shepherd Cribbage 9:00am - Exercise Group 10:00am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Chess 4PM-6PM - FACIALS	8:30am - Zumba Gold 8:30am - Cribbage 9am-Noon - Reiki Healing by appt. 10:30AM - BLOOD GLUCOSE 1:00pm - Craft Club Hand and Foot Bridge 1:00pm - BALANCE & STRENGTH 1:00pm - ADVISORY BOARD	8-11:00am - Foot care/Blood Pressure 8:30am - Cribbage 9:00am - Exercise Group 10:30am - TIME TO SELL A HOUSE 12:30pm - UKULELE LESSONS 1:00pm - Hairdresser Poker Dominoes 1:00pm - TIME TO BUY A HOUSE SUMMER SURPRISE MYSTERY TBA	8:30am - Zumba Gold 8:30am - Cribbage 11:30AM-4PM - FACIALS 1:00pm - Wii Bowling 1:00pm - Bridge 1:00pm - Learn Mahjong	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 1:00pm - Dominoes & Mahjong 12:45pm - Tai Chi 2:00PM - ZENTANGLE			
21	22	23	24	25	26	27	
8:30am - Cribbage 8:30am - Good Shepherd Food 9:00am - Exercise Group 10:00am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Chess 4PM-6PM - FACIALS	8:30am - Zumba Gold 8:30am - Cribbage 9am-Noon - Reiki Healing by appt. 1:00pm - Craft Club 1:00pm - Hand and Foot 1:00pm - Bridge	8-11:00am - Foot care/Blood Pressure 8:30am - Cribbage 9:00am - Exercise Group 12:30pm - UKULELE LESSONS 1:00-4:00pm - Hairdresser 1:00pm - Poker & Dominoes	8:30am - Zumba Gold 8:30am - Cribbage 11:30AM-4PM - FACIALS 1:00pm - Wii Bowling 1:00pm - Bridge 1:00pm - Learn Mahjong 2:00PM - MANDALA DOT PAINTING	8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 1:00pm - Dominoes & Mahjong 12:45pm - Tai Chi			
28	29	30	31				
8:30am - Good Shepherd Cribbage 9:00am - Exercise Group 10:00am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Chess 4PM-6PM - FACIALS ANDREW LLOYD WEBBER TBA	8:30am - Zumba Gold 8:30am - Cribbage 9am-Noon - Reiki Healing by appt. 1:00pm - Craft Club 1:00pm - Hand and Foot 1:00pm - Bridge 3:45PM - DINNER CLUB	8-11:00am - Foot care/Blood Pressure 8:30am - Cribbage 9:00am - Exercise Group 10:30AM - L&L FATIGUE 12:30pm - UKULELE LESSONS 1:00-4:00pm - Hairdresser 1:00pm - Poker & Dominoes					

ROLLING OUT OF YORK

EXCLUSIVE OVERNIGHT BUS TRIPS

The following is a listing of upcoming overnight trips that have been planned. Seating is limited, so register early. Itinerary brochures are available upon request for overnight trips. Call the Center at (207) 363-1036 for more information or to make your reservation.

Rules for Program Registrations

Registrations for trips and programs are as follows for each upcoming registration date:

- Walk-in Registrations will begin at 9:00am
- Telephone or other registrations will be accepted from 10:00am on
- You may only register for yourself, your spouse, significant other OR a person you will be rooming with on overnight trips.

Reminders of registration dates and times will be posted in the Senior Scoop along with the registration information. As always, please feel free to call us if you have any questions (207) 363-1036.

LANCASTER SHOW TRIP & THE DUTCH COUNTRY

September 30th - August 4th - TBA

Many of you have requested this great trip, so here is your opportunity to join us. We are currently working on a trip to Lancaster, PA. While we are there, yes, we will be visiting some of our local favorites such as Kitchen Kettle Village, and Bird in Hand Bakery. We'll tour the Candle Factory and a jam kitchen, as well other local places, including the "Amish Experience" attraction where you will visit the re-created Homestead of Lizzie & Daniel Fisher. We also plan to include a stop in Philadelphia on our way back to York. We will enjoy a narrated luncheon cruise on the Spirit of Philadelphia. After our cruise you can enjoy free time in the Historical Philadelphia area. During your time there you may visit the various historic homes, Independence Hall, the Liberty Bell and other attractions. As noted we are currently working on this trip so watch the SCOOP for more information and much more. **Reservations will be accepted beginning July 3rd as long as space permits. A deposit of \$75 is due by July 19th. Remaining balance is due by August 15th. Member Cost \$639/pp dbl and \$818/pp single, Non-Members \$788/pp dbl and \$818/pp single. Cost includes transportation, admissions, accommodations, 9 meals and some gratuities.**

MYSTIC, FOXWOODS, AND THE NEWPORT MANSIONS

August 19th - 22nd - TBA

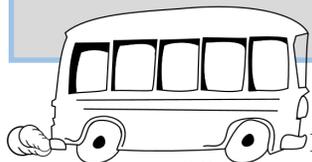
We're working on a trip to the Mystic Seaport and Newport, RI. Included will be a guided tour of Newport where you will relive the Gilded Age as you view the opulent mansions that once belonged to the wealthy and elite who

industrialized our nation. During our tour we'll visit the mansions and tour them over the course of two days. We'll visit Mystic Seaport on our way back to York. This quintessential New England experience offers its visitors a unique opportunity. Here you'll discover maritime history first-hand via their recreated seafaring village that is bustling with the sights and sounds of 19th century life. Enjoy lunch in the seaport where there's always much to do. **Reservations will be accepted as long as space permits. A deposit of \$75 is now due and reservations are no longer refundable. Remaining balance is due by July 12th. Member Cost \$549/pp dbl and \$664/pp single, Non-Members \$569/pp dbl and \$684/pp single. Cost includes transportation, admissions, accommodations, 8 meals and some gratuities.**

BEYOND THE HORIZONS PORTUGAL AND ITS ISLANDS

November 1st - 13th, 2019

Were you wondering where our next "Beyond the Horizons" would take us? Where will we visit and explore? We definitely will travel through the horizons to see a lot of unique things as we venture abroad. Rolling Out of York is happy to announce that we are also "Rolling Beyond the Horizons" to Portugal and its islands. Those of you who attended the informational slide show were excited about this international adventure. Our tour to Portugal and its islands will feature the Estoril Coast, Azores and Madeira Islands. This tour will feature many highlights including Lisbon, Portuguese Riviera, Fado Dinner Show, Fatima, Obidos, St. Michael Island, Furnas Valley, Botanical Gardens, Cabo Girao, Sete Cidades, Ponta Delgada and plantation visits. We will also enjoy an interactive cooking demonstration and learn the secrets of Azorean cooking. While visiting the Azores you will see many of the dolphins they're known for. Enjoy the entertainment of the Madeiran people as well as their traditional dinner known as Espetada. One of the most unique and fantastic things we will do is enjoy a lunch as we visit Furnas Valley. The lunch is known as Cozido das Furnas, which is a mixture of meat and vegetables stewed in the heat of volcanic earth. We will also visit a tea plantation and learn timeless methods of tea production as well as many different uses for tea. Pineapples are popular there and we will also visit a pineapple plantation. This trip has so much to see and do from pilgrimages, demonstrations, entertainment, magnificent churches, plus food, culture history and more. This unique tour will include some extras that promise to make this a once in a lifetime trip. Included are 18 meals (11 breakfasts, 1 lunch (unique), and 6 dinners.) **Airline and hotel reservations are limited. This trip is full, however we encourage you to add your name to our waiting list. A deposit of \$815 was due by April 10th. This deposit includes your international insurance of \$315. Remaining balance is due by August 30, 2019. Member Cost \$4,499/pp dbl and \$5,099/pp single, Non-members \$5,499/pp dbl, \$6,099/pp single. Cost includes limo service to/from Logan Airport, airfare, hotel accommodations, valet hotel service, local guided tour service, tour admissions, meals, and meal gratuities. The trip brochure itinerary is available in the office and on our website.**



MINI BUS TRIPS

FRIENDLY REMINDER!

In order to provide great prices for our trips we must follow strict enrollment numbers AND firm payment deadlines. If you make a reservation for one of our excursions, your reservation will be held only until the final payment date (unless other arrangements have been made). In the event the trip must be cancelled, you will receive a full refund. After the final payment deadline date participant cancellations are not refundable.

Please remember that our mini bus *does not* have restroom facilities, but we'll make an effort to visit a rest stop, when available, should the ride to our destination be longer than 1 1/2 hours. We will be calling everyone who has registered for the trips a day or two in advance to remind them of the time and pick-up location. If you have provided your email address you will be emailed as well.

Please note that we will accept reservations for trips on the registration date shown.

SUMMER SURPRISE "MYSTERY" DAY

Wednesday, July 17th - TBA

(Rain date—Thursday, July 18th)

SURPRISE, SURPRISE!!! Yes, it's a Summer Surprise "Mystery Day"! Everyone has enjoyed our past two fall Mystery Days, so we've added a mystery trip to our summer schedule as well. With a summer theme in mind, we'll visit summer places that will make you feel super while enjoying the sunshine. One of the places features beautiful and magnificent gardens that everyone will surely enjoy. We will also stop for lunch on our own at a venue's café should you desire. On the way home we'll also stop for dinner on our own.

Reservations will be accepted as long as space permits. Payments are due by July 2nd and your reservation is no longer refundable after July 2nd. Member Cost TBA. Price includes transportation and admission. We are announcing this trip early and it is still in the working process. We will email everyone with final details.

TRIP VENUE COLLABORATIONS

We are so excited to start new collaborations with several new venues to extend our "Rolling Out of York" program. This we feel will enable our members to enjoy different places they may never have thought of venturing to, or been able to travel to so they can enjoy their offerings. With your many suggestions, we will also be adding a variety of different establishments for new day trips, as well as another "Mystery Day" adventure, which is always a sellout.

DISCOVER CIRQUE DU SOLEIL CRYSTAL BREAKTHROUGH ICE EXPERIENCE

Cross Arena - Portland, ME

(Evening Performance)

Thursday, August 8th - TBA

This show will surely take your breath away and is one you will surely never forget. Crystal is not just an ice show, it's the very first experience on ice from Cirque du Soleil. Watch world-class ice skaters and acrobats claim their new frozen playground with speed and fluidity as they challenge the laws of gravity with never-before-seen acrobatics. A new kind of performance as Cirque du Soleil meets the ice to defy all expectations. Follow Crystal, our lead character, on an exhilarating tale of self-discovery as she dives into a world of her own imagination. Feel the adrenaline as she soars through this surreal world at high speed to become what she was always destined to be: confident, liberated, and empowered. After the show we will enjoy a dinner at a local eatery on our own. **Reservations will be**

accepted as long as space permits. Payments are due by July 2nd and your reservation is no longer refundable after July 2nd. Member Cost TBA. Price includes transportation and show.

MAINE STATE THEATRE PRODUCTIONS

Brunswick, Maine

Last year was our third year visiting the Maine State Theatre in Brunswick and it was a HUGE hit with everyone who joined us. The productions as well as the acoustics of the theatre are superb! The year we are excited to offer day trips to all their shows. Also please note that York Senior Center has been invited to attend two of their "special invitation events" which are noted. The schedule is as follows so please watch your Scoop for more information including where we will be enjoying dinner on our own and other details. All performances are afternoon shows at 2:00 pm.

"LETTIN' THE GOOD TIMES ROLL"

Maine State Music Theatre

Monday, July 1st - TBA

Plan to join us as we visit Maine State Music Theatre for the performance of "Lettin' the Good Times Roll". This is a special invitation event that MSMT is offering on Mondays and we're pleased we've been offered this opportunity to join them as a special group. "Lettin' the Good Times Roll", is a cabaret concert with epic stage divas E. Faye Butler (Oda Mae Brown in MSMT's Ghost) & Felicia P. Fields (a Tony-nominated Broadway star). It is an electrifying performance of jazz, blues, gospel and show tunes presented in the way that only these two award winning, power house performers know how. These sassy dames, supported by a stellar seven-piece band, will have you rocking, reeling, laughing and shouting your troubles away. So, do your soul a favor and let your good times roll with this dynamic Diva duo. After the performance we will enjoy dinner on your own at a local establishment, Applebee's. **Reservations will be available as long as space permits. Payments are now due and are no longer refundable. Member Cost \$92, Non-member Resident \$102, Non-member Non-Resident \$112. Price includes transportation and show.**

TREASURE ISLAND MUSICAL

Maine State Music Theatre

Thursday, July 11th - TBA

SET SAIL ON THE JOURNEY OF A LIFETIME! Roll with us as we visit the Maine State Music Theatre to see the musical production of "Treasure Island" (afternoon performance) as we join young Jim Hawkins on the adventure of a lifetime as Robert Louis Stevenson's classic tale comes to musical life. After the death of Jim's father, Dr. Livesey and Squire Trelawney are charged with protecting Jim on the voyage, but Long John Silver has other plans for them all. When they get to Skeleton Island the whole adventure takes a turn. Join us to see how young Jim navigates all the twists and turns in this swashbuckling high seas journey. Set to a majestic and exhilarating score, Treasure Island by Robin and Clark is an expedition not to be missed. After the show we will enjoy dinner on your own at one of our favorite restaurants, Applebee's. **Reservations will be available as long as space permits. Payments are now due and are no longer refundable. Member Cost \$92, Non-member Resident \$102, Non-member Non-Resident \$102. Price includes transportation and show.**

**“MUSIC OF ANDREW LLOYD WEBBER”
Special Event Invitation—Maine State Music Theatre
Monday, July 29th - TBA**

Plan to join us as we visit Maine State Music Theatre for the performance of “Music by Andrew Lloyd Webber”. This is a special event invitation that Maine State Music Theatre has started on Mondays. Sit back, listen and enjoy the awesome music of the Oscar, Grammy and Tony-winning legend Andrew Lloyd Webber – the composer of some of the world’s best-known musicals. The show includes much loved standards from Phantom of the Opera, Cats, Evita, Jesus Christ Superstar, Joseph and the Amazing Technicolor Dreamcoat, Sunset Boulevard, and more. After the performance we will enjoy dinner on your own at a local Applebees. **Reservations will be available as long as space permits. Payments are due by July 2nd and your reservation is no longer refundable after July 2nd. Member Cost \$92, Non-member Resident \$102, Non-member Non-Resident \$102. Price includes transportation and show.**

HELLO DOLLY

**Maine State Music Theatre
Thursday, August 1st - TBA**

Mark your calendars and plan to join us as we visit the Maine State Music Theatre and see the musical performance of “Hello Dolly.” The musical show, “HELLO DOLLY” is a blockbuster Broadway hit, that bursts with humor, romance, high-energy dancing, and some of the greatest songs in musical theater history. The musical follows the romantic and comic exploits of Dolly Gallagher Levi (a strong-willed matchmaker), as she travels to New York to find a match for the miserly “well-known unmarried half-a-millionaire” Horace Vandergelder. The show’s memorable songs include “Put On Your Sunday Clothes,” “Ribbons Down My Back,” “Before the Parade Passes By,” “Hello, Dolly!,” “Elegance,” and “It Only Takes a Moment. After the performance we will enjoy dinner on your own at a local Applebees. **Reservations will be available as long as space permits. Payments are due by July 2nd and your reservation is no longer refundable after July 2nd. Member Cost \$82, Resident/Non-member Cost \$92, Non-Resident/Non-member Cost \$102. Price includes transportation and show.**

WIZARD OF OZ

**Maine State Music Theatre
Thursday, August 15th - TBA**

Mark your calendars and plan to join us as we visit the Maine State Music Theatre and see the musical performance of “The Wizard of Oz.” As you know, there truly is no place like home as the greatest family musical of all time, The Wizard of Oz, twists its way to the Pickard Theater! The entire family will delight in lavish costumes, spectacular sets and the songs “Over The Rainbow,” “Munchkinland (Ding Dong! The Witch Is Dead),” “If I

Only Had A Brain/A Heart/The Nerve,” “We’re Off To See The Wizard (Follow The Yellow Brick Road),” and “The Merry Old Land of Oz.” This musical performance will bring back many memories of your childhood as this is a musical that truly never gets old. After the performance we will enjoy dinner on your own at a local Applebees. **Reservations will be available as long as space permits. Payments are due by July 2nd and your reservation is no longer refundable after July 2nd. Member Cost \$82, Resident/Non-member Cost \$92, Non-Resident/Non-member Cost \$102. Price includes transportation and show.**

**YANKEE HOMECOMING MARKET
PLACE - NEWBURYPORT, MA**

Friday, August 2, 2019

Each year Newburyport MA celebrates it’s Yankee Homecoming Celebration with many week long events. We are excited to be able to offer you this unique trip as we enjoy the annual Yankee Homecoming Marketplace. Local downtown businesses on this day offer wine tasting, free samples, discounts, etc. Explore the waterfront where local craft vendors display their goods at the Annual Craft Fair Day. Enjoy lunch on your own at one of the favorite local eateries or grab a sandwich or meal from a local vendor and enjoy your lunch at the benches on the waterfront overlooking the marina on the Merrimac River. **Reservations will be available as long as space permits. Payments are due by July 2nd and your reservation is no longer refundable after July 2nd. Member Cost \$15.**

OUT ‘N’ ABOUT BREAKFAST CLUB

Due to scheduling conflicts this month we will not be offering Breakfast Club this month. Watch your August Scoop to see where we will be rolling to Breakfast next.

OUT ‘N’ ABOUT DINNER CLUB

Grille 28 - Portsmouth, NH

Tuesday, July 30th - 3:45pm

We are excited to be heading to one of our favorites, Grille 28 at Pease Golf Club. This is one of our most awesome venues to enjoy dinner with our friends. Their menu has a variety of offerings to everyone’s tastes. They are excited to have our Dinner Club back to join them as they start their summer Gold Season. So mark your calendars and plan to join us. Our mini bus will be leaving the Senior Center at 3:45pm - 4:00pm. Dinner reservations are at 4:30-4:45pm. **Registrations will be accepted beginning Wednesday, July 3rd as long as space permits. Walk-in registrations at 9:00am and telephone and all other registrations from 10:00am on. Cost for mini bus transport \$5.00.**

NATURAL MEDICINE LECTURE SERIES

Wednesday, July 31 – Fatigue 10:30 AM

We are excited to offer a “NEW PROGRAM SERIES” to our members. We have partnered with The LYF Center, which is a Naturopathic Clinic focusing on Chronic Disease Management, and are hosting a free lecture series on how natural medicine can improve various medical conditions. The lecture events are intended to create awareness and applicable information on how natural medicine can make a difference and ease the symptoms of chronic disease. We will discuss how nutrition, certain supplements, and targeted therapies can improve quality of life and reverse disease processes. Each lecture will have a specific chronic condition that is addressed. This lecture series is delivered by Dr. Darlyn Dragg from The LYF Center. Dr. Darlyn Dragg is a Naturopathic Doctor who specializes in the natural treatment on chronic disease. She is a graduate from Southwest College of Naturopathic Medicine and completed her residency in Portsmouth, NH with a specialty in Oncology.

Each free lecture will contain information on the various causes of the condition and how to holistically approach the treatment of the condition. There are a vast variety of different natural remedies for any chronic condition. Each lecture will also discuss how an individual can select an approach that will likely make a big difference. The following dates and times are upcoming topics that will be discussed. Please mark your calendars and plan to join us for this very informative program series. We are very excited to have this lecture series at The York Senior Center. Please bring yourself and any friend that you feel could benefit. The following are upcoming topics LYF and Dr. Dragg will be addressing.

Wed., Aug. 28 – Sleep Disorders 10:30 AM

Wed., Sept. 25 – Incontinence 10:30 AM

Wed., Dec. 4 – Depression & Anxiety 10:30 AM

This is a Lunch & Learn Program. If you plan to join us for the presentation, your lunch is \$1 off today. When you register for this program, please also remember to register for lunch!

EVERYDAY LEARNING SERIES EVERYONE SHOULD REALLY KNOW ABOUT

Presented by Humana Learning Series

Tues., Aug. 13 – Healthy Vision – 10:30 AM

Thurs., Sept. 12 – Positive Thinking – 10:30 AM

Healthy Brain: Dementia and Alzheimer's disease can be scary, but there are things you can do to keep your brain healthy. Find out how staying active, being social, training your brain, and eating a healthy diet can help.

Did you ever wonder if there were activities and things you do in your everyday life to keep your brain healthy? Have you ever wondered what should you do if you start forgetting things, cannot find your keys, what you planned to do or currently was doing? What are your food labels really telling you? Well, this presentation is for you. Research has shown it is never too late to start protecting your brain and keeping it healthy. Mark your calendars and plan to join us and find out

ways to stay active, how being social, and how to train your brain and how to eat healthy diet can help you in many ways. You will be amazed. **This is a Lunch & Learn Program. If you plan to join us for the presentation, your lunch is \$1 off today. When you register for this program, please also remember to register for lunch!**

YOUR HOME LUNCH & LEARN SERIES SO IT'S TIME TO SELL THE HOUSE

Wed., July 17th - 10:30am

Wed., August 14th - 1:00pm

Wed., September 18th - 10:30am

If you've been thinking about making a change and thought about “downsizing” or “right sizing” the place you call home then this is a not to be missed. Whether you owned your home for 40+ years or just 4+ years, times have changed in the way real estate is presented, marketed and sold. We're excited to have you attend and meet Steve Bousquet. Steve brings his 25 plus years of experience in real estate to this event and you're sure to come away with the information and wisdom you'll need to make sure that the decision you make will be the right one for you. **This is a Lunch & Learn Program. If you plan to join us for the presentation, your lunch is \$1 off today. When you register for this program, please also remember to register for lunch!**

SO IT'S TIME TO BUY YOUR HOME

Wed., July 17th - 1:00pm

Wed., August 14th - 10:30am

Wed., September 18th - 1:00pm

Have you been thinking of purchasing a home and you're not sure where to begin? This seminar has been developed with you in mind. Times continue to change at a rapid-fire pace in the way real estate is presented, marketed and purchased. You'll be sure come away with the information and wisdom to take the next step. This is a very informational program and could be very beneficial to you on deciding whether to downsize to a smaller home to accommodate your upcoming years in the future. **This is a Lunch & Learn Program. If you plan to join us for the presentation, your lunch is \$1 off today. When you register for this program, please also remember to register for lunch!**



“I do weights for muscle health, cardio for heart health and chocolate for mental health.”

ENHANCING MOOD & EMOTIONS WITH ESSENTIAL OILS SERIES

Benefits for your life with essential oils

Make & Take Thieves Tub/Tile Cleaner - Cost \$7

Tuesday, July 9th - 10:30am

We are excited to bring this popular series back. Not only will you be making a take home product, we will talk about some of the science behind Thoughts and Emotions. Studies conclusively link more chronic diseases, also known as lifestyle diseases, to an epidemic of Toxic Emotions in our culture. The way we think affects our Spiritual Health, our Physical Health, and our Emotional Health. Hear how Essentials Oils can support Mood and Emotions in a powerful way and which ones we can use/recipes.

In this class we will cover the importance of Detoxifying your home and how to do it. You are the gatekeeper of your home and no one is looking out for your health. It's never been more important to be your own health advocate.

- We'll talk about the 2 things that will drive your body away from health
- We'll discuss some of the top harsh chemicals hiding in our everyday products and what their effects are on the body
- We will make a homemade Thieves Tub/Tile cleaner

Please bring yourself and any friend that you feel could benefit. Class size is limited so sign up July 3. Homemade DIY product: Homemade Thieves Tub/Tile cleaner Cost: \$7

Also remember, you will make and take home your own product and start enhancing your own mood and emotions as well as your overall health. You will surely be amazed of the essential health benefits your health will receive. In this class not only will make the product but you will receive the recipe to make it again for yourself or for a gift to someone special. The following dates and times are upcoming topics that will be discussed. Please mark your calendars and plan to join us for this very informative July 9th - 10:30am - Make & Take Thieves Tub/Tile cleaner - Cost \$7.

August 27th - 10:30am - Supporting Good Cholesterol Levels using Essential Oils

Make & Take TBA - Cost TBA

DROP IN Q&A WITH AMBER SHAW

Tuesday, July 9th - 10:30am

Are you becoming eligible for retirement and need information regarding what Medicare insurance plans are available, or do you just have a question regarding your current insurance or Medicare plan? Amber Shaw, licensed insurance producer, will be available at the Senior Center once each month to discuss any questions or concerns you might have.

GOOD SHEPHERD FOOD BANK HANNAFORD DONATIONS

Mondays - 8:30am

Every Monday morning we collect food and produce donated by Hannaford. We ask that each person sign in and fill only one normal sized grocery shopping bag per household so that all might benefit. Our donations vary from week to week.

REIKI HEALING

Tuesdays, July 2, 9, 16, 23 & 30th - 9:00am - 12:00pm

Schedule your visit with one of our members, Monica Tupper for Reiki. Monica is a Reiki Master Practitioner who will offer treatments in reiki. Reiki is a natural energy healing using light touch or no touch to promote chakra balance, well-being, stress reduction, and relaxation for all ages and levels of health as a whole. A treatment can relieve the pain of migraines, back and joint pain, depression, anxiety, along with many other life challenges. Reiki does not interfere with other medical therapies and treatments. Monica will offer 30-minute sessions at the Senior Center, which you must make an appointment for in advance. **Cost \$12 payable to the Reiki Practitioner. Please register in the office.**

FACIALS

YOU CHOOSE - DAYTIME APPOINTMENTS OR EVENING APPOINTMENTS

DAY: Thursday - July 11, 18 & 25 - 11:30am - 4pm

EVE: Mondays - July 1, 8, 15, 22 & 29 - 4:00pm - 6pm

We are excited to offer a facial services with Esthetician, Michelle Weagle. Michelle will bring her professional experience to help you feel less stressed and look your best! Michelle will be offering this facial service each Thursday during the day or Monday, during the evening, by appointment only. For those who work during the day, perhaps you can schedule some relaxing stress relief on your way home before settling in for the evening. Michelle will be using high quality ingredients of medical grade skin care products and schedule facials in half hour intervals. Call and make your appointment today! **Member Cost \$12, Non-members \$15.**

“NEW” SPLASH PAINT & POUR

Wednesday, July 10th - 10:15am

Wow!!! Looking for something super cool to do? Something to relax you? Something to show off your artistry talents, even if you're NOT an artist or you've not ever painted? Well then, this is the class for you! We are excited to have Deb Sutton join us and share her talents with her craft of "Paint & Pour". In this class you'll create a unique masterpiece that you'll be proud to display on your wall, give as a gift, or keep for your own. Deb will show you how and you'll be amazed just how different each artwork is. The best part is that you'll have fun doing it! Join us and find that hidden talent you didn't know you had. Some of you may recognize Deb who was a nurse at our flu clinic last fall. No, she won't be giving shots that day, just teaching you to paint and pour your own masterpiece! **Registrations are available as long as space permits. Cost \$10 payable to the instructor.**

ZENTANGLE with JOYCE AMEND, CZT

Friday - July 19th - 2:00-3:30pm

Join in the Zentangle fun... for anyone and everyone! Welcome to those with previous Zentangle experience, or anyone who wants to try it for the first time! No drawing experience required. Relaxing and fun! Beautiful pen and ink projects each month. Bring your kits. First-timers may borrow materials to "try out" Zentangle. Kits will be available for \$10 for future classes. **Member Cost \$10, Non-Member Cost \$12.** Please note that members will have priority as space is limited for this class. Participants may register themselves online or contact the office. **Payment must be made at time of registration.**

MANDALA DOT PAINTING

with Joyce Amend

Thursday, July 25th - 2:00pm - 4:00pm

Beautiful Dot Mandalas are meditative symbols created by painting intricate patterns of dots using special dotting tools and acrylic paints. No artistic experience required. A kit consisting of special dotting tools, palette tray, rubber gloves, share of paints, item to paint and more will be required at your first class for a one-time \$15.00 fee – payable to instructor. This is in addition to the class fee. **Member Cost \$10, Non-Member Cost \$12. Please note that members will have priority as space is limited for this class.** Participants may register themselves online or contact the office. **Payment must be made at time of registration.**

UKULELE IS BACK - LESSONS & FUN

(Includes mandolins, banjos and guitars)

**Wednesdays, July 10, 17, 24, 31, August 7, and 14th
with recital on the 21st**

All classes and recital at 1:00pm

Do you currently play the ukulele or want to learn to play? If you do play, have you always wanted to play with other people in a low key, no stress environment just for fun? Well this is a great opportunity for you. We are excited to be able to offer this program to you. This program will be held on Wednesdays for 10 weeks starting June 5th. Playing music with others is an important part of getting better at an instrument, yet this often the hardest thing for people to do. This is an opportunity to play songs with other people in a relaxed atmosphere. The goal of the group is to have fun while getting better at the ukulele. The songs we will be playing are straightforward. There is no need to be overly concerned with your ability level. Alternate fingerings will be given to those who are just starting out. If you play another acoustic instrument – banjo, mandolin, guitar, that is fine.....bring it. This class will be taught by Jason Crigler. He is a teacher at Berwick Academy and the Portsmouth Music and Arts Center. As a Guitarist, Jason has toured and/or recorded with numerous artists including John Cale, Marshall Crenshaw, Linda Thompson, Erin Mckeown, and Teddy Thompson. He also has appeared on the Late Night show with David Letterman as well as Later... with Jools Holland. Jason has composed and recorded music for a number of independent film and ad campaigns. Jason studied at the Berklee College of Music and has been teaching for over twenty years. We are now accepting registrations for this 10-week program. **Participants must register for the full pro-**

gram. There is no pay-as-you-go option available. Cost: \$70 for 10-weeks (a GREAT DEAL with a savings of over \$30!)

BRING YOUR OWN CRAFT CLUB

Tuesdays - 1:00pm

Are you a crafter who enjoys working on your project in the company of like-minded folks? This is the "crafternoon" for you! By far the most popular craft on Tuesdays is knitting, however we welcome all crafters to join in the camaraderie of a productive work session. It's simple, just pack up your project and come on down to the center and join us! Coffee, tea and great conversation are always included.

CHESS

Monday - 1:00pm

We've added chess to our weekly lineup! If you like to play chess, come in on Mondays at 1pm and you can enjoy a game or two of chess! Don't know how? No problem, our players are willing to teach you

CRIBBAGE

Monday - Friday 8:30am

Join us for cribbage any morning or every morning! We play from 8:30am until 11:30am daily. While you're here, feel free to enjoy some breakfast refreshments and camaraderie. The more, the merrier - all are welcome!

BRIDGE

Tuesdays and Thursdays 1:00pm

We've had many requests for bridge and we're offering it at York Senior Center. If you are an avid bridge player and want to play, this is for you as well! This is a great way to spend an afternoon as well as meet new friends! We have a member who is coordinating foursomes for Bridge. If you are interested in playing this popular card game, then please contact us (207) 363-1036. **We are looking for more players!**

DOMINOES

Mondays, Wednesdays & Fridays - 1:00pm

Come and join the fun of Dominoes on Mondays, Wednesdays and Fridays at 1:00pm. Our group plays the game called "Mexican Train." Join us for afternoons of domino fun!

HAND AND FOOT

Tuesdays - 1:00pm

Come and enjoy an afternoon of fun playing Hand and Foot. Hand and Foot is a North American game related to Canasta, where each player is dealt two sets of cards, one is the hand which is played first and the other is the foot which is played when the hand has been used up. We're happy to report that we have several players! Some have played before, while others are learning. This is a quick game to learn and everyone is willing to help! Join us on Tuesday afternoon!

LEARN HOW TO PLAY MAHJONG

Thursdays – 1:00pm

Interested in learning Mahjong? Now you can learn Mahjong or just brush up your skills with our beginner Mahjong group that meets each Thursday afternoon at 1:00pm. Please join this fun group. You're welcome to come whether you are an experienced player or someone who wants to learn how to play!



**"I have a diversified retirement plan:
sometimes I wish for money, sometimes
I hope for money, sometimes I pray for money..."**

MAHJONG

Fridays - 1:00pm

Mahjong is now "clicking" in our activity room so join the fun and play! Friday Mahjong is for the more experienced player.

POKER

Mondays & Wednesdays - 1:00pm

Poker has really taken off here at York Senior Center! We are now offering Poker twice each week! Mark your calendars and plan to join every Monday and Wednesday at 1:00pm in the dining room.

SCRABBLE

Mondays – 1:00pm

Our Scrabble group continues to grow. It is a great way to meet new people, learn new words, use the ones that you know and keep that memory going strong! All levels are welcome to join in the fun and challenge!

WII BOWLING

Thursdays - 1:00pm

Join us for some fun Wii bowling! Who doesn't remember their first date at the bowling alley or those bowling shirts and personalized bowling balls? The best part of Wii bowling is that anyone can do it, even you! No need to worry about

throwing your back out or hauling around a heavy ball. Success can be found with the gentle motions of a remote control. You can even sit down if it's easier for you. We hope that you'll plan to give it a try, it's a lot of fun and ALL are welcome!

BALLROOM DANCING

Mondays - 10:00am - Noon

Have you ever wanted to learn to ballroom dance? Did you know that ballroom dancing is GREAT exercise? We are excited to be able to offer ballroom dance lessons at York Senior Center and are fortunate to have Luis Nagle, Professional Ballroom Dancer and Instructor. Luis has instructed for many years at the Portsmouth Ballroom and he's excited to offer this program for our Senior Center. You don't even need a partner to learn! If you have a partner, great, bring them with you. This class will begin on Mondays at 10:00am and run until noon. Please call the Senior Center to register for this program as space is limited. **Cost: Members; \$5.00 per class, Non-Members \$7.00 per class.** Please note that members will have priority as space is limited for this class. ***So get your dancing shoes ready to swing!!!!***

BALANCE & STRENGTHENING AND STRENGTHENING FOOD FACTS

Tuesday, July 16th - 1:00pm - 1:45pm

Join Janis for a gentle workout to help strengthen your joints and improve your balance. This is a low key workout designed work with vertigo, neuropathy, memory issues, joint cartilage, plus much more. Mark your calendars and join us for this program.

BLOOD GLUCOSE SCREENING

Tuesday, July 16th - 10:30am

The York Ambulance Association joins us on the third Tuesday of every month to provide a finger stick blood glucose screening for any member interested in having their glucose levels tested. The staff from the Ambulance Association will also be available to provide blood pressure checks. Be sure to stop in any time between 10:30am - 11:30am to have your glucose and blood pressure checked.

EXERCISE GROUP

Monday, Wednesday & Fridays – 9:00am

All are invited to join us three times each week for this popular, video-led exercise program. If you have set a goal to move more and improve your overall health, then this is the class for you. This is a free program.

FOOT CARE SERVICE YORK HOSPITAL

Wednesdays - 8:00-11:00am

The Senior Center offers a foot care clinic on Wednesdays, courtesy of York Hospital. This service is available by appointment only, so please call to make your appointment (207) 363-1036. Cost \$15.00.



“Try choking up on it a little bit.”

BLOOD PRESSURE CLINIC

Wednesdays - 9:00-9:30am

The Senior Center offers a walk-in blood pressure clinic on Wednesdays between foot care appointments.

LINE DANCING

Fridays - 10:30am

We are so excited that one of our members, Diane Anderson, who currently teaches Line Dancing at the Wells Senior Center, has agreed to instruct here at York Senior Center too! Cost is \$2.00 per person, payable to the instructor.

TAI CHI

Fridays 12:45pm - Newcomers Welcome!

Tai Chi is an ancient Chinese exercise that is well known for its health benefits including balance, memory and meditation. We hope that you'll plan to join us for some Tai Chi on Friday afternoons at 12:45pm. No experience necessary, just wear comfortable clothes and shoes and we will guide you through the rest. There is currently no charge to participate in this class.

YOGA FOR STRONG BONES WITH PAT FITZGERALD, E-RYT

Mondays - 12:45 PM

Yoga for Strong Bones is a modified series of traditional poses, which can be done by almost anyone of any age or ability. We'll place special emphasis on “bone-safe yoga” (for those with osteoporosis or osteopenia), balance, and fall prevention. Props, chairs, or walls can be used to make poses accessible and to provide support and safety in balance poses. The class gently helps you build strength, increase flexibility, improve mental clarity, and energize the body. Flexibility is an outcome of yoga, not a prerequisite. Please bring a yoga mat if you have one and your favorite props and wear comfortable clothing that allows you to move freely. There is a \$5 drop-in fee for members and \$7 for non-members. Pat FitzGerald, e-RYT, is a certified yoga instructor, an osteoporosis educator and an older

adult fitness instructor.

ZUMBA GOLD

Tuesdays & Thursdays at 8:30am

Zumba has been a big hit with Nina El-Badry, Christine Antonucci, and Anita Augustyniak, our own Zumba Gold instructors! Everyone is movin' and shakin'. Come in Tuesday and Thursday mornings and join the fun! If you've never tried Zumba, this is a great time to start. **Open to members \$5 class, and non-members \$7 per class. Preference will be given to our members in the event of a full class.**

DO YOU “CLYNK”? WE DO!

Don't have enough cans for a full bag at home? We have a bag here at the Center for your cans...just bring them by! That's right! Hannaford's CLYNK program is going strong at York Senior Center. We hope that you will join us in this fundraising effort, which is a year-round bottle drive. It's simple to contribute...pick up a Senior Center CLYNK bag here at the Center, fill it with all of your returnables and drop it off at York Hannaford. As always, we thank you for your help and supporting York Senior Center!

DINING ROOM NOTES

There have been many instances lately where folks have arrived for dinner and find they aren't on the dining list. We encourage everyone to sign up daily or weekly, making certain that the choice of meal or dates/days you wish to register for are correct. We aren't always able to accommodate last minute registrations, so please register early!

Holiday and special meals will now be registered and paid for in the office in advance. Registrations for those meals will begin the first day of each month. Registrations will end 4 days before the event, as long as space permits. Unfortunately, we will not be offering take-out or 'to go' meals on holiday or special meal days. Please take a moment to bring in a container on those days to package any leftovers you may want to take home with you.

CHECKLIST

- ✓ Register for lunches for the week or month.
- ✓ Double check your days/dates and meal choices.
- ✓ Bring a container in to pack up any leftovers you want to take home with you.

YORK SENIOR CENTER CONDUCT POLICY

All Participants in Parks and Recreation Department programs, including the York Senior Center, are expected to behave in a proper and respectful manner. We will not tolerate any inappropriate behavior or language, harassment of any kind, destruction of property, or any other behavior deemed inappropriate by the staff. In accordance with the severity and frequency of behavior, the Parks and Recreation Department reserves the right to dismiss participants from the Center and any programs sponsored by the Center.



TRANSPORTATION



Live in York?
Need a Ride?
Call 207-351-1828

New Local Ride Service Offered to York Residents by York Housing's Neighborhood Network Program

York Housing's Neighborhood Network program has begun piloting a transportation service to residents of York along with our partners, York Senior Center, York Community Service Association, and York Hospital.

Rides to locations throughout York and adjacent towns are available on a first come, first served basis, **Monday-Friday mornings from 9am - noon.**

Each round-trip ride costs \$2. We recommend that riders call at least 48 hours in advance to arrange a ride.

To register for the service, call **Sarah at 207-351-1828** or email coordinator@neighborhoodnetwork.me



York Underbelly
AT FOSTERS
An evening of dinner theater at it's finest!

July 24 & 31 and August 7 & 14

Enjoy a Foster's authentic New England Lobster Bake with all the fixings, while you learn about York's grittier and most scandalous history through the lens of costumed characters in this raucous interactive musical stand up performance.

Schedule: 6pm Doors / Bar
6:30pm Lobsterbake - 7pm Performance

Tickets: \$39.99 Show & Dinner (17 and Up)

Reservations: Please call Foster's Clambakes

George Hosker-Bouley is Silas Deane, the Double Agent. A renowned seacoast talent, George is the former artistic and executive director of the Prescott Park Arts Festival, an award-winning playwright, and creator of the Portsmouth Underbelly Tours.

Sarah Shanahan is Olive Madbury, the bawdy and scandalous tavern wench. Sarah is known for her broad portrayals of women on both sides of the fence and is the winner and multiple nominee for Best Actress in a Musical for the Spotlight on the Arts Awards.

Check out Silas and Olive on their website at: underbellyports.net

Lobster Bake Menu

New England Clam Chowder
Maine Lobster with Hot Drawn Butter
Sweet Corn on the Cob
Roasted Red Bliss Potatoes & Onions
Rolls & Butter



FOSTER'S
CLAMBAKES & CATERING

5 Axholme Road, York Harbor, ME
(Corner of Rt 1A and Axholme Road)
feast@fostersclambake.com
www.fostersclambake.com
207-363-3255

DNA TESTING SCAMS

A new Medicare scam involves "free" DNA swab tests as health screenings. You may visit a booth at a health fair or receive a flyer in the mail offering an incentive for signing up for a DNA sample. Before engaging, consider that genetic tests must be ordered by your doctor and must be medically necessary to be covered by Medicare. Scammers use these tactics to steal your insurance information and sensitive medical information. Additionally, some might sell your DNA information to third party companies AND you will still owe the costs since they aren't covered by your insurance plan. Know the risks and speak to your doctor and insurance provider before agreeing to "no-cost" tests and lengthy medical history assessments.



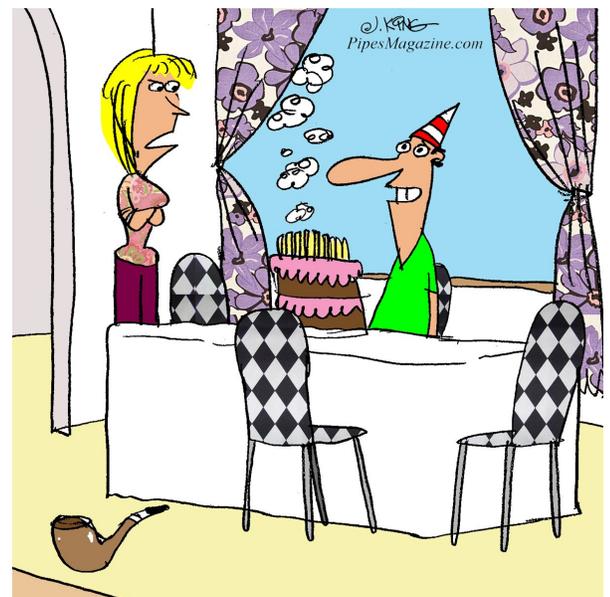
©Glasbergen
-GLASBERGEN
“I do so help around the house! I keep dust off the recliner and make sure all of the remotes are working properly!”

JULY

anniversaries

Gerald	Gravelle	01	Red	Crossman	19
Donald	Holland	01	Elaine	Curry	19
Penny	Eldridge	02	Beverly	Link	19
Ruth	Nettles	03	Jim	Healy	20
Ruth	Swift	03	Randy	Marshall	20
Steven	Zetterberg	04	Joyce	Campina	21
Barbara	Micciche	05	Lorraine	Fournier	21
Charles	Monroe	05	Sue	Luby	22
Dan	Rioux	05	Libby	Mussman	22
Jacqueline	Valentino	05	Gail	Lanouette	23
Judy	Gaudet	06	Donna	Tholander	23
Joan	Westerfield	06	Carol	Dillon	24
Peter	DelMastro	07	Bob	Ford	24
Carol	Grover	07	Eileen	Traill	24
Charles	Smith	07	William	Bannister	25
Ellen	Smith	07	Beverly	Bedell	25
Allan	Bisognani	08	Trenor	Goodell	25
Elsie	Kerrigan	08	Anna	Grignon	25
Maurice	Murphy	08	Sandra	Kaan	25
Sandra	Wing	08	Rosemary	Leblanc-Considine	25
Paul	Armell	09	Frederick	Taylor	25
Sandy	Bloom	09	Beverly	Albrecht	26
Loring	DeAgazio	09	Georgia	Arn	26
Phyllis	Newman	09	Patty	Morreale	26
Marsha	Temple	10	Francis	Zanca	26
Gail	Kenney	11	Claire	Ashness	27
John	Bridges	12	Thomas	Casey	27
Gerry	Winn	12	Ann	Kalwell	27
Frank	Kalwell	13	Susan	West	27
Dr. Davis	Roberts	13	Katherine	Dupuis	28
Marilyn	O'Neil	14	Donna	Sebastianski	28
“Winkie” Marilyn	Patten	14	Pauline	Smith	28
Paricia Anne	White-Jelen	14	Bob	Stewart	28
Ann Marie	Cooley	15	Dora	Hoffses	29
Robert	Pecunies	15	Barbara	Hoppe	29
Helene	Byrne	16	Robert	Knowles	29
Brenda	Matson	16	Anita	Rajotte	29
Joanne	Skofield	16	Betty	Ward	29
Douglas	Thomas	16	Alice	Casey	30
Jeanette	DiSabatino	17	Linda	Monagle	30
Barbara	Icovitti	17	Val	Perry	30
Steve	Losier	17	Linda	Roberts	30
Ralph	Corette	19			

David Vose	& Donna	Vose	01
George Lawruk	& Jacqueline	Lawruk	02
Charles DeLuca	& Jan	DeLuca	03
Charles Piazza	& Cheryl	Piazza	05
Andre Jette	& Cheryl	Ewen Jette	07
Robert Holt	& Aphrodite	Holt	08
Ed Corcoran	& Kathleen	Corcoran	09
Ernest Wiswell	& Sharon	Wiswell	11
Jim Plourde	& Jean	Plourde	12
Ron Vincent	& Margaret	Vincent	12
Ralph Luby	& Sue	Luby	22
Jim Harris	& Linda	Harris	24
Gerald Parent	& Cheryl	Parent	25
Robert Parker	& Thelma	Parker	26
Robert Parker	& Thelma	Parker	26
Frederick Souza	& Margaret	Souza	28
John Buja	& Philomena	Buja	29
Russell Beaulieu	& June	Beaulieu	29



“My mom just turned into a pipe. May I ask what you wished for when you blew out your Birthday candles?”

Hi Everyone—

Summer is now in full swing at York Senior Center! We started off with a huge Summer Sizzle Sale. Many thanks to all who came, shopped and enjoyed lunch from our ala carte menu. We were able to offer a wide variety of new items, including plants, cash and carry baskets, potted plants, electronics and even basket raffles! The many donations received were priced, organized and sorted by a large number of dedicated volunteers who made this the most successful sale we've ever had. Thank you to all of the volunteers who worked so diligently! We are hoping you will mark your calendars for our upcoming Jingle Sale to be held November 22nd and 23rd from 8:30am to 3:00pm, where we'll also have basket raffles, and a queen size quilt raffle.

We're pleased that York's Masons will be cooking lobsters for our annual lobster bake, which is always a huge hit. They seem to have a knack for choosing the hottest day to steam and prep lobsters for our enjoyment each year. We'll also have clam chowder, corn on the cob, potato salad, watermelon and blueberry crumb cake! We'll start taking registrations on July 2nd. Sorry, we are not able to provide any 'take out' meals today. (*Please note that payments must be made at the time of registration.*) Lastly, if you think you may have leftovers you'd like to take home with you, please be sure to bring along plastic containers. We will have entertainment provided prior to the luncheon, beginning at 10:30am—so come early and enjoy!

Don't miss our Lunch & Learn on July 11th featuring Ioanna Opidee, author of "Walking Slow". This will be a 'meet the author' event you book club members won't want to miss! Ioanna's book has been very popular with book clubs so many of you may have read her book, "Walking Slow". We hope you'll come in and meet her.

If you love Foxwoods, register to join us for the trip scheduled from August 19th - 22nd and you'll be able to enjoy all Foxwoods Resort Casino has to offer! We'll spend 3 nights and also visit Mystic Seaport, the Newport Mansions, and also enjoy a guided tour of Newport!

We hope you'll all enjoy the long break for the 4th of July! We'll be closing at noontime on July 3rd and remain closed through July 5th. See you all when regular hours resume on July 8th. Have a safe and happy 4th!

Brenda, Janis, Nancy, Bob & Syd

Town of York Senior Center
36 Main Street
York, ME 03909

US POSTAGE

PAID

York Beach, ME 03910

Permit No. 18

