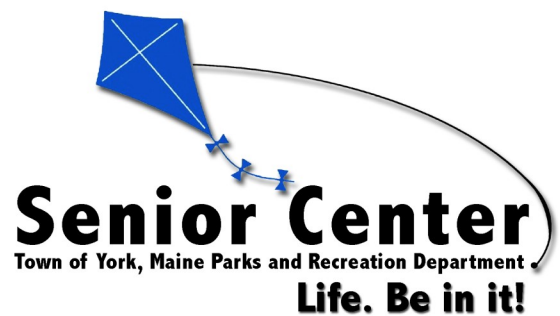


# The Scoop



Robin Cogger, Parks & Recreation Director  
Janis Marshall-Colby, Program Coordinator  
Nancy Garfield, Chef  
Robert Ford, Kitchen Utility  
Sydney Wakefield, Custodian



[yorkparksandrec.org](http://yorkparksandrec.org)

Volume 39 Issue 5

Phone: 207-363-1036

Fax: 207-363-1032

Aug./Sept. 2019

## BEYOND THE PAGES, BOOK DISCUSSION -

**Thurs., Sept. 12 - 1:00 PM**

### “Walking Slow” by Ioanna Opidee

Now that you have had a chance to meet the Author, Ioanna, and time to read her book, please mark your calendars and plan to join us and discuss this awesome book. I have also invited Ioanna to join us this day, as I am sure she would love to hear you share your thoughts about her writing. See you there.

## “NEW” ACRYLIC DUTCH POUR PAINTING W/ Joyce Amend

**Wed., Sept. 18 - 1:30-3:00PM**

This class will focus on the Dutch Pour method of painting, a fun and easy way to create one-of-a-kind abstract works of art. Even if you've never painted before and don't consider yourself an artist, this technique is something anyone can do. All it takes is the right supplies and a little know-how, (which Joyce will show you). Participants must register in advance at the Sr. Center, (207) 363-1036. Cost \$10.00 (\$12/ non-members). Plus, pay a \$3 material fee to the instructor. Limited enrollment.

## “THANK YOU”

A **HUGE** thank you to Bob Hoyt and St. Aspinquid Masonic Lodge members for cooking all the delicious Lobsters and corn for our Annual Lobster Bake in July. Also thank you to our own Nancy, Bob, and all the volunteers who prepared the chowder and all the fixings with our Lobster Bake as well. A **SUPER** time was had by all.

**SENIOR CENTER CLOSED  
MON., SEPT. 2 - LABOR DAY**

## “STEAKOUT” & ENTERTAINMENT

**Wed., Sept. 18 - 12:00 PM/ 1:00 PM**

York Police will man the grills once again for our annual “Steakout.” Before the meal, join us at 10:30 AM for some entertainment featuring one of your favorites, “The Duo”, Wayne & Steve. You will have a choice of steak or chicken. **Steak - \$6.00 Chicken - \$5.00 . Please register in the office beginning Sept. 3. Reservations will be accepted as long as space permits until Friday, Sept. 13. Payment is due upon registration. Sorry—no take out meals today.**

## JINGLE SALE VOLUNTEER MEETING

**Wed., Sept. 4 - 1:00 PM**

It is never too early to start thinking, creating and organizing our Jingle Sale !! Before we know it, our annual Jingle sale will be here. If you would like to volunteer or help in any way, please mark your calendars and plan to join us for our first meeting. Bring any ideas or suggestions you may have to make our Jingle Sale as successful as it was in past years.. See you then. The more the merrier!!!

## WORLD CINEMA

**Sponsored by International Women’s Club of NE  
Thursday, Sept. 12 - 3:00pm**

**2010 US Film: True Grit:** After drifter Tom Chaney murders her father, 14-year-old Mattie Ross hires alcoholic U.S. Marshal Reuben "Rooster" Cogburn to help her exact revenge. The disreputable lawman still has grit, though, and mounts an epic search.

## ADVISORY BOARD MEETING

**TUES., SEPT. 17 @ 1:00 PM**

## “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 Senior Center at (207) 363-1036 for more information or to make your reservation.

#### RULES FOR PROGRAM REGISTRATION

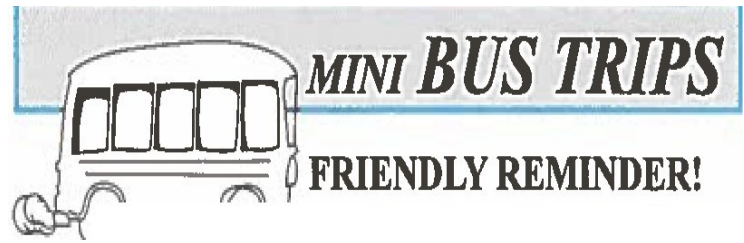
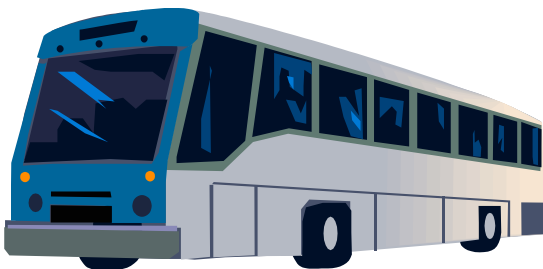
Registrations for trips and programs are as follows for each upcoming registration date:

- Walk in Registrations will begin at 9 AM
- Telephone or other registrations will be accepted from 10 AM 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.

### LANCASTER DUTCH & SHOW TRIP Sept. 30- Oct. 4 – TBA

Many of you have requested this great trip, so here is your opportunity to join us. We are currently working on trip to Lancaster, PA. While we are there, yes, we will be visiting some of our local favorites such as Kitchen Kettle Village, Bird in Hand Bakery, tour the Candle Factory, jam kitchen, etc as well other local tours. We will visit the “Amish Experience” attraction where you will learn and actually visit the re-created Homestead of Lizzie & Daniel Fisher. Included in this tour we are also working to include on our way back to York a stop in Philadelphia. We will enjoy a narrated luncheon cruise on the Spirit of Philadelphia. After enjoy free time in the Historical Philadelphia area. During your time you may visit the various historic homes, Independence Hall, the Liberty Bell etc. **Reservations are limited so make your reservation now** A deposit (refundable up to 45 days) of \$75 is due by Aug. 15. Remaining balance is due by Aug. 30. Cost Members: \$ 639/pp dbl Non-Members: \$ 669/pp dbl. Members: \$788/pp single Non-Members: \$818/pp single Cost includes (transportation, admissions, accommodations, 9 meals, and some gratuities) Call (207) 363-1036 .



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

Wed., Sept. 11 – TBA  
(Rescheduled from July 17)

SURPRISE SURPRISE!!! Yes, it is a Summer Surprise “Mystery” day. This trip was rescheduled from July 17 as the weather was too humid. Everyone has enjoyed our past 2 fall Mystery days, so this year we are adding a Mystery trip to our Summer schedule as well. So with a summer theme in mind, we will be visiting summer places that will really make you feel super and in the moment of total sunshine. One of the places will feature beautiful summer gardens everyone surely will enjoy and are totally magnificent to see. During this trip we will also enjoy lunch on your own at the venue’s café should you desire and en-route home we will be making a stop as well for dinner on our own. **Seats are limited so make your reservation starting now as long as space permits. Payments are due by Aug. 30 unless other arrangements have been made and your reservation is un-refundable after Aug. 30. Member Cost: \$58: Non Member/Resident \$68: Non Resident/ Non Member \$78 (includes transportation, admissions, etc).**

## TRIPVENUE 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.

### Wizard of Oz

(Maine State Music Theatre)

Thurs., Aug. 15., – 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 establishment, Applebee's. **Reservations will be available beginning Tues., June 2 as long as space permits.** Seating is limited. Payment is due now unless other arrangement are made. Please note after July 12 reservations are un-refundable. **Resident/Member Cost: \$82: Resident/Non Member Cost: \$92 Non Resident/Non Member Cost: \$102 (includes transportation, & show)**

## THREE DOG NIGHT IN CONCERT

Lowell Auditorium

(Evening Performance)

Thurs., Sept. 19 – TBA

We are excited to be able to have you be able to enjoy through the collaboration of one of our many new venues, a concert featuring one of probably favorite band groups back in the 60's & 70's that many of you may have danced to the music of "Three Dog Night." They were an upcoming band back in the day and got their popularity with their hit song, "Joy To The World." This song was also featured in the movie, "Forest Gump" soundtrack. Three Dog Night is an American rock band. They formed in 1967 with a line-up consisting of vocalists Danny Hutton, Cory Wells, and Chuck Negron. This lineup was soon augmented by Jimmy Greenspoon, Joe Schermie, Michael Allsup, and Floyd Sneed. The band registered 21 Billboard Top 40 hits between 1969 and 1975. We are excited to be able to obtain tickets to the tour as they come to the Lowell Auditorium for a special performance as they tour. Before the show we will enjoy dinner at the Chateau in Andover which IS included. **Reservations are available starting now as long as space permits. Payments are due by Sept. 1 unless other arrangements have been made and your reservation is non-refundable after Sept.1 . Member Cost: \$115 Non-Member Resident: \$125 Non-Member Non-Resident: \$135 (includes transportation, dinner & show)**

## Broadway Presents:

"BEAUTIFUL"

The Carole King Musical

Hanover Theatre – Worcester, MA

Thurs., Sept. 26 - TBA

Long before she was Carole King, chart-topping music legend, she was Carole Klein, Brooklyn girl with passion and Chutzpah. She fought her way to the record business as a teenager and by the time she reached her 20's, had the husband of her dreams and a flourishing career writing hits for the biggest acts in rock -n- roll. But it wasn't until her personal life began to crack that she finally managed to find her true voice. Beautiful, the Carole King musical tells the inspiring true story of King's remarkable rise to stardom, from being a part of a hit songwriting team with her husband, Gerry Coffin, to her relationship with fellow writers and best friends, Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music. She wrote the soundtrack to a new generation. This musical will feature a stunning array of beloved songs including, "I Feel the Earth Move Under My Feet," "One Fine Day," "A Natural Woman," "You've got a Friend", plus many more. We are excited to be able to obtain tickets to this Broadway Musical, which will feature it's original cast. Before the show we will enjoy dinner on your own at the "99 Restaurant," in Worcester. **Reservations are available now as long as space permits. Payments are due by now unless other arrangements have been made and your reservation is non-refundable after August 1 . Member Cost: \$96 , Non-Member Resident: \$106 Non-Member Non-Resident: \$116**

## CAROL BURNETT LIVE

(Evening Performance)

Thurs., Oct., 17 - TBA

We are so lucky to be able to obtain tickets for "special" performance, Carol Burnett LIVE. Carol is widely recognized by the public and her peers for her work on stage and screen, most notably, "The Carol Burnett Show" which ran for 11 years. It was Ms Burnett's artistic brilliance, her respect and appreciation of her fans and her graciousness, integrity, warmth and humor on and off screen that has made her one of the most beloved performers in entertainment and one of the most admired women in America.

During this show, An Evening of Laughter and Reflection, Carol will take questions from the audience and show video clips from her shows in a format that harkens back to the legendary openings of the "Carol Burnett Show," where her studio audience had an unfiltered opportunity to engage Carol with questions and receive spontaneous answers. **Reservations are available now as long as space permits. Payments are due by Sept. 13 unless other arrangements have been made and your reservation is non-refundable after Sept. 13 . Member Cost: \$142 , Non-Member Resident: \$152, Non-Member Non-Resident: \$162**



## A TRIBUTE TO THE BEATLES "BEATLEMANIA"

PSO—Merril Auditorium

Sat., Oct. 12—TBA

(Evening Performance)

Can it really be 50 years? Hear all your Beatles memories performed by the Portland Symphony. An unmatched Beatles symphonic experience, transcribed and arranged from the original multi-track Abbey Road masters. A magical, musical tour with singers and surprises from The Beatles archives. More than 25 Fab Four favorites! Before the show we will enjoy dinner on our own at a local eatery. Reservations are available NOW as long as space permits. Seating is limited. Payment is due by Sept. 13 unless other arrangement are made. Please note after Sept.13 reservations are un-refundable. Resident/Member Cost: \$78 Resident/Non Member Cost: \$88 Non Resident/Non Member Cost: \$98 (includes transportation, & show)

## OUT 'N' ABOUT BREAKFAST CLUB

Café Espresso - Portsmouth, NH

Thurs., Sept. 5 - 8:45am - ON BUS ONLY

We are excited to offer a trip to Café Espresso, Portsmouth, NH this month! This restaurant is a favorite of everyone's and offers many delicious choices to start your day, with a variety of eggs to order, as well as pancakes and French toast. Registrations will be accepted now 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 \$4.00.

## OUT 'N' ABOUT DINNER CLUB

110 Grille—Rochester, NH

Tuesday, Aug. 27 - 3:45pm—ON BUS ONLY

Join us for Dinner Club this month as we head for dinner to 110 Grill, Rochester NH. Registrations will be accepted beginning NOW 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.

## OUT 'N' ABOUT DINNER CLUB

Mystery Dinner

Tuesday, Sept. 24 - 3:45pm

Join us for Dinner Club this month as we head for another Mystery Dinner! Everyone likes a nice surprise and we have had great success with our mystery meals. Come and join in the fun and camaraderie of our mystery dinners. Registrations will be accepted beginning Wed., Sept. 4 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

## LUNCH & LEARNS

### NATURAL MEDICINE LECTURE SERIES

LYF Center, Dr. Dragg

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

Wed., Sept. 25 - Incontinence 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., Oct. TBA—CBD—What Is It ? Good and Bad issues? How can it Improve Your Life? How To Use Properly? Side Effects?

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!



## **LUNCH & LEARNS—Cont'd SO IT'S TIME TO SELL THE HOUSE**

**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., 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**

## **ENHANCING MOOD & EMOTIONS WITH ESSENTIAL OILS SERIES**

**Benefits for your life with essential oils**

**Thurs., Aug 30 - 10:30am - Make & Take  
2 items—\$5.00/Each**

**Tues., Sept. 10 - 10:30—CBD Uses**

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. Learn how Emotions are information-carrying molecules. Hear how Essential Oils can support Mood & Emotions in a powerful way and which ones we can use plus recipes for the products. In the class on Thurs., Aug. 30, you will make 2 Make & Take items, how awesome is that!!!

**Tues., Sept. 10—CBD—**Have you ever wondered if CBD would be right for you? Do you know the benefits of CBD? Many people have misconceptions about this product and where it originated. CBD is the new frontier for plant-based wellness. Join us as we discover the benefits of CBD and how it can be customized to meet your individual needs

## **MAKING OUR OWN DECISION LATER IN OUR LIVES**

**YORK SENIOR CENTER PANEL DISCUSSION**

**Presented by Comfort Keepers**

**Tues., Sept. 24 10:30-11:45**

**Many of us will one day face challenges in our lives and would like to know what we can do to still have our independence and our say in our daily lives. We have reached out and decided to have a panel of different people inform us of some of the ways we can have a say, still be independent but be able to live comfortably where we choose. This panel discussion will be very informative and we feel very important to many of us in our futures. Thank you to Margy Gambell, RN of Comfort Keepers for arranging this for us The speakers will be as follows:**

**Kelly Wilsey MBA, CSA of Oasis Senior Advising** helps families navigate the labyrinth of senior care options. Her area of expertise is in Assisted Living, but often families do not know where to start, so she provides a free consult to discuss clinical, financial, and geographical needs to come up with a comprehensive plan and next steps. This is a FREE service that provides experienced, professional guidance to find the right fit for your loved one

**Heather Shields OT** is the owner of **Pathways Driving Rehab Services** and the only Certified Driving Rehabilitation Specialist in Maine. Her focus is to help people remain driving safely for as long as possible. She provides driving evaluations, personalized driving training and BMV road test preparation. If people need adaptive equipment to drive safely, she can help.

**Margy Gambell RN** is the Quality Assurance Coordinator at **Comfort Keepers**. Comfort Keepers helps seniors stay in the place they call home by providing transportation, personal care and homemaking support. During the presentation, she will review how to **physically care** for a loved one including demonstrations on how to transfer, use a gait belt, proper body mechanics, going up and down stairs, walker use, commodes and wheelchairs and anything else you might be wondering about!

## **EVERYDAY LEARNING SERIES**

**EVERYONE SHOULD REALLY KNOW ABOUT**

**Presented by Humana Learning Series**

**Thursday, September 12th - 10:30AM**

**Positive Thinking** Have you ever wondered how you can keep your brain active and always positive thinking? Did you know that thinking in a positive manner can have many healthy benefits not only to you brain but also to your health everyday? Please join us for this very informative program. We all should learn more about how we can think positive and get rid of all the negative thoughts in our brain. 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!** The following are upcoming topics Brenda from Humana will be addressing.

Happy Fall Y'all,

We apologize to all our members for not being able to provide you with an August SCOOP. Unfortunately, we had some technical difficulties and we are sorry for any inconvenience this may have caused you. We thank all of you for your patience and thank you for seeing our FB posting, coming into our center and picking up your menus as well as calling to check on our programs and trips for the month. With that said, you will notice that our Scoop is for the last couple of weeks of August and Sept. as well, so please **DO NOT** discard this, as it will be good until our October Scoop is mailed.

As the children head back to school and are busy getting into the groove of new schedules, we welcome you to come and get into the groove at the Senior Center! Lots of GREAT programs are happening and delicious home-cooked meals are being served as well as many new and exciting trips are being planned. Come, jive and kick up your heels with our Zumba group, ballroom dance, line dance or exercise with our morning exercise group. A great way to make new friends. We offer something for everyone so do not sit home, join in the fun!!

Last month we had a special performance by our own, "Yorkuleles!!!! They were amazing and if you missed their performance, they will be performing at one of York Selectmen's meetings soon, so make sure you watch them and see them before they are picked as your next "America's Got Talent" winner!!!! Many also enjoyed a delicious turkey dinner, prepared by our own, Nancy.

This month, we have many exciting things happening at our Senior Center. Some of us will be enjoying our "Mystery Day" that was rescheduled from July as the weather was too hot. Some will be traveling to Amish country in Lancaster, PA and enjoying their fall harvest. This month also, do not forget to sign up for our Annual STEAK OUT, grilled by our very own York PD, with your choice of either steak or chicken. Also we have a new class starting this month, Acrylic Dutch Paint and Pour with Joyce Amend. Class size is limited so register early. Mark your calendars and join us for Breakfast this month at Café Expresso in Portsmouth as well as our Dinner Clubs, Aug. 27 @ 110 Grill in Rochester and Sept. 24 a "Mystery" dinner.

Also please note that for this month **ONLY**, you may register for our trips and sign up for Lunch & Learns **NOW** due to the technical difficulties with our August SCOOP. The **ONLY** exception is our Annual STEAKOUT, which sign up will be **Sept. 3**. Many new programs, events, and trips are being planned. Don't forget to check out the Scoop on our website @ [www.yorkparksandrec.org](http://www.yorkparksandrec.org).

Till next time,

Janis, Nancy, Bob, & Syd

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

U.S. Postage <b>PAID</b> York Beach, ME 03910 Permit No. 18
--



**FACIALS  
YOU CHOOSE - DAYTIME  
APPOINTMENTS OR EVENING  
APPOINTMENTS**

**DAY: Thursday - Sept. 5, 12, 19, & 26 -  
11:30am - 4pm**

**EVE: Mondays - Sept. 9, 16, 23, 30 -  
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 ap-ointment today! **Member Cost \$12, Non-members \$15.**

**REIKI HEALING  
Tuesdays, Sept. 3,10,17, & 24 -  
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 ap-ointment for in advance. **Cost \$12 payable to the Reiki Practitioner. Please register in the office.**

**DROP IN Q&A WITH AMBER SHAW  
Tuesday, Sept. 10 - 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, li-censed insurance producer, will be available at the Sen-ior Center once each month to discuss any questions or concerns you might have

**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 pro-grams, 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 .

**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.



**ZENTANGLE**  
**with JOYCE AMEND, CZT**

**Friday - Sept. 20 - 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 when needed at 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, Sept. 26 - 2:00pm - 4:00pm**

Beautiful mandalas painted in symmetry! Dot Mandalas are meditative symbols created by painting intricate patterns of dots using special dotting tools and acrylic paints. No artistic experience is required. A kit consisting of dotting tools, palette tray, rubber gloves, share of paints, item to paint and more, which will be required for a one-time \$15.00 fee – payable to instructor. This is in addition to the class fee of \$10 (\$12 non-members). Class size is limited to 10. **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.*

**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 some-one who wants to learn how to play!

**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.

**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**

**Wednesdays - 1:00pm**

**PLEASE NOTE NEW DAY!!!!**

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!



## **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. **Cost: Members; \$5.00 per class, Non-Members \$7.00 per class.**

## **BLOOD GLUCOSE SCREENING**

### **Tuesday, June 18th - 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.

## **HAIRDRESSER SERVICE**

### **Wednesdays - 1:00-4:00pm by appointment**

Our hairdresser, Susan, is available by appointment on Wednesday afternoons from 1:00pm until 4:00pm. Hairdressing service is \$10.00. If you'd like an appointment, call the office (207) 363-1036.

## **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.

## **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.

## **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 FitzGer-





## MT. AGAMENTICUS GUIDED PROGRAMS & NATURE WALKS

### EYES LIKE A HAWK WATCH

Sept. 14 – 10:00 – 11:30 AM

Best bring your binos for this one. Meet the educators and wild bird ambassadors of the Center for Wildlife at the top of Mt. A for a live demonstration of migrating raptors. MT. A. flyaway viewing follows. Open to all ages, so grab the grandkids and spend a day at the Big A! Reservations required along with a suggested donation of \$7.00.

Visit [www.yorkcenterforwildlife.org](http://www.yorkcenterforwildlife.org) to reserve your spot. Easy, no hike.

### Baby Boomer Golf Clinic At Cape Neddick Country Club September 8, 15, 22 & 29 – 4:00 PM

**Back by popular demand!** Is golfing one of those things still on your bucket list? Or did you put the clubs away years ago but have the hankering to get them out again? Now's the time! We have partnered with Cape Neddick Country Club to provide anyone aged 55 and over the opportunity to learn to play golf in a non-intimidating, friendly, environment. Director of Golf, Dustin Hunter and his staff will surely have you swinging the club, and loving it, in no time! Don't have clubs and not sure if you want to make the investment just yet....no problem, they have clubs available to borrow for both righties and lefties. While the rewards of golf are many; time outside, low impact exercise, socialization, and so much more, this particular clinic also comes with food and/or spirits. All participants will receive a \$10.00 voucher after each lesson, to be used at the Cape Neddick Grille located right at the Golf Course. The fee for this 4-week clinic is \$100.00 per person and includes four \$10.00 food vouchers...Now that's a deal! Space is limited and an offer like this won't last long, we're sure of it. First come, first serve, so sign up today. Comfortable clothes and athletic sneakers, a willingness to learn, and a hungry tummy are all you'll need. We look forward to seeing you on the tee! . **Space is limited and registration at the Senior Center office is required.** Want to put your practice to the test? All Baby Boomer clinic participants are eligible to play at CNCC at the reduced "guest of member" rates this season, be sure to inquire at CNCC for available tee-times.

### MEDITATION

Pat Fitzgerald, E-Ryt

6 week session

Mondays, Sept. 8, 15, 22, 28 – 10:15 AM

Join meditation teacher, Pat FitzGerald, for a 6-week exploration of *meditation*, a practice that relaxes the body and calms the mind. You will learn tools and techniques that you can apply to your everyday lives to cultivate awareness, improve physical and emotional well-being, and reduce stress. This "tasting menu" of meditation techniques will help you decide which type of meditation works best for you. One attendee said, "Take the time out of your busy life to come and learn these meditation techniques. It will pay you back a thousand-fold." The fee is \$30.00 for the 6-week session or \$6.00 per day drop-in. Class has a minimum and maximum enrollment limit. Kindly register in advance. Drop-ins welcome, if space permits.

## LUNCH & LEARN VETERAN ADMINISTRATION BENEFITS

Wed., Sept. 17– 10:00 AM

**Are you a Veteran or a surviving spouse of a Veteran? If so, you may qualify for an increase in your monthly income!**

Please join "Benefits Over Coffee" attorney and York resident, Britton Ryan Garon for a Lunch and Learn presentation on Veteran Administration Benefits . VA benefits can help keep you at home, instead of a facility, and can provide assistance to you as your needs in the home increase. The program rules for eligibility are undergoing some changes and Congress is looking to pass laws that could make receiving these benefits more difficult. Please join us on September 17<sup>th</sup> at 10am to learn what you should do now to secure the benefits you and/or your spouse have earned. Britton is an Elder Law attorney with Maine Center for Elder Law in Kennebunk, a Board member of York S.A.L.T. and a member of the Town of York Board of Appeals. **This is a lunch & Learn Program, if you plan to join us for the presentation, your lunch is ½ off today. RESERVATION FOR THE CLASS AND THE LUNCH REQUIRED!**

## LUNCH & LEARN SMAA

Tues., Sept. 23, - 12:45 PM

Renee Longarini currently serves as the Site Manager for Meals on Wheels, serving Eliot, Kittery, South Berwick, Berwick and York. Meals on Wheels is just one of the many programs that The Southern Maine Agency on Aging provides to the seniors of York and Cumberland Counties. Renee will be joining us to discuss some of the information and resources available, as well as some of the many programs such as the Caregiver Respite Program, Medicare and Health Insurance Counseling, Agewell programs, Money Minders, A.Y.L.I., Community Cafes, Grocery Shopping Services and the Maine Senior Games. **This is a lunch & Learn Program, if you plan to join us for the presentation, your lunch is ½ off today. RESERVATION FOR THE CLASS AND THE LUNCH REQUIRED**

## LUNCH & LEARN

Pat Fitzgerald, e-RYT

Strong Today – Falls Free® Tomorrow

Wed., Sept. 24 – 12:45 PM

September 22 – 26 is Fall Prevention Week! Falls are the leading cause of fatal and non-fatal injuries for those 65 and older. Every 14 seconds, an older adult is seen in an emergency department for fall-related injury. The chances of falling and of being seriously injured in a fall increase with age. BUT falls are NOT a normal normal part of aging! Today is an opportunity to learn how to reduce falls, risks, and stay independent for as long as possible. This is a lunch & Learn Program, if you plan to join us for the presentation, your lunch is ½ off today. **RESERVATION FOR THE CLASS AND THE LUNCH REQUIRED!**