

Fall/Winter/Spring  
2025-2026

# Yorks Illustrated

## FALL FOR FUN!

TOWN OF YORK  
PARKS & RECREATION



Peter Pan Jr. on Stage | Vacation Camps | Programming for All Ages





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# Registration Information and Program Policies

Please pay close attention to the deadline dates as you review the programs! Each program session is considered a new class. All individuals must register for any sessions in which they wish to participate. Please remember that you are not automatically registered into additional sessions until your registration is complete, including payment.

You may register online at [www.yorkparksandrec.org](http://www.yorkparksandrec.org) or by calling the office. Office hours are between 8:30am and 4:30pm, Monday through Friday.

## Online Registration Helpful Hints:

- When you are registering your child for a program and online registration will not allow you to select your child's name because they are ineligible by grade, you need to manually update their grade in your account. Ages automatically update but not grades. Try this:
  - ◆ Click on "Account" in the upper left-hand corner
  - ◆ Click on the "Edit" button next to your child's name.
  - ◆ Select their current grade from the drop-down menu. Click "Save."
- If you forgot your Parks and Recreation account password, please **do not create a new account**. Instead:
  - ◆ Click on the "Login" button in the upper left-hand corner.
  - ◆ Click on the "Forgot Password" link.
  - ◆ Enter your email address and a new password will be emailed to you (Please note that you may change your password once you are logged in by clicking on "Account")
- Can't find the program you are looking for?
  - ◆ Visit [www.yorkparksandrec.org](http://www.yorkparksandrec.org) and select the "Register Now" box in the main heading, a list of all current programs will appear.
  - ◆ Or go to the "Programs" drop down menu on the left.

Are you still having problems with online registration? If so, please call the office during normal business hours and we would be happy to assist you!

## Refunds

We do not send or call with confirmations for our programs. Consider yourself or your children enrolled in the program of your choice when you complete your registration and payment. Your online registration receipt will show your program details.

We will notify you if the class has been filled, canceled, or changed. The York Parks and Recreation Department

## WARNING, dates in calendar are closer than they appear!

**Nothing hurts a recreation program faster than participants who wait until the last minute to register. Please pay close attention to the registration dates.**

reserves the right to cancel or consolidate any program that does not meet minimum registration numbers.

If you need to withdraw from a program, you must notify us no less than one week prior to the first day of the program to receive a refund.

### We do not issue refunds after the start of a program!

If the Parks and Recreation Department cancels the program, you will receive a full refund.

We would like all program participants to be advised that the York School Department has priority over all school facilities. This, on occasion, may cause recreation programs to be canceled. We will make every effort to avoid this, however, should it occur, we will do our best to notify program participants in advance. All canceled programs will be rescheduled if possible.

Non-residents are subject to an adjustment of fees.

All persons participating in Parks and Recreation Department sponsored programs and activities do so at their own risk and without recourse to the Town of York, its agents, officers, or employees.

## Behavior & Conduct Policy

All participants in York Parks and Recreation Department programs are expected to behave in a respectful manner. We will not tolerate any hitting, name calling, foul language, 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 program. No refund will be given.

The York Parks and Recreation Department sets high standards for good sportsmanship! We encourage fans, coaches and players to enthusiastically support their team, recognize the outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

## Sportsmanship

The York Parks and Recreation Department sets high standards for good sportsmanship! We encourage fans, coaches and players to enthusiastically support their team, recognize the outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

**York Parks and Recreation / 363-1040**

## 2

### ADA

If you have a disability or injury and need additional accommodation to participate in any of our programs, please contact our office.

### Pictures

We use pictures of adults and children who participate in our programs to be printed in our publications or posted on social media. Please notify us if you do not wish to have your picture published or posted.

### Parking

Parks and Recreation Department program participants are not exempt from Town of York parking regulations. When participating in our programs please pay close attention to permit and/or other meter requirements.

### Scholarship Assistance

With the generous support of York Hospital, Optima Dermatology, and York Community Service Association, the York Parks and Recreation Department offers a scholarship program for children in need. These scholarships are available to serve our core programs and do not include special events. Families needing assistance should pick up a scholarship application at the Parks and Recreation office. Proof of residency is required at the time of application. All requests are confidential. No child in our community is ever turned away from participating in our core programs. Scholarship needs have increased in recent years. If you would like to help support our Scholarship efforts by contributing, please contact the office at 207-363-1040.

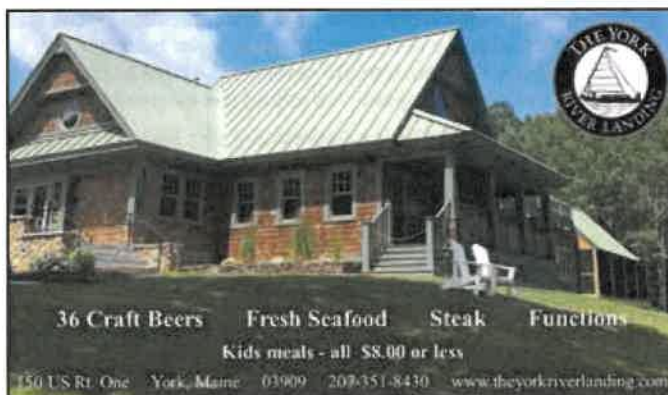


### Mike Sullivan Scholarship

The Mike Sullivan Scholarship was established by the Parks and Recreation Staff, in honor of the first Parks and Recreation Director, Mike Sullivan. The scholarship is awarded annually to a York High School Senior who has shown promise as a young leader through their commitment to building community. Eligible applicants are York High

School Seniors, planning to continue their education, who demonstrate the qualities of good character, leadership, and service. Application information for any YHS Senior wishing to apply, can be found at the York High School Guidance Office.

We are pleased to announce the 2025 recipient, Sophie Pike, who is attending Clemson University and studying Elementary Education with an interest in Special Education. In the past she has assisted the Parks & Recreation tennis program, for which we are grateful. Congratulations Sophie, we wish you every success and we know you'll represent yourself, your family, and the Town of York well!



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# Town of York

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Mary-Anne Szeniewski

## Town Manager

Peter Joseph

## Parks and Recreation Board:

Mike Modern, Chair  
James Kelly  
Brenda Knapp  
Bill Olsen, Jr.  
Thomas Rose

## Parks & Recreation

Office Location: 200 US Route 1,  
York, Maine  
Grant House at Goodrich Park  
Mailing Address: 186 York Street,  
York, ME 03909  
Telephone: (207) 363-1040  
Email: [parks-rec@yorkmaine.org](mailto:parks-rec@yorkmaine.org)  
Fax: (207) 351-2967  
Website: [www.yorkparksandrec.org](http://www.yorkparksandrec.org)  
Facebook: [www.facebook.com/yorkmaine](http://www.facebook.com/yorkmaine)  
Instagram: @yorkparksandrec

## Administration

Peter Murray, Parks & Recreation  
Director  
Ryan Coite, Parks Superintendent  
Robin Kerr, Parks Natural Resource  
Manager  
Andy Kaherl, Recreation  
Coordinator  
Marquis MacGlashing, Sohier Park  
Gift Shop Manager

Nick Darby, Coordinator of Events  
& Enrichment

Naomi Densmore, Mount  
Agamenticus Outreach and  
Education Coordinator  
Ben Jankowski, Conservation  
Stewardship Coordinator  
Janice Callaghan, Administrative  
Assistant  
Melissa Nickerson, Business  
Manager  
Ella Yentsch, Lifeguard Captain

## Center for Active Living Staff

Kim Tilton, Coordinator  
Art Jacobs, Program Coordinator  
Becky Osgood, Administrative  
Assistant  
Sean Carey, Chef  
Syd Wakefield, Kitchen Aide  
Obie Murphy, Custodian

## Senior Citizens Advisory Board

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Greg Fyfe, Vice Chair  
Liz Maziarz, Secretary  
Carolyn Anderson  
Maxine Brown  
David Charles McQuade  
Elizabeth Englehart

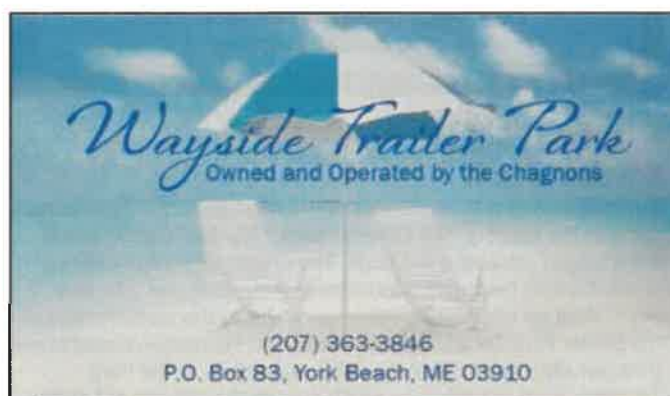
## Sohier Park Committee

Brenda Knapp, Chair  
Brian Ross, Vice Chair  
Tony Knox  
Diane Ross  
Susan Moran  
Barry Leibovitz, Alternate  
Kim Tourigny, Alternate  
Phyllis Fox, Alternate

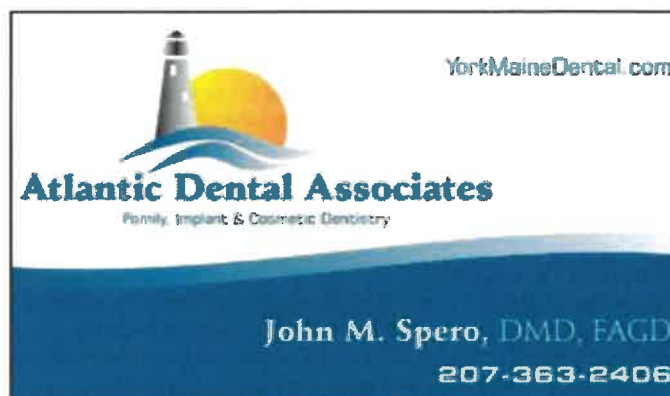


Glenn Farrell

207-363-8053



(207) 363-3846  
P.O. Box 83, York Beach, ME 03910



[YorkMaineDental.com](http://YorkMaineDental.com)

John M. Spero, DMD, FAGD  
207-363-2406

York Parks and Recreation / 363-1040



### FIND US ON SOCIAL MEDIA AND THE WEB

Online Store: [www.NubbleLightStore.com](http://www.NubbleLightStore.com)  
 Website: [www.NubbleLight.org](http://www.NubbleLight.org)  
 Facebook: [www.facebook.com/capeneddick](http://www.facebook.com/capeneddick)  
 Instagram: @NubbleLighthouse

## Nubble Light / Sohier Park

Our community is home to one of the most beautiful lighthouse parks in the country. The Cape Neddick "Nubble" Lighthouse is a top tourist attraction in Maine. The preservation and upkeep of this historic landmark is extremely important and is largely dependent on community volunteers. Under the watchful eye of the Sohier Park Committee, the Parks and Recreation Department is responsible for maintenance and operations at the Park. Proceeds from the gift shop go directly to the upkeep of Sohier Park and Nubble Light. The gift shop is located inside the Welcome Center at the park. A team of more than 40 devoted volunteers and employees help keep the park and island looking it's best. The Gift Shop is open daily from the first of May through mid-October. Please come by and visit us.

The Nubble Lighthouse is always looking for new, passionate ambassadors for the season. You'd help take photos, answer questions, and meet people from all over the world! Volunteer for a few hours per a week, or more. If you are interested in becoming a Nubble Light ambassador or a gift shop volunteer, please reach out to Brian Ross at [ross.brian.other@gmail.com](mailto:ross.brian.other@gmail.com).

## Holiday Lights

We invite you to visit Sohier Park to view the Lighthouse, adorned in Holiday Lights, throughout the season, beginning Saturday, November 30th through February 1st. Lights will be on each evening from dusk until midnight and again the hour before sunrise.

**Yorks Illustrated - Fall/Winter/Spring 2025 - 2026**

## Gift Shop & Restroom Hours of Operation

**Restrooms:** End of April-Late October (7 days per week)  
7:00am-7:00pm

**Gift Shop:** May 1st-Late October (7 days per week)  
Spring & Fall: 9:00am-5:00pm  
Summer: 9:00am-6:00pm  
Hours subject to change

## Online Giftshop

If you can't visit in person, check out our online store: [www.nubblelightstore.com](http://www.nubblelightstore.com). Ongoing and stocked with one-of-a-kind items, ideal for holiday gift giving. All proceeds go to the upkeep of Sohier Park and Nubble Light.

## Nubble Raffles and Donations

We will, once again, be running the "Visit the Nubble" Raffle. Tickets are available for \$10.00 each. Tickets are sold 1,000 at a time and one lucky winner will be picked from each set of 1,000 tickets sold. Winners, and up to five friends, will enjoy four hours on the island with a complimentary lunch. We will work with you on a date that fits your schedule and that of our lightkeeper. All proceeds benefit the lighthouse, park, and gift shop. Tickets must be purchased in person at either our Gift Shop (open from early May until mid-October) or at the Parks and Recreation office, year-round.

Donations can always be made at the Gift Shop or by sending a check to: Nubble Light, 186 York Street, York, ME 03909



## Mount Agamenticus Conservation Region

contains 15,000 acres of conservation land set amidst the largest expanse of coastal forest between Acadia and New Jersey.

The area supports the largest assemblage of species at or near the northern limit of their range within the state and contributes significantly to Maine's biological diversity. The

region is known for its rich natural resources including many vernal pools, rare plants, and animals.

Mount Agamenticus (Mount A) is also a favorite destination for sightseers and outdoor enthusiasts, and its popularity continues to grow. Miles of well-marked and maintained trails for designated activities to include hiking, biking, all-terrain vehicles, snowshoeing, and Nordic skiing are reachable by just a short trip up Mountain Road. A scenic summit park has incredible views, offers an accessible trail, and is a hot spot for viewing the annual fall raptor migrations.

State, local, and non-profit landowners are working together to protect this land and to balance wildlife and water quality along with sustainable recreation. These landowners make up the Mount Agamenticus Steering Committee and include: the Towns of York and South Berwick, York Water District, Kittery Water District, Maine Department of Inland Fisheries and Wildlife, Great Works Regional Land Trust, and York Land Trust. Together, these partners strive to maintain safe, responsible, and enjoyable public access to Mount A's trail system while conserving the unfragmented forests and biological richness that exists here. Thanks to the continued collaborative conservation efforts of our partners, seasonal work crews, volunteers and donors, Mount A continues to be a natural treasure and an invaluable resource for wildlife, water, and recreation!

## Things to Do at Mount A

Spend time exploring the Mount Agamenticus Conservation Region and strengthening connections with the outdoors. Here are some ways to experience Mount A through work and play!

### StoryWalk® Year-Round

The StoryWalk® at Mount A includes reading stations placed along the western side of Ring Trail. The featured story is generally seasonal in nature and is swapped out quarterly. Access the Ring Trail from the main Base parking area on Mountain Road. The story begins after the road crossing and continues along Ring Trail and up Witch Hazel trail to finish at the summit.

### Summit Learning Lodge

The Learning Lodge will be open on weekends from 12:00pm-4:00pm through October 19th and closed for the winter and spring. Opening day for the 2026 season is Saturday, May 23rd. The Learning Lodge is home to educational displays and hands-on activities as well as our gift shop. Any additional hours will be posted on our website.

### Gift Shop

The Mount A gift shop is open during Learning Lodge hours. Stay tuned for holiday season "pop up" hours or contact the Conservation Office to schedule a special time to visit. All purchases made at the gift shop directly support the work at Mount A, from the upkeep of the trails and facilities to our educational outreach efforts in the Learning Lodge and beyond! In addition to locally designed and printed Mount A logo gear, we're also happy to support local artists as well as carry products made by companies that promote sustainable and environmentally friendly practices. Contact us with your ideas and thank you for helping us grow!



York Parks and Recreation / 363-1040

## Groups

All organized groups and parties of ten or more people must fill out the online Group Registration form available at Agamenticus.org under *Planning Your Visit*. The Learning Lodge is available May-October for school & camp group visits, and other pre-scheduled groups for educational programming. We'll work with you directly to customize your visit once we receive your form! Guided programming options are dependent on group size and staff availability.

## Attend Guided Programs!

### Eyes Like a Hawk with the Center for Wildlife

**Saturday, September 27th, 10:00am-12:00pm**

The summit of Mount Agamenticus can be a great place to watch the annual hawk migration. Come join us with the Center for Wildlife for an educational program about Maine birds of prey with their non-releasable raptor ambassadors! Meet some amazing birds and learn more about their natural history as well as what birds of prey we can find here in our region.

Immediately following our program, we will have the chance to spot some of our regional bird species in the wild. Bring your binoculars! Adults \$12, children \$8. Register online at [thecenterforwildlife.org](http://thecenterforwildlife.org).

### Giant Mushroom Paper Craft Party!

**Thursday & Friday, October 16th & 17th, drop-in from 2:00pm-6:00pm**

**Wednesday, October 22nd, drop-in from 2:00pm-6:00pm**

Help our Outreach and Education Coordinator create an enchanted forest for this year's York Parks & Recreation Trunk or Treat event! We'll be crafting giant mushrooms out of recycled materials. Mushrooms will be available for pick-up any time after October 25th if you want to take yours home! Free. All ages are welcome, but children must be accompanied by an adult. Meet upstairs in the Learning Lodge.

### Winter Solstice Sunrise Walk

**Sunday, December 21st, 6:30am-7:30am**

We invite you to welcome the first sunrise of winter at the summit of Mount Agamenticus. We'll bundle up and observe the sleepy shrubland together with a quiet walk or snowshoe of our Big A trail. If you'd like, light a candle to close out the season and set an intention for a restful winter. Hot drinks provided. Limited to 15 participants.

\$8 per person. Register at [agamenticus.org](http://agamenticus.org).

Access Road gate will open at 6:00am. Plan to meet in front of the summit Lodge.

### Spring Equinox Sunrise Walk

**Friday, March 20th, 6:30am-7:30am**

Greet the new season at the summit of Mount Agamenticus with a peaceful walk of the Big A Trail and optional journaling practice. Hot drinks provided. Limited to 15 participants.

\$8 per person. Register at [agamenticus.org](http://agamenticus.org).

Access Road gate will open at 6:00am. Plan to meet in front of the summit Lodge.

### Nature Printmaking Workshop

**Saturday, May 9th, 1:00pm-4:00pm**

Make art in nature at the summit of Mount Agamenticus! In this workshop, participants will learn multiple printmaking techniques to make their own nature prints! Recommended ages 12+.

\$25 per person. All materials provided. Register at [agamenticus.org](http://agamenticus.org).

### Blue Moon Hike

**Sunday, May 31st, 8:30pm-10:00pm**

Join us for a nighttime hike to the summit of First Hill!

We will meet at the Base parking lot, and hike west on Ring to arrive at the Summit via Witch Hazel Trail. After enjoying tea or hot cocoa at the summit, we'll return via Witch Hazel and then continue east on Ring Trail back to the parking area.

Headlamps required; we have some spares. There is no minimum age requirement, but prior hiking experience is highly recommended. Moderate difficulty. Terrain varies from gentle slopes on dirt trails to rocky sections with short climbs or descents. Full distance is just over 2 miles.

\$8 per person. Limited to 15 participants.

Register at [agamenticus.org](http://agamenticus.org).

## Volunteer Community Workdays

On Saturdays, 9:00am-12:00pm

Let's work together to take care of Mt. A! Help us wrap up the season with a Fall Community Workday! *Spring dates will be posted on our website.*

### October 18th: Shrubland Management

The focus of the day will be to maintain management of the 15-acre shrubland habitat atop Mount A. Early successional forest in New England is decreasing and certain species, like migratory songbirds and the American Woodcock, need this habitat to thrive. Specific sections of the summit are cut on a five-year rotation. Volunteer work will involve hauling brush to various locations and stacking for wood chipping. Chips will be saved for future use as mulch in Mount A's plant beds.

Please bring work gloves, sturdy shoes, water bottles, and snacks. We provide tools and post-workday refreshments. To register for a workday, e-mail [bjankowski@yorkmaine.org](mailto:bjankowski@yorkmaine.org).



## MORE WAYS TO GET INVOLVED

### Adopt a Trail

This program is an all-volunteer effort that provides community members and trail users with an opportunity to become involved in conserving and maintaining the many miles of multiple use trails threaded throughout the Mount Agamenticus Conservation Region. Volunteers can help by “adopting” a favorite trail and take responsibility for its upkeep. Adopters assist the Conservation Crew by monitoring, maintaining, and enhancing trails and trailhead facilities. Once trained, Trail Adopters work at their own pace and on their own schedule with a minimum requirement of a trail visit once in the Spring, Summer & Fall.

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### Join the Friends of Mount A

The Friends of Mount Agamenticus, a non-profit volunteer group, are seeking engaged community members to help plan and advocate for the Mt. Agamenticus Conservation Program. Friends contribute by helping with the Summit View newsletter, special events, fundraising, and assist program staff in Learning Lodge activities.

To sign up for a program or workday, donate, or to learn more about the Mount Agamenticus Conservation Program please visit our website: [www.agamenticus.org](http://www.agamenticus.org).

You can also connect with us on Facebook: @MountAgamenticus and Instagram: @mtagamenticus or contact the Conservation Office at (207) 361-1102.

### Save the Date! Big A 50K

**Saturday, May 2nd, 2026**

**Check website for updates, as date may be subject to change.**

Join us for a day of stamina and fantastic views, all to benefit the Mount Agamenticus Conservation Region. Full write up in Road Race Section of this catalog.

**York Parks and Recreation / 363-1040**

# Center for Active Living



The Center for Active Living is located at 36 Main Street in York Beach and is operated by the Town of York Parks and Recreation Department. The Center's staff is dedicated to providing individuals in our community, age 50 and over, with opportunities to socialize, learn, recreate, and be well, through participation in activities and programs that are designed to enrich the mind, body, and soul. The Center is open Monday-Friday, 9:00am-4:00pm, except holidays.

The Center publishes *The Scoop*, a monthly newsletter and program guide. *The Scoop* is available for pick-up at the following locations: Center for Active Living, York Parks and Recreation office, York Town Hall, York Public Library, York Housing at Long Sands, Norma's Restaurant, Village Laundry, York Chamber of Commerce and the York Hospital Emergency Waiting Room. You can also view it on the York Parks and Recreation website ([www.yorkparksandrec.org/center-for-active-living/senior-programs/](http://www.yorkparksandrec.org/center-for-active-living/senior-programs/)). To receive the monthly newsletter and periodic emails, you must register on an annual basis. Registration for 2026-2027 will begin in May 2026. Please, call the Center, 207-363-1036, or stop by Monday-Friday, 9:00am-4:00pm.

Most programs are open to all area residents with priority given to York Residents. A few programs, however, are reserved for York Residents only. There is an annual Non-Resident User Fee of \$25 (year begins on July 1st and ends June 30th). Many programs, including meals, require pre-registration. Some programs are free

while other programs have a fee. Program fees are payable at the time of registration. A few programs require a certain level of physical functioning, please check the syllabus attached to programs for level of walking difficulty. To register for programs, including meals, call the Center for Active Living at 207-363-1036, or stop by. Programs and activities may vary from month to month. Please check *The Scoop* for specific programs and details. We program according to the following areas:

- Board and Card Games
- Bus Trips
- Creative Arts
- Education
- Exercise and Wellness
- Lunch Program
- Nature and Outdoor Recreation
- Special Events
- Sport & Leisure
- Other Programs & Meetings

We welcome programming ideas from participants and potential participants. It is our goal to accommodate everyone 50+ years of age who would like to participate. If you have a special need, please let us know and we will do our best to accommodate you. Programs are subject to minimum and maximum participation numbers based on several factors. Please, register early to avoid disappointment with a cancellation or waitlist. Additionally, if you are a York resident, scholarship opportunities are available.

Please see *The Scoop* each month for pricing and registration information or call the Center office at 207-363-1036.

## BOARD & CARD GAMES

Most board and card games are drop-in, self-directed programs, no registration necessary and no cost to participate. Players of all levels are welcome. In addition to the programs and the times listed below, you are welcome to come in with friends or meet them here during our regular hours to play a board or card game of your choosing, based on the space available. Please note that days and times are subject to change, consider checking with the Center or *The Scoop* to confirm.

### Bridge

Tuesdays & Thursdays, 1:00pm-4:00pm

### Cribbage

Tuesdays & Thursdays, 10:00am-12:00pm

**Yorks Illustrated - Fall/Winter/Spring 2025 - 2026**

**Dominoes/Mexican Train**

Wednesdays, 1:00pm-4:00pm

**Hand and Foot**

Tuesdays, 1:00pm-4:00pm

**Mahjong American/Taiwan**

Thursdays &amp; Fridays, 1:00pm-4:00pm

**Mahjong Lessons by Appointment**

Mondays &amp; Thursdays, 1:00pm

**Poker**

Mondays, Wednesdays, Fridays 12:00pm-4:00pm

**CREATIVE ARTS PROGRAMS**  
**Instructed Craft Classes**

Each month the center offers a variety of instructed craft classes taught by staff, volunteers and craft professionals. These are group classes with a variety of skills and techniques to try out. We're always looking for new ideas to introduce to our enthusiastic crafters.

**Crafters Gathering**

Tuesdays, 1:00pm-3:30pm

Do you knit, crochet, or do other needlework? Love to scrapbook? Maybe you make cards or jewelry. Are you tired of crafting at home alone? Whatever you enjoy doing, you are invited to pack it up and bring it to the Center on Tuesday afternoons for a gathering of similar minded, craft-loving adults. This is also an opportunity to socialize, share ideas, and learn a new craft from an experienced crafter. Drop-In Program – Free of Charge

**EXERCISE AND WELLNESS PROGRAMS****First class is always FREE!**

Check out the class to make sure it is what you were looking for.

Registration is done at the Center for Active Living – payment by check or credit/debit card.

Punch cards may be purchased for 5 or 8 classes at a time and used for any of the 4 classes:

Balance Fun & Workouts, Line Dancing, Shake it Up, and/or Chair Yoga - \$5.00 per class.

Purchase the \$25 Card for 5 classes or the \$40 Card for 8 classes.

**ALL INSTRUCTOR-LED CLASSES REQUIRE A PUNCH CARD. PLEASE PURCHASE YOUR PUNCH CARDS AT CAL BEFORE ATTENDING CLASS.**

**Balance and Fun Workouts**

**Instructor:** Jonna Dijkstra, ACE Certified Personal Trainer, and Senior Fitness Consultant

Tuesdays &amp; Thursdays, 10:00am-11:00am

Jonna Dijkstra, offers exercise programs designed to promote health and wellness. Jonna offers modifications during the program to match your ability. We use hand weights and bodyweight exercises to get you moving and connecting with your body. During class Jonna offers tips and suggestions about balance, nutrition and lifestyle changes to maintain better health. All abilities are welcome!

**Chair Yoga****Instructor:** Maria Lovo/Trina Moskal

Mondays, 8:45am-9:45am

Chair Yoga is a safe and effective way for older adults to improve overall health by building strength, balance and flexibility, through low impact movements and stretching.

**Exercise by Video**

Mondays &amp; Wednesdays, 9:00am-9:45am

Fridays, 8:30am-9:15am

Join in a self-directed, video-led program. Come ready to move with others and follow along with the video. Appropriate dress and footwear recommended. Drop-In Program – Free of Charge

**Jacki's Dance Aerobic Program**

Jacki Sorensen's Aerobic Dance is a nationally recognized program of "Serious Fitness Fun" that has stood the test of time. Created for the non-dancer, participants are motivated by a variety of music and fun easy to follow choreography. Each hour-long class begins with a warm-up and a strength training segment followed by the creative aerobic dance routines. A cool down completes a balanced and effective workout. Everyone feels comfortable participating at their own level. If you have any questions about whether this class is right for you, please try a class on us. We're sure you will want to join in!

**Fall Schedule:** September 8th-November 20th  
Registration for Fall Series Starts August 27th  
(Check with CAL for Winter Series in November)

**Location:** York Beach Fire Department

**Days/Times:** Morning Session: Mon/Wed: 8:00am-9:00am  
Evening Session: Tues/Thurs: 5:15pm-6:15pm

**Cost:** \$100.00 or \$150.00 for both morning and evening sessions  
(Non-Residents pay an annual CAL membership fee of \$25 upon registration)



### Line Dancing

**Instructor: Diane Anderson**

**Wednesdays, 10:00am-11:00am and/or Fridays, 9:30am-10:30am**

Diane Anderson teaches a choreographed routine with a repeated sequence of steps. A low impact, fun exercise for the mind as well as the body. Dances to popular music include waltz, fox trot, jitterbug, mambo, and rumba. All easy movements to work our muscles, joints, balance and memory. No partner necessary!

### Shake It Up

**Instructor: Rhonda DiCarlo**

**Tuesdays, 9:00am-10:00am / Thursdays 9:00am-10:00am**

'Shake It Up' is a lively and active dance class disguised as an exercise class! This fun-filled class, instructed by Rhonda DiCarlo is full of workout moves with a strong focus on dancing. Class begins with a warmup and ends with a cool down, with strategic stretching in different dance routines. The routines are easy to follow for all fitness levels, with an upbeat mixture of American, Latin, and International music.

### Tai Chi

**Thursdays, 10:00am-11:00am**

**Drop-In Program**

This is an ancient Chinese exercise that is beneficial for balance,

memory, and meditation. The class is volunteer instructed and sometimes the group does the program in conjunction with a video. Wear comfortable clothes. Drop-In Program – Free of Charge

## EDUCATION PROGRAMS

Each month we provide education programs covering a variety of topics including community agencies, elder law, local history, nature, travel, hobbies, and wellness. All education programs are free, have limited number of spaces, and require advanced registration. Check *The Scoop* monthly, for up-to-date education program information.

All education programs are conducted at the Center for Active Living, 36 Main St., York.

### AARP Driver Safety Course - November/June

We offer the Driver Safety Course twice a year in the winter and early spring at the Center. Learn up-to-date driving laws and other pertinent information. You may be eligible for a discount on insurance after taking this class. Check with your insurance company to see if you qualify.

### AARP CARFIT Course - November/June

AARP Volunteers will work one-on-one with each registered participant to go over a 12-point checklist of important individual vehicle settings. CARFIT is a new program that covers safety factors and comfort points so that you are better equipped to be a safe driver. 15-Minute appointment spot per participant.

### Tech Help-Monthly

If you need help with your smart phone, tablet, laptop, or other device, or want to learn how to use Zoom, we have volunteers ready and willing to assist you. Call the Center to reserve your spot.

## HEART to HEART

Ageless Love



Founded by Jud Knox

**Free services for older adults in the York area. Available for needs such as: transportation, grocery shopping, phone friends, tech support, and much more!**

**All inquiries are welcome. Please call us at 207.361.7311.**

**[www.Hearttoheartagelesslove.org](http://www.Hearttoheartagelesslove.org)**

## Peace of Mind

Twice a month, Janie Sweeney, Family Service Manager for the York Community Service Association (YCSA) is available at the Center to meet with you privately. Come in to discuss concerns or needs that you have about aging in place for yourself or a family member/significant other. Janie can help you with immediate needs such as grocery shopping, food pantry, financial assistance for home repairs, emergency funds for utilities and medical expenses as well as providing case management and planning for the future. **Please make an appointment in advance through the Center for Active Living (207-363-1036) or call Janie at YCSA, 207-363-5504, ext. 2.** If you are unable to make an appointment during the time Janie is at the Center, please call and we will try to make other arrangements for you to meet with Janie. See *The Scoop* each month or call the Center, to find out Janie's schedule for the month. All meetings are confidential.

## MEAL PROGRAMS

### Basic Information

**Meals are homemade on-site by our Chef, Sean Carey.**

**Lunch is available Tuesday through Friday.**

**Limited number of pick-ups and deliveries are available Tuesday-Friday for individuals who, due to medical/health or mobility conditions, are unable to dine-in at the Center.**

**For Dine-In:** Please arrive by 11:30am.

**For Pick-up on Wednesday:** Please arrive after 12:20pm for lunch pick-up on Wednesday. We ask that you park your car and enter the building. Check in with the front desk volunteer to request your preordered lunch pick-up.

**Reservations are required.** Please make your reservation no later than the Friday prior to the week you desire a meal. If reservations have reached capacity, feel free to call back at a later time to see if anyone has cancelled and if there is a meal available.

**Cost:** \$7.00 per meal per individual except when we're offering a special meal, which may be higher (e.g., lobster roll meal).

**Meal cancellation or no show:** If you need to cancel a meal, please contact the center at least two days in advance in order to obtain a refund. For dine-in meals, if you are not here before noon, your meal may be given away. For pick-up meals, if you are going to be later than 12:45pm please call to let us know so we save your meal.

### Café

**Monday-Friday, 9:00am-11:00am**

Start your day off by coming to the Dining Room at the Center for coffee, tea, hot cocoa, homemade muffins, and other breakfast items for free! This is a great way to meet people and socialize. No reservation needed, just stop by, and enjoy the treats!

### Muffins

**Muffins are available Tuesday through Friday; see calendar for muffin of the day**

**Pre-orders are required:** Please make your reservation no later than the Friday prior to the week you desire the muffins.

**Pick-Up:** Muffins may be picked up between 10:00am-3:30pm.

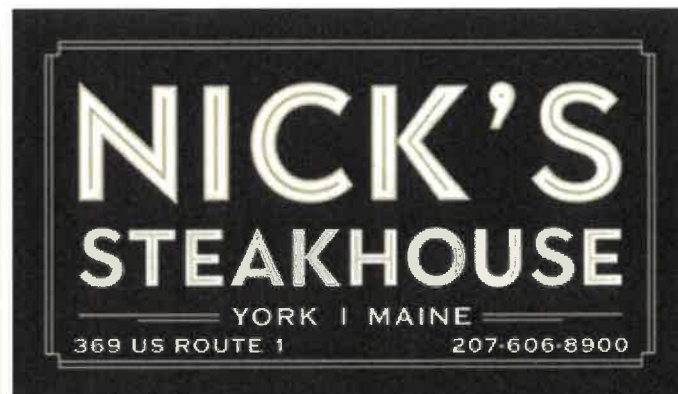
**Cost:** 5 muffins for \$2.50; 10 muffins for \$5.00

## NATURE AND OUTDOOR PROGRAMS

**Nature Walks at Mount Agamenticus and Education Classes with Naomi, Mount A Education Coordinator**

**Fall/Winter**

Throughout the year, we invite older adults to take part in nature walks at Mt. Agamenticus. These walks will focus on the seasonal surroundings at Mount A. This is a great opportunity to enjoy the outdoors with other people and learn a bit about our natural environment. For the most part, the walks are on the universal access trail, which has benches and is a hard surface.



**York Parks and Recreation / 363-1040**

## White Pine Programs

In collaboration with White Pine and their staff we offer monthly programs year-round. The programs range from Tree ID, Fire Starting, Bird Watching, Poetry in Nature to Orienteering, Hiking, Plant ID and Nature Hikes/Walks.

## SPECIAL EVENTS

### Entertainment Fall/Winter

Throughout the year, we offer special events that may include themed dances, pot-luck dinners, magic shows, and live musical entertainment. Keep an eye on *The Scoop* and York Parks and Recreation website for upcoming special events.

### Festival of Frights

Friday, October 24th – 4:00pm-7:00pm

CAL loves being part of the Festival of Frights event with York Parks & Recreation! The event will consist of a Halloween costume parade that begins at Short Sands basketball courts at 4:30pm and finishes at the Center for Active Living, 36 Main Street. Following the parade portion of the event there will be a “Trunk or Treat” for

all participants to get some candy and treats and a “Spooky Walk” through the Center for Active Living. Get those costumes ready and join us for a night of fun.

## CAL's Annual Holiday Craft Fair

Friday & Saturday, November 21st & 22nd - 9:00am-3:00pm

One of CAL's most popular and well-attended annual events. The Holiday Craft Fair has something for everyone with their extensive variety of offerings including Made in Maine crafts and gifts, Attic Treasures, Jewelry, Raffle Baskets, Home Baked Goods, Holiday Décor and the Luncheon Café. Don't miss this opportunity to get a jump on holiday shopping and to visit with old and new friends!

## Holiday Party

### Hosted by the CAL Social Committee

December 2025

CAL hosts a holiday party with great food, festive games, and seasonal music. There will be raffles, a Yankee swap, a sing-along, and themed bingo. Santa will also make an appearance.

## CAL's Holiday Variety Show

Friday, December 19th

Members of the Center for Active Living will be showcasing their talents at the Holiday Variety show again this year. This fun and interactive holiday show will be a mix of comedy routines, singing, dancing and more!

## Late Night at the Center - Fall/Winter

Late Night is a great opportunity to come to CAL and hang out with friends to play cards, board games and Wii bowling or work on puzzles and crafts. Come and socialize over a light supper of pizza or sandwiches during the evening or eat before you join in for game time.

## Social Club/Fair Monthly Meetings

Come one, come all. We will talk about new program ideas, activities, and plan special events for the Center. We welcome your input and fresh ideas. Sub committees are forming and there's room for everyone that wants to be involved.

## CAL Game Shows

Each month the CAL staff designs a special Game Show event for members. CAL members join in the fun as the audience and contestants, winning small prizes and partaking in the zany antics of each show.

## Winter Vacation Camp

January 2026

Back by popular demand. We will be offering camp Monday-Friday, from 8:00am-12:00pm. Camp includes local trips, tours, and exploration of the area. Activities such as crafts, movies, games, will abound. Snacks and lunch are served daily. Come have fun with your CAL Counselors and make friends and memories.

# Village



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## SPORT

### Candlepin Bowling

Monthly, 2:00pm-4:00pm at Bowl-A-Rama in Portsmouth, NH. Transportation is on your own. Join in once a month for a fun afternoon of bowling. Cost: \$14.00 (bowling and bowling shoes) plus any food or beverage you choose to purchase. Consult *The Scoop* for each month's date.

## TRIPS & EXCURSIONS

### TRIP REGISTRATION POLICIES & PROCEDURES FOR THE LOTTERY SYSTEM

Sign up for trips by adding your name to the TRIP CLIPBOARDS located at the front desk at CAL, 7-10 days prior to registration day. Be sure to add your name and your travel buddy's name (York resident) on the same line so that we know you want to be together on your chosen trips. Trip Clipboards will be available until the Friday before registration week. This will allow ample time to draw names using the Lottery System and to let you know which trips you are signed up for. A new drawing will take place for each trip using this procedure, mixing up the order of registrants and giving everyone a fair chance to participate. This new method of signing up will only pertain to our bus trips. Special events and other programs will continue to be on the monthly registration form.

- You may register for yourself and your spouse, and/or travel buddy (York resident) and payment is required at time of registration.
- When a trip reaches the limited number of participants, we will initiate a waitlist. We will contact you if we have an opening, at which time you will have the option of joining the trip and full payment will be required to secure your spot.
- If CAL needs to cancel a trip (due to weather, etc.) and we are unable to reschedule, you'll receive a User Credit for the full amount.
- If you need to cancel a trip you will receive a User Credit if we are able to fill your spot. There will be no credit issued if the spot is not filled.
- Our bus does not have restroom facilities. We plan a rest stop on longer trips whenever possible.
- Trip reminder calls are made 1-2 days in advance of trip to confirm times. Please be on time so that we can keep on schedule.

Here is a sampling of the trips offered:

- Restaurants each month for Breakfast, Lunch and Dinner
- Museums
- Sporting Events
- Concerts
- Seasonal Destinations
- Theatre
- Tours
- Shopping
- Casinos

**Yorks Illustrated - Fall/Winter/Spring 2025 - 2026**

## Guided Bus Tours

We not only schedule day trips, but we also offer extended trips. We are currently working with Diamond Tours, Collette Tours and The Best of Times Travel. Check with our staff for details or *The Scoop* for more information on upcoming extended trips.

## OTHER PROGRAMS

### AARP Tax Aide

#### February – April

This is a program of the AARP Foundation that provides free filing of state and federal tax returns by trained volunteers. To participate in this program, you must make an appointment. The Center for Active Living will begin taking appointments in mid-January. Keep your eyes on *The Scoop* in January for details. Cost: Free.

### CAL's Book Club

Each month a different title will be read and discussed. Books will be available on loan from the York Public Library and will be picked up from and returned to the Center. Books are available in regular or large print. Cost is free but advanced registration required. Check *The Scoop* or give us a call to learn what our next read will be.

### Sing-Alongs with Art

Join Art Jacobs at the Center for an afternoon of dancing, singing, and good old-fashioned fun. We will be singing along to hits of all decades. We provide a printed songbook so that you can sing along to all the tunes.

### Bingo For Fun

#### Every Other Friday, 1:00pm-3:00pm

We play for candy bars with special Bingo themed prizes once each month. Consider joining us for lunch before BINGO. Cost: Free (Lunch cost \$7.00)

### Movie Mondays

Join other movie enthusiasts for our monthly Monday Movie Day. The Center provides the theater and snacks for your viewing pleasure.

### CAL Gals Club

Ladies of CAL provide a safe and non-judgmental environment to promote friendship and camaraderie while sharing information and reducing isolation. We'll engage in meaningful conversations while addressing concerns related to aging and life's challenges, offering tools and resources to better understand our journey. We'll add in some enrichment/social activities too!

### Ukulele Group

All levels welcome! Shea Ellis from Mountain Road Music joins us twice a month for guided instruction and on other Thursdays the group practices on their own at home or at CAL. Bring your own ukulele class or borrow one from the York Library with your library card. We'll provide music sheets and encouragement! Cost: \$10.00 per month.

### Haircuts with Susan

Haircuts and other trims (eyebrows and beards) are offered by Susan once a month on the 4th Thursday. Pay Susan directly (\$15) by cash or check at the time of service. Call or drop-in to check on availability at the front desk.

### Blood Pressure & Glucose Screening

The York Beach Fire Department offers a FREE Blood Pressure and Glucose Clinic once a month at the Center. This is a drop-in clinic with no appointments necessary. Usually, the second Monday of the month from 2:00pm-2:30pm. Check the monthly calendar or call the center to check if the clinic will take place.

### CAL's Vintage & Vinyl Café

Bring your vintage items and vinyl records to share with this nostalgic group. Join in the fun of "remembering when" with music and vintage items that CAL members grew up with. We listen to everything from jazz to rock 'n roll and anything in between. Be ready for a spontaneous dance party mixed with a lot of reminiscing! Check the monthly activity calendar for the next date for the Vinyl Café.

### Exploring with Art -Travel Adventures - Fall/Winter

Join Art Jacobs for a day of adventure exploring a variety of small New England towns. Learn about history and culture and explore thrift shops, galleries and have lunch at a local watering hole.

### Seacoast Wheelers - Fall/Spring/Summer

Sign up and feel the freedom & joy of riding a bike around the beach with the WHEELERS. Everyone is invited to sign up and take a ride on the outdoor adapted bicycle!

### French Club

Join Christine Yanco and the French Club to get a refresher or get started on a new journey. Be ready for that upcoming trip and learn a few simple phrases or come to converse with other French speaking members. All abilities are welcome to join.

## BOSTON POST CANE

Under the direction of the Board of Selectmen, the Senior Citizen Advisory Board, on a yearly/or determined basis, will identify and honor the recipient of the Boston Post Cane. The Boston Post Cane was established as a New England tradition that began in 1909. The Boston Post Cane was created by the Boston Post Newspaper as a feature for towns to identify and honor their oldest resident, in a bid to increase readership. York was one of approximately 700 towns to receive a cane, made of ebony and topped with a 14-karat gold knob engraved with the town's name. Enclosed in a glass case, York's cane will be on permanent display at the York Public Library and the honorees will be given a framed certificate to commemorate the day they were named as the cane's recipient.

The Senior Citizen Advisory Board is seeking the community's help in identifying the oldest resident of the Town of York for this honor, through a nomination process. The nominee must live, or have lived, in the Town of York for at least 1 year, prior to being eligible. Final determination is conducted on a case-by-case basis and any other extenuating circumstances. All honorees identified in the community will be honored during a yearly event. The committee will be accepting submissions for new recipients of this honor, throughout the year.

To nominate a resident to be considered for this honor, please submit a completed nomination form. Forms may be found on the town's website, [www.yorkmaine.org](http://www.yorkmaine.org). If preferred, hard copy nomination forms can be made available by contacting Senior Citizen Advisory Board Chair, Deborah Meyers, [djmeyers6666@yahoo.com](mailto:djmeyers6666@yahoo.com) or by calling Diana at the Town Manager's Office, 207-363-1000.



York Parks and Recreation / 363-1040

# Adult Programs

## ADULT YEAR-ROUND

### Punch Card System

Punch Cards are available for: 5-Punch - \$20.00 / 20-Punch - \$80.00 / Full Season Pass - \$200.00

Season Pass is good for 1 year of unlimited use.  
5 and 20 Punch cards have no expiration date.

Punch Cards may be used for any punch card required Parks & Recreation programming such as Volleyball, Pickleball, and Adult Basketball.

### Pick-Up Basketball - Adult

Whether you're looking to get active, improve your skills, or just have some fun with friends, our **Adult Pickup Basketball Program** is the perfect way to hit the court. Open to players of all skill levels, this program is about enjoying the game in a relaxed, friendly environment while getting a good workout. No commitments, no pressure, just hoops and good times.

REGISTRATION: Drop In with Punch Card

PUNCH CARD: 5 Punch: \$20.00 / 20 Punch: \$80.00 / Full Season Pass: \$200.00

AGES: 18+

STARTS: September 23rd

ENDS: TBD

LOCATION: York Middle School Gymnasium

DAY: Tuesdays

TIME: 8:00pm-10:00pm \*\*Schedule subject to change during the Winter Sports Season\*\*

### Volleyball - Adult - All Levels

Our **Adult Volleyball Program for all levels** is the perfect place to get started! Whether you've never played before or are looking to refresh your skills, this fun, supportive, and low-pressure environment is for you. There's no commitment, no pressure, just a great time on the court!

REGISTRATION: Drop In with Punch Card

PUNCH CARD: 5 Punch: \$20.00 / 20 Punch: \$80.00 / Full Season Pass: \$200.00

AGES: 18+

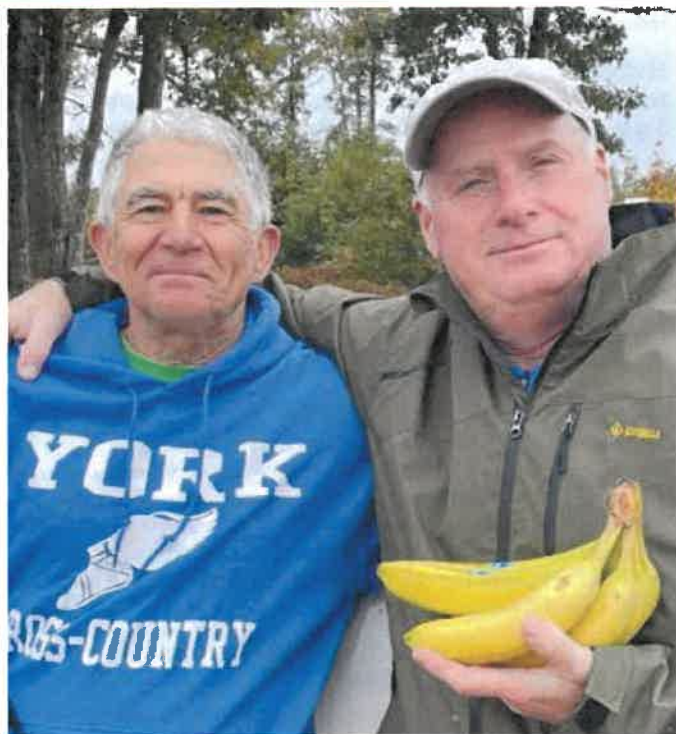
STARTS: September 21st

ENDS: June 14th

LOCATION: York Middle School Gymnasium

DAY: Sundays

TIME: 8:00am-10:30am \*\*Schedule subject to change during the Winter Sports Season\*\*



### Volleyball - Adult - Intermediate/Advanced

Our **Adult Volleyball Program for Intermediate & Advanced Players** is designed for those who have experience on the court and are looking for competitive play, skill development, and intense fun. Whether you're looking to sharpen your technique, play with more experienced athletes, or be a part of more competitive games, this program is the perfect place for you.

REGISTRATION: Drop In with Punch Card

PUNCH CARD: 5 Punch: \$20.00 / 20 Punch: \$80.00 / Full Season Pass: \$200.00

AGES: 18+

STARTS: September 24th

ENDS: June 17th

LOCATION: York Middle School Gymnasium

DAY: Wednesdays

TIME: 7:00pm-9:00pm \*\*Schedule subject to change during the School Winter Sports Season\*\*

**Yorks Illustrated - Fall/Winter/Spring 2025 - 2026**

### Indoor Pickleball - Adult

Indoor Pickleball at York Middle School Sunday evenings! Pickleball is growing and if you haven't tried it, you should! If you are a beginner, don't feel intimidated as pickleball can be played by all levels of players at the same time. Each session is staffed and will have equipment available for your use; however, those who have become hooked have preferred to purchase their own paddles.

REGISTRATION: Drop In with Punch Card

PUNCH CARD: 5 Punch: \$20.00 / 20 Punch: \$80.00 / Full Season Pass: \$200.00

AGES: 18+

STARTS: September 21st (No meeting on November 27th or December 25th)

ENDS: June 14th

LOCATION: York Middle School Gymnasium

DAY: Sundays

TIME: 6:00pm-8:00pm - Open Play on Courts 1 & 2, Beginner Lessons on Court 3

### Unified Pickup Basketball - All Ages

Pickup night for individuals who are neurodivergent or have intellectual disabilities. Participants practice dribbling, passing, and shooting every week before scrimmaging. It's a multi-aged, multi-skilled group focused on inclusion, acceptance, and most importantly, having FUN! We especially welcome those who have or are currently playing Unified Basketball. We are dedicated to promoting social inclusion through shared sports training and competition experiences.

REGISTRATION: Drop In

COST: FREE

LOCATION: York Middle School Gymnasium

DAY: Mondays

TIME: 6:30pm-8:00pm \*\*Schedule & location subject to change during the Winter Sports Season\*\*

## ADULT WINTER

### Futsal (Indoor Soccer) - Adult

Join us for a fast-paced, fun, and friendly game of futsal (indoor soccer)! Futsal is played with a smaller, less bouncy ball that emphasizes ball control, quick passes, and skillful play due to the smaller playing area. This is designed for adults who want to stay active, connect with fellow players, and enjoy the game in a relaxed, non-league setting. Whether you're an avid soccer player or just getting back into the game, our open-play format lets everyone get involved. Non-Marking sneakers/shoes required.

REGISTRATION: Drop In with Punch Card

PUNCH CARD: 5 Punch: \$20.00 / 20 Punch: \$80.00 / Full Season Pass: \$200.00

AGES: 18+

STARTS: November 6th (No meeting on November 27th or December 25th)

ENDS: April 2nd

LOCATION: York Middle School

DAY: Thursdays

TIME: 8:00pm-10:00pm

## ADULT SPRING

### Pickleball Outdoors - Spring 2026

When Mother Nature allows, we'll be returning to York High School for spring/summer Pickleball action. Be on the lookout for details in our monthly e-newsletters or give us a call to be added to our pickleball direct e-mail list.



# GALLEY PROVISIONS

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**York Parks and Recreation / 363-1040**

# The Action

## Teen Programs for York Residents

Funded by a generous donation from Yorkwise, The Action is teen programming and events designed to foster engagement, social communication, and face-to-face relationships. Our goal is to empower teens through enjoyable opportunities that enrich their lives!

The Action will be back this fall with exciting programs for teens. Programs are wide ranging and incorporate small group activities and large group fun! To learn more, go to [yorkparksandrec.org/the-action](http://yorkparksandrec.org/the-action).



**Yorks Illustrated - Fall/Winter/Spring 2025 - 2026**

# Youth Programs

## Programs Listed by Season

Please don't hesitate to volunteer to coach! You don't have to be in the coaches' hall of fame to help coach any of our leagues. In every situation, the Parks and Recreation Department provides leadership on the field or on the court, with a program director who runs the league and refs the games. Your job, in most situations, is to make sure every child has equal playing time and to ensure that the kids are having fun...so please think about it. Our programs are only as good as the volunteers who help us. **Thank you!**

## YOUTH FALL

### Field Hockey

#### Grades 3-6 - All Ability Levels Welcome

This program is an opportunity for beginners to learn field hockey fundamentals and for those with experience to refine their skills and play friendly scrimmages in the Southern Maine Recreational Field Hockey League. Practices will consist of learning the rules, working on ball and stick positioning, passing and receiving, and field positioning. Equipment Needed: Stick, goggles, shin guards, and a mouthguard.

REGISTRATION: Ongoing

STARTS: September 2nd

ENDS: October 21st

COST: \$70.00 Resident / \$80.00 Non-Resident  
(team t-shirt included)

LOCATION: Coastal Ridge Elementary School

DAY: Tuesdays

TIME: 4:00pm-5:30pm

### Lil Kickers

#### Ages 3-4 with 100% Parent Involvement!

This is a non-contact skills-based program. This 4-week 100% parent involvement program, for children ages 3 and 4, will be offered as a basic introduction to the game of soccer. The main emphasis of this program will be to offer tons of fun for you and your child. This will be achieved through fun games and activities that involve movement, concentration, and footwork between parent and child.

REGISTRATION: Ongoing until August 30th

STARTS: September 6th

ENDS: September 27th (Makeup October 4th, if necessary)

COST: \$60.00 Resident / \$70.00 Non-Resident  
(team t-shirt included)

LOCATION: Coastal Ridge Elementary School

DAY: Saturdays

TIME: 45-minute sessions between 8:00am-12:30pm

### 7 on 7 Flag Football League

#### Grades 1-6

Join Coach Andy and department staff for Outdoor 7 on 7 Flag Football. Like touch football, flag football was designed to minimize injuries that playing tackle football can bring. This program is all about introducing young athletes to the exciting world of football in a fun, safe, and supportive environment. Whether your child is a first-time player or has a bit of experience, they'll have a blast while learning the fundamentals of the game without all the gear. We will create balanced teams each week and may even play a friendly scrimmage against another community to end the season. The atmosphere is welcoming and friendly, as is the play. Sneakers and shorts or athletic pants without pockets are required.

REGISTRATION: Ongoing until August 17th

STARTS: September 2nd

ENDS: October 9th

COST: \$65.00 Resident / \$75.00 Non-Resident  
(team t-shirt included)

LOCATION: Bog Rd. Baseball Outfield

DAY: Grades 1-2 – Tuesdays

Grades 3-4 – Wednesdays

Grades 5-6 - Thursdays

TIME: 4:30pm-5:30pm

### FUNDamental Basketball Camp

#### Boys and Girls Grades 3-6

Join us for this exciting and skills-focused basketball camp designed for boys and girls entering grades 3 through 6. Whether your child is new to the game or looking to sharpen their abilities, this camp provides the perfect environment to build confidence, develop core basketball skills, and foster a love for the game. The day will also include competitive drills, scrimmages, and skill-based contests to keep campers engaged and motivated. Sneakers required; shorts recommended. Please be sure to bring plenty of water, snacks, and lunch.

REGISTRATION: Ongoing until November 7th or until full

DAY/DATE: Monday, November 10th

COST: \$60.00 Resident / \$70.00 Non-Resident  
(camp t-shirt included)

LOCATION: York Middle School

TIMES: 9:00am-2:00pm

**York Parks and Recreation / 363-1040**

## Basketball - Travel Tryouts

### Boys and Girls, Grades 5-6

The 5th/6th Travel team will practice twice a week, have a 12-14 game schedule in the Maine Basketball League, and play in a tournament to finish the season. All league games will be played primarily on Saturdays and/or Sundays in the Southern Maine area. **To be considered for a team, players must attend at least two of the three tryout dates.** Those who do not attend tryouts and fail to notify our department of the reason why they cannot attend within 48 hours of the scheduled tryout will not be eligible. **Tryout registration is FREE but required.** Please keep in mind travel basketball is more competitive than our recreation league and there will be added commitment of time and travel from November-March. We encourage you to discuss this within your family to determine if this program is for you. Tryouts are closed; parents will be asked to leave the gym before tryouts begin.

#### Eligibility

**\*Must attend York Schools or be a York Resident\***

**\*Must attend at least two of the three tryout dates\***

REGISTRATION: Ongoing until Tuesday, October 21st

COST: Tryouts are FREE  
\$300.00 if chosen for a team - personalized jersey included in cost

LOCATION: York Middle School or  
Coastal Ridge Elementary School

SCHEDULE: Wednesday, October 22nd (School Early Release)  
Girls: 5:00pm-6:00pm / Boys: 6:15pm-7:15pm  
Friday, October 24th / Girls: 5:00pm-6:00pm -  
Boys: 6:15pm-7:15pm  
Sunday, October 26th / Girls: 4:30pm-5:30pm -  
Boys: 5:45pm-6:45pm

## Basketball - Travel Tryouts

### Boys and Girls, Grades 3-4

The 3rd/4th Travel team will practice twice a week, have a 12-14 game schedule in the Maine Basketball League, and play in a tournament to finish the season. All league games will be played primarily on Saturdays and/or Sundays in the Southern Maine area. **To be considered for a team, players must attend at least two of the three tryout dates.** Those who do not attend tryouts and fail to notify our department of the reason why they cannot attend within 48 hours of the scheduled tryout will not be eligible. **Tryout registration is FREE but required.** Please keep in mind travel basketball is more competitive than our recreation league and there will be added commitment of time and travel from November-March. We encourage you to discuss this within your family to determine if this program is for you. Tryouts are closed; parents will be asked to leave the gym before tryouts begin.

#### Eligibility

**\*Must attend York Schools or be a York Resident\***

**\*Must attend at least two of the three tryout dates\***

REGISTRATION: Ongoing until Tuesday, October 21st

COST: Tryouts are FREE  
\$300.00 if chosen for a team - personalized jersey included in cost

LOCATION: York Middle School or  
Coastal Ridge Elementary School

SCHEDULE: Wednesday, October 22nd (School Early Release)  
Girls: 2:30pm-3:30pm / Boys: 3:45pm-4:45pm  
Sunday, October 26th - Girls: 2:00pm-3:00pm /  
Boys: 3:15pm-4:15pm  
Monday, October 27th - Girls: 5:00pm-6:00pm /  
Boys: 6:15pm-7:15pm



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VISA, MASTERCARD, and DISCOVER

## YOUTH WINTER

### Lil' Ballers Basketball

#### Ages 3 & 4 – Parent Involvement

We use a variety of fun games to develop balance, movement, and basketball skills as well as listening to instructions in this 4-week program. Participants will use a size 3 basketball and shoot on 8-foot hoops to slowly introduce them to competitive play. Parents will be encouraged to participate with their child to make this fun for the whole family. Sneakers required; shorts recommended.

REGISTRATION: Ongoing until January 23rd

STARTS: February 7th (no basketball on February 21st)

ENDS: March 7th  
(make-up date, if necessary, March 14th)

COST: \$40.00 Resident / \$50.00 Non-Resident  
(t-shirt included)

LOCATION: Coastal Ridge Elementary School

DAY: Saturdays

TIME: 8:00am-1:00pm (Each session is 45 minutes)

### Basketball

#### Kindergarten and 1st Grade

Our 6-week Kindergarten and 1st grade basketball program is designed to introduce young players to the game of basketball. This program will allow the children to learn the basic skills in a fun, relaxed atmosphere. Volunteer Parent Coaches are needed for this program, please consider helping. Sneakers required; shorts recommended.

REGISTRATION: Ongoing until November 24th

STARTS: December 13th (No basketball December 27th)

ENDS: January 24th  
(Make-up date, if necessary, January 31st)

COST: \$60.00 Resident / \$70.00 Non-Resident  
(t-shirt included)

LOCATION: Village Elementary School

DAY: Saturdays

TIME: 8:00am-1:00pm (Each session is 60 minutes)

## NOTE:

Please be advised that all programs have a sign-up deadline to allow us the time to organize teams and league schedules. Sign up early, as registrations will only be accepted after the deadline date, if space permits.

If you are interested in coaching, please complete the Volunteer Coach Form on our website,  
[www.yorkparksandrec.org](http://www.yorkparksandrec.org).

### Basketball

#### 2nd Grade Co-Ed

This 7-week program is designed to teach 2nd graders fundamental concepts of basketball. This program focuses on technique via clinics and scrimmages, helping players gradually increase their ability to do and understand a skill that will help them play basketball. Volunteer parent coaches may be needed for this program, please consider helping if you can. Sneakers required; shorts recommended.

REGISTRATION: Ongoing until November 26th

STARTS: December 13th (No basketball December 27th)

ENDS: January 31st  
(Make-up date, if necessary, February 7th)

COST: \$70.00 Resident / \$80.00 Non-Resident  
(team t-shirt included)

LOCATION: Coastal Ridge Elementary

DAY: Saturdays

TIME: 8:00am-1:00pm (Each session is 60 minutes)

### Basketball

#### Boys and Girls Grades 3-4

Our 3rd & 4th grade league will take place at Coastal Ridge Elementary School, Village Elementary School, and York Middle School. This league will focus on the development of individual skills, technical progression, and teamwork. Team practices will be one hour long and will be led by a volunteer coach. Team placement, and practice times will be communicated once your child is placed on a team and rosters are finalized. Games will be played on Saturdays between 8:00am-2:00pm. If you are interested in coaching, please complete the Volunteer Coach Form on our website, [www.yorkparksandrec.org](http://www.yorkparksandrec.org). Sneakers required; shorts recommended. There will be no practices December 22nd through January 4th or February 16th through February 22nd.

REGISTRATION: Ongoing until November 14th

STARTS: Practices start the week of December 1st  
Preseason Holiday League Tournament  
December 20th

League Games begin January 10th

Playoffs begin Friday, February 27th

March 7th (No games December 27th,  
January 3rd, February 14th or 22nd)

ENDS: COST: \$105.00 Resident / \$115.00 Non-Resident  
(team t-shirt included)

LOCATION: Practices at Coastal Ridge Elementary or  
Village Elementary School

## Basketball

### Boys and Girls Grades 5-6

Our 5th and 6th grade league will take place at Coastal Ridge Elementary and York Middle School and will begin the week of December 1st. This league will focus on the development of individual skills, technical progression, and teamwork. Team practices will be one hour long and will be led by a volunteer coach. Team placement and practice times will be communicated once your child is placed on a team and rosters are finalized. Games will be played on Saturdays between 2:00pm-7:00pm. If you are interested in coaching, please complete the Volunteer Coach Form on our website, [www.yorkparksandrec.org](http://www.yorkparksandrec.org). Sneakers required; shorts recommended. There will be no practices December 22nd through January 4th or February 16th through February 22nd.

**REGISTRATION:** Ongoing until November 14th  
**STARTS:** Practices start the week of December 1st  
 Preseason League Holiday Tournament  
 December 20th  
 League Games begin January 10th  
 Playoffs begin Friday, February 27th  
**ENDS:** March 7th (No games December 27th,  
 January 3rd, February 14th or 22nd)  
**COST:** \$105.00 Resident / \$115.00 Non-Resident  
 (team t-shirt included)  
**LOCATION:** Practices at Coastal Ridge Elementary  
 Games at York Middle School  
**DAYS/TIMES:** Practice Once a Week (Weekday Evening)  
 Games on Saturdays between  
 2:00pm-7:00pm

## Swimming Lessons at the Anchorage Inn

### Swimming Lessons will be available for children of all skill levels!

Whether you're looking to introduce your little one to the water for the first time or looking to improve their ability, these lessons are the perfect opportunity to build water safety skills, boost confidence, and have fun. Program details were not available at the time of print. Visit [www.yorkparksandrec.org](http://www.yorkparksandrec.org) for updates.



Yorks Illustrated - Fall/Winter/Spring 2025 - 2026

## We Appreciate Early Registration!

Early registration helps prevent program cancellations and helps us to coordinate facility scheduling, staffing, and supply purchases. If minimum participant requirements are not met in a timely manner, programs may be cancelled. Late registrations are not guaranteed a t-shirt or other program supplies. Please help keep programs running by registering soon!  
 Thank you.

## Indoor Soccer

### Ages 3-4

Our Indoor Soccer Program for players ages 3 and 4 is designed to introduce toddlers to the basics of soccer in a fun, safe, and energetic environment. We'll use simple, age-appropriate drills to help kids develop their coordination, balance, and social skills, while fostering a love for the game. Through engaging activities and games, children will begin to develop essential soccer skills while learning how to play, share, and be part of a team. This is a 100% parent involvement program. Sneakers required; shin guards recommended.

**REGISTRATION:** Ongoing until February 28th  
**STARTS:** March 14th  
**ENDS:** April 11th  
**COST:** \$50.00 Resident / \$60.00 Non-Resident  
 (team t-shirt included)  
**LOCATION:** York Middle School  
**DAY:** Saturday  
**TIME:** TBD – Based on # of teams

## Indoor Soccer

### Ages 5-7

Whether your child is a beginner or has some soccer experience, this program is designed to build their skills, confidence, and love for the game while having tons of fun. Our focus is on creating a positive, energetic environment where every child can enjoy the game of soccer. For the first couple of weeks we'll focus on dribbling, passing, shooting, and controlling the ball and progress into weekly scrimmages so players can learn positioning, teamwork, and strategy. Sneakers required and shin guards required.

**REGISTRATION:** Ongoing until February 28th  
**STARTS:** March 14th  
**ENDS:** April 11th  
**COST:** \$50.00 Resident / \$60.00 Non-Resident  
 (team t-shirt included)  
**LOCATION:** York Middle School  
**DAY:** Saturday  
**TIME:** TBD – Based on # of teams

## YOUTH SPRING

### Lil' Sluggers Baseball

#### Ages 3 & 4

Lil' Sluggers is designed to prepare boys & girls ages 3 & 4 for their journey into organized team play. Our goal is to help our young athletes improve and continue to develop social and physical skills in a fun, relaxed atmosphere. Lil' Sluggers will help build confidence, reinforce team play, and foster a love for the game. Having FUN, building confidence, learning baseball, in that order. Parents are encouraged to participate with their children for some family fun. A baseball glove and sneakers or cleats are required. All other equipment is provided.

REGISTRATION: Ongoing until April 17th

STARTS: May 2nd

ENDS: May 30th (No Lil Sluggers on May 23rd – Memorial Day Weekend)

COST: \$50.00 Residents / \$60.00 Non-Residents (t-shirt and hat included)

LOCATION: Bog Rd. Baseball Field

DAY: Saturdays

TIME: Mornings

### Baseball and Softball with York Little League

**Boys and Girls Ages 5 & Up (T-Ball is now coordinated and run by York Little League)**

**Come join York Little League!**

York Little League (YLL) is committed to creating a fun, instructional and safe environment where children can enjoy the game of baseball or softball. They strive to provide a culture that encourages participation and makes each child feel like an important part of the team. All participants, players, coaches, umpires, parents, and fans are required to practice healthy, sportsmanlike behavior. By offering positive experience and friendly competition, they expect the players to learn life lessons that will extend well beyond the playing field.

**Baseball Eligibility:** Children must be 5 on or before 8/31/26 to be eligible to play.

**Softball Eligibility:** Girls must be 5 by 12/31/25.

**Mini Minors Softball Eligibility:** Girls may be 6 if 7 by June 1, 2026, to qualify.

**BE ON THE LOOKOUT FOR REGISTRATION INFORMATION  
STARTING IN JANUARY AT  
[WWW.YORKLITTLELEAGUE.NET](http://WWW.YORKLITTLELEAGUE.NET)**

### Lacrosse

#### 1st & 2nd Grade Boys & Girls

This is an instructional, developmental program that introduces the basics of the game. No previous experience is necessary. York High School lacrosse players along with volunteer coaches will teach fundamentals, introduce game concepts, and provide instruction in a fun, non-competitive, enthusiastic environment. There will be some friendly scrimmages with other local recreation departments during the season. The only equipment necessary at this level of play is a mouth guard, and a lacrosse stick. Softer developmental lacrosse balls will be used for this program.

REGISTRATION: Ongoing until April 17th

STARTS: May 2nd (No lacrosse May 23rd – Memorial Day Weekend)

ENDS: June 6th

COST: \$50.00 Resident / \$60.00 Non-Resident (t-shirt included)

LOCATION: Bog Rd. Recreation Complex

DAY: Saturdays

TIME: Morning – TBD

### Lacrosse

#### Grades 3-4 - Boys and Girls

This is a developmental program to introduce players to fundamental lacrosse skills while building on their knowledge of the game. The team will practice twice a week. Practice time will focus on rules, techniques, and skill development such as throwing, catching, cradling, and shooting along with the rules of the game. The game schedule is completed by the Maine Youth Lacrosse League (MYL) and will be released at the end of April. Most games will be played on Saturday or Sunday, however, there will be occasional games scheduled during the week. Girls will need goggles, a mouth guard, gloves, and a stick. Boys will need a helmet, arm and shoulder pads, athletic supporter, stick, gloves, and a mouth guard.

REGISTRATION: Ongoing until March 14th

STARTS: Week of April 6th – Weather and Field Conditions Permitting

ENDS: June 14th (No games Memorial Day Weekend)

COST: \$125.00 Resident / \$135.00 Non-Resident (reversible jersey included)

LOCATION: Practices & Home Games Played at Bog Road Fields

DAYS/TIMES: TBD by Maine Youth Lacrosse League (MYL)

## Lacrosse

### Grades 5-6 - Boys and Girls

This is a developmental program to introduce players to fundamental lacrosse skills while building on their knowledge of the game. The team will practice twice a week. Practice time will focus on rules, techniques, and skill development such as throwing, catching, cradling, and shooting along with the rules of the game. The game schedule is completed by the Maine Youth Lacrosse League (MYL) and will be released at the end of April. Most games will be played on Saturday or Sunday, however, there will be occasional games scheduled during the week. Girls will need goggles, mouth guard, gloves, and a stick. Boys will need a helmet, arm and shoulder pads, athletic supporter, stick, gloves, and a mouth guard.

REGISTRATION: Ongoing until March 14th

STARTS: Week of April 6th – Weather and Field Conditions Permitting

ENDS: June 14th (No games Memorial Day Weekend)

COST: \$125.00 Resident / \$135.00 Non-Resident (reversible jersey included)

LOCATION: Practices & Home Games Played at Bog Road Fields

DAYS/TIMES: TBD by Maine Youth Lacrosse League (MYL)

## Spring - Cross Country

### Grades K-2 & Grades 3-6

Calling all young runners! Our Youth Cross Country Program is the perfect opportunity for kids grades K-6 to learn the fundamentals of running in a fun, supportive, and team-oriented environment. Whether your child is brand new to running or already loves to race around the playground, this program is designed to help them grow in confidence, endurance, and sportsmanship. Practices will include warm-ups, running games, and strength-building exercises. We'll host an in-house meet at the end of the season for kids to test their skills and build confidence. Participants should wear running shoes, comfortable athletic clothing, and bring lots of water. No prior experience needed – just a willingness to run, try your best, and have fun! Parents are welcome to volunteer and support their young runners along the way. Dates were not available at the time of print but visit us at [www.yorkparksandrec.org](http://www.yorkparksandrec.org) for updates.

## Swimming Lessons at the Anchorage Inn

**Swimming Lessons will be available for children of all skill levels!**

Whether you're looking to introduce your little one to the water for the first time or looking to improve their ability, these lessons are the perfect opportunity to build water safety skills, boost confidence, and have fun. Program details were not available at the time of print. Once information is available it will be posted on our website at [www.yorkparksandrec.org](http://www.yorkparksandrec.org).



# Vacation Camps!

## February Vacation Week Camp

### Grades K-6

School vacation means more time for adventure and play! Join us for February Vacation Camp at York Middle School during the school break. We've secured some of your favorite summer day camp counselors and they are excited to facilitate a week of fun, fun, fun! Camp will consist of a combination of seasonal outdoor activities, crafts, indoor games, sports, and a field trip. All campers should come to camp prepared to play inside and outside! Only week-long registrations will be accepted. There will be strict minimum and maximum participation requirements, and registration in advance is required. All campers should pack two snacks, lunch, water bottle, snow gear (hats, gloves, snow pants, jackets), sleds, extra set of dry clothes, sneakers, and comfortable indoor play clothes. Field trips are included in the cost.

REGISTRATION: Ongoing until February 10th

STARTS: Tuesday, February 17th

ENDS: Friday, February 20th

COST: Resident \$200.00 / Non-Resident \$210.00

LOCATION: York Middle School

DAYS: Tuesday-Friday

TIME: 8:00am-5:00pm

DROP OFF: 8:00am-9:00am

PICK UP: 4:00pm-5:00pm

Please note, weekday vacation camps fill up quickly and limited space is available. If you plan to attend, please register early!

## April Vacation Week Camp

### Grades K-6

Looking for something to do during April Vacation? We've secured some of your favorite summer day camp counselors and they are excited to facilitate a week of fun, fun, fun! Camp will consist of a combination of seasonal outdoor activities, crafts, indoor games, sports, and a field trip. All campers should come to camp prepared to play inside and outside! Only week-long registrations will be accepted. There will be strict minimum and maximum participation requirements, and registration in advance is required. All campers should pack two snacks, lunch, water bottle, outside play gear appropriate for the April weather conditions, extra set of dry clothes, sneakers, and comfortable indoor play clothes. Field trips are included in the cost.

REGISTRATION: Ongoing until April 14th

STARTS: Tuesday, April 21st

ENDS: Friday, April 24th

COST: Resident \$200.00 / Non-Resident \$210.00

LOCATION: York Middle School

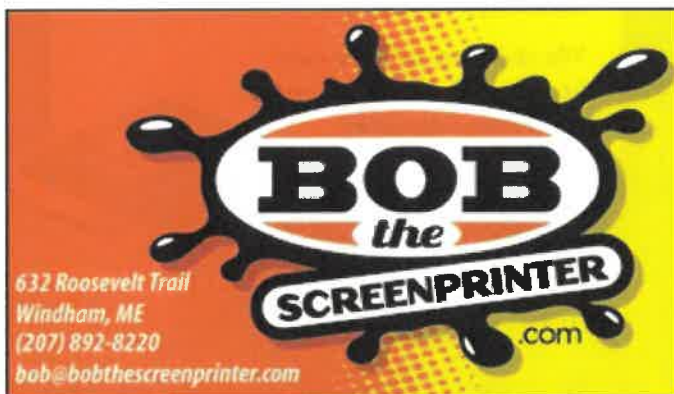
DAYS: Tuesday-Friday

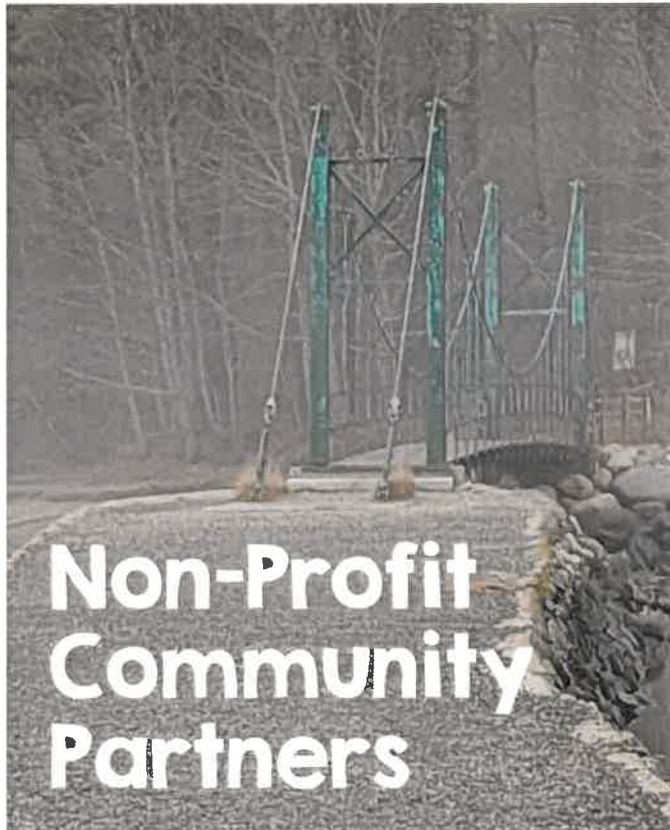
TIME: 8:00am-5:00pm

DROP OFF: 8:00am-9:00am

PICK UP: 4:00pm-5:00pm

Please note, weekday vacation camps fill up quickly and limited space is available. If you plan to attend, please register early!





*Parks and Recreation is excited to partner with Yorkwise to increase teen programming for the York community. YORKWISE is a non-profit, community-based organization dedicated to promoting drug and alcohol prevention and education for York's youth and families.*

*Through a generous sponsorship, Parks and Recreation is hiring a dedicated Teen Program Coordinator that will lead this new initiative. Go to [www.yorkparksandrec.org/teen-programs](http://www.yorkparksandrec.org/teen-programs) for more information.*

**York Education Foundation** raises funds to award grants for innovative and challenging programs in the York Public Schools

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 [yorkeducationfoundation](https://www.instagram.com/yorkeducationfoundation)

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**Family Service Program and General Assistance for The Town of York**

**Janie Sweeney, Manager**

[jsweeney@ycsame.org](mailto:jsweeney@ycsame.org)

Hours: 9:00am - 2:00pm, Monday - Friday  
207-363-5504

**Food Pantry**

**Maureen Monsen, Manager**

[mmonsen@ycsame.org](mailto:mmonsen@ycsame.org)

Food Pantry Hours: Wednesday - Thursday

11:00am - 3:00pm

Please call for appointment

Donation Hours: Wednesday - Thursday

8:00am - 11:00am or by appointment

207-363-5504

**For More Information**

**Please Contact:**

**Michelle Surdoval, Executive Director**

[msurdoval@ycsame.org](mailto:msurdoval@ycsame.org)

207-363-5504

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**YCSA Mission:**

To partner with York residents who are in need of support, services, and referrals during a difficult times in their lives with the help of our staff, volunteers and our community.

**YCSA Thrift Store**

**Helps provide funds to support our Family Service and Food Pantry Programs.**

**Thrift Store**

**Donald Martin, Manager**

[dmartin@ycsame.org](mailto:dmartin@ycsame.org)

Thrift Store Hours: Tuesday - Saturday

10:00am - 5:00pm

Donations by appointment

207-363-5504

PO Box 180, York, ME 03909

855 US Route 1, York, ME 03909

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[sgunitedfoundation.org/hub](https://sgunitedfoundation.org/hub)

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*We'd love for you to join the York Little League Family!*



To learn more and register for current opportunities:  
**[yorklittleleague.net](http://yorklittleleague.net)**

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# Enrichment Programs

Programs are listed alphabetically, by name.

## Art Club at Village Elementary

### Grades K-1

Let's create! Art Club artists will use a variety of art supplies to create original works of art. We will explore 2D and 3D materials, as well as artistic processes and techniques. The nature of this art club will be "Open Studio" style, where artists choose materials to create their own unique vision. Art Club is available to enrolled kindergarteners and first grade students at Village Elementary who love art and want to spend more time in the art studio creating. Bring a snack and a creative spirit!

INSTRUCTOR: Alexis Kochka

REGISTRATION: Ongoing

SESSIONS: *Fall*: September 29th-December 8th

(No Club October 13th)

*Winter*: January 5th-March 16th

(No Club January 19th or February 16th)

*Spring*: March 30th-June 1st

(No Club April 20th or May 25th)

COST: \$150.00 Resident / \$160.00 Non-Resident

LOCATION: Village Elementary Art Room

DAY: Mondays

TIME: 2:45pm-4:00pm

## Chess Club

### Ages 10 and Up

Join our Chess Club! Whether you're a grandmaster or just learning how to move the pieces, come enjoy strategic battles and sharpen your skills. Explore tactics, openings, and endgames in a fun,

collaborative environment. All skill levels welcome!

INSTRUCTOR: Nick Darby

REGISTRATION: Ongoing

STARTS: October 9th

ENDS: December 18th

COST: \$100.00 Per Player

LOCATION: Center for Active Living – 36 Main Street in York

DAYS: Thursdays

TIME: 5:00pm-7:00pm

## Dungeons & Dragons: 30-Hour Campaign over 10 weeks

### Ages 10 and Up

Join us for Dungeons & Dragons! Take part in a game of heroic fantasy where your choices (and the luck of the dice) determine the path the story takes. Learn more about collaborative storytelling and creative improvisation that makes roleplaying games so special, whether you're an experienced adventurer or you've never rolled a twenty-sided dice before. We have room for all at our party!

INSTRUCTOR: Thom "The Table Top Guy" Freitag!

REGISTRATION: Ongoing

STARTS: October 9th

ENDS: December 18th

COST: \$225.00 Per Player

LOCATION: Center for Active Living – 36 Main Street in York

DAYS: Thursdays

TIME: 5:30pm-8:30pm

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York Parks and Recreation / 363-1040

## Game Club - Board Games, Pokemon, Magic: The Gathering, Yu-Gi-Oh and more!

### All Ages – Families welcome!

Join us for an exciting and fun-filled experience at the Game Club, where we gather to play board games and card games and enjoy a good time with friends! We'll provide a selection of board games, but feel free to bring your favorites to share with the group. Whether you're a fan of classic board games or new ones, there's something for everyone.

Card game enthusiasts are also welcome! Bring your decks for Pokémon, Yu-Gi-Oh, Magic: The Gathering, Star Wars Unlimited, or any other card games you love. If you're looking for a match or just want to hang out and play, come on down! This club is very welcoming and is always happy for newcomers!

REGISTRATION: Ongoing  
 STARTS: October 9th  
 ENDS: December 18th  
 COST: \$50 per family for all 6 sessions!  
 LOCATION: Center for Active Living, 36 Main Street, York ME  
 DAY: Thursdays  
 TIME: 5:00pm-7:00pm



Yorks Illustrated - Fall/Winter/Spring 2025 - 2026

## Hot Wheels Garage

### Ages 5-8

Playing with cars is FUN! And it's beneficial for child development. Playing with toy cars provides an opportunity for the development of social skills and aids in emotional and physical development. During this 5-week session, we will build a variety of tracks, create life-like destinations, and create scenarios such as racing, crashing, oil changes, and more. Some structure will be provided, but participant imagination will be the "driving" force in this program. Participants are invited to bring their favorite Matchbox/Hot Wheels cars & trucks, but there will also be plenty of cars and props available to share. We hope you will plan to join Recreation Coordinator, Andy Kaherl (a real-life race car driver) for this fun-filled creative play program. Each participant will receive a Hot Wheels on the first day.

REGISTRATION: Ongoing until full, space is limited.  
 DATES: Session 1: September 8th-October 6th  
 Session 2: February 23rd-March 30th  
 (No meeting on March 16th)  
 COST: \$50.00 Resident / \$60.00 Non-Resident  
 LOCATION: Center for Active Living, 36 Main St.  
 DAY: Mondays  
 TIME: 4:30pm-5:30pm

## Safe Sitter

### Must be 11 and up

This course is intended to improve your child's care skills needed for babysitting. Founded in 1980, Safe Sitter® is the only national nonprofit training program exclusively devoted to preparing young teens to be safe in unsupervised settings, whether babysitting, sibling sitting or home alone.

The Safe Sitter® curriculum is designed exclusively for young teens in grades 6-8, and covers the following areas: safety skills, childcare skills, first aid & rescue skills, and life & business skills. Safe Sitter® courses are instructor-led and interactive, with hands-on demonstrations and skills practice using soft-bodied dolls and medical manikins. Your child will be very prepared to start their babysitting career. Each student completing the course will receive a certificate that verifies this training for caring for small infants and toddlers. Please bring a snack, lunch and drink.

INSTRUCTOR: Melissa Nickerson  
 REGISTRATION: Ongoing  
 SESSIONS: Session 1: Tuesday, November 4th  
 Session 2: Wednesday, February 18th  
 Session 3: Friday, April 24th  
 COST: \$125.00 Resident / \$135.00 Non-Resident  
 Cost includes a \$40.00 book fee  
 LOCATION: Grant House, 200 Rt. 1 in York  
 TIME: 9:00am-3:00pm

## Mt. Agamenticus Guided Programs and Adventures 2025-2026

*Details at the front of this brochure under the Mount Agamenticus Conservation Program.*

*Check our website for updates!*

**Giant Mushroom Paper Craft Party – October 16th & 17th**

**Winter Solstice Sunrise Walk – December 21st**

**Spring Equinox Sunrise Walk – March 20th**

**Printmaking Workshop – May 9th**

**Blue Moon Hike – May 31st**

**Mt. A Trail Challenge 5K/1 Mile – May 2nd - See Full Details in Road Race Section**

**Volunteer Community Workdays Saturdays, 9:00am-12:00pm**

## The Yorks Art Company

We are looking forward to another exciting year of performing arts opportunities. We are currently working with our talented staff to build new programs for all ages. Check back often for new programs. We are always looking for new ideas. If you are harboring a secret or not so secret talent that you would like to share, please reach out to Megan Milburn at [mmilburn@yorkmaine.org](mailto:mmilburn@yorkmaine.org).

## Mother Daughter Women's Choir

**Ages 10-100+**

This gathering is for mothers and daughters, aunts and nieces, grandmothers and granddaughters, family friends, and any beloved woman-girl pair. Whether you're connected by blood, love, or community, you're welcome here. We're meeting as an intergenerational circle of women and girls to celebrate the joy of singing together. We'll be singing a variety of songs with harmony. This is a judgement-free space. No experience needed, just bring

your voice and someone you love.

This group will meet on the second Sunday of the month for the duration of the school year.

**INSTRUCTOR:** Marissa Armitage

**REGISTRATION:** Drop in with YPR Punch Card

**STARTS:** September 14th

**ENDS:** May 10th

**COST:** 5-Punch: \$20 / 20-Punch \$80

**LOCATION:** CRES Music Room

**DAY:** Sundays

**TIME:** 4:00pm-5:15pm

## Curtain Callers: Audition & Performance Technique

**Grades 2-6**

Join the Curtain Callers this fall for a drama filled season of fun. We will be focusing on Audition and Performance techniques. Students will enjoy a wide range of creative activities where they will learn various acting techniques, build confidence and practice self-expression. Students will focus on different skills and participate in different exercises that meet them where they are. Come let loose and find your voice!

The Curtain Callers will have a variety of performance opportunities throughout the season. TBD

**INSTRUCTOR:** Megan Milburn

**REGISTRATION:** Ongoing

**STARTS:** September 22nd

**ENDS:** November 3rd

**COST:** \$150.00

**LOCATION:** York Community Auditorium

**DAY:** Mondays

**TIME:** 3:15pm-4:45pm



**York Parks and Recreation / 363-1040**

## Curtain Callers Production: Peter Pan Jr.

### Grades: 2-6

Join the Curtain Callers for our first Mainstage Production. We are excited to showcase all the amazing talents from our community. From acting, singing, dancing, set building, to costume design. Time to put all that theater knowledge into use.

Join us for Auditions in December. Performances in February. If you would like to donate your time, talent or treasure to our first production please reach out to Megan Milburn at [mmilburn@yorkmaine.org](mailto:mmilburn@yorkmaine.org) We are always looking to add to our production team!

DIRECTOR: Megan Milburn  
AUDITIONS: December 9th or 11th  
REHERSALS: December-February  
COST: \$400.00  
LOCATION: York Community Auditorium  
PERFORMANCES: February 13th-15th 2026

## Karaoke for All Ages

Join us in the fall for karaoke. Sit back, relax and have some fun belting out your favorite tunes. Businesses who would like to host can reach out to Megan Milburn at [mmilburn@yorkmaine.org](mailto:mmilburn@yorkmaine.org)

Join us at the American Legion Post 56

Friday, September 12th and Friday, October 3rd  
from 7:00pm-10:00pm

## Karaoke Superstars

### Grades 2-4

Come sing your heart out with this brand-new karaoke club. Singers will choose their favorite songs to work on and receive coaching and feedback. Alongside their own selections, singers will learn some karaoke classics and favorites, so they are always ready to be the life of the party. The program will end with a small performance for family and friends!

INSTRUCTOR: Lauren Cummings  
REGISTRATION: Ongoing  
SESSIONS: Session 1: October 1st- November 5th  
Session 2: February 25th- April 1st  
COST: \$125.00  
LOCATION: York Middle School  
DAY: Wednesdays  
TIME: 3:15pm-4:45pm

## Karaoke Superstars

### Grades 5-8

Come sing your heart out with this brand-new karaoke club. Singers will choose their favorite songs to work on and receive coaching and feedback. Alongside their own selections, singers will learn some karaoke classics and favorites, so they are always ready to be the life of the party. The program will end with a small performance for family and friends!

INSTRUCTOR: Lauren Cummings  
REGISTRATION: Ongoing  
SESSIONS: Session 1: October 1st- November 5th  
Session 2: February 25th- April 1st  
COST: \$125.00  
LOCATION: York Middle School  
DAY: Wednesdays  
TIME: 2:00pm-3:00pm



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## Gymnastics

### Grades 5-6

Join our Gymnastics & Yoga class! This dynamic program combines the mindfulness and flexibility of yoga with the strength and agility of gymnastics. Participants will learn fundamental gymnastics skills like balance and coordination, along with yoga poses that promote self-awareness and relaxation. The class includes fun games and challenges in a safe environment, making it perfect for all abilities. Encourage your child to embrace their physical potential, make new friends, and cultivate a healthy lifestyle! Each session will conclude with a short showcase, allowing participants to share their progress with family and friends. We will follow the York School Department Calendar.

INSTRUCTOR: Karen Wharton

REGISTRATION: Ongoing

SESSIONS: Session 1: November 5th – December 17th  
(No class November 26th)  
Session 2: January 7th – February 11th  
Session 3: March 4th – April 8th

COST: \$125.00

LOCATION: York Middle School

DAY: Wednesdays

TIME: 2:15pm-3:15pm

## Gymnastics

### Grades 1-4

Join our Gymnastics & Yoga class! This dynamic program combines the mindfulness and flexibility of yoga with the strength and agility of gymnastics. Participants will learn fundamental gymnastics skills like balance and coordination, along with yoga poses that promote self-awareness and relaxation. The class includes fun games and challenges in a safe environment, making it perfect for all abilities. Encourage your child to embrace their physical potential, make new friends, and cultivate a healthy lifestyle! Each session will conclude with a short showcase, allowing participants to share their progress with family and friends. We will follow the York School Department Calendar.

INSTRUCTOR: Karen Wharton

REGISTRATION: Ongoing

SESSIONS: Session 1: November 5th – December 17th  
(No class November 26th)  
Session 2: January 7th – February 11th  
Spring: March 4th – April 8th

COST: \$125.00

LOCATION: York Middle School

DAY: Wednesdays

TIME: 3:45pm-4:45pm



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## Creative Writing & Poetry Club

### Ages 14-18

Do you enjoy crafting stories? Is poetry your jam? Come join us for this laid-back 4-week creative writing club. Hone your techniques, build on your story telling abilities, and expand your horizons.

INSTRUCTOR: Hillary Peraner  
 REGISTRATION: Ongoing  
 STARTS: October 2nd  
 ENDS: October 23rd  
 COST: \$40.00  
 LOCATION: York Public Library  
 DAY: Thursdays  
 TIME: 4:00pm-5:00pm

## Coming Spring 2026: Harry Potter Club

for Grades 2-4 and 5-8.

Check our website as we approach the new year for more details!

## LEGO Club

### Grades K-4

Join our fun After-School LEGO Club for kids in grades K-4! Build, create, and explore your imagination with weekly LEGO challenges, teamwork, and creative projects in a supportive environment.

INSTRUCTOR: Christy Traquair  
 REGISTRATION: Ongoing  
 STARTS: September 23rd  
 ENDS: November 25th (No club November 11th)  
 COST: \$150.00  
 LOCATION: CRES  
 DAY: Tuesdays  
 TIME: 3:00pm- 4:30pm



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# Community Special Events

Events are listed in chronological order.

## Festival of Frights Parade with "Trunk or Treat"

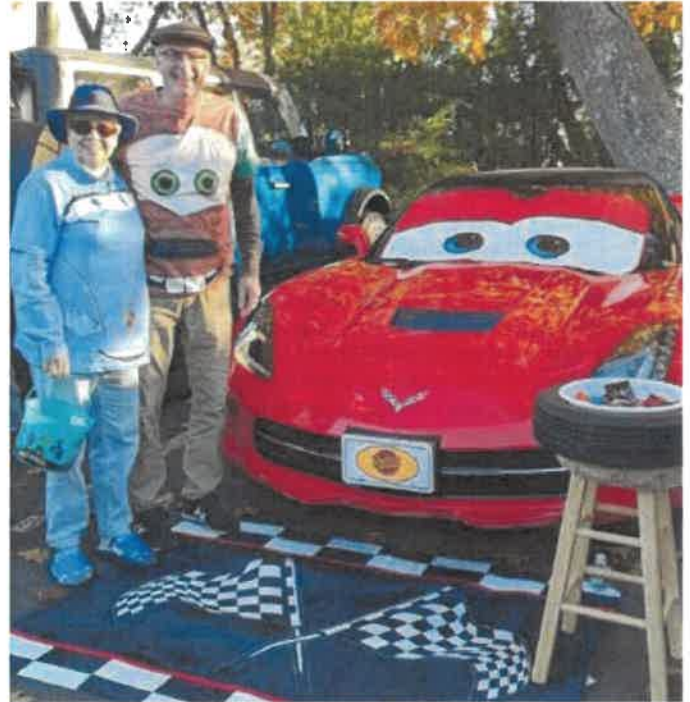
Friday, October 24th

The York Parks & Recreation Department, with special help from the York Police Department and the Center for Active Living, is pleased to host this Halloween event to be held October 24th at Short Sands. The event will consist of a Halloween costume parade that begins at Short Sands basketball courts at 4:30pm and finishes at the Center for Active Living, 36 Main Street. **If you'd like to be in the parade, please line up at Short Sands Basketball Courts no later than 4:15pm.** Following the parade portion of the event there will be a "Trunk or Treat" for all participants to get some candy and treats at the Center for Active Living. Get those costumes ready and join us for a night of fun!

REGISTRATION: Drop In

COST: FREE

LOCATION: Parade starts at Short Sands Basketball Courts and ends at the Center for Active Living, 36 Main St.  
"Trunk or Treat" immediately following parade  
Friday, October 24th (Rain date October 25th)  
DAY: Parade line starts to form at 4:15pm  
TIME: Parade leaves for the Center for Active Living at 4:30pm



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## Annual Veterans Breakfast

**Monday, November 10th**

Join the Committee for Veteran Affairs for the Annual Veterans Breakfast! It will be held on Tuesday, November 11th from 6:00am-11:00am at Norma's Restaurant. Free special for Veterans, generously sponsored by the York Committee for Veteran Affairs. All others may purchase any meal of their choosing. This event started and continues to thrive off the generosity of our community and sponsors!

***Thank you, to all veterans, for your service!***

## 2025 FESTIVAL OF LIGHTS CELEBRATION

**Saturday, November 29th – Saturday, December 6th**

The Festival of Lights is held annually at the beginning of December to give thanks to the community for making York the delightful place it is and to celebrate the warmth and tradition of the season. We hope that you'll plan to attend and enjoy one or all the following events: The Polar Express, visits with Santa Claus, Lighting of the Village, Festival of Lights Parade, Community Holiday Concert and our Gingerbread House Contest.

Please be on the lookout for detailed festival flyers, complete with event locations and times, to be distributed throughout the community as we get closer to the event.

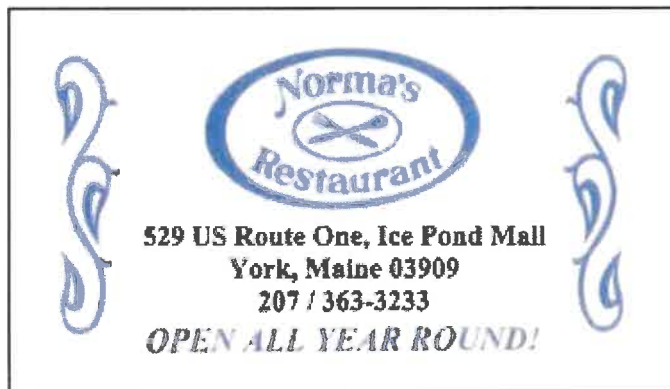
**The following Festival of Lights Activities / Events are sponsored by or partnered with the York Parks and Recreation Department:**

## Nubble Holiday Lights

**Saturday, November 29th–February 1st**

Visit Sohier Park to see the Nubble Lighthouse dressed in its holiday best. The lights will be on daily from 4:00pm to midnight from Saturday, November 29th through February 1st. Lights may be out prior due to storm damage; we will do our best to keep them on as long as we can in the Maine winter.

**Thank you to our amazing Lightkeeper, Matt!**



## The Lighting of the Village!

**November 28th, 29th, 30th – Until the job is finished!**

York Parks and Recreation is thrilled to announce the annual Lighting of the Village, brought to life by the incredible team at Lee Tree! On the weekend following Thanksgiving, while many enjoy their holiday downtime, the dedicated crew from Lee Tree donates their time to transform our village into a dazzling winter wonderland. A special shout-out to Mike Lee, whose 30 years of commitment have made this tradition a cornerstone of our community's holiday spirit. We're equally grateful to his son, Mitchell, who will carry this cherished tradition forward, ensuring our village and town sparkle with festive beauty.

Want to show your appreciation? The Lee Tree team, including their hardworking K9 companions, would love some sweet treats as a thank-you for their efforts. Drop by the village during the lighting to share your gratitude and spread some holiday cheer! From all of us at York Parks and Recreation, a heartfelt **THANK YOU to Lee Tree for making our community shine bright!**

## Lighting of the Anchorage!

**Saturday, November 29th**

Join us for the 3rd Annual Lighting of the Anchorage Inn in York, Maine, a new tradition that marks the beginning of the holiday season! Witness the beautiful illumination of the Anchorage as thousands of twinkling lights transform it into a winter wonderland. Enjoy festive music, hot cocoa, and the fan favorite ice bar at the Anchorage for a festive beverage! Stop by to meet Santa Claus, who will be there to spread holiday cheer and take photos with children. The event will culminate with a fireworks display at dusk! Don't miss this enchanting event that brings holiday cheer to the heart of York as friends and families gather to celebrate the magic of the holidays!



**Thank you to the Anchorage Inn and the Ramsey family for hosting Santa Claus!**

LOCATION: Anchorage Inn at York Beach  
 DAY: Saturday, November 29th  
 TIME: 4:00pm-7:30pm

## The Polar Express

**December 4th and 5th**

**Presented with the Williams Realty Partners of Keller Williams Coastal Realty and Woody's Pizza!**

'Twas the night before the Parade...and The Polar Express is coming to town!

Add this staple to your holiday celebrations by joining us in your pajamas for this Polar Express Event. Your evening begins with a "trolley express" ride through scenic York Beach. We'll venture to the Nubble Lighthouse to view its spectacular Christmas Lights. The backdrop of the Lighted Nubble is the perfect spot for the telling of the classic Chris Van Allsburg story THE POLAR EXPRESS. Upon our return, we invite you to join us in the warm and cozy Woody's Brick Oven Pizza for some of Santa's favorites, hot chocolate and cookies. We might even be lucky enough to have a visitor join us (hint: he'll be dressed in red!). This is an evening your family won't want to miss; maybe you'll even be chosen to receive the first gift of Christmas!

**SPACE IS VERY LIMITED FOR THIS EVENT AND REGISTRATION IS A MUST!**

**DUE TO SPACE RESTRICTIONS, YORK RESIDENTS ONLY PLEASE!**

Special thanks to Williams Realty Partners for generously allowing us to use their trolley, Homer, as our polar express, and to Woody's Brick Oven Pizza for their hospitality and amazing cookies!

REGISTRATION: Ongoing

COST: \$25.00 per person

LOCATION: Pick-up is in the parking lot by York's Wild Kingdom, directly across from the York Beach Fire Department on Railroad Ave.

DATES: Thursday, December 4th

Friday, December 5th

TIMES: Varied 45-minute sessions

## Festival of Lights Parade

**Saturday, December 6th**

Join us in celebrating York's Holiday Season with the Festival of Lights Parade. The parade starts promptly at 4:30pm on Saturday, December 6th. Applications are available at the York Parks & Recreation Office and on our website: [yorkparksandrec.org](http://yorkparksandrec.org). All are welcome!!! We would like to encourage the businesses in York to get involved in this community parade. What a great way to advertise your business and at the same time join in the spirit of the holidays and be involved in your community...a friendly competitive spirit could put a *Best Business* banner on your float this year! Other honors include *Best Use of Music*, *Best Lights*, *Best Children's Float* and *Most Magical*.

**Thank you to York Police Department for their support of this event which would be impossible without them!**

## FREE Winter Community Concert

**Sunday, December 14th**

The Festival of Lights finale! Join us in the York Community Auditorium at York High School for a festive community concert! The Seacoast Wind Ensemble will be performing many holiday favorites to delight audiences. The York Arts Company will be accepting donations at the door to support theatrical and musical programming in York.

REGISTRATION: No registration necessary

COST: FREE (Donations for Youth Programming Accepted at Door)

LOCATION: Community Auditorium at York High School

DAY: Sunday, December 14th

TIME: 3:00pm-4:00pm, Doors open at 2:30pm



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## Wreaths Across America

**Monday, December 8th**

View and cheer for the Wreaths Across America convoy, from the Parks & Recreation Department's front lawn. Ample parking and a safe viewing spot for the annual tour from northern Maine to Arlington National Cemetery. The convoy typically passes through York mid-morning, but exact timing will be advertised mid to late November. Stay up to date on our Facebook page!

*Any changes or updates will be posted on our social media pages, as they become available.*

## Sweetheart Ball

**Thursday, February 5th, 2026**

**Kids aged 4-12 accompanied by an adult of their choosing.**

This is our 10th Annual Sweetheart Ball! Come treat your child to a festive evening of dressing up and dancing. A photo area will be set up, complete with fun accessories. This semi-formal event will include family-friendly music, dancing, and light refreshments.

Space is limited and pre-registration is a must for this event, we suggest registering early as we anticipate a sell out again this year!

**A huge thank you to the Union Bluff Meeting House for hosting, again, this year!**

**REGISTRATION:** Ongoing

**DATE:** Thursday, February 5th

**COST:** \$30 per couple / \$10 each extra guest

**LOCATION:** The Meeting House at the Union Bluff

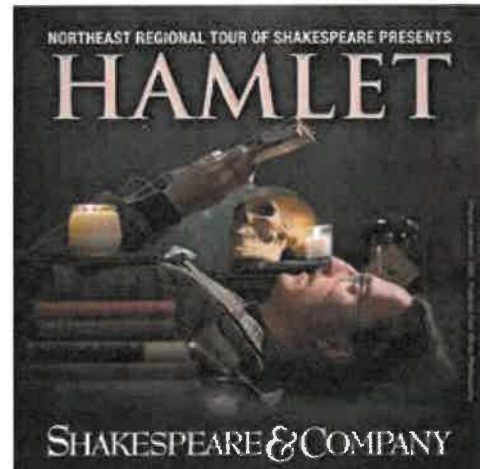
**TIME:** 5:00pm-6:30pm

## For the Love of Student Art Showcase

**February 2026 (Exact dates TBD)**

We are thrilled to have the opportunity to share student art with the community at this showcase held at the York Art Association. Special thanks to the wonderful art teachers from York Schools

for making student art available for this show and to the York Art Association for their generous hospitality. This showcase will be held mid-February. Artwork will be displayed until March 1st and available to view Friday through Sunday from 11:00am-5:00pm. Be on the lookout for other artistic happenings at YAA from late February to early March!



## Save the Date for Shakespeare's Hamlet!

Join us for a captivating performance of Hamlet at the York Community Auditorium on February 27, 2026. Stay tuned for showtime and ticket information, coming soon! Don't miss this unforgettable evening of drama, passion, and intrigue. Keep an eye out for updates on our website at [www.yorkparksandrec.org](http://www.yorkparksandrec.org)!

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# Road Races & Challenges

## Mt A Trail Challenge - 5k / 1 Mile

**Saturday, September 20th**

We're excited to have you join us at the summit of Mount Agamenticus for the annual Mt. A Trail Challenge! Run, hike, roll or stroll through either our 1-Mile or 5K course. This challenge is timed the good ol' fashioned way with stop watches, thanks to our local York High School Cross Country Team. There are no traditional age category prizes, but there will be a raffle for all participants! As always, all funds raised go right back into Mount A conservation & education efforts. Thank you for your continued support!

If you have any questions regarding trails, please contact Naomi at [ndensmore@yorkmaine.org](mailto:ndensmore@yorkmaine.org)

If you have any questions regarding registration, please contact Nick at [ndarby@yorkmaine.org](mailto:ndarby@yorkmaine.org)

REGISTRATION: Online at Run Signup: <https://runsignup.com/Race/ME/York/MtATrailChallenge>

COST: \$20.00 per individual, for either the 5K or 1-Mile

LOCATION: Start/Finish: Mount Agamenticus Summit

EVENT DATE: Saturday, September 20th, 2025

TIMES: 5K begins at 9:00am / 1-Mile starts at 9:20am

here! Event timing is done by volunteers and registration is free. Participant donations are appreciated and necessary to sustain this event & support conservation efforts! This event is truly run by volunteers, from the aid stations to post-event BBQ. The course is composed of three 10.35-mile loops starting at the summit of Mount Agamenticus (Big A) and climbing back up the Big A and going over Second Hill and Third Hill and back up the Big A. There are opportunities to cross the finish line at approximately 10 miles and 13 miles (or any multiple of them up to 31 miles/50K). The terrain is mostly single track with some dirt roads and ATV-type trails. Footing is technical with plenty of rocks, roots, and elevation changes. Trail running shoes are recommended. The full 50K has approximately 5,787 of elevation gain.

Come for the challenge and return for the community.

REGISTRATION: Online at Run Signup: <https://runsignup.com/Race/ME/York/BigA50K>

COST: Donations in lieu of registration fee

LOCATION: Start/Finish: Mount Agamenticus Summit

EVENT DATE: Saturday, May 2nd, 2026

## York Hospital 5k Road Race

**June 2026**

Enjoy this early summer run through scenic York Village and York Harbor. For more information or to register visit [www.yorkhospital.com](http://www.yorkhospital.com) or contact York Hospital's Community Relations Office at (207) 351-2385 or email [info@yorkhospital.com](mailto:info@yorkhospital.com). Day of Race registration begins at 7:00am and race start time is 8:30am.

## Big A 50K

**Saturday, May 2nd, 2026**

Join us for a day of stamina and fantastic views, all to benefit the Mount Agamenticus Conservation Region. This is not a traditional event, no loud music at check-in, race bibs, or an award ceremony



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## York Rotary Club Four on the 4th

**Saturday, July 4th, 2026**

Registration for this race will open on February 1st. This is the third race in the Seacoast Road Race Series. Online registration will be available on RunSignUp for \$40 per person plus fees. Kids aged 16 and under get 50% off! People aged 65+ will receive \$5 off at checkout.

## York Days 5K

**Sunday, August 9th, 2026**

Participate in this race, to benefit community programming in York. This road race is part of the popular Seacoast Road Race Series. Registration for this race will open on February 1st. Online registration will be available on RunSignUp for \$40 per person plus fees. Kids aged 16 and under get 50% off! People aged 65+ will receive \$5 off at checkout.

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A Special THANK YOU to those who helped make our summer events and races a success:

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207-351-8430

Time of Wonder  
207-994-4990

Union Bluff  
207-363-1333

Village Laundry  
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