The Scoop

NOVEMBER 2026

TOWN OF YORK
PARKS & RECREATION
Center for Active Living
Life. Be in it!

36 Main Street, York
Phone 207-363-1036 www.yorkparksandrec.org
Monday - Friday, 8:30am - 4:00pm

Pete Murray, Parks & Recreation Director
Art Jacobs, Program Coordinator
Kim Tilton, Program Coordinator
Becky Osgood, Administrative Assistant
Sean Carey, Chef
Obie Murphy, Custodian
*** CAL = Center for Active Living

PLEASE TAKE NOTE!
CAL'S NOVEMBER SCHEDULE

Program and Lunch Registration starts Wednesday, November 4th for York Residents only and Thursday, November 5th for Non-York Residents and York Residents

CAL will be closed on Wednesday, November 11th in observance of Veterans Day. Also closed Thursday, November 26 and Friday, November 27 in observance of Thanksgiving.

NO REGULAR PROGRAMS ON Tuesday, November 17 thru Friday, November 20th for the Holiday Fair event.

Regular CAL programs are cancelled on Wednesday, November 25th starting at 1:00pm

FEAST, FRIENDS & FUN
Friendsgiving Potluck and Game Night
Tuesday, November 24th 4:00-7:00pm

Bring your favorite fall dish to share. We will start the evening with appetizers at 4pm and continue at 5pm with entree dishes. Then it's game time!
A perfect way to spend a fun-filled evening.
Look for the sign-up sheet at the front door at CAL!

QUEBEC/MONTREAL TRIP
FINAL MEETING
Monday, November 9
10:00 - 11:00am
Travelers, get ready for the Christmas Markets in Quebec and Montreal.
This is the final meeting before departure on December 2nd.

The Center for Active Living presents...

Discover Switzerland, Austria & Bavaria

with Optional 3-Night Vienna Post Tour Extension

July 28 – August 6, 2027

Book Now & Save $400 Per Person

For more information contact
Art Jacobs
The Center for Active Living
(207) 363-1036
ajacobs@yorkmaine.org

collette

Book Now & Save $400 Per Person:

Double ~~$6,399~~;	**Double $5,999***
Single ~~$7,499~~;	**Single $7,099;**
Triple ~~$6,299~~	**Triple $5,899**

For bookings made after Jan 29, 2027 call for rates.

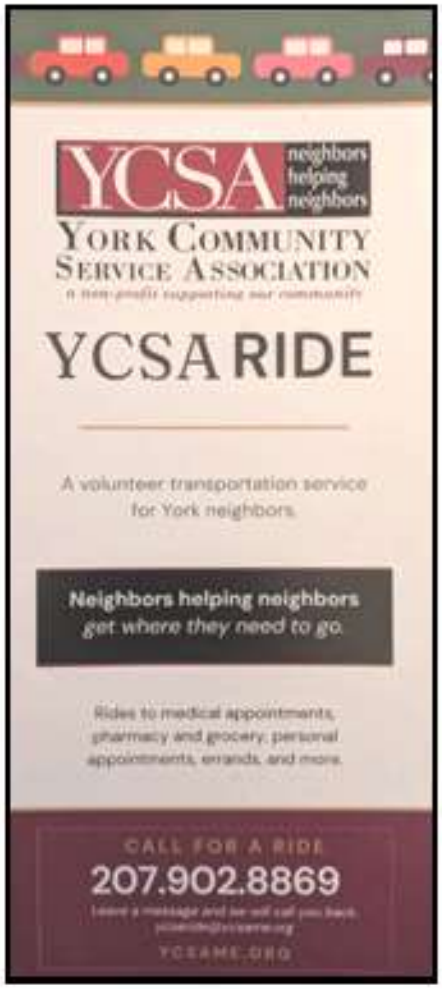
CALLING ALL HOSTS & BAKERS!

We need HOSTS and BAKERS for CAL's ANNUAL HOLIDAY COOKIE TOUR! If you are interested in having your home on the HOLIDAY COOKIE TOUR or being a HOLIDAY COOKIE BAKER, PLEASE SEE ART or BECKY for more information.

CAL'S ETIQUETTE CLASS

Back by popular demand!
Join the CAL staff for an afternoon of interactive learning through conversations and role play. We'll be talking about why good etiquette is important, not only at CAL, but in our everyday life!

Monday, November 9th
1:00-3:00pm FREE!



MEN'S CLUB INFO MEETING

NEW!

Monday, November 23rd - FREE!

1:00 – 2:00 pm

Calling all CAL gentlemen! A new club just for you! Let's talk about what we want our Men's Club to look like. Join in on the conversation and let's make some plans!

BOWLING BASH IS BACK!

Monday, November 30th - 11:00am - 3:00pm

Cost $30.00

Last year's Bowling Bash was a blast! Join the fun of a friendly bowling tournament that includes a Pizza Party, too!

CAL'S HOLIDAY PARTY at FOSTER'S CLAMBAKE

Thursday, December 10th 5:00 – 9:00pm

Buffet Meal Cost $49.00

'Tis the Season and we're planning for our Holiday Party. This year we'll be celebrating the holidays at Foster's in York. An evening filled with holiday music, close friends and plenty of great food!

YCSA COMMUNITY SUPPERS

FIRST PARISH CHURCH FELLOWSHIP HALL, 180 York St., York

1st, 2nd, 3rd and 4th Tuesdays of each month,
4pm - Coffee Hour ~ 5pm - Dinner Served

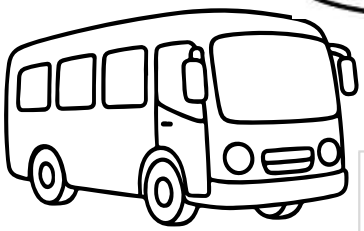
Bring your family and friends to the YCSA Community Supper! Enjoy a social night out, a complimentary meal, and a chance to visit and connect with members of your community. Everyone is welcome and no reservations necessary.

Upcoming Supper Dates:
November 3, 10, 17 & 24

CAL Volunteer Opportunities

Are you interested in being part of the **Volunteer Team** at CAL? Drop by to fill out a volunteer information form and we'll keep you informed on upcoming volunteer opportunities that could include:
Kitchen Helper, Meal Deliveries, Special Events, Spring & Holiday Fairs, Front Desk Reception and more. Volunteering is Rewarding!

DAY TRIPS AND OUTINGS



= Minimal Walking

= Moderate Walking

= Strenuous Walking

To help you determine if a trip is appropriate for your activity level and ability we have added Walking Icons to the descriptions. Let us know if you need any additional information to assist you in planning for a trip.

TRIP REGISTRATION POLICIES & PROCEDURES FOR COMPUTERIZED 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.

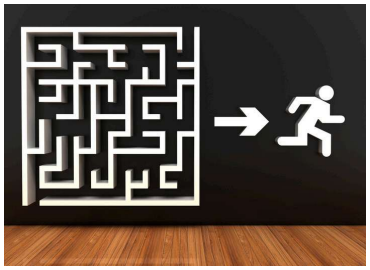
- You may register for yourself and your spouse, and/or travel buddy (York resident) and payment is required at time of registration.
- When a trip reaches the limited number of participants, we will initiate a waitlist. We will contact you if we have an opening, at which time you will have the option of joining the trip and payment will be due to secure your spot.
- If CAL has to cancel a trip (due to weather, etc.) and we aren't able 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 **only** 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.

DINING-OUT TRIPS FOR NOVEMBER

Breakfast Out - None for November

Lunch Out - None for November

Dinner Out - None for November



MAINE ESCAPE GAMES
TUESDAY,
NOVEMBER 10th
9:30am - 4:00pm
Cost $60.00
Lunch out TBD

We're off to Portland for a whole new Escape Room Adventure. New rooms, new clues and new challenges! Be ready to problem solve using clues, logic, and real teamwork!

DISNEY'S MARY POPPINS at The Portsmouth Music Hall

Wednesday, December 16th
10:00am – 5:00pm
Cost $80

Lunch out at a local restaurant before the show.

Winner of 44 major theatre awards from around the globe, *Disney's Mary Poppins* has captivated audiences for generations, and now the enchanting story, unforgettable songs and breathtaking dance numbers will dazzle and delight theatre goers of all ages.

CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
Crafters Gathering	Tuesdays	1:00 - 3:00pm	None	Free
Crafters Gathering is open to all crafters who would like to work on their own projects in a group setting. Come and share your newest creations and ideas with other crafters.				
Jewelry Making with Deb Meyers	Friday, November 13	1:00 - 4:00pm	Deb Meyers	$10.00
Join Deb and friends to learn how to make beaded earrings, a bracelet or a necklace. Just in time for the gift-giving season. There's no better gift than a handmade one!				

NATURE & OUTDOOR RECREATION

Program	Day & Date	Time	Instructor	Cost
White Pine Programs @CAL	Monday, November 23	10:00 - 11:30am	White Pines Staff	Free
Go Nuts! Connecting with the local protein powerhouse nuts and the animals who consume them--acorns, black walnuts, hickory and beech. . . who is cracking, gorging and caching this time of year?				

SPORT & LEISURE

Program	Day & Date	Time	Instructor	Cost
Candlepin Bowling	See Bowling Bash info on page 3			

EDUCATION & HEALTH

Program	Day & Date	Time	Instructor	Cost
Drop-in Blood Pressure and Glucose Clinic	Monday, November 9	2:00 - 2:30pm	York Beach Fire Dept.	Free
The York Beach Fire Dept. crew offers our older adults a free Blood Pressure and Glucose check once a month at CAL. Don't miss this opportunity to get checked. This is a drop-in program. Quick, Free & Easy!				
Foot Clinic provided by Cornerstone VNA	None for November			
A registered footcare Nurse provides expert nail clipping while examining feet to keep ahead of any health issues that may be brewing. This service will be offered every other month on select Mondays from 9am-12pm. You can make an appointment by calling CAL at 363-1036 or drop in at the Front Desk at CAL to make your appointment. **(Payable in cash or check made out to Cornerstone VNA)**				
Men's Club Info Meeting	Monday, November 23	1:00 - 2:00pm	Art Jacobs	Free
See Page 3 for more information on the new Men's Club!				
Taddei Talks	Tuesday, November 24	10:00 - 11:00am	Officer Mike Taddei	Free
Join Officer Mike Taddei and YPD's comfort dog, Major, for conversations about age-related issues. Officer Mike has guest speakers from local agencies that provide worthwhile information to our members.				
Tech Help	Thursday, November 12	11:00am - 2:00pm	Kevin & Scott	Free
Appointment Required. Need help with your cell phone, tablet, laptop, computre, Facetime or Zoom? Please note that you need to bring the device that you are seeking help with to your appointment. Sign up on registration day for your appointment at the front desk. Please be sure to notify us if you need to cancel your appointment. There is often a wait list for this service. Thank you!				

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
Adventure Club Monthly Meeting	Wednesday, November 4 December 9	1:00 - 2:00pm	Free	The perfect club for active and agile older adults looking for adventure!
BINGO for Fun with Art	None for November			
BINGO for Fun with Scott	Friday, November 6	1:00 - 3:00pm	Free	Please bring a Scratch Ticket for the Prize Table.
Book Club	Monday, November 9		Free	CAL's Book Club meets once a month to engage in meaningful conversations about the pre-selected books they have read. Books provided by YPL inter-loan system.
CAL GALS Women's Group	None for November			CAL Gals brings women together for friendship and camaraderie, sharing positive feedback, encouragement and support to provide inner strength and confidence.
CAL's Vintage Vinyl	None for November			
Fair Monthly Meeting	Wednesday, November 4 December 9		Free	All Fair Volunteers are welcome to the meeting. Come and help to plan the next upcoming Fair.
Game Day	None for November			
Haircuts with Susan	Thursday, November 12	1:30 - 4:00pm	$15.00	Sign-up sheet will be available at the Front Desk to reserve your spot.

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
Karaoke at CAL	None for November			
Late Night at CAL FRIENDSGIVING	Tuesday, November 24	4:00 - 7:00pm	Free	Bring your favorite fall dish to share. Appetizers 4pm and entrees at 5pm. Game play after dinner. Look for the sign-up sheet at the front door of CAL.
Movie Monday - Comedy	Monday, November 2 December 7		Free	Need to get away? A good movie is always a pleasant distraction. We'll provide the snacks!
Peace of Mind with Janie Sweeney from YCSA	Wednesday, November 18	10:30 - noon	Free	The YCSA Family Services Manager, Janie Sweeney, is on site at CAL to meet one-on-one for those needing help finding resources for healthcare, housing and other essential services.
Sing-A-Long Songs with Art	None for November			
Social Club Monthly Meeting	Wednesday, November 4 December 9			Come one, come all! We will talk about new program ideas, activities, and special events for the center. We welcome your input and fresh ideas.
Ukulele Group with instructor Shea Ellis of Mountain Road Music - twice monthly	Thursdays	10:00 - 11:00am	$10/ month	All levels welcome! Shea Ellis from Mountain Road Music joins us twice a month for guuided instruction and other Thursdays you'll practice on your own at home or at CAL with the Uke group. Bring your ukulele and music stand to class. We'll provide the sheet music.Check with York Library for a loaner Ukulele.

EXERCISE & WELLNESS - Instructor Led

General Information: FIRST CLASS FREE!

· First class is always FREE! Check out the class to make sure it's what you are looking for.
· Registration is done at the Center for Active Living - payment by check or credit/debit card.
· Punch cards can be purchased for 5 or 8 classes at a time and can be used for any of these four classes - Balance Fun & Workouts, Line Dancing, Shake it Up and Chair Yoga - $5.00 per class.
· Purchase the $25 Card for 5 classes or the $40 Card for 8 classes. Available for purchase at CAL.
· The Jacki Sorenson Aerobic Dance Class is priced for the full 10 week program (see pricing below).

Program	Day & Dates	Time	Location	Instructor	Cost
Balance Fun & Workouts	Tuesdays & Thursdays (No class Thurs, 11/20)	10:05 - 10:50am	York Beach Fire Station	Jonna Dijkstra	$5.00/class Punch Card
Jonna Dijkstra, ACE Certified Personal Trainer & Senior Fitness Consultant, 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!					
Jacki Sorensen's Aerobic Dance	Monday/Wednesday Tuesday/Thursday or Monday thru Thursday	8-9am 5:15-6:15pm	York Beach Fire Station	Jan Jonas	Morning $100 Evening $100 Both $150
Jacki's Aerobic Dance, a nationwide fitness program, is now being offered by The Center for Active Living. Jan Jonas, a certified Jacki's instructor, has led classes in York for over 20 years and is excited to join the CAL team. Each hour-long class of "serious fitness fun" has the right balance of strengthening, toning and dancing to innovative routines created for a range of fitness levels. Each class whispers exercise and shouts fun! New choreography and music are offered in 10-week sessions. A new dance is learned each week giving participants the opportunity to build a repertoire of fresh routines. Come give this class a try!					
Line Dancing	Wednesdays and Fridays	10:00 - 11:00am	CAL	Diane Anderson	$5.00/class Punch Card
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, foxtrot, jitterbug, mambo, and rumba. All easy movements to work our muscles, joints, balance and memory. No partner necessary!					
Shake It Up	Tuesdays and Thursdays	9:00 - 10:00am	York Beach Fire Station	Rhonda DiCarlo	$5.00/class Punch Card
'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 warm up 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.					

EXERCISE & WELLNESS - Video Instructed Classes - Drop-ins Welcome -

Program	Day & Date	Time
Exercise with video - Mondays	Mondays	9:00 - 9:45am
Exercise with video - Wednesdays	Wednesdays (No class Nov. 11, 18 & 25)	9:00 - 9:45am
Exercise with video - Fridays	Fridays (No class November 20 & 27)	9:00 - 9:45am
Tai Chi with Volunteer Instructor	Tuesdays and Thursdays (no class Tuesday Nov. 17 and Thurs. Nov. 19 & 26)	10:00 - 11:00am

BOARD & CARD GAMES (Drop-in)

General Information:

- All card and board games are drop-in, self-directed programs with the exception of lessons by appointment.
- All levels of players are welcome and board game and card games are free.
- In addition to times listed you are welcome to come in with friends or meet them here during regular hours to play a board or card game, based on available space. Please check with staff.
- If there is a game you would like to play and don't see it listed, check with staff to see if it could be arranged.

Program	Day	Time
Poker	Mondays, Wednesdays, Fridays (None Wednesday, Nov. 11, 18, & 25 and Friday, November 20 & 27)	Mon., Wed., & Friday, noon - closing
Cribbage	Tuesdays and Thursdays (None on Tuesday, November 17, and Thursday, November 19 & 26)	10:00am - noon
Hand and Foot	Tuesdays (None on Tuesday, November 17)	1:00pm - closing
Bridge - Advanced/Beginners (Tues.) ***Bridge - Beginners (Thurs.)***	Tuesdays and Thursdays (no class Tuesday Nov. 17 and Thursday Nov. 19 & 26)	1:00pm - closing
Dominoes/Mexican Train	Wednesdays (None November 11, 18 & 25)	1:00pm - closing
Mahjong - American/Taiwan	Beginners & Experienced Mixed - Mondays Experienced Players - Thursdays and Fridays (None on Thursday, November 19 & 26 and Friday Nov. 27) ***(Mahjong Lessons by appointment with Sydney on select Mondays.)***	1:00pm - closing

Location: 36 Main St., York Beach (main entrance at rear of building)
Mailing Address: 36 Main St., York, ME 03909

Hours (except holidays): Monday - Friday, 8:30am - 4pm

Contact Information: Phone 207-363-1036
website: www.yorkparksandrec.org

Eligibility: Adults 50 years of age and older are invited to participate. York residents will be given priority for programs. Non-residents pay an annual user fee of $25 (July 1st - June 30th).

Where To Get The SCOOP Newsletter:
The monthly SCOOP is available for pick-up at CAL with NEW editions available at the end of each month. Let us know if you would like it emailed to you. You can find printed copies at several locations around York including; York Parks & Rec's Grant House, York Town Hall, York Public Library, York Housing at 117 Long Sands, Norma's Restaurant, Village Laundry and York Chamber of Commerce. The SCOOP can be viewed online at the York Parks & Rec website at yorkparksandrec.org
If you are not able to pick up your copy of the SCOOP at CAL or at the listed locations, and have no email access, please speak to the staff about other options. If your aren't receiving emails from the Center be sure to check your spam. To keep the Center's emails from going to spam, add the Center for Active Living to your email contact list.

Program Registration Day:
Wednesday, November 4, York Residents Only:
► 9:00-11:00am restricted to walk-ins only - Doors to the Center will open at 8:30am. Sign in, pick up a registration form and have a cup of coffee/tea plus a treat, and wait your turn - no one's registration will be taken prior to 9:00am. A Registration Form is inserted or available at CAL.
► 11:00am - 4:00pm open to walk-ins and phone registration (207-363-1036)
Thursday, November 5, and thereafter: Non-York Residents & York Residents -
► 9:00am - 4:00pm - walk-ins and phone registration during open hours (207-363-1036)

Program Fees: Some programs have a fee. The fee is listed in the program description. It is the same for York residents and non-residents. The fee is payable at the time of registration unless noted otherwise in the program description. Payment may be made by credit card or check; no cash payments. If paying by check, please make check payable to "Town of York - CAL' and put in memo activity/meal/trip. If you pay and need to cancel a trip, you will be eligible for a User Credit if we are able to fill your spot. If you are a York resident who may benefit from the assistance of a scholarship or payment plan for program participation, please see CAL's Staff, to inquire. We may be able to offer assistance.

Center for Active Living Conduct Policy: All participants, including all staff of the Parks & Recreation Department are expected to behave in a proper and respectful manner. We will not tolerate inappropriate or language, harassment of any kind, destruction of property, or any other behavior deemed inappropriate by the Parks and Recreation Department. In accordance with the severity and frequency of the behavior, the Parks & Recreation Department reserves the right to dismiss participants from the Center and any programs sponsored by the Center. No refund will be given.

Volunteer Opportunities: Volunteering at the Center for Active Living is rewarding and helpful in keeping our programs and activities running efficiently. We have several special events throughout the year at CAL, where we could use more helping hands. If you have an area of expertise or extra time to spare, drop by and fill out a volunteer form so we can meet you and match you with a volunteer position.

LUNCH PROGRAM PROCEDURES

Basic Information:

- Meals are homemade on-site by our Chef, Sean Carey.
- Meal Admission Form must be filled out by each dining participant prior to ordering a meal to keep the cost at $7.00. Ask at the front desk for the Meal Admission Form.
- Lunch is available Tuesdays, Wednesdays, Thursdays, and Fridays for in-house dining at CAL. (Deliveries are available for those that meet the requirements below.)
- If you find you need to change from dining-in to a pick-up order, please call and give staff ample notice to make that change, ideally by 10am on that morning or earlier if possible.
- Limited number of deliveries are available Tuesdays - Fridays for individuals who, due to medical/health or mobility conditions/issues, are unable to dine in at the Center. If you want to be considered for delivery (for York area residents), please contact CAL Staff at 207-363-1036.
- For Dine-In: Please arrive by 11:30am, sign in at the reception desk, and set up your place setting (select a seat, gather silverware, obtain beverage). Volunteer assistance is available if needed (request when signing in).
- Dine-In Reservations are required. Please make your reservation no later than 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).
- For Pick-up Tuesdays-Fridays: Pick-up orders must be placed by Friday at 4pm for the upcoming week. There may be a need to limit the number of pick-ups on certain meals on special meal days. Bring your own bag to pack up your lunch and side dishes. Friday pick-up meals must be picked up by the end of the business day. Meals cannot be saved over the weekend. Please arrive after 12:20pm for lunch pick-up. When entering the building, please check in with the front desk volunteer to request your pre-ordered lunch pick-up.
- Meal cancellation or no show: If you need to cancel a meal, please contact the center at least two days in advance to obtain a user credit. For dine-in meals, if you are not here before noon, we may assume you will not be dining and your meal may be given away if you haven't called. 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.
- Muffins are available Tuesdays, Wednesdays, Thursdays, and Fridays; see menu for the muffin of the day. Occasionally, Sean may have muffins available on a Monday morning. Reserve your muffins no later than Friday prior to the week you want to pick up your order. Check with Sean, as he occasionally has extras.
- Pick-Up: Muffins may be picked up between 10am - 3:30pm.
- Cost: 5 muffins for $2.50; 10 muffins for $5.00

CAFÉ Mondays - Fridays, 9:00-11:00am (free)
Start your day off on a positive note with one of Sean's delicious muffins or other treats, coffee/tea/cocoa, and friends. This is a great opportunity to meet new people!

First & Last Name: _____ Pick-up: _____ Delivery: _____ Dessert: ___ regular ___ sugar-free

Town of York – Center for Active Living – Lunch Menu November 2026

Registration: Reservation deadline: *Friday by 2pm prior to the meal you desire* call 207-363-1036, Monday – Friday, 9:00am-3:30pm. Meal reservations in-person or by phone only; no online option. *If you need to cancel a meal, to obtain a User Credit, please cancel two days in advance.* Meals are limited to one per person. We ask for a $7.00 donation for each meal. Order early as there are a limited number of meals per day. Muffins are not part of the meal; order separately (5 muffins - $2.50; 10 muffins - $5.00)

TUESDAY	*WEDNESDAY*	*THURSDAY*	*FRIDAY*
10 Grilled Burger on Roll Pasta Salad w/Veggies Pickle Muffin: Chocolate Chip	11 ***Happy Veterans Day*** No Muffins	12 ***Holiday Meal*** ***Roast Turkey*** ***Mashed Potato*** ***Vegetable & Roll*** ***No Pickup or Delivery*** ***$10.00*** No Muffins	13 Shrimp Fried Rice Asian Vegetables Egg Roll Muffin: Coconut
17 Cheese Ravioli In Red Sauce Vegetable Garlic Bread No Muffins	18 Chicken Marsala w/Mushroom Wine Sauce Pasta Vegetable No Muffins	19 ***No Meals*** ***Fair Set Up*** No Muffins	20 ***No Meals*** ***Holiday Fair*** No Muffins
24 Greek Salad w/Turkey & Feta Cheese Pita Bread Muffin: Pumpkin	25 ***No Meals*** ***No Muffins***	26 **Happy Thanksgiving**	27 ***No Meals*** ***No Muffins***
December 1 Baked Mac n Cheese w/Hot Dog on Roll Vegetable Muffin: Berry Yogurt	2 Steak & Cheese on French Roll w/Peppers & Onions Chips & Cole Slaw Muffin: Pineapple	3 Chicken Parm w/Marinara Sauce Vegetable Italian Bread Muffin: Strawberry Banana	4 Baked Seafood Au Gratin White Rice Vegetable Roll Muffin: Lemon Poppy

REGISTRATION FOR NOVEMBER 2026 MEALS & PROGRAMS

Please complete the information below. FULL NAME (please print): _____

Date & Time: _____ **Preferred Phone w/area code:** _____

PROGRAM REGISTRATION: Please check each program(s) you desire to register for below. If a program is offered more than one day a week, please indicate the day(s) you desire to participate. Note, you do not register for drop-in programs.

Creative Arts:

☐ Jewelry Making with Deb M. (Friday, November 13 - $10, 1-4pm)

Education & Health:

☐ Collette Switzerland Trip Info Session (Mon., Nov. 2 – free, 11-12pm)
☐ Etiquette Class (Monday, November 9 - free, 1-3pm)
☐ Montreal Trip Final Info Mtg. (Monday, November 9 - free, 10-11am)
☐ Men's Club Info Mtg. (Mon., November 23 – free, 1-2pm)
☐ Taddei Talks (Tuesday, November 24 – free, 10-11am)
☐ Tech Help (Thursday, November 12 - free, 11am-2pm)

Exercise:

☐ Activity Punch Card ($5/class 5 punch cards - $25.00)
☐ Activity Punch Card ($5/class 8 punch cards - $40.00)
☐ Jacki Sorensen's Aerobic Dance (see Scoop for details)

Nature & Outdoor Recreation:

☐ White Pine Program – (Monday, November 23 – free, 10-11:30am)

Special Events:

☐ Thanksgiving Lunch (Thurs., November 12 – $10, 11:30am-1pm)
☐ Late Night @ CAL Friendsgiving (Tues., November 24 – free, 4-7pm)
☐ CAL Holiday Party (Thurs., December 10 – $49, 5-9pm)
☐ Mary Poppins Play (Wed., December 16 – $80, 10-5pm)

Trips:

☐ Breakfast Out - None for November
☐ Lunch Out - None for November
☐ Dinner Out - None for November
☐ Bowling Tournament (Monday, November 30 – $30, 11-3pm)
☐ Escape Room and Lunch (Tuesday, November 10 – $60, 9:30am - 4pm)

Sports:

☐ Candlepin Bowling (None for November)

Other Programs:

☐ Adventure Club Meeting (Wednesday, December 9 – free, 1-2pm)
☐ BINGO w/Scott (Friday, November 6 – free, 1-3pm)
☐ Book Club (Monday, November 9 – free, 10-11:30am)
☐ CAL Gals Club (None for November)
☐ CAL's Vintage Vinyl (None for November)
☐ Fair Meeting (Wednesday, December 9 - free, 3-4pm)
☐ Game Day (None for November)
☐ Karaoke (None for November)
☐ Late Night at CAL (see Special Events)
☐ Movie Monday (Monday, December 7, - free, 1-3pm)
☐ Peace of Mind (Wednesday, November 18 – free, 10:30-noon)
☐ Sing Along (None for November)
☐ Social Club Monthly Meeting (Wednesday, December 9 – free, 2-3pm)
☐ Ukulele Class (Thursdays – $10/month, 10-11am)

First & Last Name: _____ **Pick-up:** _____ **Delivery:** _____ **Dessert:** ___ **regular** ___ **sugar-free**

Town of York – Center for Active Living – Lunch Menu November 2026

Registration: Reservation deadline: *Friday by 2pm prior to the meal you desire* call 207-363-1036, Monday – Friday, 9:00am-3:30pm. Meal reservations in-person or by phone only; no online option. *If you need to cancel a meal, to obtain a User Credit, please cancel two days in advance.* Meals are limited to one per person. We ask for a $7.00 donation for each meal. Order early as there are a limited number of meals per day. Muffins are not part of the meal; order separately (5 muffins - $2.50; 10 muffins - $5.00)

TUESDAY	*WEDNESDAY*	*THURSDAY*	*FRIDAY*
10 Grilled Burger on Roll Pasta Salad w/Veggies Pickle Muffin: Chocolate Chip	11 ***Happy Veterans Day*** No Muffins	12 ***Holiday Meal*** ***Roast Turkey*** ***Mashed Potato*** ***Vegetable & Roll*** ***No Pickup or Delivery*** ***$10.00*** No Muffins	13 Shrimp Fried Rice Asian Vegetables Egg Roll Muffin: Coconut
17 Cheese Ravioli In Red Sauce Vegetable Garlic Bread No Muffins	18 Chicken Marsala w/Mushroom Wine Sauce Pasta Vegetable No Muffins	19 ***No Meals*** ***Fair Set Up*** No Muffins	20 ***No Meals*** ***Holiday Fair*** No Muffins
24 Greek Salad w/Turkey & Feta Cheese Pita Bread Muffin: Pumpkin	25 ***No Meals*** ***No Muffins***	26 **Happy Thanksgiving**	27 ***No Meals*** ***No Muffins***
December 1 Baked Mac n Cheese w/Hot Dog on Roll Vegetable Muffin: Berry Yogurt	2 Steak & Cheese on French Roll w/Peppers & Onions Chips & Cole Slaw Muffin: Pineapple	3 Chicken Parm w/Marinara Sauce Vegetable Italian Bread Muffin: Strawberry Banana	4 Baked Seafood Au Gratin White Rice Vegetable Roll Muffin: Lemon Poppy