

The Scoop

APRIL 2026



36 Main Street, York
Phone 207-363-1036

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!

Program and Lunch Registration starts Wednesday, April 1st - York Residents Only
Thursday, April 2nd - Non-York Residents & York Residents
CAL will be closed Monday, April 20 in observance of Patriots' Day

CAL'S DRIVE-THRU CHOWDERFEST FUNDRAISER!

April 11th - \$7.00 suggested donation per serving

(Cash or Check made out to Town of York - donations given at time of pick-up)

Order your chowder in person at CAL or by phone at (207) 363-1036

PICK-UP YOUR ORDER ON SATURDAY

APRIL 11, between 1-3pm

Drive through CAL's parking lot
at 36 Main St., York for CHOWDER PICK-UP

All proceeds to benefit
the Center for Active Living

Sponsored by The St. Aspinquid Masonic Lodge

All chowders are prepared by
St. Aspinquid Lodge of Freemasons
and CAL's Chef Sean.
Chowder options are:

Clam Chowder
Corn Chowder
Fish Chowder
Lobster Bisque



CAL'S GAME DAY

'FAMILY FEUD'

Wednesday,

April 15th 1-3pm

Don't miss the zany fun of CAL's GAME DAY!

We'll be playing the all-time favorite

FAMILY FEUD!

We'll put together the CAL Family Teams
and have loads of laughs while the competing
contestants try and guess the most popular
answers for each polling category.

The Survey Says . . .

that CAL has the best Game Shows!

A NIGHT IN VEGAS



Tuesday, April 28th 4-7pm

Cost \$17.00



(Includes Meatball Sub, Snacks & Drinks & Game Chips)



A night of Vegas-style
Games & Karaoke!
Black Jack - Money Wheel
Let It Ride
Roulette and more!

There will be multiple games going on at the
same time as you move from table to table
winning game chips along the way. At the end
of the evening you'll turn your chips in for tickets
to take chances on winning a variety of prizes!

SPRING FAIR NEWS!

ARE YOU SPRING CLEANING? CAL NEEDS YOUR DONATIONS FOR THE SPRING FAIR SALE!

Housewares & small furniture that are clean and gently used are greatly appreciated. Thank you!
Please note that we cannot accept clothing, books and electronics for our sale.

CAL is accepting donations now through April 30th. Please drop off donations Monday-Friday from 8:30-4:00 and place donations in the shopping carts inside the entrance door at CAL.



Center for Active Living
36 Main St., York, ME
(207) -363-1036
All proceeds from the Fair directly benefit CAL events and programs.

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



GIFT BASKET DONATIONS



CAL'S Fair Committee is now accepting Gift Basket donations for the Spring Fair!

Drop off your container (basket/box) and all of the gift contents to put into it and our talented Fair Committee will work their magic and turn it into a gorgeous Gift Basket for the Spring Fair Raffle.
Drop-off deadline is April 30th
Thank you!

PLEASE BRING IN YOUR HOUSEPLANT CUTTINGS FOR OUR SPRING FAIR POTTING SHED!



Drop your plant cuttings off in the Bin in the Activity Room at CAL and our 'Green Thumbs' will plant them in potting soil for the Spring Fair.

SAVE
THE DATE!

CAL's Annual SPRING FAIR

Friday, May 15th and Saturday, May 16th
9am - 3pm (both days)

Center for Active Living
36 Main Street, York

363-1036

SPRING FAIR OFFERINGS INCLUDE:
BAKE SALE. SEASONAL DECOR.
JEWELRY. MADE IN MAINE CRAFTS.
ATTIC TREASURES. HOUSEWARES.
PLANT & FLOWER SALE. TOYS.
DELICIOUS LUNCH OPTIONS
AND MORE!



Dozens of
RAFFLE
BASKETS!



CAL NEWS YOU CAN USE

York High School Photography Class is Looking For Older Adults to Participate in Art Project!

York High School Art Teacher, Laura Sunderland, is putting the call out again this year in search of older adults who would like to participate in a photography art project with high school students. Last year we had several CAL members participate and both our members and the students had a great time working together. The end result was an exhibit at a local gallery of the students' work which highlighted the older adults in our community. This year's photo shoots will take place at York High School at the end of April (dates to be determined). If you would like to be part of this meaningful project with our local students, please sign up on registration day or call CAL to reserve your spot.



Jo-Ann was a happy participant in the photo project with YHS students.

York Parking Permit Stickers are available at Town Hall/Town Clerk



If you are a York resident (vehicle registered in York), you are entitled to purchase a Permit Parking Sticker for a fee of \$60, or \$30 if you are 65 or older. For property owners (vehicle not registered in York) the fee for sticker is \$80. Parking Permit program shall be in effect each year beginning April 15th through October 31st. The sticker is exclusive to the vehicle it is issued to.

Be sure to bring your vehicle registration with you when applying for your parking permit.

DID YOU GET YOUR 2026 WILDCAT DISCOUNT CARD?

CAL has Wildcat Discount cards available for purchase for \$20 each.

This card entitles you to a 10% discount in several locations all over York while supporting the safety of our York teens! Get 10% off your purchases at Norma's, Anthony's, Rick's Blue Jay Café, Fat Tomato, Bamboo Garden, Bagel Basket, Lobster in the Rough, Greenleaves, Cape Neddick Lobster Pound, The Booktenders, Beach Bliss Café, Ruby's, Wild Willy's and more!



April's Adventure Club Trip will be a Mystery Adventure!

Monday, April 27th 9:00am-3:00pm

The Adventure Club has been on the road this winter engaging in several exciting experiences.

Winter Tubing at Gunstock and Ax Throwing at Pinz were thrilling adventures for the group!

Are you ready to join in the fun on the next outing?

Help plan the next adventure at our meeting on April 1st at 1pm.

• Let The •
Adventure
Begin

CAN YOU SPOT THE GNOME HIDING IN THE SCOOP?



Let us know at the front desk where you find him and you'll be entered into a monthly prize drawing.

SPANISH CLASS INTEREST

Are you interested in learning the Spanish language?

We're taking a survey to see if there is enough interest in starting a beginner's Spanish Class. We'll be looking for a volunteer instructor so that we can offer it for free. Let us know if you're interested and if you may know of a possible instructor.

CAL NEWS

CONGRATULATIONS To Carollyn Anderson York's Newest Recipient of the Boston Post Cane

Carollyn (Flagg) Anderson has been an active member of the Center for Active Living for over 45 years! Her continuous participation and involvement at the center makes her one of our longest-serving members. Carollyn first became acquainted with York as a 10-year-old, coming to the area with her family for summer vacations. After moving to York she and her sister, Chris, worked together to help build their family's new business, Flagg's Campground. Carollyn dreamed of being a nurse or an airline stewardess in her early years but after attending Junior College at Kent's Hill for 4 years she found a fulfilling job in library services and later worked in banking as a teller. During her years at Kent's Hill, she loved playing sports such as field hockey and basketball and enjoyed an active social life. She considers those years to be some of the best of her life. Learning how to sew at an early age led her to appreciate fashionable clothing. She enjoys dressing up and looking her best in colorful outfits and adding flare with accessories & jewelry and continues to be a savvy bargain shopper. Carollyn married a Navy man allowing her to travel and live in several interesting areas, including Panama for 2 years. She also lived in Norfolk, Key West and Charleston during her husband's active-duty years and eventually they came back to York when he transferred to the Portsmouth Naval Shipyard. They had a good family life in York and raised both a son and daughter which now extends to 4 grandchildren, 6 great-grand children and 1 great-great grandchild. Carollyn has kept busy in her retirement years helping on Church Committees at St. Christopher's, Red Hats and DAR groups in Portsmouth and Old York along with her volunteer work at the Center for Active Living. Carollyn loves quotes and one that fits her perfectly is **'A Smile is the Light that Says your Heart is Alive'**. Carollyn's beautiful smile can light up a room and this lovely lady is living her best life while remaining forever young.



April Program Spotlight - 'Peace of Mind' with Janie Sweeney

Wednesday, April 15th 10:30am - 12pm



Janie Sweeney, Family Services Manager at YCSA, comes to CAL monthly to meet with our members who are in need of help and information on Family Services, Medicare, Food Security, Housing, Fuel Assistance and more. York Community Service Association (YCSA) offers a variety of essential services to support the York community, including a Food Pantry, Family Services, Local Health Officer assistance and a Thrift Shop. Book your 1/2 hour appointment with Janie at CAL during Registration Day.



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:
April 7th, 14th, 21st
and 28th
Yes - 4 Tuesdays a month!



DAY TRIPS AND OUTINGS

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 trip days.



= Minimal Walking



= Moderate Walking



= Strenuous Walking

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 APRIL

Our Dining-Out Trips are very popular! We enjoy trying new restaurants and we love repeat trips to our favorite spots.

Breakfast Out - A&B's, Eliot, ME (Friday, April 17 - \$5, 7:30 - 11:30am)

Lunch Out - None for April

Dinner Out - Puritan Back Room, Manchester, NH (Thursday, April 23 - \$5, 3:00 - 7:30pm)



DAY TRIPS

**Christa McAuliffe-Shepard
Discover Center & Planetarium
Thursday, April 9
8:00am - 4:00pm
Cost \$35.00**

The McAuliffe-Shepard Center and Planetarium features exhibits on space exploration, science, and technology, including a space shuttle replica and immersive astronomy shows. We'll engage in hands-on exhibits, learn about planets, and discover astronaut training and life in space. Our visit will include a special Planetarium show, **The Apollo Story**. After our museum tour we'll have lunch at the Common Man Restaurant.



**Exploring with Art
Haverhill, MA
Wednesday, April 22
8:00am - 4:00pm
Cost \$5.00**

'Exploring with Art' is back! A day full of fun and adventure on the CAL bus exploring the many points of interest in Haverhill, MA. Some of the stops we'll be making include the Buttonwoods Museum, the Printing Museum, Winnekenni Castle, the John Greenleaf Whittier Birthplace and a 1.5 mile downtown historic walk. We'll be stopping for lunch at a local restaurant (TBD) during our travels.



**Tall Ships 250th Celebration
Boston Harbor - Boston, MA
Monday, July 13
8:00am - 4:00pm
Cost \$175.00**

(Transportation, sail and lunch)

Boston Harbor is the place to be during the nation's 250th celebration! A fleet of the world's most magnificent international tall ships and military ships will be part of this exclusive event. We'll be transported to Boston by coach bus where we'll board the Provincetown II for our 90-minute sail. Lunch after our sail at the Danversport Yacht Club before returning to York.



CREATIVE ARTS

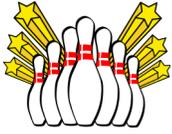
Program	Day & Date	Time	Instructor	Cost
<i>Crafters Gathering</i>	Tuesdays	1:00 - 3:00pm	None	Free
Crafters Gathering is open to all crafters who would like to work on their own projects in a group setting. Come and share your newest creations and ideas with other crafters in the new craft room.				
<i>Crafts with Lisa Emmons</i>	None for April			
<i>Pop-up Craft with Becky</i>	None for April			
<i>Diamond Art</i>	Thursday, April 23	1:00 - 3:00pm	Art Jacobs	\$5.00
Join Art and friends for some fun with Diamond Art. You'll learn the ins and outs of this easy and rewarding craft. The beginner's level craft will be a corner bookmark and decorative stickers.				
<i>Tea Hat Workshop</i>	Wednesday, April 29	1:00 - 3:00pm	CAL Staff	\$10.00
Let's get ready for CAL's May Tea Party! You provide the hat and we'll provide the flowers and other embellishments to make the perfect Spring Tea Hat. Are you ready for tea time?				



NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
<i>CAL's Adventure Club Mystery Adventure</i>	Monday, April 27	8:00am - 3:00pm	Adventure Master Art Jacobs	Cost TBD
We have several ideas in the works for our April Adventure Club Outing. More information will be available soon for our upcoming adventure trips. Join in on the next meeting on April 1st at 1pm to brainstorm more ideas for this new fun club!				
<i>White Pine Programs</i>	Monday, April 6	10:00 - 11:30am	White Pines Staff	Free
We'll be walking the Marginal Way trail in Ogunquit with the White Pine Staff. This is a rescheduled walk that was cancelled during bad weather. We'll have more details in early April.				
<i>White Pine Programs Vernal Pool Exploration</i>	Monday, April 27	10:00 - 11:30am	White Pines Staff	Free
The White Pine staff will lead the CAL group on a Vernal Pool Exploration at the Fuller Forest. Vernal pools are vibrating with life at this time of year and we'll have the opportunity to explore the magic of this mysterious and unique habitat. Participants will learn about the characteristics of vernal pools, their inhabitants and the important role they play in the ecosystem.				



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, April 14	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.



EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
Drop-in Blood Pressure and Glucose Clinic	Monday, April 13	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!				
Monthly Foot Clinic With Sandy	Monday, April 27	9:00 - 11:00am	Sandy	\$35
Nurse Sandy provides expert foot care with nail clipping while examining feet to keep ahead of any health issues that may be brewing. Sandy will be with us each month on the 4th Monday from 9-11am. You can make an appointment by calling CAL at 363-1036 or drop in at the Front Desk at CAL to make your appointment. Sandy recommends that you bring your own lotion and towel to your appointment. <i>(Payable in cash or check made out to Cornerstone VNA)</i>				
Taddei Talks	None for April			
A casual conversation and coffee with Officer Michael Taddei from the YPD. Bring your questions and discussion topics for an informal chat and an opportunity to share and learn.				
Tech Help	Thursday, April 9	11:00am - 2:00pm	Kevin and Scott	Free
Appointment Required. Need help with your cell phone, tablet, laptop, computer, 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 Meeting	Wednesday, April 1	1:00 - 2:00pm	Free	The perfect club for active and agile older adults looking for adventure!
BINGO for Fun with Art	Friday, April 24	1:00 - 3:00pm	Free	Please bring a Scratch Ticket for the prize table.
BINGO with Scott	None for April			
Book Club	Monday, April 13	10:00 - 11:30am	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 interloan system.
CAL GALS Women's Group	Wednesday, April 8	1:00 - 3:00pm	Free	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 Café	None for April			
Fair Meeting	Wednesday April 1	3:00 - 4:00pm	Free	All Fair Volunteers are welcome to the Meeting. Come and help to plan the next upcoming Fair.
Game Day Family Feud	Wednesday, April 15	1:00 - 3:00pm	Free	CAL's version of 'Family Feud' will surely be full of fun this month. Don't miss the chance to compete on Game Day at CAL!
Haircut w/Susan	Thursday, April 16	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
Karaoke at CAL	None for April			

OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
Late Night at CAL	See Vegas Night			
Movie Monday - Comedy	Monday, April 6	1:00 - 3:00pm	Free	Need to get away? A good movie is always a pleasant distraction. Snacks provided!
Peace of Mind with Janie Sweeney (YCSA)	Wednesday April 15	10:30 - noon	Free	Janie, the YCSA Family Services Manager, 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	Friday, April 17	1:00 - 3:00pm	Free	We'll be choosing some of the best soft-rock songs of the 70's for our Sing-A-Long in April.
Social Club Monthly Meeting	Wednesday, April 1	2:00 - 3:00pm	Free	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/ mo	All levels welcome! Shea Ellis from Mountain Road Music joins us twice a month for guided instruction and the other Thursdays you'll practice on your own at home or at CAL with the Uke group. Bring your Ukulele & music stand to class. We'll provide the music sheets. Ukes are available to borrow from the York Public Library for a short period of time.



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 and Thursdays <i>(No class on April 21 and April 23)</i>	10:05 - 10:50am	York Beach Firehouse	Jonna Dijkstra	\$5.00 per class Punch Card Only
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!					
Chair Yoga	Mondays <i>(No class on April 20)</i>	8:45 - 9:45am	CAL	Maria, Trina and Nancy	\$5.00 per class Punch Card Only
Welcome Maria Lovo, our newest instructor, is from <i>A Welcome Haven Yoga</i> in York. Maria is a 500-Hour Registered Yoga Teacher. 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.					
Jacki Sorensen's Aerobic Dance	Monday/Wednesday Tuesday/Thursday Monday thru Thursday <i>(No class on Monday, April 20)</i> <i>(Spring session April 13 - June 18)</i> <i>Sign ups begin on April 6th)</i>	8-9am 5:15-6:15pm	York Beach Firehouse	Jan Jonas	Morning \$100 Evening \$100 Both \$150 (10 week program)
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. The variety of music and choreography is motivating. 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 – we're sure you will want to join in.					
Line Dancing	Wednesdays and Fridays <i>(No class on Wed. April 1, 8, 15)</i> <i>(No class on Friday April 3, 10)</i>	10:00 - 11:00am	CAL	Diane Anderson	\$5.00 per class Punch Card Only
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	Tuesdays and Thursdays	9:00 10:00am	York Beach Firehouse	Rhonda DiCarlo	\$5.00 per class Punch Card Only
'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
<i>Exercise with video - Mondays</i>	Mondays	10:00 - 10:45am
<i>Exercise with video - Wednesdays</i>	Wednesdays	9:00 - 9:45am
<i>Exercise with video - Fridays</i>	Fridays	9:00 - 9:45am
<i>Tai Chi with volunteer instructor</i>	Thursdays	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 provided by specific volunteers. All levels of players are welcome.
- All board & card games are free.
- In addition to 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 available space. Café time, Mondays-Fridays, 9:00 -11:00am, are great times to socialize in the dining room.
- If there is a card or board game you would like to play and don't see it below, please let Art, Program Coordinator, know.

Program	Day	Time
<i>Poker</i>	Mondays, Wednesdays, Fridays	Mon., noon - Closing Wed., noon - Closing Friday noon - Closing
<i>Cribbage</i>	Tuesdays & Thursdays	10:00 - Noon
<i>Hand and Foot (cards)</i>	Tuesdays	1:00 - Closing
<i>Bridge - Advanced/Beginners</i>	Tuesdays	1:00 - Closing
<i>Dominoes/Mexican Train</i>	Wednesdays	1:00 - Closing
<i>Mahjong - American/Taiwan</i>	Thursdays	1:00 - Closing
<i>Bridge - Beginners Lessons</i>	Thursdays	1:00 - Closing
<i>Mahjong - American/Taiwan</i>	Fridays	1:00 - Closing

LIBRARY AT THE CENTER FOR ACTIVE LIVING BOOKS - DVD MOVIES - JIGSAW PUZZLES

The Center's Library, located in the Activity Room, has a large selection of books and DVD movies for you to borrow. Visit the Library during Center hours when there is no organized program happening in the activity room. Borrowing is on the honor system, there is no check out necessary. There is a drop-off box in the front entrance hallway for returning items. You can find the Puzzle Table in the sunroom to work on a puzzle that's in progress. We have a large collection of puzzles to borrow located in the lower level at CAL.

CAL INFORMATION

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, York Chamber of Commerce and the York Hospital Emergency Waiting Room. 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 you 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, April 1st 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, April 2nd 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.

USEFUL INFORMATION

HEART 2 HEART, A 4+err K9U+

is a non-profit organization offering free services to Older Adults in the Greater York Area.

Transportation, "Special Deliveries" and pick-ups, Phone Friend companionship, and other services

can be requested by calling 207-361-7311 or emailing Jud@hearttoheartagelesslove.org.

Call for transportation to/from one of the Center's programs!

HEART TO HEART is in need of Volunteers!

MEDICAL EQUIPMENT FOR LOAN

York Community Service Association (YCSA)

Contact Donald at 207-363-5504 ext. 4 or email dmartin@ycsame.org.

Kittery Lions Club - 207-439-3378,
Tuesday, Wednesday, & Thursday
10:00am - noon

YORK PUBLIC LIBRARY

The Library offers a delivery service twice a month (2nd & 4th Wednesday of each month) for individuals who are unable to drive. This service is provided by Altrusa of the Seacoast. Also, if you don't know what you want to read, the librarians will gladly recommend books to match your interests. Additionally, the library also provides technical assistance for use of smart phones, tablets, and computers plus research assistance and things to borrow (e.g., birding backpack, ukuleles).

For details of the library's services, see

<https://yorkpubliclibrary.org/> or call (207) 363-2818.

RECYCLING - DO YOU "CLYNK"? WE DO!

You can pick-up CLYNK bags with our sticker on it at the Center. When you turn the bag in at Hannaford collection station, the Center benefits. Please do not return your filled bag to the Center.

This is our year-round bottle drive.

Thank you for supporting the Center for Active Living!

FOOD COMPOSTING

You can drop food scraps at Witchtrot Rd.

Recycling and Composting Facility for free,

or use Mr. Fox service for a fee; call 855-673-6926

or visit <https://mrfoxcomposting.com/>.

To learn more about composting in York, visit

<https://yorkreadyforclimateaction.org/ecohomes/love-food-recycle-food-waste/>.

YORK COUNTY COMMUNITY ACTION CORP.

Contact Heather Roberge at 207-439-2699

for more information on tax help and

Fuel and Transportation Services

<https://yccac.org/liheap-heating-assistance/>

<https://yccac.org/other-transportation-services/>

YCSA COMMUNITY SUPPERS

First Parish Church Hall 1st, 2nd, 3rd & 4th Tuesdays each month 4:00pm - Coffee 4:00pm and Dinner - 5:00pm

Everyone Welcome - No reservation or fee

YORK POLICE DEPARTMENT

'GOOD MORNING PROGRAM'

This daily call-in program gives you extra security if you're living alone with health issues. Call the YPD each day to check in and if they don't hear from you they will do a wellness check to make sure you are safe. Call the YPD at **363-4444** to inquire and fill out the required application.

SCAMS & FRAUD

Fraud & scams are on the increase, especially those aimed at older adults. If you think you've been scammed or are a victim of fraud, contact both York Police Department (207-363-4444) to speak with an officer and the Federal Trade Commission 877-382-4357.

Never give out your social security #, credit card information, Medicare number, personal data and/or never send money to unknown people.

TOWN OF YORK

Public Access: Channel 3

Website: <https://www.yorkmaine.org/>

York Parks & Recreation Website

(includes Center for Active Living Information):

<https://www.yorkparksandrec.org/>

York Parks & Recreation Facebook Page:

<https://www.facebook.com/YorkMaine>

Center for Active Living Facebook Page:

<https://www.facebook.com/people/Center-for-Active-Living-York-ME/61551327315780/>

EMERGENCY MANAGEMENT HOTLINE

877-363-YORK (9675) - Call for up-to-date information about unplanned events such as power outages, road closings, incoming storms, and last minute changes to public events.

YORK COMMUNITY SERVICES ASSOCIATION

Located at 855 Route 1, York

YCSA is here to support York residents. Services include: food pantry; fuel assistance; emergency funds to help with rent, utilities, car repairs, and medical/dental needs; grocery shopping & delivery; medical equipment, and housing assistance.

If you or someone you know needs help with food, utilities, tax benefits, housing, etc. contact YCSA (207-363-5504).

Food Pantry - Maureen, Ext. 3

Grocery shopping/Medical equipment - Don, Ext 4

Assistance with utilities - Janie, Ext. 2

Housing needs - Amber, Ext. 6

Janie is at CAL twice a month -

See 'Peace of Mind' in other programs for schedule

SENIOR CITIZEN ADVISORY BOARD

This is a public forum for discussions on how to meet the needs of seniors in York. Meetings are the 3rd Tuesday in March, May, July, September and November at 9:00am at York Public Library.