

# The Scoop

FEBRUARY 2026

TOWN OF YORK  
PARKS & RECREATION

Center for Active Living  
*Life. Be in it!*



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  
Sydney Wakefield, Kitchen Aide  
Obie Murphy, Custodian  
\*\*\* CAL = Center for Active Living

## PLEASE TAKE NOTE!

**CAL will be closed Monday, February 16th in observance of Presidents' Day**

Program and Lunch Registration starts Wednesday, January 28th - York Residents Only

Thursday, January 29th - Non-York Residents & York Residents

There will be no afternoon programs on Tuesday, February 17th during the Mardi Gras Celebration.



## AARP Foundation TAX-AIDE at the Center for Active Living

**AARP Tax Prep Volunteers will be preparing  
Federal, Maine & NH State Tax Returns only**

Appointments are now being taken - Call today (207) 363-1036

Tuesday Appointments Only - Starting February 3th - April 7th

Information sheets will be available for pick-up in late January.

## CAL's Adult Winter CAMP at the Farm

Monday, February 9th - Wednesday February 11th 8:00am-12:00pm Cost \$25

We're embracing and celebrating WINTER with our friends at the York Land Trust for CAL's Annual Adult Winter Camp.

We'll start each day at the Center for Active Living with Breakfast and our morning meeting. We'll then board CAL's bus and journey over to the beautiful community room at the York Land Trust for 3 days of enriching and fun-filled indoor/outdoor camp activities!

Camp itinerary will be available on registration day.



## Happy 'PAL'entine's Day!

Join your CAL Pals and feel the love and friendship at our Annual Valentine Show

FRIDAY, FEBRUARY 13th 1:00-3:00pm Free to CAL Members!

Live music featuring the very talented NORTH RIVER MUSIC band.

Be sure to reserve your seat! See page 2 for Valentine Swap information



# CAL Happenings!



## CAL's SECRET VALENTINE SWAP

Valentine's Day is right around the corner!

Get your Valentines ready to drop in the special gift bags that will be setup on the window sill in the Activity Room.

**Gift bags will be ready for filling from February 9th - February 13th.**

Sign up on Registration Day to participate. When you sign up we'll make sure you have a gift bag with your name on it to receive your secret Valentines. Signing up means that you will also distribute secret Valentines into other participants' bags, too.

You give Valentines and you receive Valentines!

Please pick up your filled Valentine Gift Bag by February 13th so you can enjoy your cards and treats on Valentine's Day 



## MARDI GRAS CELEBRATION at CAL

**Tuesday, February 17th 12-3pm Cost \$10**



Come and celebrate 'Fat Tuesday' with Chef Sean's MARVELOUS MARDI GRAS themed lunch!  
Put on your best Mardi Gras outfit and join the fun with music, games, costume & mask contest, parade and more!  
Would you like to bring a side dish or dessert to share?  
Sign-up sheet on the front door to bring a dish to share.



## February's Program Spotlight - CAL's Late Night Game Night



### LATE NIGHT

# GAME NIGHT

Tuesday  
February 24th  
4pm - 7pm

The Winter months are the perfect time to connect with friends and have some fun playing new games along with some old favorites. Late Night at CAL brings our members together for some good old fashioned game play with lots of laughs and a little banter thrown in, too. Sentry Hill of York is our sponsor for Game Night and they provide pizza for all our participants. **Big Thanks to Alicia and Sentry Hill for sponsoring this fun night out!**

Join in a game or start your own game group! We have Scrabble, Wii Bowling, Sequence, Scattergories, Rummikub and a wide variety of card games that our members play. Our Mahjong and Poker groups are always invited, too. Please be sure to sign up so that we know who will be attending and in turn we can let you know if there are changes to the schedule.



ALICIA PERKINS aperkins@seniortlifestyle.com  
COMMUNITY RELATIONS DIRECTOR 207.361.5803

# CAL NEWS YOU CAN USE

## VOLUNTEER MEAL DELIVERY DRIVER NEEDED AT CAL

The CAL Lunch Program is in need of help!



We're looking for friendly and dependable volunteer driver(s) for a one-hour shift (11:30-12:30)

Tuesday-Friday, to deliver meals to homebound older adults in the York community.

Do you have an hour to spare and a reliable vehicle? Can't commit to all 4 days? No problem!

We're happy to have you on board for whichever day(s) you're available on a regular basis.

Please contact Chef Sean at the Center for Active Living for more information 363-1036

### MARK YOUR CALENDARS!



It's almost time for Spring Cleaning and we'll gladly accept your donations of household items for the upcoming Spring Fair at CAL.

The shopping cart for donations will be inside the front entrance of CAL starting on March 2nd thru April 30th. Donations accepted Monday - Friday.

Please note: We cannot accept electronics, clothing or books. Thank you!



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

Drop Plant Clippings off at the Front Desk and our 'Green Thumbs' will turn them into beautiful houseplants to sell at the Fair.

We are in need of large BASKETS to use for our Raffle Gift Basket. Baskets can be dropped off anytime during open business hours.



### DID YOU KNOW THAT WE HAVE A COLLECTION BOX TO BENEFIT THE YCSA FOOD PANTRY AT CAL?

Find our food collection box near the entrance door at CAL for your non-perishable food donations. Please check expiration dates before donating.

We cannot accept food with expired dates. Wish list items for February include cooking spices, canned meats such as solid white tuna, canned salmon and chicken, soups, cereal, side dishes, rice pilaf, and pet food.

Gluten-Free products are appreciated. A monetary donation by check can be made out to YCSA or visit the website for online donations at: [ycsame.org](http://ycsame.org)

### Winter Weather Days at CAL



Winter weather is here to stay for a few more weeks!

If you aren't sure if the Center for Active Living is open during bad weather, please check the closing and delay announcements on Channels 6, 8 & 13 or you can check the Center for Active Living's Facebook page. We'll also do our best to contact lunch and program participants if possible. Please remember, whether CAL is closed or not, if you aren't comfortable driving in less than ideal weather, please stay safely at home.

It's COLD & FLU season so please stay at home if you aren't feeling well. Thank you!



# CAL NEWS

## ATTENTION CAL MEMBERS!

In order to serve you better we have a request from the CAL Staff.

Recently we have had a few missed voice mail messages which has caused confusion regarding program and lunch attendance. We are asking that you please speak directly with our front desk volunteers or a staff member (Art, Kim, Becky & Sean) when ordering and/or cancelling meals and when signing up for a program or trip. If possible, we ask that you don't leave a message on our voicemail system or send an email when ordering or calling in a lunch or program cancellation or change. Speaking with a staff member or front desk volunteer will ensure that we receive the proper information in a timely manner so that we can correctly complete your request.

If you have no choice but to leave a message, please call back to confirm that your request has been noted and that you are signed up for your meal or program. Thank you!

## NEW!



## MONTHLY FOOT CLINIC WITH SANDY

Monday, February 23rd 9-11am

Cost for toenail clipping is \$35

(Payable in cash or check made out to Cornerstone VNA)

The new foot clinic is just for toenail clipping with an RN Nurse from Cornerstone VNA. You can reserve your spot on registration day. Appointments are limited and will be scheduled at 15 minute intervals.

Are you ready for HAPPY FEET? Call or drop in to make your appt.

## NEW!

## Taddei Talks

with YPD Officer Mike Taddei

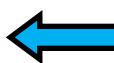
Monday, February 23rd 10-11am



Join us for coffee and conversation with Officer Mike and some petting time with Major the Comfort Dog. Officer Mike will join us each month for open discussions on a variety of topics. Let officer Mike know if there is a specific subject that you would like to discuss with the group in the near future.



## CAN YOU SPOT THE GNOME HIDING IN THE SCOOP?



HE LOOKS LIKE THIS.

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

BUT HE'S THIS SMALL WHEN HIDING IN THE SCOOP. LOOK CLOSELY!



## 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:  
February 3rd, 10th,  
17th & 24th  
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 FEBRUARY

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

🚶 **Breakfast Out - None for February**



🚶 **Lunch Out - None for February**

🚶 **Dinner Out - Fogarty's, South Berwick, ME (Thursday, February 19 - \$5, 3:30 - 7:30pm)**

### DAY TRIPS FOR FEBRUARY/MARCH



#### ANDY COONEY'S IRISH CELEBRATION - Danversport Yacht Club

**Tuesday, March 10th 10:30am - 5:00pm Cost \$130 (includes lunch & show)**

Christened by the New York Times as "Irish America's Favorite Son", Andy Cooney has been taking the Irish-American music scene by storm for the last 20 years. Andy's unique tenor voice has been heard in concert halls internationally, including hallmark venues ranging from Dublin's National Concert Hall to sold-out performances in New York's iconic Carnegie Hall. Cooney's show credits also include "American Voices" placing him on stage with Grammy Award winners, legendary Larry Gatlin and the ever-popular Crystal Gayle in Performing Arts Centers and Concert Halls throughout the U.S. We'll also be entertained by comedian George Casey, the Emerald Fire Irish Dancers, and the Guinness Irish Band! A full stage of Irish entertainers to make the day complete. Before the show we'll have a traditional Irish feast of Corned Beef and Cabbage or an alternate choice of Baked Scrod. Lunch also includes salad, vegetables, bread, dessert, coffee and tea. Cash bar will be available. Get your GREEN on and join us for a festive Irish Celebration!



## CREATIVE ARTS

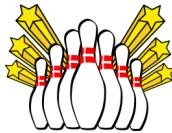
Program	Day & Date	Time	Instructor	Cost
<b>Crafters Gathering</b>	Tuesdays	1:00 - 3:00pm	None	Free
Crafters Gathering is open to all crafters who would like to work on their own projects in a group setting. Come and share your newest creations and ideas with other crafters in the new craft room.				
<b>Crafts with Lisa Emmons</b>	Monday, Feb. 23	2:00 - 4:00pm	Lisa	\$20.00
Join Lisa to make a painted snowman decoration on a square board.				
<b>Mardi Gras Mask Workshop</b>	Monday, Feb. 9	1:00 - 3:00pm	CAL Staff	\$5.00
We're preparing for our Mardi Gras celebration! We'll have all the supplies you need to make your Mardi Gras mask for the party on 2/17. Don't miss out on this mask-making workshop!				



## NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
<b>CAL's Adventure Club Snow Tubing at Gunstock Mtn. Guilford, NH</b>	Wednesday, February 18	10:00am-noon	Adventure Master Art Jacobs	\$60.00
Join Art and other adventurous adults for outdoor winter fun at beautiful Gunstock Mountain in Guilford, NH. Remember the thrill of speeding down the snowy hills when you were a kid? This will take you back to those good old winter days! After our tubing adventure we will warm up with lunch in the lodge to have the full winter experience at Gunstock. For full details and prerequisites to join the Adventure Club, please see Art.				
<b>White Pine Programs Winter Birding at Marginal Way/Ogunquit</b>	Monday, February 23	10:00 - 11:30am	White Pines Staff	Free
We'll join White Pine Staff on a walk along Marginal Way to enjoy some winter birding. Meet at CAL at 9:30 to board the van and we'll ride together to Perkins Cove to park. Dress warm and bring binoculars if you have them. We have some to share but bring extras if you have them.				



## SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
<b>Candlepin Bowling</b>	Tuesday, February 10	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.



## EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<b>Drop-in Blood Pressure and Glucose Clinic</b>	Monday, February 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!				
<b>Instant Pot Cooking</b>	Thursday, February 12	1:00-2:00pm	Brianna Henward	Free
Brianna joins us to share new ideas and recipes for Instant Pot cooking. Join other cooking enthusiasts and enjoy the winter weather with fresh new menu ideas.				
<b>Taddei Talks</b>	Monday, February 23	10:00 - 11:00am	Mike Taddei	Free
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.				
<b>Tech Help</b>	Thursday, February 19	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
<b>Adventure Club Meeting</b>	Wednesday, February 4	1:00-2:00pm	Free	The perfect club for active and agile older adults looking for adventure!
<b>BINGO for Fun with Art</b>	Friday, February 20	1:00 - 3:00pm	Free	Please bring candy for the prize table.
<b>BINGO with Scott</b>	Friday, February 6	1:00 - 3:00pm	Free	Please bring a Scratch Ticket for the Prize Table.
<b>Book Club</b>	Monday, February 9	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.
<b>CAL GALS Women's Group</b>	Wednesday, February 11	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.

## OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
<b>CAL's Vintage &amp; Vinyl Café</b>	Friday, February 27	1:00 - 3:00pm	Free	A new spin on CAL's Vinyl Café. Bring your vintage items and your vinyl records to share with this nostalgic group. Join 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.
<b>Fair Meeting</b>	Wednesday February 4	3:00 - 4:00pm	Free	All Fair Volunteers are welcome to the Meeting.
<b>Game Day</b>	None for February			
<b>Haircut w/Susan</b>	Thursday, February 19	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
<b>Karaoke at CAL</b>	None for February			
<b>Late Night at CAL</b>	Tuesday February 24	4:00 - 7:00pm	Free	It's time to get together with friends for some fun & games on CAL's Late Night. Pizza will be provided by our friends at Sentry Hill of York.
<b>Movie Monday - Comedy</b>	Monday, February 2	1:00 - 3:00pm	Free	Need to get away? A good movie is always a pleasant distraction. Snacks provided!
<b>Peace of Mind with Janie Sweeney (YCSA)</b>	Wednesday February 18	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.
<b>Sing-A-Long Songs with Art</b>	None for February			
<b>Social Club Monthly Meeting</b>	Wednesday, February 4	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.
<b>Ukulele Group with Instructor Shea Ellis of Mountain Road Music - twice monthly</b>	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
<b>Balance Fun &amp; Workouts</b>	Tuesdays and Thursdays <b>(No class on 2/17 &amp; 2/19)</b>	10:05 - 10:50am	York Beach Firehouse	Jonna Dijkstra	<b>\$5.00 per class Punch Card Only</b>
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!					
<b>Chair Yoga</b>	Mondays <b>(No class on 2/16)</b>	8:45 - 9:45am	CAL	Maria Lovo and Trina Moskal	<b>\$5.00 per class Punch Card Only</b>
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.					
<b>Jacki Sorenson's Aerobic Dance Session started Jan 5th</b>	Monday/Wednesday Tuesday/Thursday Monday thru Thursday <b>(No class on 2/16)</b>	8-9am 5:15-6:15pm	York Beach Firehouse	Jan Jonas	<b>Morning \$100 Evening \$100 Both \$150 (10 week program)</b>
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.					
<b>Line Dancing</b>	Wednesdays and Fridays	10:00 - 11:00am	CAL	Diane Anderson	<b>\$5.00 per class Punch Card Only</b>
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!					
<b>Shake It Up</b>	Tuesdays and Thursdays	9:00 10:00am	York Beach Firehouse	Rhonda DiCarlo	<b>\$5.00 per class Punch Card Only</b>
'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
<b>Exercise with video - Mondays</b>	Mondays <b>(No class February 16)</b>	10:00 - 10:45am
<b>Exercise with video - Wednesdays</b>	Wednesdays	9:00 - 9:45am
<b>Exercise with video - Fridays</b>	Fridays	9:00 - 9:45am
<b>Tai Chi with volunteer instructor</b>	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
<b>Poker</b> <b>(No games on Monday, February 16)</b>	Mondays, Wednesdays, Fridays	Mon., noon - Closing Wed., noon - Closing Friday noon - Closing
<b>Cribbage</b>	Tuesdays & Thursdays	10:00 - Noon
<b>Hand and Foot (cards)</b> <b>(No Games on Tues., Feb.17)</b>	Tuesdays	1:00 - Closing
<b>Bridge - Advanced/Beginners</b> <b>(No Games on Tues., Feb.17)</b>	Tuesdays	1:00 - Closing
<b>Dominoes/Mexican Train</b>	Wednesdays	1:00 - Closing
<b>Mahjong - American/Taiwan</b>	Thursdays	1:00 - Closing
<b>Bridge - Beginners Lessons</b>	Thursdays	1:00 - Closing
<b>Mahjong - American/Taiwan</b>	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](http://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](http://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, January 28th 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, January 29th 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 TO HEART, Ageless Love

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](mailto: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](mailto: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.