

The Scoop

MARCH 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, February 25th - York Residents Only
Thursday, February 26th - Non-York Residents & York Residents

**IT'S TIME FOR SPRING CLEANING
AND THE CENTER FOR
ACTIVE LIVING WILL
GLADLY ACCEPT
YOUR DONATIONS!**



Starting on March 2nd
CAL will be accepting donations of household
items and small furniture for their sale at the
upcoming Spring Fair.

The shopping cart for donations will be
in the front entrance hallway at CAL
from March 2nd thru April 30th.
Donations accepted Monday - Friday.
(Please don't leave donations outside)

Please note:

*We cannot accept electronics, clothing, used
water bottles or books. Thank you!*



SAVE THE DATE!
CAL's SPRING FAIR
Friday, May 15th
& Saturday, May 16th
9am-3pm

More info coming soon in the
April Scoop Newsletter.
All Fair proceeds benefit CAL!



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



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

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 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!

Nova Scotia Trip Meeting
March 27th - 11am
Attention Nova Scotia and
PEI Diamond Tour Travelers!



Don't miss this informative meeting.
Come with questions and we'll share
important travel information about
our upcoming June trip.
Your FINAL payment will be due at
the March meeting.

CAL Happenings!

BACK BY POPULAR DEMAND! - AMERICAN SIGN LANGUAGE

with Volunteer Instructor Vicki Scerbo

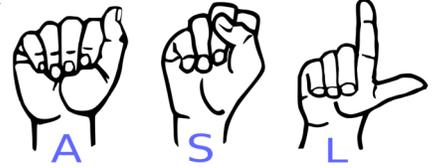
Come and learn basic beginner sign language skills.

This 6-week class will be offered Mondays starting on

March 16th 11:15am-12:15pm

Class size will be limited to 12 participants - FREE!

Bring paper/pen to take notes.



Grief Support Circle - 3 Continuous Sessions

Tuesdays starting March 17th, 24th and 31st 1-2:30pm

Rev. Pamela Brouker, ordained Lutheran minister and Board Certified Chaplain is offering her services to our older adult members that are suffering from grief, loneliness and depression due to the loss of a loved one. She offers an opportunity to share time and conversation that will aid in the healing journey. Although Rev. Pam is part of a particular faith group, the sessions are not based on any particular religion.

All are encouraged to come and share their story and find ways to heal.



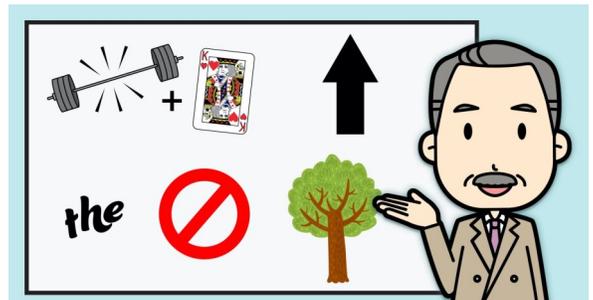
GAME DAY AT CAL - CONCENTRATION! Wednesday, March 18th 1:00-3:00pm



**ARE YOU READY TO TEST YOUR
MEMORY AND
PUZZLE-SOLVING SKILLS?**

Join the excitement of Game Day with
CAL's version of the TV classic
'CONCENTRATION' Game!

Find two matching prizes on the game board
to reveal pieces to the puzzle, then solve the
picture puzzle and win your prizes!



The History of the Ogunquit Playhouse and Volunteer Opportunities

Wednesday, April 1st 10:00-11:00am

We welcome back Lloyd Ziel from the Ogunquit Playhouse to present a brief history of this world class theatre and what the expansion plans are for the future. We'll learn about what productions are coming this season and potential volunteer opportunities that are offered during showtimes.



CAL NEWS YOU CAN USE



March Program Spotlight - CAL's Monthly Footcare Clinic with Registered Nurse Sandy from Rochester's Cornerstone VNA



ARE YOU READY FOR HEALTHIER & HAPPIER FEET? The next clinic is on Monday, March 23rd. After searching for more than two years for a mobile foot clinic for our community at CAL, we have gratefully secured the Cornerstone VNA to visit us once a month to offer this crucial foot care service to our local older adults. 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. Payment in cash or check due at time of service. Cost **\$35.00**



3 SHADES OF GRAY

Thursday, March 19th 1-3pm FREE!

Have you seen the dynamic duo of local musicians, Mike Quigley and Skip Smith, perform in and around York?

You don't want to miss this opportunity!

Mike and Skip love music and they love sharing the 'oldies but goodies' with our community.

Rock, Country, Folk and more from the 50's to the 80's!



KARAOKE SUPERSTAR WORKSHOP

Lauren Cummings is ready to make you a Karaoke Superstar!

Wednesday, March 25th 1-2:30pm Cost \$10.00

If you missed CAL's recent Karaoke Day you missed a really great time!

Don't miss out on this opportunity to learn more about how to rock a Karaoke performance. Lauren will teach you how to select songs that are best suited for your voice, proper microphone technique and how to work the crowd.

Avoid common pitfalls and learn how to be a Karaoke SUPERSTAR!

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

HERE COMES EASTER and SPRING, TOO!
Spring Easter Party - Friday April 3rd 1:00-3:00pm



Hop on down to the Center for Active Living for our Annual Easter Celebration!
Join the CAL staff and friends for an Easter Egg Hunt along with some fun Spring games.



THE DANGEROUS ART OF CHAINSAW SCULPTURE

at the Portsmouth Senior Activity Center

Tuesday, April 7th 10:30am-4:00pm Cost \$15.00

Meet World-Famous 'Master Chainsaw Sculptor' Jesse Green



Join in on this interesting and interactive presentation showcasing world-famous Jesse Green. We'll experience the process of creating gigantic, death-defying works of art from trees that are brought to life in a BIG way! Attendees will be able to ask questions throughout and fully participate in the discussion. We'll take the CAL bus to Portsmouth and have lunch at a local restaurant (TBD) before the event. After the event the group will be treated to an ice cream social with our friends at the Portsmouth Senior Activity Center.

Matter of Balance Series with Cornerstone VNA of Rochester

Tuesdays and Thursdays for the Month of April - 4/7, 4/9, 4/14, 4/16, 4/21, 4/23, 4/28, and 4/30

1:00-3:00pm



A Matter of Balance is designed to reduce fear of falling and increase activity levels. The class is a series of eight 2-hour sessions where participants learn to view falls and fear of falling as controllable and set realistic goals for increasing activity. Tips will be offered on finding ways to change your environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

Please do your best to commit to all 8 classes.

Wear comfortable shoes and clothing and bring a water bottle.

This series is FREE!

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:
March 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 MARCH

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 March**

 **Lunch Out - None for March**

 **Dinner Out - Warren's Seafood, Kittery (Thursday, March 12 - \$5, 3:00 - 7:30pm)**



DAY TRIPS FOR MARCH

ANDY COONEY'S IRISH CELEBRATION

Danversport Yacht Club

Tuesday, March 10th 10:30am - 5:00pm

Cost \$130 (includes lunch & show)

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 venues ranging from Dublin's National Concert Hall to sold-out performances in New York's iconic Carnegie Hall. 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!



Parker's Maple Barn

Breakfast & Sugar House Tour

Thursday, March 26th 7:00am - 4:00pm

Cost \$30 (includes Breakfast & Tour)

March is Maple Sugar Month!

We're off to Mason, NH to Parker's Maple Barn for a hearty breakfast of pancakes, sausage, ham, and scrambled eggs with their own maple syrup. After breakfast we'll have a guided tour of the 19th Century Sugar House and there will be time to shop in the Corn Crib Gift Shop.

If time permits we'll have some fun mystery stops on our travels back 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>	Monday, March 30	2:00 - 4:00pm	Lisa	\$20.00
March craft with Lisa is a painted Easter Bunny Jar just in time for holiday decorating.				
<i>Pop-up Craft with Becky</i>	Friday, March 13	1:00-3:00pm	Becky	\$10.00
Join Becky to make a festive wooden board decoration for St. Patrick's Day.				
<i>Jewelry Making</i>	Monday, March 23	1:00 - 3:00pm	Deb Meyers	\$5.00
Deb Meyers is offering a beginner's jewelry class where you'll have a choice of making earrings, a bracelet or a necklace. All supplies provided.				



NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
<i>CAL's Adventure Club F1 Racing</i>	Monday, March 30	8:00am - 3:00pm	Adventure Master Art Jacobs	\$90/pp
We are currently working on a plan for an F1 Racing adventure at K1 Speed in Wilmington, MA. The trip includes Indoor Go-Kart racing, with lunch & dessert and an arcade voucher for fun & games. Don't miss the thrill of electric kart racing!				
<i>White Pine Programs at Zach's Farm</i>	Monday, March 16	10:00 - 11:30am	White Pines Staff	Free
We'll join the White Pine Programs for Winter Wildlife Tracking at Zach's Farm. We may encounter snow and ice on this outing. Wear good walking shoes and you may want to bring walking sticks for better balance and stability. We have some walking sticks available to borrow. We will meet at Zach's Farm on Route 91 in York at 9:30am.				



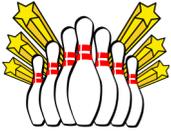
EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
Drop-in Blood Pressure and Glucose Clinic	Monday, March 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!				
RTR Fitness	Monday, March 9	10:00 - 11:00am	Amanda Remie	Free
Amanda Remie will join us from RTR Fitness. Amanda will present on mobility and balance, strengthening your back and core and how to safely stay fit as we age. We'll learn about setting goals and building the confidence to take the first steps to better fitness while feeling supported and connected.				
Monthly Foot Clinic With Sandy	Monday, March 23	9:00 - 11:00am	Sandy	\$35
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. (Payable in cash or check made out to Cornerstone VNA)				
Taddei Talks	Monday, March 30	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.				
Tech Help	Thursday, March 12	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!				



The CAL Crew had a blast at Winter Camp 2026! Big Thanks go out to the York Land Trust for hosting these active, older adults for the week. They enjoyed learning about ice-fishing, snow shoeing, winter gardening and more!



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
<i>Candlepin Bowling</i>	Tuesday, March 17	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
<i>Adventure Club Meeting</i>	Wednesday, March 4	1:00 - 2:00pm	Free	The perfect club for active and agile older adults looking for adventure!
<i>BINGO for Fun with Art</i>	Friday, March 20	1:00 - 3:00pm	Free	Please bring a Spring Surprise bag for the prize table.
<i>BINGO with Scott</i>	Friday, March 6	1:00 - 3:00pm	Free	Please bring a Scratch Ticket for the Prize Table.
<i>Book Club</i>	Monday, March 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.
<i>CAL GALS Women's Group</i>	Wednesday, March 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.
<i>CAL's Vintage & Vinyl Café</i>	None for March			
<i>Fair Meeting</i>	Wednesday March 4	3:00 - 4:00pm	Free	All Fair Volunteers are welcome to the Meeting. Come and help to plan the next upcoming Fair.
<i>Game Day</i>	Wednesday, March 18	1:00 - 4:00pm		Test your memory and your puzzle solving skills with CAL's rendition of the classic game show Concentration.

OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
<i>Haircut w/Susan</i>	Thursday, March 19	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
<i>Karaoke at CAL</i>	Friday March 27th	1:00 - 3:00pm	Free	Come and sing your heart out! We'll provide the words and the music and you provide the VOICE! Sing alone or with a group - just come to sing!
<i>Late Night at CAL</i>	Tuesday March 31	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.
<i>Movie Monday - Comedy</i>	Monday, March 2	1:00 - 3:00pm	Free	Need to get away? A good movie is always a pleasant distraction. Snacks provided!
<i>Peace of Mind with Janie Sweeney (YCSA)</i>	Wednesday March 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.
<i>Sing-A-Long Songs with Art</i>	None for March			
<i>Social Club Monthly Meeting</i>	Wednesday, March 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.
<i>Ukulele Group with Instructor Shea Ellis of Mountain Road Music - twice monthly</i>	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	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	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>(Spring session April 13 - June 18 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	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 <i>(No Class on 3/12, 3/17, 3/19, 3/24)</i>	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, February 25th 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, February 26th 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.

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.