

The Scoop

**NOVEMBER
2025**

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 on Tuesday, November 11th, in observance of Veterans Day,
Thursday and Friday, November 20th and 21st for the Holiday Craft Fair
and Thursday and Friday, November 27th and 28th for Thanksgiving.***

Program and Lunch Registration starts Wednesday, October 29th - York Residents Only
Thursday, October 30th - Non-York Residents & York Residents

York's Center for Active Living
Presents the Annual

Holiday CRAFT FAIR



36 MAIN STREET, YORK
FREE ENTRY - FREE PARKING

NOVEMBER
21-22
OPEN FROM
9AM - 3PM



Come & Shop for:

Holiday Decor
Made in Maine Crafts
Home Goods & Attic Treasures
Jewelry & Holiday Decor
Raffle Baskets & Baked Goods
Delicious Lunch Options
Polar Express Train Village



ANNOUNCING
CAL's Holiday Show!
Friday, December 19th
1pm Show and
3pm Show at the
Center for Active Living

We're offering two showings so that everyone can attend our fun and festive Holiday Show! There will be a variety of acts during the course of the show including:

Ukulele Holiday Music
A Short Charlie Brown Play
Singing & Dancing, Humor and more! Don't miss our CAL members at their very best.
Let us help you find your holiday spirit!



FUN Happenings!

Don't miss PROM NIGHT at the
Portsmouth Senior Activity Center!
Reserve your spot by calling (603) 610-4433



PORTSMOUTH MUSIC & ARTS CENTER (PMAC)
SHAW BROTHERS MUSIC
SCHOLARSHIP FUNDRAISER

Senior PROM
all ages welcome!!

Featuring Ben Baldwin & The Big Note
at the Portsmouth Senior Activity Center
125 Cottage St, Portsmouth

Friday, November 14, 5pm-7pm

Dancing * Refreshments * Mocktails & More

Suggested Donation at Door;
\$25/Person or \$40/Couple. No donation turned away. Dressing up optional, but encouraged. Even poodle skirts OK!
Please RSVP to 603.610.4433

QUICKSILVER FINE JEWELRY
www.quicksilverjewelry.com (603) 964-2772

YOUNGCLAIR & COMPANY P.A.
CERTIFIED PUBLIC ACCOUNTANTS
Accounting for your financial goals
www.youngclair.com (603) 964-2772

BISTRO 1828
PEPPERELL COTT

Edgewood Center
FOR SENIORS & HEALTHCARE

AARP Smart Driver Course at CAL



AARP SMART DRIVER™ COURSE
FOR MAINE LICENSED
DRIVERS ONLY

Wednesday,
November 12th 1-4pm

Instructor: Rich Stevens,
AARP-trained volunteer.

Upon completion, you could be eligible for a multi-year discount on your automobile insurance.
Cost: \$20.00 for AARP members (bring your AARP membership card to course)

\$25.00 for non-AARP members
Payable by check to the instructor at the start of the course; no credit card or cash. payments.

CAL'S HOLIDAY PARTY!

at The Meeting House at the Union Bluff Hotel
Friday, December 5th 5-9pm Cost \$40.00/pp
We have another fun holiday party planned for you!

This year you will have a choice of two plated dinners:

*Crumb Topped Baked Haddock with Risotto, Green Beans & Carrots or
Roast Pork Loin with Apple Chutney, Mashed Potatoes and Brussels Sprouts
Choice of House Salad or Clam Chowder and assorted desserts.*

(Please be prepared with your food choices at time of registration)

A Cash Bar and Holiday Music will add to the festivities!

Deadline for Registration is November 14th or until we've reached capacity.

There will be no user credit refunds with cancellations unless we can

fill your spot from the waitlist. Payment due at time of registration.

Doors open at 5pm - There will be no early entry - Please don't arrive before 4:45pm

CHRISTMAS STOCKING SWAP

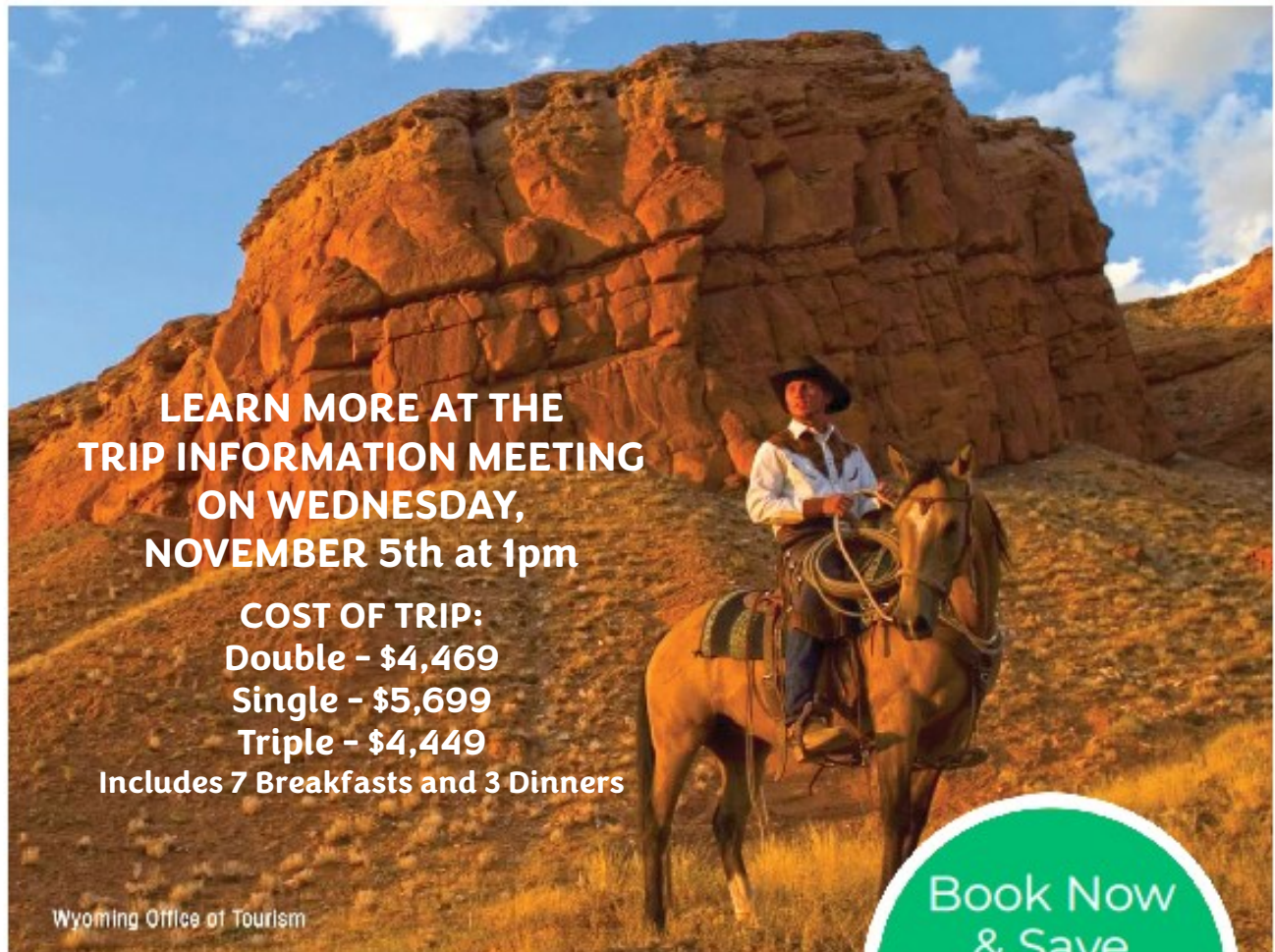
GIVE A STOCKING AND GET A STOCKING!
(optional participation)
PLEASE KEEP IT IN THE \$25 RANGE

**GET READY TO TRAVEL WITH THE CENTER FOR ACTIVE LIVING
and COLLETTE TOURS!**

The Center for Active Living presents...

America's Cowboy Country

September 22 – 29, 2026



**LEARN MORE AT THE
TRIP INFORMATION MEETING
ON WEDNESDAY,
NOVEMBER 5th at 1pm**

COST OF TRIP:

Double - \$4,469

Single - \$5,699

Triple - \$4,449

Includes 7 Breakfasts and 3 Dinners

Wyoming Office of Tourism

**Book Now
& Save
\$100
Per Person**

TRIP HIGHLIGHTS INCLUDE:

**Badlands National Park, Custer State Park, Crazy Horse
Memorial, Mt. Rushmore, Yellowstone National Park,
Buffalo Bill Center of the West, Jackson Hole,
Grand Teton National Park and so much more!**

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

collette

CAL Happenings

NEW CAL PROGRAM! - AMERICAN SIGN LANGUAGE

with Volunteer Instructor Vicki Scerbo

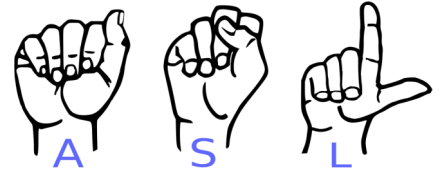
Please come and learn some basic beginner signs.

This 6-week class will be offered Mondays beginning on

November 3rd 11:15am-12:15pm

Class size will be limited to 12 participants - FREE!

Bring paper/pen to take notes.



NEW CAL PROGRAM! - MONTHLY FOOT CLINIC WITH SANDY

Monday, November 24th 9:00am-11:00am

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 schedule at 15 minute intervals.

Please note: This is not a pedicure, it's a toenail clinic.

CAL PROGRAM SPOTLIGHT - CAL'S BOOK CLUB

Next Meeting is November 10th 10:00am - 11:30am

Warning: Joining a Book Club can lead to making new friends.

There are so many reasons to join a book club!

Reading can lead to learning and you have an opportunity to share your opinions with the group. Reading can transport you to another place and time and it's always interesting to read a variety of genres.

If you're a reader and don't belong to a book club, give CAL's Book Club a try. A great group of people that share the love of reading.



Life is better when you're reading a good book.

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 and 3rd Tuesdays of each month, 4pm - Coffee Hour ~ 5pm - Dinner Served

Bring your family and friends to the YCSA Community Supper!

Enjoy a social night out, a complimentary meal, and a chance to visit and connect with members of your community. Everyone is welcome and no reservations necessary.



Upcoming
Supper Dates:
November
4th & 18th



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 NOVEMBER

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 November

Lunch Out - None for November

Dinner Out - Holy Grail, Epping, NH (Tues., November 18 - \$5, 3:45-7:30pm)



DAY TRIPS FOR NOVEMBER

Holiday Shopping Day in Seabrook, NH

Thursday, November 6th
8:00am-4:00pm Cost \$5

Seabrook has a wide range of stores for our shopping pleasure and several lunch options to choose from too!



Portsmouth Escape Room & Downtown Lunch

Tuesday, November 25th
10:00am-3:00pm Cost \$40

Are you up for this fun challenge? Working with a team, you'll be given clues and puzzles to solve that will allow you to escape from the room.

Lunch (on your own)
in downtown Portsmouth
after we escape!



Barbra Streisand & Tony Bennett

Tribute Christmas Show
Castleton/Windham, NH
Thursday, December 4th
10:00am-5:00pm
Cost \$130

(Includes Transportation,
Lunch & Show)

Sharon Owens & Carmen Romano come together to honor two of the greatest musical legends of our lifetime. Sharon & Carmen's resemblance in both physical and vocal appearance have earned them critical acclaim at venues all over the world. Lunch options are Vegetable Lasagna or Baked Chicken with sides & dessert.



Firefly Pottery

Thursday, November 13th
1:00-4:00pm Cost \$5

Holiday gifts and decorative items will be delivered in time for giving. Choose from a large variety of ceramic pottery pieces. Pay on your own for your chosen projects.



Classic Christmas Movie at the Cliff House & Lunch at Nubbs (on your own)

Monday, December 1st
10:00am - 3:00pm Cost \$5

Don't miss the beautiful
Cliff House
at Christmas time!



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. Gather your supplies and come to share your newest creations and ideas with other crafters.				
<i>Make It/Take It Craft Holiday Gift Tags</i>	Wednesday November 12	1:00 - 3:00pm	Alice Willette	\$5.00
Join Alice and other crafters to create gift tags that will bedazzle your holiday packages. We'll use card stock and festive decorations like colorful buttons and other accoutrements to create your own tags. We'll offer samples to help you design and we'll provide all the supplies necessary to make several tags. We're asking everyone to make a few tags for our Made in Maine table for the Fair, too!				
<i>Book Wreath Craft</i>	Monday, Nov. 17	1:00 - 3:00pm	Beth Leahy/ Cathy Zwarich	Free
Beth and Cathy will guide us through the process of making a Book Wreath. Using rolled pages from a book, we'll produce a unique, one-of-a-kind wreath that will be ready to hang in your own home or give as a gift. All supplies will be provided.				
<i>Crafts with Lisa Emmons</i>	Monday, Nov. 24	2:00 - 4:00pm	Lisa	\$20.00
Join Lisa's craft group this month to make a reindeer decoration just in time for your holiday decorating.				



NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
<i>White Pine Programs Wild About Acorns</i>	Monday, Nov. 17	10:00 - 11:30am	White Pines Staff	Free
Together we'll learn about the mighty Oak and the nutritious and delicious acorn. This class will take place at CAL and will not require extensive mobility. 				



Working with White Pine Outdoor Programs is such a pleasure! Our CAL members really enjoy the Nature-Based programs and we all learn something new every time they visit us. Thank you White Pine!!

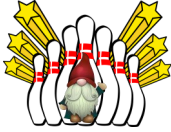




EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<i>Drop-in Blood Pressure and Glucose Clinic</i>	Monday, Nov. 10	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!				
<i>Holiday Cooking Tips</i>	Monday, Nov. 17	10:00 - noon	Brianna Henward	Free
Brianna will bring us some fresh new ideas to help with our holiday prep. Some easy appetizers to have on hand through this busy season and new takes on holiday favorites to share with family and friends.				
<i>Intro to Theatre</i>	Fridays, Nov. 7, 14 Dec. 5, 12	10:00 - 11:30am	Lauren Cummings	\$5.00/class
Are you interested in theatre? Lauren has a background in all things theatre and would like to share her knowledge and enthusiasm for this fun and creative art form. Classes will include group activities, theatre history, vocals & warm-ups and preparation for the CAL Holiday Variety Show. Group will continue to meet on Fridays 11am-12pm, \$5.00 per class.				
<i>American Sign Language</i>	Mondays, Starting Nov. 3	11:15am - 12:15pm	Vicki Scerbo	Free
Vicki will introduce American Sign Language and teach some basic beginner signs. This will be a progressive 6-week class with limited enrollment. In this interactive class we'll focus on learning letters and other foundational skills for beginners. Please do your best to commit to the full 6-week course.				
<i>Tech Help</i>	Thursday, Nov. 13	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!				



SPORT & LEISURE



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

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
<i>BINGO for Fun with Art</i>	None for November			
<i>BINGO with Scart (Scott/Art)</i>	Friday, November 14	1:00 - 3:00pm	Free	Please bring a Scratch Ticket for the Prize Table.
<i>Book Club</i>	Monday, November 10	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 inter-loan system. November's group will be discussing 'The Midnight Library' by Matt Haig.
<i>CAL GALS Women's Group</i>	None for November			
<i>Conversational French</i>	Thursdays (No Class Nov. 20 & 27th)	2:00-3:00pm	Free	Volunteer Instructor, Chris Yanco and friends welcome all levels to their weekly meetings. Whether you're a beginner or speak fluently, you'll find it fun to converse with others in French.
<i>Fair Meeting</i>	Wednesday November 5	3:00 - 4:00pm	Free	All Fair Volunteers are welcome to the Meeting. We'll be planning for the upcoming Holiday Craft Fair on Nov. 21st & 22nd.
<i>Game Day</i>	None for November			

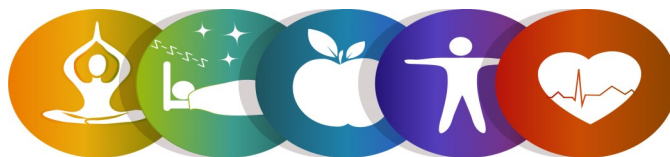
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
<i>Haircut w/Susan</i>	Thursday, November 13	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
<i>Late Night at CAL</i>	None for November			
<i>Movie Monday - Comedy</i>	Monday, November 3	1:00 - 3:00pm	Free	Need to get away? A good movie is always a pleasant distraction. Snacks provided!
<i>New CAL Vintage & Vinyl Café</i>	None for November			
<i>Peace of Mind with Janie Sweeney (YCSA)</i>	Wednesday November 19	10:30 - noon	Free	Janie, the YSCA 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 November			
<i>Social Club Monthly Meeting</i>	Wednesday, November 5	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 (No classes Nov. 21 & 28)	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 (No class on Tues. Nov. 11th) (No class on Thurs. Nov. 27th)	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 (No class on Mon. Nov. 10th)	8:45 - 9:45am	CAL	Maria Lovo and Trina Moskal	\$5.00 per class Punch Card Only
Welcome Maria Lovo, our newest instructor is from A Welcome Haven Yoga 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 Sorenson's Aerobic Dance	Monday/Wednesday Tuesday/Thursday Monday thru Thursday (No classes on Nov. 11th & 27th)	8-9am 5:15-6:15pm	York Beach Firehouse	Jan Jonas	Morning \$100 Evening \$100 Both \$150 (10 week program)
Jacki Sorensen's Aerobic Dance is a nationally recognized program of "Serious Fitness Fun" that has stood the test of time. Created for the non-dancer, participants are motivated by a variety of music and fun easy-to-follow choreography. Each hour-long class begins with a warm-up and a strength training segment followed by the creative aerobic dance routines. A cool down completes a balanced and effective workout. Everyone feels comfortable participating at their own level. If you have any questions about whether this class is right for you, please try a class on us. We're sure you will want to join in! Fall Schedule: September 8th-November 20th					
Line Dancing	Wednesdays and Fridays (No class on Fri., Nov. 21st & 28th)	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 (No class on Tues. Nov. 11th) (No class on Thurs. Nov. 27th)	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 (No class on Nov. 21st & 28th)	9:00 - 9:45am
<i>Tai Chi with volunteer instructor</i>	Thursdays (No class on Nov. 20th & 27th)	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> (No games on Friday, Nov. 21st and 28th)	Mondays, Wednesdays, Fridays	Mon., noon - Closing Wed., noon - Closing Friday noon - Closing
<i>Cribbage</i> (No games on Tues., Nov. 11th, Thurs. 20th & 27th)	Tuesdays & Thursdays	10:00 - Noon
<i>Hand and Foot (cards)</i> (No games on Nov. 11th)	Tuesdays	1:00 - Closing
<i>Bridge - Advanced/Beginners</i> (No games Nov. 11th)	Tuesdays	1:00 - Closing
<i>Dominoes/Mexican Train</i>	Wednesdays	1:00 - Closing
<i>Mahjong - American/Taiwan</i> (No games on Nov. 20th & 27th)	Thursdays	1:00 - Closing
<i>Bridge - Beginners Lessons</i> (No games on Nov. 20th & 27th)	Thursdays	1:00 - Closing
<i>Mahjong - American/Taiwan</i> (No games on Nov. 21st & 28th)	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 hallway outside of the game room to work on a puzzle 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, October 29th 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, October 30th 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 & 3rd Tuesday 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.