

# REGISTRATION FOR APRIL 2026 MEALS & PROGRAMS

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

Date & Time: \_\_\_\_\_ Preferred Phone w/area code: \_\_\_\_\_

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

## Creative Arts:

- Crafts w/Lisa (None for April)
- Pop-up Craft with Becky (None for April)
- Diamond Art with Art – (Thursday, April 23 - \$5.00, 1-3pm)
- Tea Hat Workshop – (Wednesday, April 29 - \$10.00, 1-3pm)

## Education & Health:

- Tech Help (Thursday, April 9 - free, 11am-2pm)
- Taddei Talks (None for April)
- Foot Clinic with Sandy (Monday, April 27 - \$35, 9-11am)

## Exercise:

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

## Nature & Outdoor Recreation:

- Adventure Club Mystery Adventure (TBD)  
(Monday, April 27 – 9am-3pm)
- White Pine Program/Marginal Way Walk  
(Monday, April 6 – free, 10-11:30am)
- White Pine at Vernal Pool Exploration,  
(Monday, April 27 – free, 10-11:30am)

## Special Events:

- A Night in Vegas (Tuesday, April 28 – \$17, 4-7pm)
- Photography Portrait Project at York High School - Free  
(Dates to be Announced in April)
- Tall Ships Event in Boston Harbor (Monday, July 13 - \$175, 8-4pm)

## Sports:

- Candlepin Bowling (Tuesday, April 14 - \$14.00, 2-4pm)

## Trips:

- Breakfast Out – A&B Breakfast, Eliot, ME  
(Friday, April 17 - \$5, 7:30-11:30am)
- Dinner Out – Puritan Back Room, Manchester, NH  
(Thursday, April 23 - \$5, 3:00-7:30pm)
- Christa McAuliffe-Shepard Planetarium & lunch, Concord, NH  
(Thurs., April 9 - \$35, 8-4pm)
- Exploring with Art, Haverhill, MA  
(Wednesday, April 22 - \$5, 8-4pm)

## Other Programs:

- Adventure Club Meeting (Wednesday, April 1 - free, 1-2pm)
- BINGO w/Art (Friday, April 24 - free, 1-3pm)
- BINGO w/Scott (None for April)
- Book Club (Monday, April 13 - free, 10-11:30am)
- CAL Gals Club (Wednesday, April 8 – free, 1-3pm)
- CAL's Vintage & Vinyl Café (None for April)
- Fair Meeting (Wednesday, April 1 – free, 3-4pm)
- Game Day-Family Feud (Wednesday, April 15 – free, 1-3pm)
- Karaoke (None for April)
- Late Night at CAL (See Vegas Night)
- Movie Monday (Monday, April 6 - free, 1-3pm)
- Peace of Mind (Wednesday, April 15 – free, 10:30am-noon)
- Sing Along (Friday, April 17 – free, 1-3pm)
- Social Club Monthly Meeting (Wednesday, April 1 - free, 2-3pm)
- Ukulele Class (Thursdays – \$10/month, 10-11am)

First & Last Name: \_\_\_\_\_ Pick-up: \_\_\_\_\_ Delivery: \_\_\_\_\_ Dessert: \_\_\_ regular \_\_\_ sugar-free

### Town of York – Center for Active Living – Lunch Menu April 2026

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

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
7 Chef's Salad w/Turkey & Swiss Cheese Tomato & Egg  Muffin: Pecan	8 Steak & Cheese On French Roll w/Pepper & Onions Chips & Coleslaw  Muffin: Chocolate	9 Chicken Ala King White Rice Vegetable  Muffin: Banana Nut	10 Baked Haddock w/Tartar Sauce Herb Roasted Potato Vegetable  Muffin: Blueberry
14 Veggie Stir Fry Fried Rice Pork Egg Roll  Muffin: Honey Bran	15 Roast Turkey w/Gravy Mashed Potato Vegetable Roll  Muffin: Carrot	16 Italian Sausage Marinara Over Pasta Vegetable Garlic Bread  Muffin: Strawberry	17 Seafood Salad Sub Roll Pasta Salad w/Veggies Pickle  Muffin: Orange Yogurt
21 Tomato Basil Soup Turkey-n-Swiss Melt Pickle  Muffin: Chocolate Chip	22 Mushroom Pork w/Gravy Egg Noodles Vegetable Italian Bread  Muffin: Banana Bran	23 Mild Chicken Jambalaya w/Red Beans & Rice Vegetable  Muffin: Lemon Corn	24 Tuna Noodle Casserole w/Peas & Onions Vegetable  Muffin: Berry Sour Cream
28 <b>No Lunch</b>  Muffin: Pumpkin	29 Hungarian Chicken Rice Pilaf Vegetable  Muffin: Pineapple	30 Beef Pot Roast w/Gravy Mashed Potatoes Vegetable Roll  Muffin: Peanut Butter	May 1 Haddock Florentine w/Spinach Brown Rice Vegetable  Muffin: Sweet Potato