

The Scoop

AUGUST 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! CAL'S AUGUST SCHEDULE

Program and Lunch Registration
starts Wednesday, July 29 for
York Residents only and Thursday,
July 30 for Non-York Residents
& York Residents

No afternoon CAL programming on Friday, August 21st -Summer Bash-

The following programs are
cancelled for the day:
Mahjong and Poker

No regular CAL programming on Friday, August 28th -Lobster Bake-

The following programs are
cancelled for the day:
Exercise by Video
Line Dancing
Mahjong and Poker

Announcing CAL's

Monday, August 10 8am - 1pm
Tuesday, August 11 8am - 1pm
Wednesday, August 12 8am - 1pm
Thursday, August 13 8am-1pm



Cost \$25.00

We have 4 fun-filled days planned for CAL's Summer Camp!
Don't miss out on Crafts, Field Trips, Games,
Nature Activities, Camp Lunches and more!



CAL's Annual Lobster Bake Friday, August 28th 11:30am - 1:00pm

Single Lobster - \$21 Twin Lobsters - \$27

Includes Fish Chowder, Potato Salad & Corn on the Cob

(Not a lobster fan? You can order Chicken with all the sides for \$9.00)

St. Aspinquid Masonic Lodge will be cooking Lobsters for our special
luncheon at CAL! You can order a single lobster or a twin lobster
meal. The meal will be provided as eat in only. If you want to take
your extra food home, please bring a container to fit your
leftovers. Outdoor seating, weather permitting.

ABSOLUTELY NO PICK-UPS OR DELIVERIES!

DONATIONS FOR THE UPCOMING HOLIDAY CRAFT FAIR - (11/20 & 11/21)

Starting on September 1st through October 16th, we will be accepting new donations for
the Holiday Fair. Everyone looks forward to shopping at our tables for gently
used treasures during our Fair and we need your donations! All proceeds benefit
the Center for Active Living and go directly toward programs, activities, events
and other needs. Please drop off your items in the shopping cart at the front
entrance, starting on 9/1. You may take the cart to your car for easier transport and
then bring it back into the building and leave it in the designated entrance area at CAL.



We will not be able to accept clothing, TV's or electronic devices, books, or exercise equipment.

We will accept seasonal holiday decorations, linens, games, glassware, crafts,
jewelry, pocketbooks, toys and miscellaneous items in good, clean condition.

THANK YOU - WE APPRECIATE YOUR DONATIONS THAT HELP TO SUPPORT CAL!

SUMMER FUN!

Ellis Park Summer Concert Series 6:30pm - 8:30pm

Don't miss the outdoor concerts at the Ellis Park Bandstand, near Short Sands, York Beach. Free to the public. Bring a blanket and/or lawn chair. Concert held weather-permitting only. No rain date or indoor venue.

August

- 1st: Cool Beans
- 2nd: 60's Invasion
- 6th: Eastern Sound Band
- 7th: Big Picture Band
- 8th: Rich Desoto
- 9th: Windham Swing Band
- 13th: Delta Knights Band
- 14th: North River Music
- 15th: Amherst Town Band
- 16th: Victoria O'Brien
- 20th: World Famous Grassholes
- 21st: Bel Airs
- 22nd: Merrimack Valley Concert Band
- 23rd: Amherst Brass Quintet
- 24th: Mark Marquis
- 28th: Calypso Soldiers
- 29th: Truth About Daiseys
- 30th: Chris Desmond

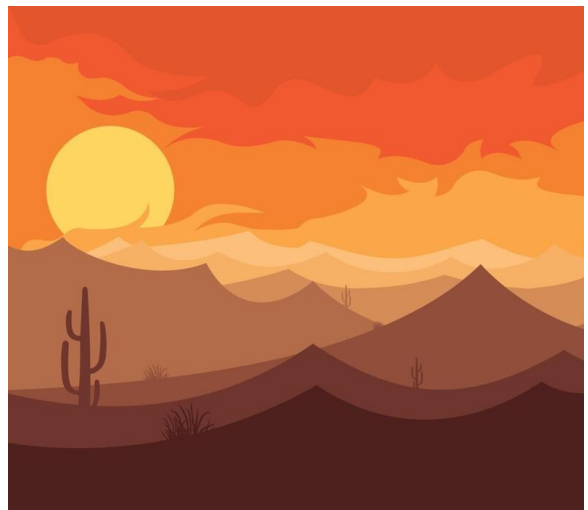
Cowboy Country Trip Final Meeting

Monday, August 24th

11:00am - 12:00pm

Get ready for your trip to
COWBOY COUNTRY!

All of the final details will be discussed and questions answered at this meeting. Don't miss this meeting if you are registered for this trip!

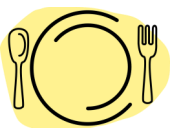


YCSA COMMUNITY SUPPERS

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:
August 4, 11, 18 & 25th
September 1st

FREE PICKLEBALL AT CAL!
Learn how to play Pickleball
with Mike Vassey & the group.
Tuesdays at 8:30-10:00am
in the CAL Parking Lot



CAL NEWS



WELCOME BACK DEB MEYERS WE MISSED YOU! Friday, August 14th 11:00am - 12:00pm

Join us to welcome back Deb Meyers on Friday, August 14th. Deb would like to greet and visit with her CAL friends after being away for several weeks. She would like to take this opportunity to thank those that helped and supported her during the recent loss of her husband and CAL member, Martin Meyers. Please stop by to give Deb a hug and a warm welcome back to CAL.

SUMMER BASH Introducing CAL'S Newly Formed Band 'LOST TRACKS' Friday, August 21st 1:00 - 3:00pm Cost \$10.00



The 'Lost Tracks' band has been working hard to get ready for their debut appearance at CAL. Don't miss out on great music by these talented performers and CAL members! This will be an outdoor event on the front lawn at CAL, weather permitting.
Cost includes the show and ice cream from the Salty Air Scoops Ice Cream Truck!

SEACOAST WHEELERS Monday, August 24th 9:00am - 12:00pm

Are you ready for a bike tour around the beach?
The Seacoast Wheelers will be at CAL on August 24th to take our members on a 45-minute bike tour. Sit back and enjoy the front seat ride on their safe, adaptable bikes. People all over the seacoast area are raving about how fun these rides are.
Don't miss out on an exhilarating ride with the Seacoast Wheelers!



DID YOU KNOW?

CAL's Lunch Program now offers a pick-up option Tuesday through Friday?
Yes, you can order meals TO GO!
Bring your own bag to pack up your lunch and side dishes and you'll be ready to travel home with your meal to enjoy later.
Please be sure to let us know that your meal is to go!



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 AUGUST

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

 **Breakfast Out - Perkins Cove Kitchen, Ogunquit (Tuesday, Sept. 1st - \$5, 7:30-10am)**

 **Lunch Out - None for August**

 **Dinner Out - None for August**



FINAL FROZEN FRIDAY

August 14th
1:00-3:00pm

Cost \$5.00/bus

(Ice cream \$\$ on your own)

Our last Frozen Friday
will be a

MYSTERY DESTINATION!

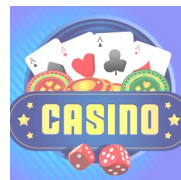
Take your chances and be
pleasantly surprised with
our ice cream shop choice.

*What would summer
be without ice cream!*



Casino Daily Double!
Thursday, August 27
8:00am-4:00pm
Cost \$5.00

Lilac Casino in
Rochester and
The Brook in
Seabrook.



We'll be visiting our
favorite 2 casinos for a
day full of fun and
gambling!

We'll grab snacks or lunch
at The Brook.



Solid Gold Oldies Show
Tribute to the 50's & 60's
Danversport Yacht Club
Cost \$130.00

Thursday, September 17
10:00am - 5:00pm

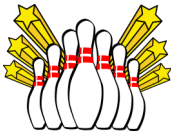
Including music tributes to
The Drifters, The Platters,
& The Corvettes.

A real Doo Wop Show!
Lunch options are Chicken
Parm or Baked
Haddock with
sides and dessert.



CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
Crafters Gathering	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.				
Crafts with CAL	Monday, August 31	1:00 - 3:00pm	CAL Staff	\$10.00
Join the CAL Staff and friends for some painting fun! The August craft project is Fall themed.				



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, August 11	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.
Pickleball	Tuesdays	8:30 - 10:30 am	FREE	Location: CAL's Parking Lot CAL will supply equipment

BIG THANKS GOING OUT TO GREG & MARILYN FYFE!
THIS DYNAMIC DUO HOSTED THE BEST SOCK HOP EVER!
YOU SURE ARE THE CAT'S PAJAMAS!





EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<i>Drop-in Blood Pressure and Glucose Clinic</i>	Monday, August 17	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>Leftovers for the Win!</i>	Tuesday, August 18	10:00 - 11:00am	Brianna Henward	Free
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Brianna is back and ready to share some great tips on summer cooking with leftovers. Don't let those good eats go to waste. We'll learn how to turn them into tasty bites in their second life.

<i>Foot Clinic Provided by Cornerstone VNA</i>	Monday, August 24	9:00 - noon	Sandy	\$35
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A registered footcare Nurse provides expert nail clipping while examining feet to keep ahead of any health issues that may be brewing. This service will be offered every other month on select Mondays 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. Please bring your own lotion and towel to your appointment.
(Payable in cash or check made out to Cornerstone VNA)

<i>Taddei Talks</i>	Monday, August 24	10:00 - 11:00am	Mike Taddei	Free
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Join Officer Mike Taddei and YPD's comfort dog, Major, for conversations about age-related issues. Officer Mike has guest speakers from local agencies that provide worthwhile information to our members.

<i>Tech Help</i>	Thursday, August 20	11:00am - 2:00pm	Kevin & Scott	Free
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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!



NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
<i>White Pine Programs</i>			White Pines Staff	

White Pine Programs will be part of our Summer Camp Series in August.



TOWN OF YORK
PARKS &
RECREATION



THE OCEANSIDE STORE
YORK BEACH, MAINE

ROCK THE BEACH



JUN. 28 6PM

JUL. 10 6PM

JUL. 18 6PM

AUG. 14 6PM

AUG. 15 6PM

SEP. 5 6PM

LYSOL

JOHNNY WAD & THE CASH

SATURDAZE

SATURDAZE

GREG TRAQUAIR

FREIGHT TRAIN

ALL MUSIC PERFORMED AT LONG SANDS BATH HOUSE

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
<i>Adventure Club Meeting</i>	None for August	1:00 - 2:00pm	Free	The perfect club for active and agile older adults looking for adventure!
<i>BINGO for Fun with Scott</i>	Friday, August 7	1:00 - 3:00pm	Free	Please bring a Scratch Ticket for the Prize Table.
<i>BINGO for Fun with Art</i>	Friday, August 28	2:00 - 4:00pm	Free	Please bring a Mystery Bag for the Prize Table.
<i>Book Club</i>	Monday, August 17	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, August 5th	1:00 - 2:30pm	Free	Guest speaker for August is Amy Hopkins from Rise Integrated Mental Health of York. We'll be talking about how our mental health is just as important as our physical health. All the CAL ladies are invited to attend! 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 August			
<i>Fair Meeting</i>	See you in September	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, August 26	1:00 - 3:00pm	Free	CAL's version of Card Shark . Join the fun of Game Show Day and test your skills at Card Shark!
<i>Haircut w/Susan</i>	Thursday, August 20	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.

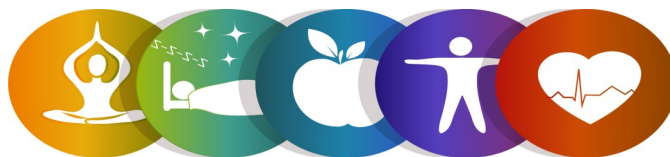
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
<i>Karaoke at CAL</i>	None for August	1:00 - 4:00pm	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>	None for August	4:00 - 7:00pm	Free	
<i>Movie Monday - Comedy</i>	Monday, August 3	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>	See you in September	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>	Tuesday, August 25	1:00 - 3:00pm	Free	Get ready to sing all of your favorite hits from the Electric Light Orchestra! You'll be an ELO fan before the afternoon is over.
<i>Social Club Monthly Meeting</i>	None for August	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 High School	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
Maria Lovo 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	No classes for the Summer Classes start back up on September 14th Sign-ups for the Fall Session start on August 28th	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 (No class on Friday, August 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	9:00 - 10:00am	York High School	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 Friday, 8/28)	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.
- If there is a card or board game you would like to play and don't see it below, please let us know and we'll see if there are other members interested in playing.

Program	Day	Time
<i>Poker</i>	Mondays, Wednesdays, Fridays (No Poker on Friday 8/21 & 8/28)	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 Lesson - American/Taiwan</i>	Mondays - No Mahjong Lessons in July, August & Sept.	
<i>Mahjong - American/Taiwan - Mixed with Beginners</i>	Mondays	1:00 - Closing
<i>Bridge - Beginners Lessons</i>	Thursdays	1:00 - Closing
<i>Mahjong - American/Taiwan - Experienced Players</i>	Thursdays & Fridays (No Mahjong on Friday 8/21 & 8/28)	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.

Town of York – Center for Active Living – Lunch Menu August 2026

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Grilled Beef Burger on Roll Pasta Salad w/Veggies Pickle Muffin: Berry Banana No Meals Or Muffins for Sale	5 Roast Pork w/Gravy Mashed Potato Vegetable & Roll Muffin: Apple Cinnamon No Meals Or Muffins for Sale	6 Hungarian Chicken Rice Pilaf Vegetables Muffin: Maple Walnut No Meals Or Muffins for Sale	7 Shrimp Macaroni Salad w/Pease & Onion Chilled Strawberry Soup Muffin: Lemon No Meals Or Muffins for Sale
11 No Meals Or Muffins for Sale	12 No Meals Or Muffins for Sale	13 No Meals Or Muffins for Sale	14 No Meals Or Muffins for Sale
18 BLT Wrap w/Lettuce, Tomato & Bacon Chips Pickle Muffin: Chocolate Chip	19 Chargrilled Chicken Potato Salad Vegetable Muffin: Coconut	20 Turkey Tetrazzini w/Pasta & Mushrooms Vegetable Italian Bread Muffin: Pecan	21 Baked Seafood Au Gratin White Rice Vegetable Roll Muffin: Blueberry
25 Sausage & Egg w/Cheese on Biscuit Home fries Fruit Cup Muffin: Honey Corn	26 Steak & Cheese On French Roll w/Peppers & Onion Chips & Cole Slaw Muffin: Banana Bran	27 Mushroom Pork w/Burgundy Sauce Egg Noodles Vegetable Muffin: Peach	28 Fish Chowder, BBQ Chicken Corn on the Cob Potato Salad \$9.00 Special Event NO PICKUP NO DELIVERY
1 American Chop Suey w/Ground Beef & Pasta Side Tossed Salad, Garlic Bread Muffin: Raspberry	2 Chicken Quesadillas Mexican Rice Veggies Muffin: Pineapple	3 Pulled Pork (BBQ Style) On Roll Cole Slaw, Pickle Muffin: Sweet Cranberry	4 No Meals No Muffin

LUNCH PROGRAM PROCEDURES

Basic Information

- **Meals are homemade on-site by our Chef, Sean Carey.**
- **Meal Admission Form** must be filled out by each dining participant prior to ordering a meal to keep the cost at \$7.00. Ask at the front desk for the Meal Admission Form.
- **Lunch is available Tuesdays, Wednesdays, Thursdays, and Fridays** for in-house dining at CAL. (Deliveries are available for those that meet the requirements below.)
If you find you need to change from dining-in to a pick-up order, please call and give staff ample notice to make that change, ideally by 10am on that morning or earlier if possible.
- **Limited number of deliveries are available Tuesdays - Fridays for individuals who, due to medical/health or mobility conditions/issues, are unable to dine in at the Center.** If you want to be considered for delivery (for York area residents), please contact CAL Staff at 207-363-1036.
- **For Dine-In:** Please arrive by 11:30am, sign in at the reception desk, and set up your place setting (select a seat, gather silverware, obtain beverage). Volunteer assistance is available if needed (request when signing in).
- **Dine-In Reservations are required.** Please make your reservation no later than Friday prior to the week you desire a meal. If reservations have reached capacity, feel free to call back at a later time to see if anyone has cancelled and if there is a meal available.
- **Cost:** \$7.00 per meal per individual except when we're offering a special meal, which may be higher (e.g., lobster roll meal).
- **For Pick-up Tuesdays-Fridays: Pick-up orders must be placed by Friday at 4pm for the upcoming week.** There may be a need to limit the number of pick-ups on certain meals on special meal days. Bring your own bag to pack up your lunch and side dishes. Friday pick-up meals must be picked up by the end of the business day. Meals cannot be saved over the weekend. Please arrive after 12:20pm for lunch pick-up. When entering the building, please check in with the front desk volunteer to request your pre-ordered lunch pick-up.
- **Meal cancellation or no show:** If you need to cancel a meal, please contact the center at least two days in advance to obtain a user credit. For dine-in meals, if you are not here before noon, we may assume you will not be dining and your meal may be given away if you haven't called. For pick-up meals, if you are going to be later than 12:45pm, please call to let us know so we save your meal.

Muffins

- **Muffins are available Tuesdays, Wednesdays, Thursdays, and Fridays; see menu for the muffin of the day.** Occasionally, Sean may have muffins available on a Monday morning. Reserve your muffins no later than Friday prior to the week you want to pick up your order. Check with Sean, as he occasionally has extras.
- **Pick-Up:** Muffins may be picked up between 10am - 3:30pm.
- **Cost:** 5 muffins for \$2.50; 10 muffins for \$5.00

CAFÉ Mondays - Fridays, 9:00-11:00am (free)

Start your day off on a positive note with one of Sean's delicious muffins or other treats, coffee/tea/cocoa, and friends. This is a great opportunity to meet new people!

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, August 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, August 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.

REGISTRATION FOR AUGUST 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/CAL (Monday, August 31 - \$10, 1-3pm)

Education & Health:

- ☐ Cowboy Country Final Meeting (Monday, August 24 – free 11-noon)
☐ Leftovers for the Win (Tuesday, August 18 – free, 10-11am)
☐ Sign Language (See you in September)
☐ Taddei Talks (Monday, August 24 – free 10-11am)
☐ Tech Help (Thursday, August 20 - free, 11am-2pm)

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:

- ☐ White Pine Program – (none for August)

Trips:

- ☐ Breakfast Out – Perkins Cove Kitchen, Ogunquit, ME
(Tuesday, Sept. 1 - \$5, 7:30-10am)
☐ Lunch Out – (None for August)
☐ Dinner Out – (None for August)
☐ Casino Trip – (Thursday, August 27, \$5, 8-4pm)
☐ Solid Gold Oldies Show (Thursday, September 17 - \$130, 10-5pm)

Special Events:

- ☐ CAL's Annual Lobster Bake (Friday, August 28, 11:30-1pm)
☐ Single Lobster \$21 ☐ Twin Lobsters \$27
☐ Final Frozen Friday (Friday, August 14 - \$5, 1-3pm)
☐ Seacoast Wheelers (Monday, August 24 - free, 9-noon)
☐ Summer Bash (Friday, August 21 - \$10, 1-3pm)
☐ Summer Camp (starts Monday, August 10 - \$25, 8-1:30)
☐ Welcome Back Deb Meyers (Friday, August 14 - free, 11-noon)

Sports:

- ☐ Candlepin Bowling (Tuesday, August 11 - \$14.00, 2-4pm)

Other Programs:

- ☐ Adventure Club Meeting (None for August)
☐ BINGO w/Art (Friday, August 28– free, 2-4pm)
☐ BINGO w/Scott (Friday, August 7– free, 1-3pm)
☐ Book Club (Monday, August 17 - free, 10-11:30am)
☐ CAL Gals Club (Wednesday, August 5 – free, 1-2:30pm)
☐ CAL's Vintage & Vinyl Café (None for August)
☐ Fair Meeting (See you in September)
☐ Game Day (Wednesday, August 26 – free, 1-3pm)
☐ Karaoke (None for August)
☐ Late Night at CAL (None for August)
☐ Movie Monday (Monday, August 3 - free, 1-3pm)
☐ Peace of Mind (See you in September)
☐ Sing Along (Tuesday, August 25 – free, 1-3pm)
☐ Social Club Monthly Meeting (None for August)
☐ 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 August 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)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Grilled Beef Burger on Roll Pasta Salad w/Veggies Pickle Muffin: Berry Banana	5 Roast Pork w/Gravy Mashed Potato Vegetable & Roll Muffin: Apple Cinnamon	6 Hungarian Chicken Rice Pilaf Vegetables Muffin: Maple Walnut	7 Shrimp Macaroni Salad w/Pease & Onion Chilled Strawberry Soup Muffin: Lemon
August 11 thru August 14 No Meals Or Muffins for Sale			
18 BLT Wrap w/Lettuce, Tomato & Bacon Chips Pickle Muffin: Chocolate Chip	19 Chargrilled Chicken Potato Salad Vegetable Muffin: Coconut	20 Turkey Tetrazzini w/Pasta & Mushrooms Vegetable Italian Bread Muffin: Pecan	21 Baked Seafood Au Gratin White Rice Vegetable Roll Muffin: Blueberry
25 Sausage & Egg w/Cheese on Biscuit Home fries Fruit Cup Muffin: Honey Corn	26 Steak & Cheese On French Roll w/Peppers & Onion Chips & Cole Slaw Muffin: Banana Bran	27 Mushroom Pork w/Burgundy Sauce Egg Noodles Vegetable Muffin: Peach	28 Fish Chowder, BBQ Chicken Corn on the Cob Potato Salad \$9.00 Special Event NO PICKUP NO DELIVERY
1 American Chop Suey w/Ground Beef & Pasta Side Tossed Salad, Garlic Bread Muffin: Raspberry	2 Chicken Quesadillas Mexican Rice Veggies Muffin: Pineapple	3 Pulled Pork (BBQ Style) On Roll Cole Slaw, Pickle Muffin: Sweet Cranberry	4 No Meals No Muffin

USEFUL INFORMATION

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/>

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.

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 once a month -

See 'Peace of Mind' in other programs for schedule

YORK HOSPITAL PATIENT TRANSPORTATION

Whether you have the flu, a cold, or a minor injury, great care begins with getting you there. That's why the York Hospital provides free rides for patients to and from their main campuses, practices and walk-in care centers.

Door-to-door rides are available for any location within the service area including York, Wells, Ogunquit, Cape Neddick, Kittery, Eliot, Sanford, the Berwicks, Kennebunk and Kennebunkport. Services are available Monday through Friday, from 7am to 5pm. **Call (207) 351-3413.**

The service is provided on a first-come, first-served basis. (Wheelchair accessible vans are available upon request.)