

# REGISTRATION FOR FEBRUARY 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 (Monday, February 23, - \$20, 2-4pm)
- ☐ Mardi Gras Mask Workshop (Monday, February 9 -\$5, 1-3pm)

## Education & Health:

- ☐ Instant Pot Cooking w/Brianna (Thursday, February 12 – free, 1-2pm)
- ☐ Tech Help (Thursday, February 19 - free, 11am-2pm)
- ☐ Taddei Talks (Monday, February 23 - free, 10-11am)
- ☐ Foot Clinic w/Sandy (Monday, February 23 – \$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)

## Sports:

- ☐ Candlepin Bowling (Tuesday, February 10 - \$14.00, 2-4pm)

## Nature & Outdoor Recreation:

- ☐ Snowtubing, Guilford, NH (Wednesday, February 18 -\$60, 10-12pm)
- ☐ White Pine Winter Birding, Ogunquit, ME  
(Monday, February 23 - free, 10-11:30am)

## Trips:

- ☐ Dinner Out –Fogarty's, South Berwick, ME  
(Thursday, February 19 - \$5, 3:30-7:30pm)
- ☐ Andy Cooney's Irish Celebration, Danversport, MA  
(Tuesday, March 10 -\$130, 10:30-5pm)

## Other Programs:

- ☐ Adventure Club (Wednesday, February 4 - free, 1-2pm)
- ☐ BINGO w/Art (Friday, February 20 - free, 1-3pm)
- ☐ BINGO w/Scott (Friday, February 6 - free, 1-3pm)
- ☐ Book Club (Monday, February 9 - free, 10-11:30am)
- ☐ CAL Gals Club (Wednesday, February 11 – free, 1-3pm)
- ☐ CAL's Vintage & Vinyl Café (Friday, February 27 – free, 1-3pm)
- ☐ Fair Meeting (Wednesday, February 4 – free, 3-4pm)
- ☐ Game Day (None for February)
- ☐ Karaoke (None for February)
- ☐ Late Night at CAL (Tuesday, February 24 – free, 4-7pm)
- ☐ Movie Monday (Monday, February 2 - free, 1-3pm)
- ☐ Peace of Mind (Wednesday, February 18 – free, 10:30am-noon)
- ☐ Sing Along (None for February)
- ☐ Social Club Monthly Meeting (Wednesday, February 4 - free, 2-3pm)
- ☐ Ukulele Class (Thursdays – \$10/month, 10-11am)

## Special Events:

- ☐ 'Pal'entine's Day Celebration (Friday, February 13 - free, 1-3pm)
- ☐ CAL's Valentine Swap (Monday, Feb. 9 – Friday, Feb. 13)
- ☐ Mardi Gras Celebration (Tuesday, February 17 - \$10, 12-3pm)
- ☐ Winter Camp at the Farm (February 9-11 - \$25, 8-noon)

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

## Town of York – Center for Active Living – Lunch Menu February 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)

<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>FRIDAY</b></i>
3	4	5	6
Seasoned Beef Taco w/Lettuce & Tomato Spanish Rice w/Onion	<b><i>New Meal</i></b> Chicken Marsala w/Mushrooms & Wine Sauce Pasta Vegetable	Oriental Pork Chop Suey w/Egg Noodles Vegetables	Baked Haddock w/Red Onion & Tomato Garlic Mashed Potato Vegetable
Muffin: Raspberry	Muffin: Honey Bran	Muffin: Maple Walnut	Muffin: Lemon Yogurt
10	11	12	13
Homemade Chicken Noodle Soup Ham & Cheese Sandwich Chips	Meatloaf w/Gravy Mashed Potato Vegetable & Roll	Baked Mac & Cheese w/Beef Hot Dog on Roll Vegetable	Chicken Lovers Cordon Bleu Rice Pilaf Vegetable
Muffin: Apple Cinnamon	Muffins: Cranberry Orange	Muffin: Pecan	No Muffin
17	18	19	20
<b><i>Mardi Gras Party</i></b> <b><i>See Scoop for Details</i></b>	Teriyaki Chicken Fried Rice Vegetable	Baked Ham Scalloped Potato Vegetable	Corn Chowder Haddock Square Sandwich w/Lettuce & Tomato Pickle
No Muffin	Muffin: Cinnamon Crumb	Muffin: Orange Sour Cream	Muffin: Lemon
24	25	26	27
Grilled Reuben w/Corned Beef & Sauerkraut Tater Tots Pickle	Chicken & Stuffing Bake Mashed Potato Vegetable	Spaghetti & Meatballs Vegetable Garlic Bread	Tuna Salad Sub w/Lettuce & Tomato Chips Pickle
Muffin: Strawberry Banana	Muffin: Blueberry Corn	Muffin: Coconut	Muffin: Cherry Yogurt