

The Scoop

JULY 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, July 1 - York Residents Only
Thursday, July 2 - Non-York Residents & York Residents
CAL will be closed Friday, July 3 in observance of Independence Day

Late Night at Mount Agamenticus
Tuesday, July 21st 4:00-7:00pm
Light Snacks & Refreshments Served

IT'S TRIVIA TIME!

**Put on your thinking cap and join
the fun of Team Trivia!**

We'll group participants into teams and you'll work together to come up with the correct answers to a variety of trivia questions. Teams will discuss clues and agree on answers before submitting them to the host as they compete for the highest score.



CAL'S GAME DAY

WEDNESDAY, July 29th 1:00-3:00pm



In this fast-paced team game two clue-givers bet on how few words they'll need to have their teammates guess five secret answers, starting at 25. The lowest bidder takes the card and must beat the challenge within their limited clues and time! Every word counts in this energy-fueled game that keeps family and friends on the edge of their seats.

Game day is always a fun day at CAL.

Don't miss it!

**CAL MEMBERS ARE INVITED TO THE SUMMER PARTY AT THE PORTSMOUTH SENIOR CENTER
WITH THE BAD PENNY BAND**

FRIDAY, JULY 17, 6PM-9PM at the Portsmouth Senior Center



Party into the evening! Bad Penny is an energetic rock cover band offering a mix of great music from the 70's, 80's and 90's.

Pizza, Snacks, Refreshments and lots of fun times with friends. **\$5/Cover. Pay at the Door.**

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.

July

2nd: Knock on Wood
3rd: Johnny Bubar Show
4th: Key Elements
5th: Cocheco Street Jazz Band
9th: Miraj
10th: Compaq Big Band
11th: After Hours Band
12th: The Jazz Disciples
16th: New Magnolia Jazz Band
17th: Synergy
18th: Gerry T Band
19th: Dover Community Band
23rd: Fred Dame Jr.
24th: Paul & Matt Marquis
25th: The Visitors
26th: Stone Broke
30th: Fugitive
31st: Roadhouse R&B

August

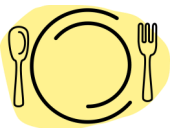
1st: Cool Beans
2nd: 60's Invasion
6th: Eastern Sound Band
7th: Big Picture Band
8th: Rich Desoto
9th: Windham Swing Band
13th: Delta Knights Band
14th: North River Music
15th: Amherst Town Band
16th: Victoria O'Brien
20th: World Famous Grassholes
21st: Bel Airs
22nd: Merrimack Valley Concert Band
23rd: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

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:
July 7, 14, 21 & 28
Yes - 4 Tuesdays a month!

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



IF YOU'RE INTERESTED IN THIS TRIP ADD YOUR NAME TO THE CLIPBOARD AT CAL!



Join Best of Times Travel for an unforgettable Senior Touring trip to Canada's most enchanting cities—Montreal and Quebec—perfect for Senior Group Travel. Experience the magic of the internationally acclaimed Montreal Christmas Market and Quebec Christmas Market, where the European flair of these historic destinations truly comes alive. This professionally escorted tour is specially curated for seniors and families, offering a blend of guided market explorations, cultural tastings, specialty meals, and comprehensive city tours. Enjoy premium 4-star accommodations at the Marriott Chateau Champlain in Montreal and the Delta Quebec (a Marriott property) in Quebec, placing you moments away from the festive heart of the cities. All gratuities for your guides and the Best of Times Travel Tour Manager are included for a seamless, worry-free holiday Christmas Experience.

About This Tour - Immerse yourself in the old-world charm and antiquity of Montreal and Quebec during the most festive time of the year. Our Senior Group Travel program is steeped in the traditions of traditional German Christmas Markets, transforming downtown squares into vibrant, festive villages. Explore dozens of wooden chalets filled with local artisans, handmade gifts, delicious food, and comforting drinks like mulled wine. This Senior Touring trip includes specialized guided tours of the Christmas Markets in both cities, allowing you to sample German treats like pretzels and immerse yourself in the spectacle. You will also enjoy in-depth city tours of both Montreal and Quebec, including a visit to the UNESCO World Heritage site of Old Quebec. With our Best of Times Travel Tour Manager on hand throughout, every detail is taken care of, providing the best possible professionally escorted tour experience.

Tour Highlights:

- Christmas Market Immersion:** Explore the enchanting Montreal Christmas Market and Quebec Christmas Market, echoing the festive spirit of German traditions, complete with wooden chalets, handmade crafts, and mulled wine.
- Iconic Canadian Hotels:** Stay in the heart of the action at the 4-star Marriott Chateau Champlain in Montreal and the Delta Quebec (a Marriott property).
- Historical City Tours:** Discover the vibrant history and culture of both cities with comprehensive city tours, including an exploration of the Old-Montreal and a visit to the UNESCO site of Old Quebec.
- Worry-Free Travel:** Enjoy a fully professionally escorted tour designed for Senior Group Travel by Best of Times Travel, with all accommodations, most meals, transportation, activities, and all gratuities included.
- Specialty Dining:** Savor a delicious dinner at DeVieux Port Restaurant, Montreal's oldest continuous restaurant.

Your Tour Includes

- Roundtrip Motorcoach Transportation
- 2 Nights at the Marriott Chateau Champlain in Montreal
- 2 Nights at the Delta Quebec (a Marriott property) in Quebec
- 4 Full American Buffet Breakfasts, 1 Dinner at DeVieux Port Restaurant in Montreal, 2 Lunches
- Guided Tour of Christmas Markets in Montreal & Quebec (walking tours)
- Comprehensive Montreal City Overview Tour (Highlights: Notre-Dame Basilica, Mount-Royal Park, Old-Montreal, Underground City, St. Joseph's Oratory, Olympic Stadium)
- Comprehensive Quebec City Overview Tour of the UNESCO World Heritage site (Highlights: Place Royale, Petit-Champlain, Dufferin Terrace, Basilica Notre-Dame, City Hall)
- All Tour Guide Gratuities (Montreal & Quebec)
- Best of Times Travel Tour Manager Throughout (Gratuity Incl)

Price Per Person: \$1799 Double, \$2299 Single, \$1719 Trip \$1689 Quad

For Reservations and More Information Please Call Center For Active Living 207-363-1036



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 JULY

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 July**

 **Lunch Out - Pop's Clam Shack, Alton, NH (Thurs., July 16 - \$5, 11-3pm)**

 **Dinner Out - None for July**



FROZEN FRIDAYS ARE BACK!

Friday, July 10th,
24th and 31st

1:00-3:00pm

Cost \$5.00/bus

(Ice cream \$\$ on your own)

JULY 10th

Lago's, Rye

JULY 24th

Lickee's & Chewy's, Dover

JULY 31st

Scoop Deck, Wells

What would summer be without ice cream!



Adventure Club Trip

Monday, July 20

8:00am-4:00pm

Cost \$83.00

Attention Adventure Club CAL members!

Are you ready for a Mountain Adventure?

The Cranmore Mountain Adventure Park

offers a day full of coaster riding, ziplining, a breath-taking chair lift ride and more!

Lunch TBD



Exploring with Art in Newburyport, MA

Wednesday, July 22

8:00am-4:00pm

Cost \$5.00

Join us for a fun day in beautiful Newburyport, MA.

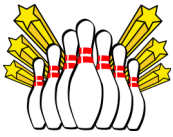
We'll have the opportunity to explore and see the Custom House & Maritime Museum, Waterfront Park, enjoy great shopping & good restaurants!



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.



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, July 14	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



EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
Drop-in Blood Pressure and Glucose Clinic	Monday, July 6	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!

Foot Clinic Provided by Cornerstone VNA	None for July Check August Sccop	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)

Taddei Talks	Monday, July 20	10:00 - 11:00am	Mike Taddei	Free
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This month Officer Taddei will be joined by Amanda Oullette from Southern Maine Agency on Aging. Amanda will share what the agency has to offer with the group.

Tech Help	Thursday, July 16	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!



VOLUNTEERS

Needed

August 9, 2026

Make a positive difference in people's lives

York Parks & Recreation is looking for volunteers to help hand out water and food on the morning of the York Days 5k. Volunteering would take place the morning of August 9th from 7AM - 9:30AM at York High School.

YORK DAYS 5K

Questions? EMAIL: NDARBY@YORKMAINE.ORG



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
Adventure Club Meeting	Wednesday July 15	1:00 - 2:00pm	Free	The perfect club for active and agile older adults looking for adventure!
BINGO for Fun with Art & Scott	Thursday July 23	1:00 - 3:00pm	Free	Please bring a \$5.00 Gift Card for the Prize Table.
Book Club	Monday, July 6	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.
CAL GALS Women's Group	Wednesday, July 8	1:00 - 2:30pm	Free	CAL Gals brings women together for friendship and camaraderie, sharing positive feedback, encouragement and support to provide inner strength and confidence.
CAL's Vintage & Vinyl Café	None for July			
Fair Meeting	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.
Game Day	Wednesday, July 29	1:00 - 3:00pm	Free	CAL's version of 25 Words or Less! Can you serve up the best clue words to your team so they quickly guess the mystery word? The ultimate word game where every second counts!
Haircut w/Susan	Thursday, July 16	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
Karaoke at CAL	Thursday, July 30	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.

OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
Late Night at Mt. A	Tuesday, July 21	4:00 - 7:00pm	Free	It's TRIVIA NIGHT at Mount A. Come and join the group for a friendly game of Trivia. We'll serve snacks and light refreshments.
Movie Monday - Comedy	Monday, July 6	1:00 - 3:00pm	Free	Need to get away? A good movie is always a pleasant distraction. Snacks provided!
Peace of Mind with Janie Sweeney (YCSA)	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.
Sing-A-Long Songs with Art	None for July			
Social Club Monthly Meeting	Wednesday July 15	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.
Ukulele Group with Instructor Shea Ellis of Mountain Road Music - twice monthly	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.

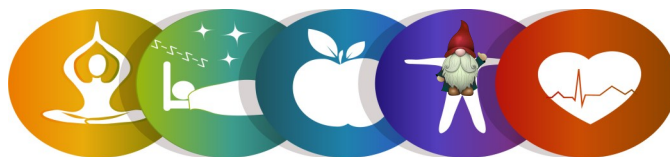
June trip to Canada with 80 CAL members!



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 <i>(No class 7/3 - 8/3)</i> <i>Class resumes on 8/4</i>	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 <i>(No class on Friday July 3)</i>	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 July 3)	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 (None Friday, July 3)	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>	Mondays - No Mahjong Lessons in July, August & Sept.	
<i>Bridge - Beginners Lessons</i>	Thursdays	1:00 - Closing
<i>Mahjong - American/Taiwan</i>	Thursdays & Fridays (None July 3)	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, July 1st 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, July 2nd 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.

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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Cheese Ravioli in Red Sauce Vegetable Muffin: Pineapple	8 Turkey Burger Patty On Roll w/Lettuce, Tomato and Pickle Potato Chips Muffin: Peanut Butter Chip	9 Chicken Marsala w/Mushroom Wine Sauce Pasta Vegetable Muffin: Applesauce	10 Seafood Salad Sub Roll Pasta Salad w/Veggies Pickle Muffin: Blueberry Lemon
14 Veggie Stir Fry Fried Rice Pork Egg Roll Muffin: Chocolate	15 Meatloaf w/Gravy Mashed Potato Vegetable & Roll Muffin: Sweet Potato	16 Chicken Parm w/Marinara Sauce Vegetable Italian Bread Muffin: Banana Nut	17 Grilled Bratwurst Sausage on Roll Potato Salad Sauerkraut Muffin: None
21 Cheeseburger Macaroni Vegetable Roll Muffin: Chocolate Chip	22 No Meal Muffin: None	23 Country Chicken Rice Pilaf Vegetable Roll Muffin: Carrot	24 Italian Haddock w/Zucchini & Tomato Pasta in Red Sauce Muffin: Orange Yogurt
28 Tomato Basil Soup Grilled Cheese Sandwich Chips Pickle Muffin: Cranberry Orange	29 Chicken Pot Pie w/Potato & Vegetable Muffin: Raisin Bran	30 Chefs Salad w/Turkey, Swiss Cheese Tomato & Egg Crackers Muffin: Strawberry	31 New England Clam Chowder Tuna Melt Sandwich Pickle Muffin: Berry Sour Cream

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. 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!

REGISTRATION FOR JULY 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 July)
- Pop-up Craft with CAL (None for July)

Education & Health:

- Canada Christmas Market Info (Thursday, July 30 – free 10-11am)
- Taddel Talks (Monday, July 20 – free 10-11am)
- Tech Help (Thursday, July 16 - free, 11am-2pm)
- Sign Language (See you in September)

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 – Monday, July 27th 10am-11:30am
- Campfire theme! We will talk about different fire lays and ways to light a fire using alternative methods, including friction. We will bring a tasty snack for everyone to roast, too! s

Trips:

- Breakfast Out – (None for July)
- Lunch Out – (Pop's Clam Shack, Alton, NH (Thursday, July 16 - \$5.00, 11:00am-3:00pm)
- Dinner Out – (None for July)

Special Events:

- Frozen Friday (\$5 each, 1-3pm)
 - July 10
 - July 24
 - July 31
- Adventure Club Trip (Monday, July 20 - \$83, 8-4pm)
- Exploring w/Art (Wednesday, July 22 – \$5, 8-4pm)
- Late Night Mt. A Trivia (Tuesday, July 21 – free, 4-7pm)
- Portsmouth Sr. Ctr. Summer Party (Friday, July 17 - \$5, 6-9pm)

Sports:

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

Other Programs:

- Adventure Club Meeting (Wednesday, July 15 – free, 1-2pm)
- BINGO w/Art & Scott (Thursday, July 23– free, 1-3pm)
- Book Club (Monday, July 6 - free, 10-11:30am)
- CAL Gals Club (Wednesday, July 8 – free, 1-2:30pm)
- CAL's Vintage & Vinyl Café (None for July)
- Fair Meeting (See you in September)
- Game Day (Wednesday, July 29 – free, 1-3pm)
- Karaoke (Thursday, July 30 – free, 1-4pm)
- Late Night at CAL (None for July, See Special Events)
- Movie Monday (Monday, July 6 - free, 1-3pm)
- Peace of Mind (See you in September)
- Sing Along (None for July)
- Social Club Monthly Meeting (Wednesday, July 15 – 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 July 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
7 Cheese Ravioli in Red Sauce Vegetable Muffin: Pineapple	8 Turkey Burger Patty On Roll w/Lettuce, Tomato and Pickle Potato Chips Muffin: Peanut Butter Chip	9 Chicken Marsala w/Mushroom Wine Sauce Pasta Vegetable Muffin: Applesauce	10 Seafood Salad Sub Roll Pasta Salad w/Veggies Pickle Muffin: Blueberry Lemon
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