

## 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)
- Taddei 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 27<sup>th</sup> 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)

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