

The Scoop

JUNE 2026

TOWN OF YORK
PARKS & RECREATION

Center for Active Living
Life. Be in it!



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 Tuesday, June 2 - York Residents Only
Wednesday, June 3 - Non-York Residents & York Residents
CAL will be closing at 11am on June 17 - No Lunch Served
CAL will be closed Friday, June 19 in observance of Juneteenth Day
No Regular Programming at CAL on June 25 and June 26 - Open House
CAL will also be closed on Friday, July 3 in observance of Independence Day

AARP® Smart Driver Course

Tuesday, June 16th 1-4pm

AARP SMART DRIVER™ COURSE FOR MAINE LICENSED DRIVERS ONLY

Instructor: Rich Stevens, AARP Volunteer.
Upon completion of the class, you may be eligible for a multi-year discount on your automobile insurance.

Cost: **\$20.00** for AARP members
(bring your AARP membership card to class)

\$25.00 for non-AARP members

Payable by check to the instructor at the start of the class.

No credit cards or cash payments.

**Tuesday
June 16th
9am - 12pm
FREE!**

CARFiT 

Helping Mature Drivers Find Their Safest Fit

 American Occupational Therapy Association



15 Minute Appointment per Participant

AARP Volunteer, Rich Stevens, will work one-on-one with each registered participant to go over a 12-point checklist of important individual vehicle settings.

CARFiT is a new program that covers safety factors and comfort points so that you are better equipped to be a safe driver.

15-Minute appointment spot per participant.
Limited spots available.



This event will be taking place at an alternative location. We'll give you directions when registering.

DRIVE-IN SOCK HOP SPECTACULAR

with Special Musical Guests '3 Shades of Gray'

June 23 - 3:00-7:00pm

CAL members get ready for a 'blast from the past' evening of nostalgic food, fun, friends, music and more! Dress for the occasion in your 50's, 60's or 70's vintage attire! We'll have fun viewing classic cars, dancing to our favorite oldies and noshing on those favorite Drive-in staples all while remembering when.



- SAVE THE DATE AND PLEASE SPREAD THE WORD -
Everyone is invited to the Center for Active Living!

OPEN HOUSE

at the
Center for Active Living



Friday, June 26th 1:00 - 3:00pm

Meet our Staff, Members, Instructors and Collaborators
and find out why there are so many smiling faces
at the Center for Active Living!

What does CAL offer our members?

- * Friendship & Social Interaction
- * Educational Programs
- * Extended Travel & Day Trips
- * Volunteer Opportunities
- * Delicious, Healthy Lunches
- * Fun and Games
- * Outdoor & Nature Activities
- * Fitness & Enrichment Classes
- * Love & Laughter and so much more!



Light Refreshments will be served.

Center for Active Living
36 Main St.
York, ME



CAL NEWS

American Sign Language
Monday, June 15, 22 and 29
11:15am-12:15pm
Free - 15 person class limit

Vickie Scerbo returns for a 3-week session to keep our American Sign Language enthusiasts up to speed and utilizing their newly acquired skills. Join this beginner group and learn some of the basic hand shapes and movements, facial expressions and body language. The group will continue to practice their skills while communicating with each other.

Senior Games Talk
with Jacki Belanger
Monday June 22
1:00-2:00pm Free

What are the Maine Senior Games?
We welcome Jackie Belanger from the Maine Senior Games to share information on the Maine Senior Games. From bowling to basketball and table tennis to golf, there is something for every older athlete to compete in. Come and learn more about competing as an older adult.

BRG Legal
Tuesday, June 23
10:00am-11:00am Free

Britton Garon joins us to share information and tips on getting your legal documents in order. Focusing on estate planning and elder law services, Britton prides herself on being a client-centric firm that provides necessary details to ensure that you understand the prepared documents. She'll also cover how to deal with potential obstacles that can occur as we age.

250th Anniversary Talk
with York Historian
James Kences
Tuesday, June 30
10:00-11:00am Free

James will be joining us to share his knowledge on York, Maine during the Revolution. This history talk is similar to what he recently presented at the York Public Library. Come and learn about the history of York! Check out this website before the talk to learn more about York Town Records and more.

<https://www.yorkmaine.org/635/York-Historical-Records>



THANK YOU
AARP
TAX AIDE
VOLUNTEERS!

Big Thanks to all our dedicated volunteers from AARP and the Center for Active Living, for providing the York Community with another successful year of Tax Prep Assistance. On behalf of everyone that benefitted from this essential service,
WE THANK YOU!!

CAN YOU SPOT THE GNOME HIDING IN THE SCOOP?

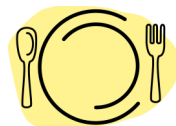


Let us know at the front desk where you find him and you'll be entered into a monthly prize drawing.

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:
June 2, 9, 16 & 23
Yes - 4 Tuesdays a month!



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 JUNE

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

Breakfast Out - Tuckers, Newington, NH (Thursday, June 18 - \$5, 7:30 - 11:30am)

Lunch Out - None for June

Dinner Out - None for June



Frozen Friday Kick-off

Friday, June 5
1:00-3:00pm

Cost \$5.00/bus

(Ice cream \$\$ on your own)

BACK BY POPULAR DEMAND!

On select Fridays throughout the summer months we will venture to local ice cream shops to indulge in refreshing frozen treats!

Hop on the CAL bus and we'll surprise you with our chosen frozen destination!

Look for more Frozen

Fridays in July's Scoop.

Adventure Club Trip Scenic Railriders, Concord, NH

Friday, June 12

8:00am-4:00pm

Cost \$66.00

Attention Adventure Club members! We're off on our next adventure to the Scenic Railriders for a pedal on the rails. We'll be traveling on the specially designed rail bikes for a five-mile trek enjoying the scenic route.

Lunch Stop TBD

Exploring with Art in Littleton, NH

Wednesday, June 24

7:00am-5:00pm

Cost \$5.00

Are you ready to explore Littleton, NH?

This picturesque New England town boasts a beautiful riverwalk including a covered bridge, Chutters world-famous candy store, quaint shops for browsing and a good variety of lunch options.





CREATIVE ARTS

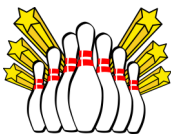
Program	Day & Date	Time	Instructor	Cost
Crafters Gathering	Tuesdays	1:00 - 3:00pm	None	Free
Crafters Gathering is open to all crafters who would like to work on their own projects in a group setting. Come and share your newest creations and ideas with other crafters in the new craft room.				
Crafts with Lisa	Monday, June 8	2:00 - 4:00pm	Lisa	\$20.00
Join Lisa and friends for some painting fun! The June craft project is a hanging wooden door or wall decoration with a flower motif.				



NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
White Pine Programs Summer Solstice	Monday, June 15	10:00 - 11:30am	White Pines Staff	Free
Summer Solstice celebration with the White Pine staff at the Center for Active Living. Cameras, binoculars, water bottle and bug spray are recommended. Dress appropriately for the weather.				
				
Sunrise Hike @ Mt. A	Wednesday, June 17	5:15 - 7:00am	CAL Staff	Free
Meet at Mt. Agamenticus at 5am for the Annual Sunrise Hike. Parking fee is on your own. Bring cameras, binoculars, water bottle and bug spray. Dress appropriately for the weather. Don't miss this great opportunity to start your day at Mt. A!				
				



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, June 16	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.
Pickleball	Tuesdays starting June 2nd	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, June 15	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!

Monthly Foot Clinic Provided by Cornerstone VNA	Monday, June 22	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) Check the June Scoop for next Foot Clinic.

Taddei Talks	Monday, June 22	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, June 18	11:00am - 2:00pm	Kevin and 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!



CAL learned about Vernal Pools and how to hunt for Spring Salamanders with the White Pine Programs.



Vegas Night fun with the Human Slot Machine. JoAnn, Rick, Lou and Joel did a fantastic job putting this entertaining game together!

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
<i>Adventure Club Meeting</i>	Thursday, June 18	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, June 12	1:00 - 3:00pm	Free	Please bring a Summer Mystery Bag for the prize table.
<i>Book Club</i>	Monday, June 15	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>	Monday, June 29	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.
<i>CAL's Vintage & Vinyl Café</i>	None for June			
<i>Fair Meeting</i>	Thursday, June 18	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>	None for June			
<i>Haircut w/Susan</i>	Thursday, June 18	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
<i>Karaoke at CAL</i>	None for June			

OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
Late Night at CAL	None for June			
Movie Monday - Comedy	Monday, June 1	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)	Wednesday June 10	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 June			
Social Club Monthly Meeting	Thursday, June 18	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.

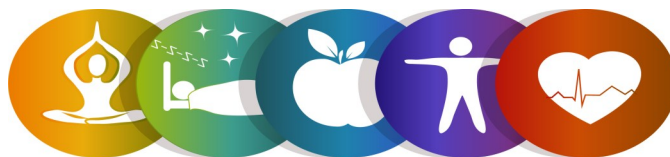


Liz, Dianne, Marsha and Debbie had a lovely time at the Spring Tea Party.

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 Beach Firehouse	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	Monday/Wednesday Tuesday/Thursday Monday thru Thursday	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 Wed. June 3, 10, & 17) (No class on Friday June 5, June 19, June 26 & 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 Beach Firehouse	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 (No class June 17)	9:00 - 9:45am
<i>Exercise with video - Fridays</i>	Fridays (No class June 19, 26 & July 3)	9:00 - 9:45am
<i>Tai Chi with volunteer instructor</i>	Thursdays (No class June 25)	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 June 17, 19, 26 & July 3)	Mon., noon - Closing Wed., noon - Closing Friday noon - Closing
<i>Cribbage</i>	Tuesdays & Thursdays (None June 25)	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 (None on June 17)	1:00 - Closing
<i>Mahjong - American/Taiwan</i>	No Mahjong Lessons in June, July, August & September	
<i>Bridge - Beginners Lessons</i>	Thursdays (None on June 25)	1:00 - Closing
<i>Mahjong - American/Taiwan</i>	Fridays (None June 19, 26 & July 3)	1:00 - Closing

Attention Bridge Players!

Did you Know?

CAL offers Bridge twice a week.
Tuesdays from 1-4pm for
Beginner Players and
Thursdays from 1-4pm for
Experienced Players.
Drop in or call for more info.

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:

Tuesday, June 2nd 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)

Wednesday, 3rd 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 2 HEART, A 4+err K9U+

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.

First & Last Name: _____ Pick-up: _____ Delivery: _____ Dessert: ___ regular ___ sugar-free

Town of York – Center for Active Living – Lunch Menu June 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
9 Homemade Chicken Noodle Soup Ham & Cheese Sandwich Chips Muffin: Cinnamon Crumb	10 Kielbasa Sausage w/Cabbage & Onion Potato & Vegetable Muffin: Pecan	11 Teriyaki Chicken Fried Rice Vegetable Muffin: Sweet Cranberry	12 Corn Chowder Haddock Square Sandwich w/Lettuce & Tomato Pickle Muffin: Blueberry
16 Baked Ham Scalloped Potato Vegetable Muffin: Chocolate Chip	17 NO MEAL No Muffin	18 Spaghetti and Meatballs Vegetable Garlic Bread No Muffin	19 CLOSED for Juneteenth
23 Grilled Reuben w/Corned Beef & Sauerkraut Tater Tots Pickle Muffin: Peach	24 Chicken & Stuffing Bake Mashed Potato Vegetable Muffin: Mixed Berry	25 NO MEAL No Muffin	26 NO MEAL
30 Vegetable Pasta Primavera in a Cream Sauce Italian Bread Muffin: Banana Choc. Chip	1 Hot Open Face Turkey Sandwich Potato & Vegetable Muffin: Honey Corn	2 BBQ Chicken Breast Potato Salad Cole Slaw Muffin: Lemon Yogurt	3 CLOSED For Independence Day

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 JUNE 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, June 8 - \$20, 2-4pm)
- Pop-up Craft with CAL (None for June)

Education & Health:

- AARP Carfit (Tuesday, June 16 - free, 9-noon)
- AARP Smart Driver (Tuesday, June 16 - \$20/25, 1-4pm)
- BRG Legal (Tuesday, June 23 - free, 10:00-11:00am)
- Senior Games Talk (Monday, June 22 - free, 1-2pm)
- Sign Language (Mondays, free 11:15-12:15pm)
- Taddei Talks (Monday, June 22 - free 10-11am)
- Tech Help (Thursday, June 18 - free, 11am-2pm)

Special Events:

- 250 Anniversary Talk (Tuesday, June 30 - free, 10-11:30am)
- Adventure Club Trip (Wednesday, June 12 - \$66, 8-4pm)
- Exploring w/Art (Wednesday, June 24 - \$5, 7-5pm)
- Frozen Friday Kickoff (Friday, June 5 - \$5, 1-3pm)
- Open House (Friday, June 26 - free, 1-3pm)
- Sock Hop (Tuesday, June 23 - free, 3-7pm)

Sports:

- Candlepin Bowling (Tuesday, June 16 - \$14.00, 2-4pm)

Other Programs:

- Adventure Club Meeting (Thursday, June 18 - free, 1-2pm)
- BINGO w/Art (None for June)
- BINGO w/Scott (Friday, June 12 - free, 1-3pm)
- Book Club (Monday, June 15 - free, 10-11:30am)
- CAL Gals Club (Monday, June 29 - free, 1-2:30pm)
- CAL's Vintage & Vinyl Café (None for June)
- Fair Meeting (Thursday, June 18 - free, 3-4pm)
- Game Day (None for June)
- Karaoke (None for June)
- Late Night at CAL (None for June, See Sock Hop)
- Movie Monday (Monday, June 1 - free, 1-3pm)
- Peace of Mind (Wednesday, June 10 - free, 10:30am-noon)
- Sing Along (None for June)
- Social Club Monthly Meeting Thursday, June 18 - free, 2-3pm)
- Ukulele Class (Thursdays - \$10/month, 10-11am)

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:

- White Pine Program - Summer Solstice (Monday, June 15 - free, 10-11:30am)
- Sunrise Hike @ Mt. A (Wednesday, June 17 - free, 5:15-7am)

Trips:

- Breakfast Out - Tuckers, Newington, NH (Thursday, June 18 - \$5.00, 7:30-11:30am)
- Lunch Out - (None for June)
- Dinner Out - (None for June)

First & Last Name: _____ **Pick-up:** _____ **Delivery:** _____ **Dessert:** ___ **regular** ___ **sugar-free**

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