

# The Scoop

June 2025

Vol. 46 Issue 10

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  
Sydney Wakefield, Kitchen Aide  
Obie Murphy, Custodian

\*\*\* CAL = Center for Active Living

## PLEASE TAKE NOTE!

**CAL will be closed on Thursday, June 19th in observance of the Juneteenth Holiday.**

Program and Lunch Registration starts Tuesday, May 27th - York Residents Only

Wednesday, May 28th - Non-York Residents & York Residents

### CAL'S GAME SHOW DAY

ARE YOU SMARTER THAN A 5TH GRADER?

TUESDAY, JUNE 24th 1 - 4pm FREE!



It's time for another GAME DAY at CAL! This month we're putting you to the test back in the classroom!

ARE YOU READY FOR THE CHALLENGE?  
PUT YOUR KNOWLEDGE TO THE TEST!



Over 250 people served with a combined total of 300+ hours of volunteer work!

### THANK YOU AARP TAX AIDE VOLUNTEERS!

Big Thanks to all our amazing 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!!**

### AARP® Smart Driver Course

AARP SMART DRIVER™ COURSE  
FOR MAINE LICENSED DRIVERS ONLY  
Instructor: Rich Stevens, AARP-trained volunteer. Upon completion, you could be eligible for a multi-year discount on your automobile insurance.

Monday, June 16th 1-4pm

Cost: \$20.00 for AARP members  
(bring your AARP membership card to course)  
\$25.00 for non-AARP members  
Payable by check to the instructor at the start of the course; no credit card or cash. payments.

Monday  
June 23rd  
9am - 12pm  
FREE!



### 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.

# NEWS YOU CAN USE!

## WHERE TO GET THE SCOOP!

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](http://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.



## York Parking Permit Stickers are available at Town Hall/Town Clerk

If you are a York resident or a property owner, you are entitled to purchase a Permit Parking Sticker for a fee of \$40, or \$20 if you are 65 or older. The Parking Permit program shall be in effect each year beginning May 15th through October 15th, and the sticker is exclusive to the vehicle it is issued to.

Be sure to bring your vehicle registration with you when applying for your parking permit.

## YCSA COMMUNITY SUPPERS

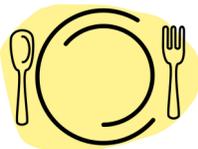
**FIRST PARISH CHURCH FELLOWSHIP HALL**  
**180 York St., York**

1st and 3rd Tuesdays of each month

4pm - Coffee Hour ~ 5pm - Dinner Served

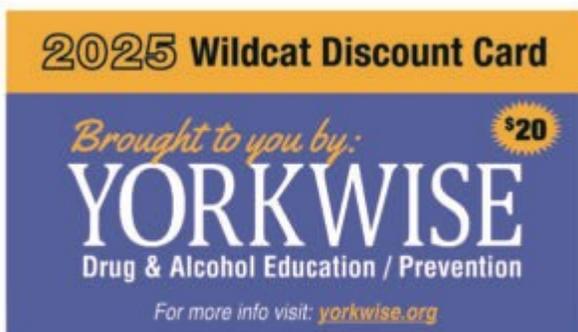
Bring your family and friends to the  
YCSA Community Supper!

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 6th & June 17th

**YORKWISE**  
Keeping Our Teens Safe



## SAVE THE DATE!

## GET YOUR YORKWISE CARD AT CAL!

The 2025 YORKWISE WILDCAT Card offers great year-round discounts to a number of York businesses.

Anthony's - Bamboo Garden - Bagel Basket - Beach Bliss Café  
The Booktenders - Cape Neddick Lobster  
Corey Cain Art - Greenleaves Chinese Restaurant  
Lobster in the Rough - Moose Burger - Norma's  
Rick's Blue Jay Café - Ruby's - Tea for You - Thai for You  
Waves - A Welcome Haven Yoga - Wild Willy's  
Woody's Brick Oven Pizza - Yummies Candy



# 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.



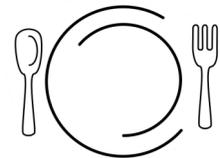
**Breakfast Out - Greenery Café, Ogunquit, ME (Thursday, June 12)**  
Bus leaves at 7:45am and we'll return at approximately 11:30am \$5.00



**Lunch Out - None for June**



**Dinner Out - None for June**



### FLEETWOOD MAC TRIBUTE BAND at DANVERSPORT YACHT CLUB

Wednesday, June 18th

9:30am-5:00pm

\$130/pp

Includes Transportation, Lunch & Show

#### Don't miss Fleetwood Macked!

This will be a power-packed show that will have you on your feet and dancing to Fleetwood Mac's best hits like "Go Your Own Way", "Don't Stop", "Rhiannon" and more! The beautiful Danversport Yacht Club is the perfect venue for this amazing show that includes a seated luncheon offering a choice of Chicken Parm or Baked Haddock with sides, dessert & coffee. A cash bar is available for soft drinks and adult beverages.



### STRAWBERRY BANKE TOUR and RIVER CRUISE on the GUNDALOW

Wednesday, June 25th 9:30am-6:00pm

\$84/pp Includes Transportation,

Museum Fees and Gundalow Cruise

Lunch \$\$ on your own

#### Let's be a Portsmouth Tourist for a day!

We're traveling over the bridge to enjoy some of the most popular Portsmouth attractions before the summer season fully begins! We'll start our day at the Strawberry Banke Museum touring the historic buildings and grounds while learning about the fascinating history of this early settlement. We'll provide you with a list of nearby lunch options to rest and refresh midday before boarding the Gundalow at 3pm for our afternoon cruise on the Piscataqua River. In between be sure to stroll through beautiful Prescott Park!



# CAL NEWS!

**LAST CALL FOR PORTUGAL!  
DON'T MISS THIS TRIP OF A LIFE-TIME OPPORTUNITY!**

*The Center for Active Living presents...*

## Portugal and Its Islands

September 27 – October 10, 2025

**\$5,499 Double Occupancy - \$6,599 Single Occupancy**



14 Days • 19 Meals: 12 Breakfasts, 1 Lunch, 6 Dinners

**HIGHLIGHTS...** Lisbon, Belem, Fado Dinner Show, St. Michael Island, Azores,  
Choice on Tour: Garden Guided Walk or Thermal Pool Experience, Terra Nostra  
National Park, Sete Cidades, Madeira Island, Espetada Dinner, Folkloric Show, Porto Moniz

### ITINERARY AT A GLANCE

Day 1 - Overnight Flight

Days 2 – 4 Lumen Lisboa Hotel, Lisbon

Days 5 – 8 Azoris Royal Garden Hotel, Sao Miguel, Azores

Days 9 – 12 Pestana Casino Park Hotel, Funchal, Madeira Island

Day 13 Lumen Lisboa Hotel, Lisbon

On some dates alternate hotels may be used

For more information contact

Art Jacobs

The Center for Active Living

(207) 363-1036

[ajacobs@yorkmaine.org](mailto:ajacobs@yorkmaine.org)

**Check our website at <https://www.yorkparksandrec.org/center-for-active-living>  
Under Overnight Trips for more details and full itinerary.**

## CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
<b>Crafters Gathering</b>	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. Gather your supplies and come to share your newest creations and ideas with other crafters.				
<b>Crafts with Lisa Emmons</b>	Monday, June 23	2:00 - 4:00pm	Lisa	\$10.00
June's craft will be a Red, White & Blue Patriotic Decoration just in time for July 4th!				



## EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<b>Drop in Blood Pressure and Glucose Clinic</b>	Monday, June 9	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!				
<b>AARP Safe Driving Course</b>	Monday, June 16	1:00 - 4:00pm	Rich Stevens	\$20.00 - \$25.00
Refreshing your driving skills could save you money and you'll learn about age-related physical changes and how to adjust your driving to compensate. AARP Smart Driver Course for Maine licensed drivers only. Upon completion, you could be eligible for a multi-year discount on your automobile insurance. Cost: <b>\$20.00</b> for AARP members (bring your AARP membership card to course) <b>\$25.00</b> for non-members.				
<b>Summer Meal Ideas</b>	Tuesday, June 17	1:00 - 2:00pm	Brianna Henward	Free
Are you tired of the same summer menus? Brianna has some fresh ideas for warm weather meals that are simple and easy to prepare. Have a healthy meal plan in place so that you can spend more time doing fun summer activities!				
<b>AARP CARFIT Program</b>	Monday, June 23	9:00am - noon	Rich Stevens	Free
AARP Volunteer, Rich Stevens, will work one-on-one with each participant to go over a 12-point checklist of crucial settings in your vehicle. This new program covers safety factors and comfort points so that you are better equipped to be a safer driver. 15 Minute appointments per participant. Limited spots available.				
<b>Tech Help</b>	Thursday, June 26	11:00am - 2:00pm	Kevin Bresnahan & Scott Young	Free
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!				

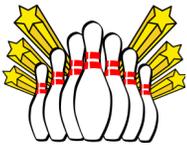


## NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
<b>CAL Hiking: Cutts Island, Kittery</b>	Monday, June 9	10:00 - 11:30am	CAL Staff	Free

We'll meet at CAL at 9:15 and carpool to Cutts Island in Kittery. Parking is limited so please carpool with us if possible. This is considered an easy flat hike that will be approx. 2 miles. Wear proper shoes for walking and bring water, snacks, and bug spray.



## SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
<b>Candlepin Bowling</b>	Tuesday, June 10	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.
<b>Pickleball</b>	Tuesday, June 17	10:00-11:00am	FREE	Location: CAL's Parking Lot

## OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
<b>BINGO for Fun</b>	Friday, June 20	1:00 - 4:00pm	Free	Bring a Summer-themed Gift Bag for the prize table.
<b>Book Club</b>	Monday, June 16	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. It's always fun to share the reading experience! Books provided by YPL inter-loan system. June's Book Selection is: <b>'The World That We Knew'</b> <b>by Alice Hoffman</b>
<b>CAL's Coffee House Vinyl Cafe</b>	Friday, June 13	2:00 - 3:00pm	Free	Bring your favorite vintage albums or 45's to share with the Vinyl Café group. We'll provide refreshments and fun!
<b>CAL Gals</b>	None for June	1:00 - 2:30pm	Free	

## OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
<b>Conversational French</b>	Thursdays	2:00-3:00pm	Free	The French Club will be taking a break for the month of June. Stay tuned for more info to be posted in the July SCOOP about detail for the summer meet-ups.
<b>Fair Meeting (Spring Wrap up)</b>	Wednesday, June 11	3:00 - 4:00pm	Free	Let's gather and recap our Spring Fair! All Fair Volunteers are welcome to the Meeting.
<b>Game Day Are You Smarter Than A 5th Grader</b>	Tuesday, June 24	1:00 - 4:00pm	Free	We have another fun GAME DAY in store for you! Join us for this classroom challenge and test your knowledge with CAL's version of Are You Smarter Than a 5th Grader?
<b>Guitar Lessons with Larry Ciccotelli</b>	None for June			Larry will be on Summer break from May - September. Look for more information in the August SCOOP. Keep practicing!
<b>Haircut w/Susan</b>	Thursday, June 26	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
<b>Late Night at the Center</b>	None for June	4:00 - 7:00pm	Free	
<b>Movie Monday - Comedy</b>	Monday, June 2	1:00 - 3:00pm	Free	Need to get away? A good movie is always a pleasant distraction. Snacks provided!
<b>Peace of Mind with Janie Sweeney (YCSA)</b>	Wednesday, June 25	10:30 - noon	Free	Janie, the YSCA 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.
<b>Sing-A-Long Songs with Art</b>	None for June	1:00 - 3:00pm	Free	
<b>Social Club Monthly Meeting</b>	Wednesday, June 11	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.
<b>Ukulele Group with Instructor Shea Ellis of Mountain Road Music - twice monthly</b>	Thursdays	10:00 - 11:00am	\$10/mo	All levels welcome! Shea Ellis from Mountain Road Music will join us twice a month for guided instruction and other Thursdays we'll practice on our own at home or at CAL with the group. Bring to class your own ukulele, or a borrowed one. 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 were 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 the 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.



**ALL INSTRUCTOR-LED CLASSES REQUIRE A PUNCH CARD.**

**PLEASE PURCHASE YOUR PUNCH CARDS AT CAL BEFORE ATTENDING CLASS.**

Program	Day & Dates	Time	Location	Instructor	Cost
<b>Balance Fun &amp; Workouts</b>	Tuesdays and Thursdays (No class on June 19th)	10:05 - 10:50am	York Beach Fire House	Jonna Dijkstra	\$5.00 per class Punch Card Only
<p>Jonna Dijkstra, ACE Certified Personal Trainer &amp; 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!</p>					
<b>Chair Yoga</b>	Mondays	8:45 - 9:45am	CAL	Maria Lovo Trina Moskal	\$5.00 per class Punch Card Only
<p>Welcome Maria Lovo, our newest instructor 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.</p>					
<b>Line Dancing</b>	Wednesdays and Fridays	10:00 - 11:00am	CAL	Diane Anderson	\$5.00 per class Punch Card Only
<p>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!</p>					
<b>Shake It Up</b>	Tuesdays and Thursdays (No class on June 19th)	9:00 - 10:00am	York Beach Fire House	Rhonda DiCarlo	\$5.00 per class Punch Card Only
<p>'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.</p>					

## EXERCISE & WELLNESS - Video Instructed Classes - Drop-ins Welcome - Always FREE!

Program	Day & Date	Time
<b>Exercise with video - Mondays</b>	Mondays	10:00 - 10:45am
<b>Exercise with video - Wednesdays</b>	Wednesdays	9:00 - 9:45am
<b>Exercise with video - Fridays</b>	Fridays	9:00 - 9:45am
<b>Tai Chi</b>	Thursdays (no class on June 19)	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. Café time, Mondays-Fridays, 9:00 -11:00am, are great times to socialize in the dining room.
- If there is a card or board game you would like to play and don't see it below, please let Art, Program Coordinator, know.

<b>Program</b>	<b>Day</b>	<b>Time</b>
<b><i>Scrabble</i></b>	Mondays	1:00 - Closing
<b><i>Poker</i></b>	Mondays, Wednesdays, Fridays	Mon., noon - Closing Wed., noon - Closing Friday noon - Closing
<b><i>Cribbage</i></b>	Tuesdays & Thursdays	10:00 - Noon
<b><i>Hand and Foot (cards)</i></b>	Tuesdays	1:00 - Closing
<b><i>Bridge - Advanced/Beginners</i></b>	Tuesdays	1:00 - Closing
<b><i>Dominoes/Mexican Train</i></b>	Wednesdays	1:00 - Closing
<b><i>Mahjong - American/Taiwan</i></b>	Thursdays	1:00 - Closing
<b><i>Bridge - Beginners Lessons</i></b>	Thursdays	1:00 - Closing
<b><i>Mahjong - American/Taiwan</i></b>	Fridays	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 a drop-off box in the hallway for returning items. Find our new Puzzle Table in the hallway outside of the game room.

Additional puzzles to borrow are now located in the new room in our lower level.

## 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](http://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). All York residents and non-residents need to register each year, in order to continue to receive the monthly newsletter, “The Scoop”.

### Program Registration:

#### Tuesday, May 27th – 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.
- ▶ 11:00am – 3:30pm open to walk-ins, phones, and online registration.

#### Wednesday, May 28th and thereafter: Non-York Residents & York Residents –

- ▶ 9:00am – 3:30pm – walk-ins, phones, and online registration during all hours.
- ▶ For programs requiring advanced registration, you may register in-person, via phone (207-363-1036), or online (<https://www.yorkparksandrec.org/>), Monday – Friday, 9:00am – 3:30pm except during the lunch hour (11:45am-12:45pm). Online registration is not available for meals.

**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.

**Not Getting Emails from the Center for Active Living?** 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.

**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 behavior 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](mailto: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](mailto: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!**

### 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 & 3rd Tuesday 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.