

# The Scoop

**MAY 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, April 29 - York Residents Only  
Thursday, April 30 - Non-York Residents & York Residents  
CAL will be closed Monday, May 25 in observance of Memorial Day

Please note that there will be no CAL programs on May 13th, 14th and 15th due to the Spring Fair.

## **CAL's Annual SPRING FAIR**

**Friday, May 15th and Saturday, May 16th**  
**9am - 3pm (both days)**

Center for Active Living  
36 Main Street, York  
363-1036

Plenty of  
**FREE  
PARKING!**

**SPRING FAIR OFFERINGS INCLUDE:**  
BAKE SALE. SEASONAL DECOR.  
JEWELRY. MADE IN MAINE CRAFTS.  
ATTIC TREASURES. HOUSEWARES.  
PLANT & FLOWER SALE. TOYS.  
DELICIOUS LUNCH OPTIONS  
AND MORE!

Dozens of  
**RAFFLE  
BASKETS!**



## **Spring Tea Luncheon**

Join us for an afternoon tea party  
to celebrate SPRING!



**FRIDAY** **MAY 8th** **1-3pm**

Tea Hats and Fascinators are highly encouraged!  
We'll enjoy an assortment of hot teas served with a classic tea menu, including finger sandwiches, pastries and more!

**COST \$10**



## **GAME SHOW DAY - WHOSE LINE IS IT ANYWAY?**

**Wednesday, May 20th 1-3pm**

**WHOSE LINE  
IS IT ANYWAY?**

Come and enjoy the fun and spontaneity of this improv game!  
Use your own creativity and unique sense of humor to create short performances where there is no wrong answer.  
With scene prompts and silly props we'll have everyone laughing!

**- 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



## May Program Spotlight - TECH HELP with Scott and Kevin THURSDAY, MAY 21st - 11:00am - 2:00pm

Tech Volunteers, Scott and Kevin, are available at CAL once a month to assist our members with their electronic devices.

Scott and Kevin will help with hands-on training for your smartphone, tablets and laptop. Learn how to safely browse the internet or use your new phone and stay connected with family & friends. We're here to help bridge the divide while providing support to stay connected and help reduce social isolation. Call or drop in at CAL to schedule a half hour appointment with Scott and Kevin.



### DON'T FORGET TO VOTE!

SATURDAY, MAY 16th

8:00am - 8:00pm

at the York High School  
Robert E. Butler Gymnasium  
1 Robert Stevens Drive, York

### CAL'S WISH LIST

Do you have any of these items that you don't need any longer? If so, please drop off at CAL!



- Pint or Quart size Mason jars
- Baskets for our Raffle Gifts
- Holiday Decorations (All Holidays)



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



If you are a York resident (vehicle registered in York), you are entitled to purchase a Permit Parking Sticker for a fee of \$60, or \$30 if you are 65 or older.

For property owners (vehicle not registered in York) the fee for sticker is \$80. Parking Permit program shall be in effect each year beginning April 15th through October 31st. 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.

### DID YOU GET YOUR 2026 WILDCAT DISCOUNT CARD?

**CAL has Wildcat Discount cards available for purchase for \$20 each.**

This card entitles you to a 10% discount in several locations all over York while supporting the safety of our York teens!

Get 10% off your purchases at Norma's, Anthony's, Rick's Blue Jay Café, Fat Tomato, Bamboo Garden, Bagel Basket, Lobster in the Rough, Greenleaves, Cape Neddick Lobster Pound, The Booktenders, Beach Bliss Café, Ruby's, Wild Willy's and more!

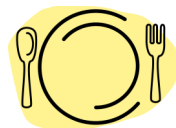


### YCSA COMMUNITY SUPPERS

**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:  
May 5, 12, 19  
and 26th

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 MAY

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 May**

 **Lunch Out - None for May**

 **Dinner Out - Litchfield's Grill in Wells (Thursday, May 21st - \$5, 3:00 - 7:30pm)**



**Are you ready to travel to Canada?  
We have over 80 travelers going with us!  
We are now at waitlist status but check in at CAL  
soon to find out where our next trips will take us.**

**FINAL MEETING**  
for our  
**Diamond Tours**  
Nova Scotia,  
Prince Edward Island  
and  
New Brunswick Trip  
**Tuesday, May 19**  
**10:00 - 11:00am**  
at CAL

**Come prepared with  
your questions for  
the June trip!**

## CREATIVE ARTS

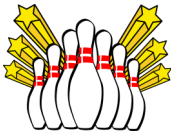
Program	Day & Date	Time	Instructor	Cost
<b>Crafters Gathering</b>	Tuesdays	1:00 - 3:00pm	None	Free
<p>Crafters Gathering is open to all crafters who would like to work on their own projects in a group setting. Come and share your newest creations and ideas with other crafters in the new craft room.</p>				
<b>Pop-up Craft with CAL</b>	Tuesday, May 19	1:00-3:00pm	CAL Staff	<b>\$5.00</b>
<p>May's craft is a Memorial Day Suncatcher with the CAL Staff.</p>				



## NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
<b>White Pine Programs</b>	Monday, May 18	10:00 - 11:30am	White Pines Staff	Free
<p><b>Spring Blossoms and Wild Edibles</b> at Boulder Pond in York. Join the White Pine Staff and learn to identify those early spring blossoms and unique edibles as we walk around Boulder Pond. Wear appropriate shoes for the rugged gravel trail. Cameras, binoculars, water bottle and bug spray are recommended.</p>				
<div style="display: flex; align-items: center;"> <div style="background-color: #e0e0e0; padding: 5px; border: 1px solid #ccc;"> <p>Due to the gravel trail and uneven terrain this walk is categorized as a Level 3. This outing is not recommended for those with balance or mobility limitations.</p> </div> </div>				



## SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
<b>Candlepin Bowling</b>	Tuesday, May 12	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.



**PICKLEBALL IS COMING SOON!**

**Check the June Scoop for details on the upcoming Pickleball season at CAL!**





# EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<b>Drop-in Blood Pressure and Glucose Clinic</b>	Monday, May 11	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>Monthly Foot Clinic Provided by Cornerstone VNA</b>	None for May			
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. <i>(Payable in cash or check made out to Cornerstone VNA) Check the June Scoop for next Foot Clinic.</i>				
<b>Taddei Talks</b>	Monday, May 4	10:00 - 11:00am	Mike Taddei	Free
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.				
<b>Tech Help</b>	Thursday, May 21	11:00am - 2:00pm	Kevin and Scott	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!				


**Bill Broder presents  
York County Tick  
and Mosquito Control**

Tuesday, May 5  
10:00 - 11:00am

Join Bill Broder and learn a brief history on Ticks & Mosquitos and how to assess the dangers associated with these backyard pests. We'll also learn about the University of Maine Tick Lab and IPM (Inteegrated Pest Control Management).

**Optima Dermatology - Skin Cancer Awareness**  
Tuesday, May 12 10:00 - 11:00am

The Optima staff will give us tips on being prepared for summer sun and good skin care practices all year long. Optima Dermatology's mission centers on creating greater access to expert dermatology care and delivering an unparalleled patient experience. They focus on excellence and innovation and their world class team is highly engaged, mission-driven, and inspired to set the standard in Dermatology.

**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.

## OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
<b>Adventure Club Meeting</b>	Wednesday, May 6	1:00 - 2:00pm	Free	The perfect club for active and agile older adults looking for adventure!
<b>BINGO for Fun with Scott/Art</b>	Friday, May 1	1:00 - 3:00pm	Free	Please bring a Scratch Ticket for the prize table.
<b>Book Club</b>	Monday, May 11	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.
<b>CAL GALS Women's Group</b>	None for May			
<b>CAL's Vintage &amp; Vinyl Café</b>	None for May			
<b>Fair Meeting</b>	Wednesday May 6	3:00 - 4:00pm	Free	All Fair Volunteers are welcome to the Meeting. Come and help to plan the next upcoming Fair.
<b>Game Day Whose Line is it Anyway?</b>	Wednesday, May 20	1:00 - 3:00pm	Free	CAL's version of 'Whose Line is it Anyway?' will surely be full of fun this month. Don't miss the chance to compete on Game Day at CAL!
<b>Haircut w/Susan</b>	Thursday, May 21	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
<b>Karaoke at CAL</b>	None for May			

## OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
<i>Late Night at CAL</i>	None for May			
<b>Movie Monday - Comedy</b>	Monday, May 4	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 May 20	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.
<b>Sing-A-Long Songs with Art</b>	None for May			
<b>Social Club Monthly Meeting</b>	Wednesday, May 6	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 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.



Volunteers are hard  
at work preparing for the  
upcoming Spring Fair on  
May 15 & 16 at CAL.  
Don't miss this great  
Spring Fair  
that has something  
for everyone!

## 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
<b>Balance Fun &amp; Workouts</b>	Tuesdays and Thursdays	10:05 - 10:50am	York Beach Firehouse	Jonna Dijkstra	<b>\$5.00 per class Punch Card Only</b>
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!					
<b>Chair Yoga</b>	Mondays <i>(No class on May 18 and 25)</i>	8:45 - 9:45am	CAL	Maria, Trina and Nancy	<b>\$5.00 per class Punch Card Only</b>
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.					
<b>Jacki Sorensen's Aerobic Dance</b>	Monday/Wednesday Tuesday/Thursday Monday thru Thursday <i>(No class on Monday, May 25)</i> <i>(Spring session April 13 - June 18)</i>	8-9am 5:15-6:15pm	York Beach Firehouse	Jan Jonas	<b>Morning \$100 Evening \$100 Both \$150</b> (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.					
<b>Line Dancing</b>	Wednesdays and Fridays <i>(No class on Wed. May 13)</i> <i>(No class on Friday May 15)</i>	10:00 - 11:00am	CAL	Diane Anderson	<b>\$5.00 per class Punch Card Only</b>
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!					
<b>Shake It Up</b>	Tuesdays and Thursdays	9:00 - 10:00am	York Beach Firehouse	Rhonda DiCarlo	<b>\$5.00 per class Punch Card Only</b>
'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 (No class May 25)	10:00 - 10:45am
<i>Exercise with video - Wednesdays</i>	Wednesdays (No class May 13)	9:00 - 9:45am
<i>Exercise with video - Fridays</i>	Fridays (No class May 15)	9:00 - 9:45am
<i>Tai Chi with volunteer instructor</i>	Thursdays (No class May 14)	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 May 13, 15 and 25th)	Mon., noon - Closing Wed., noon - Closing Friday noon - Closing
<i>Cribbage</i>	Tuesdays & Thursdays (None Thursday May 14)	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 May 13)	1:00 - Closing
<i>Mahjong - American/Taiwan</i>	Thursdays (None May 14)	1:00 - Closing
<i>Bridge - Beginners Lessons</i>	Thursdays (None May 14)	1:00 - Closing
<i>Mahjong - American/Taiwan</i>	Fridays (None May 15)	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](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).



### 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](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. 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, April 29th 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, April 30th 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](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 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 May 2026**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Pulled BBQ Chicken on Roll Cole Slaw Pickle  Muffin: Cranberry Orange	6 <b>NEW MEAL</b> Sausage & Egg w/Cheese Biscuit w/Home Fries Fruit Salad Cup  Muffin: Raspberry	7 Baked Chicken Parm w/Pasta & Red Sauce Vegetable  Muffin: Raisin Bran	8 Breaded Baked Fish Diced Potatoes Vegetable  Muffin: Berry Banana
12 Mild Beef & Bean Chili Mexican Rice Vegetable  Muffin: Chocolate Cinnamon	13 <b>NO MEAL</b>  No Muffin	14 <b>NO MEAL</b>  No Muffin	15 <b>NO MEAL</b>  No Muffin
19 Grilled Burger on Roll Pasta Salad w/Veggies Pickle  Muffin: Chocolate Chip	20 Roast Chicken w/Gravy Mashed Potato Vegetable & Roll  Muffin: Honey Corn	21 Pork Chow Mein w/White Rice Oriental Veggies  Muffin: Maple Walnut	22 Seafood Pasta Alfredo Vegetable Italian Bread  Muffin: <u>Orange Sour Cream</u>
26 BLT Wraps Seasoned French Fries Veggie Stix  Muffin: Coconut	27 Slow Roasted Swiss Steak w/Brown Rice Vegetable & Roll  Muffin: <u>PB Chocolate Chip</u>	28 American Chop Suey w/Ground Beef Side Tossed Salad Garlic Bread  Muffin: Strawberry Banana	29 Baked Haddock w/Red Onion & Tomato Garlic Mashed Potato Vegetable  Muffin: Lemon Blueberry
June 2 Baked Mac-n-Cheese w/Beef Hot Dog on Roll Vegetable  Muffin: Apple Cinnamon	3 Seasoned Beef Taco w/Lettuce & Tomato Spanish Rice w/Onion  Muffin: <u>Raspberry Choc. Chip</u>	4 Tuna Salad Sub w/Lettuce & Tomato Chips & Pickle  Muffin: Blueberry Corn	5 <b>NO MEAL</b>  No Muffin

## 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!

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## REGISTRATION FOR MAY 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.

### Trips:

- Breakfast Out – (None for May)
- Lunch Out – (None for May)
- Dinner Out – Mystery Location  
(Thursday, May 21 - \$5, 3:00-7:30pm)

### Creative Arts:

- Crafts w/Lisa (None for May)
- Pop-up Craft with CAL (Tuesday, May 19 - \$5.00, 1-3pm)

### Education & Health:

- Taddei Talks (Monday, May 4 – free 10-11am)
- Mosquito Talk (Tuesday, May 5 - free, 10-11am)
- Optima Dermatology (Tuesday, May 12 - free, 10-11am)
- Nova Scotia Final Meeting (Tuesday, May 19 – free, 10-11am)
- Tech Help (Thursday, May 21 - free, 11am-2pm)

### Other Programs:

- Adventure Club Meeting (Wednesday, May 6 - free, 1-2pm)
- BINGO w/Art (None for May)
- BINGO w/Scott & Art (Friday, May 1 – free, 1-3pm)
- Book Club (Monday, May 11 - free, 10-11:30am)
- CAL Gals Club (None for May)
- CAL's Vintage & Vinyl Café (None for May)
- Fair Meeting (Wednesday, May 6 – free, 3-4pm)
- Game Day-Whose Line Is It? (Wednesday, May 20 – free, 1-3pm)
- Karaoke (None for May)
- Late Night at CAL (None for May)
- Movie Monday (Monday, May 4 - free, 1-3pm)
- Movie Monday (Monday, June 1 - free, 1-3pm)
- Peace of Mind (Wednesday, May 20 – free, 10:30am-noon)
- Sing Along (None for May)
- Social Club Monthly Meeting (Wednesday, May 6 - 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 – Spring Blossoms & Edibles  
(Monday, May 18 – free, 10-11:30am)

### Special Events:

- Spring Tea Luncheon (Friday, May 8 - \$10.00, 1-3pm)

### Sports:

- Candlepin Bowling (Tuesday, May 12 - \$14.00, 2-4pm)