

## 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.

### 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)

### 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)

### Trips:

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

### 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)

First & Last Name: \_\_\_\_\_ Pick-up: \_\_\_\_\_ Delivery: \_\_\_\_\_ Dessert: \_\_\_ regular \_\_\_ sugar-free

### Town of York – Center for Active Living – Lunch Menu May 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)

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