The Scoop

OCTOBER 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! CAL'S OCTOBER SCHEDULE

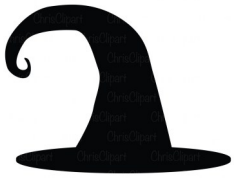
Program and Lunch Registration starts Wednesday, September 30 for York Residents only and Thursday, October 1 for Non-York Residents and York Residents

CAL will be closed on Monday, October 12th in observance of Columbus Day.

NO REGULAR PROGRAMS ON
Thursday, October 22 and Friday, October 23 for the Trunk or Treat event.

Regular CAL programs are cancelled on Monday, October 26th except for the White Pine Outdoor Program at 10am and James Kences Witchcraft presentation at 1pm.

York's Connection with Salem's Witch Trials presented by York Historian, James Kences



Monday, October 26th
1:00 - 3:00pm
FREE

Join James Kences and learn how York was involved in the Salem Witch Trials and the mass hysteria that occurred during the witch accusations.

WE'RE DOUBLING UP THE FUN!

THURSDAY, OCTOBER 8th 5:00-9:00pm

Two fun events make for one fantastic evening! CAL members are invited to gather at Greg & Marilyn Fyfe's home in York for Music & Movie Night!

Bring your own Dinner Picnic to this event and please let us know if you are able to provide a ride to someone that can't drive on their own.

CAL VINTAGE VINYL 5-7pm
Enjoy classic tunes of the 50's, 60's & 70's from Greg's rebuilt Jukebox!





DRIVE-IN HORROR MOVIE 7-9pm
It's the season for SCARY MOVIES! Let's SCREAM together with a classic Halloween Thriller.

WHEEL OF MIS-FORTUNE GAME DAY



Wednesday, October 14th
1:00-4:00pm

This is not your traditional Wheel of Fortune! This is CAL's Halloween Version full of unexpected surprises! Are you ready for some fun and Mis-Fortune?



HALLOWEEN KARAOKE COSTUME PARTY



Friday, October 30th 1:00–4:00pm
A fun afternoon of Karaoke, Games, Costume Contest, Prizes and lots of Treats!
Chef Sean's Spooky Spaghetti Lunch
12-1pm $10.00 (reservation required)



ATTENTION CAL MEMBERS!

We could use a few more volunteers to greet the kids at the Costume Parade and Trunk or Treat event. See the registration form to sign up to participate in CAL's Haunted House.



SAVE THE DATE!

Friday, November 20th and Saturday, November 21st

9am–3pm

Both Days!

Don't miss this special event fundraiser for the Center for Active Living!

All proceeds go directly to the Center to support programs and events.

DONATIONS FOR THE UPCOMING HOLIDAY CRAFT FAIR

Starting on September 1st through October 16th, we will be accepting new donations for the Holiday Fair. Everyone looks forward to shopping at our tables for gently used treasures during our Fair and we need your donations! All proceeds benefit the Center for Active Living and go directly toward programs, activities, events and other needs. Please drop off your items in the shopping cart at the front entrance, starting on 9/1. You may take the cart to your car for easier transport and then bring it back into the building and leave it in the designated entrance area at CAL.

We will not be able to accept clothing, TV's or electronic devices, books, or exercise equipment.

We will accept seasonal holiday decorations, linens, games, glassware, crafts, jewelry, pocketbooks, toys and miscellaneous items in good, clean condition.

THANK YOU - WE APPRECIATE YOUR DONATIONS THAT HELP TO SUPPORT CAL!

RAFFLE BASKET DONATIONS FOR THE HOLIDAY FAIR

We are now accepting Raffle Basket donations for the upcoming Fair. Bring in your basket/receptacle with your basket items and we'll make sure it's perfectly packaged with a beautiful bow.

Let us know if you need ideas for basket themes!

Basket & contents can be dropped off anytime from 9am-4pm at CAL. Bring donations to CAL by October 16th. Thank you!



CAL HAPPENINGS!

FLAT-DOLL MAKERS DAY with Jane Nichols Bishop
Monday, October 5th from 10:00am - 3:00pm



Attention Sewers and Non-Sewers!
We're having a doll-making day at CAL and we need your help and creativity. The goal is to make as many flat-dolls as possible for the Northern New England division of ***Dress A Girl Around the World.*** We'll provide the fabric, directions and guidance!

Please bring the following if you can;
not to worry if you can't! Just come to help and have some fun!
Sewing Machine ~ Sewing Kit ~ Small Buttons
Sharp Cutting Scissors ~ White, Tan or Gray Thread

LET'S SPREAD THE HOLIDAY CHEER!

Do you want to bring joy to our community and fill it with festive holiday music?

CAL is forming a Christmas Caroling Group and we want you to sing with us!
No singing experience is required, just a love for holiday spirit and a desire to have fun!

INFORMATION MEETING at CAL
Wednesday, October 28th at 1-2pm



ARE YOU READY TO TRAVEL TO EUROPE IN AUGUST 2027?

Join Collette Tours and other CAL travelers for the first information meeting on our exciting trip to Switzerland, Austria and Bavaria in 2027!

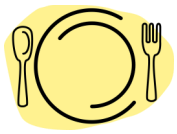
Learn more at the INFORMATION MEETING
Monday, November 2nd - 11:00am



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:
October 6, 13, 20 & 27

CAL Volunteer Opportunities

Are you interested in being part of the **Volunteer Team** at CAL? Drop by to fill out a volunteer information form and we'll keep you informed on upcoming volunteer opportunities that could include:
Kitchen Helper, Meal Deliveries, Special Events, Spring & Holiday Fairs, Front Desk Reception and more. Volunteering is Rewarding!



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 OCTOBER

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

Lunch Out - Lexi's, Newington, NH (Tues., October 6th - $5, 10:30-3pm)

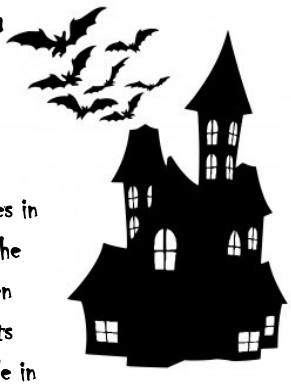
Dinner Out - Fogarty's, S. Berwick, ME (Thurs., October 29th - $5, 3:30-7:00pm)



ATTENTION ADVENTURE CLUB MEMBERS!

GET READY FOR HAUNTED OVERLOAD in LEE, NH

Sunday, October 25th
5:30 – 9:30pm
Cost $55. 00



Haunted Overload is always on the list of top-rated Haunted Houses in the U.S. It has become one of the most unique and artistic Halloween attractions in the country, and its characters take a great deal of pride in scaring the daylights out of thousands of visitors during the Halloween season.



SHOPPING DAY WITH BECKY & KIM

Tuesday, October 27th
8:00am – 4:00pm
Cost $10.00

It's time once again for our ANNUAL SHOPPING DAY!
We'll spend the morning at the Maine Mall which offers a variety of stores for all our shopping needs. We'll take a lunch break at a local restaurant TBD before making our stop at everyone's favorite store, MARDENS! If time permits, we'll make additional stops as we make our way back to York.
Let's get a headstart on our Holiday Shopping!

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.				
Pop–Up Craft with Becky	Thursday, October 15	1:00 - 3:00pm	CAL Staff	$10.00
Everyone needs a Black Cat Halloween Decoration! Join Becky and make your own wooden Black Cat for the Halloween season. It's bound to bring you good luck!				
Flat-Doll Making	Monday, October 5	10:00 - 3:00pm	Jane Nichols Bishop	Free
Last year's workshop was a great success so we're bringing it back again this year to support the Northern New England division of ***Dress A Girl Around the World.*** All help is appreciated, from cutting to sewing and designing the flat-dolls. It's a lot of fun and for a great cause! We'll provide the fabric, directions and guidance.				

SPORT & LEISURE

Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, October 13	2:00 - 4:00pm	$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.
Pickleball	Tuesdays (thru October)	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	None for October	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!				
Medicare Info Meeting	Tuesday, October 20	1:00 - 3:00pm	Brianna Henward	Free
Join Brianna and bring your Medicare questions. She will go over recent Medicare updates and changes.				
Foot Clinic Provided by Cornerstone VNA	Monday, October 26	9:00 - 12pm	Priscilla	$35
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 9am-12pm. 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)***				
Taddei Talks	Monday, October 19	10:00 - 11:00am	Mike Taddei	Free
Join Officer Mike Taddei and YPD's comfort dog, Major, for conversations about age-related issues. Officer Mike has guest speakers from local agencies that provide worthwhile information to our members.				
Tech Help	There is No Tech Help in October		Kevin & 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!				



NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
White Pine Programs @ CAL	Monday, October 26	10:00-11:30am	White Pines Staff	Free
Fire-making Methods and Tinder Bundles Learn and practice various traditional fire-making methods including friction fire and flint and steel. Getting a coal is just part of the process, having a proper tinder bundle at the ready will ensure you get a bright crackling flame to start your fire.				

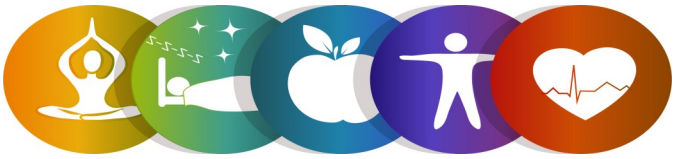
OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
Adventure Club Meeting	Wednesday, October 7 November 4	1:00 - 2:00pm	Free	The perfect club for active and agile older adults looking for adventure!
BINGO for Fun with Art & Scott	Friday, October 2	1:00 - 3:00pm	Free	Please bring a Halloween Treat for the Prize Table.
BINGO for Fun with Scott	Friday, November 6	1:00 - 3:00pm	Free	Please bring a Scratch Ticket for the Prize Table
Book Club	Monday, October 19	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 inter-loan system.
CAL GALS Women's Group	Wednesday, October 21	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.
CAL's Vintage Vinyl at Greg & Marilyn Fyfe's House	Thursday, October 8	5:00 - 7:00pm	Free	Vintage Vinyl will be held at Greg & Marilyn Fyfe's house this month which will feature the newly rebuilt 1972 Jukebox. Greg has filled the Jukebox with all the best hits from the 50's, 60's, and 70's for your listening and dancing pleasure. At 7pm we'll transition to the Drive-in Movie Night. Bring your own dinner picnic, folding chair and movie blanket. Movie 7-9pm.
Fair Meeting	Wednesday, October 7 November 4	3:00 - 4:00pm	Free	All Fair Volunteers are welcome to the Meeting. Come and help to plan the next upcoming Fair.
Game Day	Wednesday, October 14	1:00 - 4:00pm	Free	***Wheel of Mis-Fortune!*** CAL's version of a Halloween-themed game of Wheel of Fortune.
Haircut w/Susan	Thursday, October 15	1:30 - 4:00pm	$15	Sign Up sheet will be available at the Front Desk to reserve your spot.

OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
Karaoke at CAL	None for October	1:00 - 4:00pm	Free	
Late Night at CAL	None for October	4:00 - 7:00pm	Free	
Movie Monday - Comedy	Monday, November 2	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, October 14	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 October	1:00 - 3:00pm	Free	
Social Club Monthly Meeting	Wednesday, October 7 November 4	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.

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 (No class Tuesday, October 6th)	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 (No class Monday, October 12th)	8:45 - 9:45am	CAL	Maria and Nancy	**$5.00 per class** **Punch Card Only**
Maria Lovo is from *A Welcome Haven Yoga* 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 New Session started on Sept. 14	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 (No classes from Friday, 10/2 - Friday, 10/23 - Classes will resume on Wednesday, 10/28)	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
Exercise with video - Mondays	Mondays (no class on October 12)	10:00 - 10:45am
Exercise with video - Wednesdays	Wednesdays	9:00 - 9:45am
Exercise with video - Fridays	Fridays (no class on October 23)	9:00 - 9:45am
Tai Chi with volunteer instructor	Tuesdays and Thursdays (no class on October 22)	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
Poker	Mondays, Wednesdays, Fridays (None Monday, October 12, Friday, October 23)	Mon., noon - Closing Wed., noon - Closing Friday noon - Closing
Cribbage	Tuesdays & Thursdays None Thursday, October 22)	10:00 - Noon
Hand and Foot (cards)	Tuesdays	1:00 - Closing
Bridge - Advanced/Beginners	Tuesdays	1:00 - Closing
Dominoes/Mexican Train	Wednesdays	1:00 - Closing
Mahjong - American/Taiwan - Mixed with Beginners (Lessons on Monday by appointment through Sydney)	Mondays (None October 12)	1:00 - Closing
Bridge - Beginners Lessons	Thursdays (none October 22)	1:00 - Closing
Mahjong - American/Taiwan - Experienced Players	Thursdays & Fridays (none on October 22 and 23)	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 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 your 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, September 30th 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, October 1st 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 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.

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

Town of York – Center for Active Living – Lunch Menu October 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)

6 Vegetable Pasta Primavera In a Light Cream Sauce Italian Bread Muffin: Banana Bran	7 Seasoned Chicken Taco Salad w/Veggies Tortilla Strips Muffin: Strawberry	8 Italian Sausage Marinara Over Pasta Vegetable and Garlic Bread Muffin: Sweet Cranberry	9 Baked Haddock w/Tartar Sauce Herb Roasted Potato Vegetable Muffin: Blueberry Lemon
13 Chicken Patty on Roll Tater Tots Cole Slaw Muffins: Chocolate Chip	14 Roast Beef w/Gravy Mashed Potato Vegetable and Roll Muffin: Apple Cinnamon	15 Chicken Ala King White Rice Vegetable Muffin: Mixed Berry	16 Tuna Salad Sub w/Lettuce & Tomato Chips & Pickle Muffin: Peanut Butter
20 Homemade Vegetable Soup Grilled Ham & Cheese Sandwich Chips & Pickle Muffin: Honey Corn	21 BBQ Chicken Breast Potato Salad Cole Slaw Muffin: Chocolate	22 **No Meal** **No Muffins**	23 **No Meal** **No Muffins**
27 Chefs Salad w/Turkey, Swiss, Tomato & Egg Crackers Muffin: Banana Nut	28 Hot Open Face Turkey Sandwich Potato & Vegetable Muffins: Berry Sour Cream	29 Sweet & Sour Pork White Rice Asian Vegetables Muffins: Pumpkin	30 ***Spooky Spaghetti & Meatballs*** ***Garlic Bread*** ***Vegetable*** ***$10.00*** No Muffins
November 3 Grilled Reuben w/Corned Beef & Sauerkraut Potato Chips & Pickle Muffins: Pecan	4 Chicken & Broccoli Casserole Vegetable Roll Muffins: Peach	5 Baked Ham Scalloped Potato Vegetable Muffins: Lemon	6 Baked Haddock w/Red Onion & Tomato Zizi in Red Sauce Vegetable Muffins: Blueberry

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. Bring your own bag to pack up your lunch and side dishes. 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!

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

Town of York – Center for Active Living – Lunch Menu October 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)

6 Vegetable Pasta Primavera In a Light Cream Sauce Italian Bread Muffin: Banana Bran	7 Seasoned Chicken Taco Salad w/Veggies Tortilla Strips Muffin: Strawberry	8 Italian Sausage Marinara Over Pasta Vegetable and Garlic Bread Muffin: Sweet Cranberry	9 Baked Haddock w/Tartar Sauce Herb Roasted Potato Vegetable Muffin: Blueberry Lemon
13 Chicken Patty on Roll Tater Tots Cole Slaw Muffins: Chocolate Chip	14 Roast Beef w/Gravy Mashed Potato Vegetable and Roll Muffin: Apple Cinnamon	15 Chicken Ala King White Rice Vegetable Muffin: Mixed Berry	16 Tuna Salad Sub w/Lettuce & Tomato Chips & Pickle Muffin: Peanut Butter
20 Homemade Vegetable Soup Grilled Ham & Cheese Sandwich Chips & Pickle Muffin: Honey Corn	21 BBQ Chicken Breast Potato Salad Cole Slaw Muffin: Chocolate	22 **No Meal** **No Muffins**	23 **No Meal** **No Muffins**
27 Chefs Salad w/Turkey, Swiss, Tomato & Egg Crackers Muffin: Banana Nut	28 Hot Open Face Turkey Sandwich Potato & Vegetable Muffins: Berry Sour Cream	29 Sweet & Sour Pork White Rice Asian Vegetables Muffins: Pumpkin	30 ***Spooky Spaghetti & Meatballs*** ***Garlic Bread*** ***Vegetable*** ***$10.00*** No Muffins
November 3 Grilled Reuben w/Corned Beef & Sauerkraut Potato Chips & Pickle Muffins: Pecan	4 Chicken & Broccoli Casserole Vegetable Roll Muffins: Peach	5 Baked Ham Scalloped Potato Vegetable Muffins: Lemon	6 Baked Haddock w/Red Onion & Tomato Zizi in Red Sauce Vegetable Muffins: Blueberry

REGISTRATION FOR OCTOBER 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:

- ☐ Pop-up Crafts w/Becky (Thursday, October 15 - $10, 1-3pm)
- ☐ Doll Making (Monday, October 5 - Free, 10am-3pm)

Education & Health:

- ☐ Collette Switzerland Trip Info Session (Mon., Nov. 2 – free, 11-12pm)
- ☐ Taddei Talks (Monday, October 19 – free, 10-11am)
- ☐ Tech Help (Thursday, October 15 - free, 11am-2pm)
- ☐ Witchcraft in York Talk (Monday, October 26 - free, 1-3pm)
- ☐ Medicare Updates with Brianna (Tuesday, October 20 – free, 1-3pm)

Exercise:

- ☐ Activity Punch Card ($5/class 5 punch cards - $25.00)
- ☐ Activity Punch Card ($5/class 8 punch cards - $40.00)
- ☐ Jacki Sorensen's Aerobic Dance (see Scoop for details)

Nature & Outdoor Recreation:

- ☐ White Pine Program – (Monday, October 26 – free, 10-11:30am)

Trips:

- ☐ Lunch Out – Lexi's, Newington, NH (Tuesday, October 6 - $5, 10:30-3pm)
- ☐ Dinner Out – Fogarty's, S. Berwick, ME (Thursday, October 29th - $5, 3:30-7pm)
- ☐ Shopping Day (Tuesday, October 27 - $10, 8-4pm)

Special Events:

- ☐ Drive-In Movie @ the Fyfe's (Thursday, October 8 – free, 7-9pm)
- ☐ Adventure Club Haunted Overload, Lee, NH (Sunday, October 25 – $55, 5:30-9:30pm)
- ☐ Halloween Karaoke Costume Party (Friday, October 30 – free, 1-4pm)
- ☐ CAL's Haunted House (Friday, October 23 – (3-7pm)
- ☐ Christmas Caroling Info Meeting (Wednesday, October 28 – 1-2pm)

Sports:

- ☐ Candlepin Bowling (Tuesday, October 13 - $14.00, 2-4pm)

Other Programs:

- ☐ Adventure Club Meeting (Wednesday – free, 1-2pm)
  - ☐ October 7 ☐ November 4
- ☐ BINGO w/Art & Scott (Friday, October 2 – free, 1-3pm)
- ☐ BINGO w/Scott (Friday, November 6 – free, 1-3pm)
- ☐ Book Club (Monday, October 19 – free, 10-11:30am)
- ☐ CAL Gals Club (Wednesday, October 21 – free, 1-2:30pm)
- ☐ CAL's Vintage Vinyl at Greg's (Thursday, October 8 – free, 5-7pm)
- ☐ Fair Meeting (Wednesday, free, 3-4pm)
  - ☐ October 7 ☐ November 4
- ☐ Game Day (Wednesday, October 14 – free, 1-4pm)
- ☐ Karaoke (None for October)
- ☐ Late Night at CAL (None for October)
- ☐ Movie Monday (Monday, November 2 - free, 1-3pm)
- ☐ Peace of Mind (Wednesday, October 14 – free, 10:30-noon)
- ☐ Sing Along (None for October)
- ☐ Social Club Monthly Meeting, free, 2-3pm)
  - ☐ October 7 ☐ November 4
- ☐ Ukulele Class (Thursdays – $10/month, 10-11am)

USEFUL INFORMATION

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/

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.

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 once a month –
See 'Peace of Mind' in other programs for schedule

YORK HOSPITAL PATIENT TRANSPORTATION
Whether you have the flu, a cold, or a minor injury, great care begins with getting you there. That's why the York Hospital provides free rides for patients to and from their main campuses, practices and walk-in care centers. Door-to-door rides are available for any location within the service area including York, Wells, Ogunquit, Cape Neddick, Kittery, Eliot, Sanford, the Berwicks, Kennebunk and Kennebunkport. Services are available Monday through Friday, from 7am to 5pm. **Call (207) 351-3413.** The service is provided on a first-come, first-served basis. (Wheelchair accessible vans are available upon request.)