

The Scoop

**SEPTEMBER/
OCTOBER 2025**

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 Monday, September 1st, in observance of Labor Day,
Monday, October 13 in observance of Indigenous Peoples' Day
and Friday, October 24th for Night of Frights Set Up***

Program and Lunch Registration starts Wednesday, August 27th - York Residents Only
Thursday, August 28th - Non-York Residents & York Residents



GOOD BYE SUMMER - HELLO FALL!



STEAK-OUT LUNCHEON at CAL WITH THE YORK POLICE DEPARTMENT

Friday, September 19th 11:30am - 1pm
Steak Lunch \$10.00 or Chicken Lunch \$8.00

The YPD will
be serving a
delicious
BBQ lunch with
your choice of
Grilled Steak or
Chicken and
Summer Salad,
Dessert and
Beverage!



HALLOWEEN HAPPENINGS AT CAL



Halloween Decorating Days at CAL

Thursday, October 23, 1:00-3:00pm

Friday, October 24, 9:00am-3:00pm

Can you spare an hour or two to help us turn CAL
into a Halloween Hot Spot for Friday afternoon's
Festival of Frights? Come and help us decorate for
the littles. They love coming to CAL!



Parks & Rec Festival of Frights Parade and Spooky House at CAL

Friday, October 24, 4:30-7:00pm

Don't miss the Festival of Frights Parade at
CAL! Dress in your best Halloween costume and
greet the kiddos as they walk through CAL
for (slightly) haunted festivities!



CAL's Halloween Party

Friday, October 31, 10:00am-1:00pm

Halloween Fun & Games with the CAL Staff
10am-11:30am

Chef Sean's Spooky Spaghetti Meal at 11:30am
Sign up for lunch - \$7.00



CAL'S Fall Festival

Monday, September 22nd 9am - 1pm

LET'S CELEBRATE THE NEW SEASON!

We'll start the day with a hearty breakfast
with Chef Sean and his crew - 9am **Cost \$7.00**

After breakfast we'll enjoy crafts & games and
we'll have White Pine Programs with us for
some fun Nature Station Activities - 10-11:30am

Take part in a twig/driftwood wreath making
class with Syd. Bring 100 pieces of 3-5" twigs
or driftwood and we'll provide the
additional supplies - 1pm **Cost \$5.00**

FALL HAPPENINGS AT CAL

Final Portugal meeting with Andrew of Collette Tours - Thursday, September 4, 2-3 pm.

Information packets with travel paperwork and details will be given out and Andrew will answer any questions you may have before your departure to Portugal.

Don't miss this important meeting!



NEW!

Intro to Theater with Lauren Cummings

Friday, September 12 10-11:30am First Intro Class is Free

We're excited to welcome Lauren to CAL to facilitate our new theatre class!

This class will start with vocal and light movement warm ups. We will work collaboratively on funny skits and musical numbers for the holiday show. Everyone is welcome! Our goal is to

educate and prepare everyone who is interested in learning more about being on the stage. We'll find large or small roles for all who wish to participate in CAL's Holiday Variety Show.



FLAT-DOLL MAKERS DAY

**Monday, September 15, 1-4pm
with Syd and Jane**

Attention Sewers and Non-Sewers!

We're having a doll-making day at CAL and we need your help & 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*.



Please bring the following items if you are able, not to worry if you can't!

Just come to help and have some fun!

- Sewing Kit

- Sewing Machine

- Sharp Cutting Scissors

- White, Tan or Gray Thread

We'll provide the fabric, directions and guidance.



TWIG/DRIFTWOOD WREATH

Monday, September 22, 1-4pm

Craft Class with Syd - \$5.00

(We'll provide the wreath form and glue)

This would make a great handmade birthday or holiday gift!

Gather 100 pieces of 3 - 5" twigs or driftwood pieces. A mixture of both works well. Add some sea glass, shells or other special enhancements to make your own unique wreath. We'll have some extra supplies available but do your best to collect what you would like to use.



The Seacoast Wheelers are offering two more opportunities to enjoy a bike tour around York!

Tuesday, September 23 and Tuesday, October 21 9am-12pm FREE

Seacoast Wheelers' commitment is rooted in the belief that mobility should never be a barrier to enjoying the beauty of the world around us. That no one should be shut in or shut down. Their aim is to create memorable and uplifting experiences for everyone.



ICE CREAM EXTRAVAGANZA

FRIDAY, SEPTEMBER 26, 1-2pm \$5.00

Let's gather for one more ice cream social as we wind down the season!

We know our CAL members LOVE ice cream so come on down and enjoy one more gathering as we say good bye to the summer season.

You bring the smiles and we'll provide the ice cream!



Fall Happenings

JIG SAW Puzzle Competition Wednesday, October 22nd 1-3 free

Several of our members recently took part in the puzzle competition at the York Library and they had a blast! Come and join the fun of team puzzling! We'll provide the 300 piece puzzles and assign you to a team. You can also create your own team and sign up together. Teams can be 2-4 participants. Prizes will be awarded to the top 3 finishers in the shortest amount of time.



Make It & Take It Craft Days

Friday, September, 19 and Monday, October 27 1 - 3pm

CAL'S Craft Group is offering an opportunity to help with the upcoming Fall Fair by making a craft for you to take home and make an extra craft to donate to the Fair.

September 19 - BOO Ghost Halloween Decoration **Cost \$5.00**

October 27 - Pinecone Christmas Tree Decoration **Cost \$5.00**

Swim Passes for the Anchorage Inn

Swim Season starts October 13, 2025 and ends May 31, 2026

\$50.00 for the season - Limited to York Residents only

Registration for Pool Passes starts on Wednesday, August 27th at 9am at CAL

Sign-up in August - Passes will be available to pick up in early October.

There are a limited number of passes, so don't delay.

More details on the swim schedule will be available in early October.



Don't forget your towel!

Are you interested? Please Let Us Know!

We have CAL members that would like to see these programs offered.

If there is enough interest we will attempt to run the programs.

- Monthly Foot Clinic for Toe Nail Clipping with an RN Specialist - Cost \$35.00
- American Sign Language Class - Looking for a Volunteer Instructor
- Chess Club & Lessons - Volunteer Instructor is available - Who's Interested?

CAN YOU SPOT THE GNOME HIDING IN THE SCOOP?



HE LOOKS LIKE THIS.

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

BUT HE'S THIS SMALL WHEN HIDING IN THE SCOOP. LOOK CLOSELY!



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:
Sept. 2 & 16
Oct. 7 & 21

Holiday Happenings!

DONATIONS FOR THE UPCOMING HOLIDAY CRAFT FAIR - (11/21 & 11/22)

Starting on September 1st through October 17th, 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!

Holiday Craft Fair Gift Basket Donations are welcome NOW!

Bring your donated basket and its contents and we'll put it together for you from start to finish! We'll make sure it's perfectly packaged and looking beautiful for the Fair! Let us know if you need ideas for basket themes! Drop-off anytime 9am-4pm at CAL. We won't be able to accept donations after 10/17.

ANNOUNCING CAL'S HOLIDAY PARTY!

at The Meeting House at the Union Bluff Hotel

Friday, December 5th 5-9pm Cost \$40.00/pp

We have another fun holiday party planned for you!

This year you will have a choice of two plated dinners:

*Crumb Topped Baked Haddock with Risotto, Green Beans & Carrots or
Roast Pork Loin with Apple Chutney, Mashed Potatoes and Brussels Sprouts
Choice of House Salad or Clam Chowder and assorted desserts.*

(Please be prepared with your food choices at time of registration)

A Cash Bar and Holiday Music will add to the festivities!

Deadline for Registration is November 14th or until we've reached capacity.

There will be no user credit refunds with cancellations unless we can fill your spot from the waitlist. Payment due at time of registration.

Doors open at 5pm - There will be no early entry - Please don't arrive before 4:45pm

**CHRISTMAS
STOCKING SWAP**

**GIVE A
STOCKING
AND GET A
STOCKING!
(optional
participation)
PLEASE KEEP
IT IN THE \$25
RANGE**



**WHITE MOUNTAIN HOTEL & RESORT - 3 DAY CHRISTMAS TOUR
DECEMBER 8-10, 2025 Cost: \$679/Double - \$639/Triple - \$869/Single
(Includes 2 Nights, 2 Breakfasts, 1 Lunch, 2 Dinners)**

This is a popular trip and we may have to use the lottery system if needed.

We're off to North Conway for another special Holiday Get-Away at the White Mountain Hotel & Resort in a beautiful mountain setting. Enjoy the Welcome Reception upon arrival and an elegant dinner with entertainment in the evening. On Day 2 you will have a horse drawn carriage ride and then warm up by the fire with hot chocolate. Return to the Hotel for lunch and an afternoon comedy show in the Echo Ballroom. You'll also have the opportunity to shop at Zeb's Country Store or enjoy a relaxing afternoon at the hotel.

The evening will include a special Christmas show and dinner in Ledges Restaurant .
On your final day you'll have a hearty breakfast at the hotel before departing for York.



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 SEPTEMBER/OCTOBER

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

 **Breakfast Out - Northwood Diner, Northwood, NH, (Tuesday, October 7 - \$5, 7:45-11:30am)**

 **Lunch Out - None for September and October**

 **Dinner Out - Muddy River, Newfields, NH (Thurs., September 25 - \$5, 3:30-7:30pm)**

Dinner Out - Friendly Diner, Pittsfield, NH, (Thurs., October 30 - \$5, 3:30-7:30pm)



DAY TRIPS FOR SEPTEMBER/OCTOBER

Portland Sea Dogs Baseball Game

Thursday, September 4

4pm - 10pm \$35.00

We'll have dinner at

Hadlock Field!

Portland Sea Dogs vs. Erie SeaWolves



Exploring w/Art

Mystery Destination

Wednesday, September 24

8am - 4pm \$5.00

Hop on the CAL bus and see where Art's next adventure takes us!



Apple Picking at Butternut Farm

and Breakfast at

Farmer's Kitchen,

Farmington, NH

Monday, September 29

7:30am - 1pm \$5.00

Pick your own or visit the farm store at Butternut!



Olivia Newton John Tribute Show at Danversport

'Always Olivia' with Annie Aiello

Thursday, October 23 10am - 5pm \$130.00

'Always Olivia' flawlessly captures the essence and sounds of Olivia's timeless music. Enjoy a delicious lunch of Chicken Parm or Baked Haddock before the show! Wear PINK to show your support for Breast Cancer Research.



Wicked Walking Tours in Portland, ME

Sunday, October 26 4 - 10pm \$55.00

Guided by a lone, professional actor/comedian,

you will see Maine's dark history transformed into theatrical tales. Featuring Ghosts, Witch Trials, Abenaki Attacks, Pirates, Storytelling and Standup, this award-winning tour has laughs, class, and the best entertainment in town. We'll have dinner at a local restaurant before the walking tour.



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. Gather your supplies and come to share your newest creations and ideas with other crafters.				
Crafts with Lisa Emmons	Monday, Sept. 29 Monday, Oct. 20	2:00 - 4:00pm	Lisa	\$20.00 each
Seasonal Craft Decorations for September & October TBD. Check at the front desk for the sample craft.				
Flat Doll Makers Day	Monday, Sept. 15	1:00 - 4:00pm	Jane Nichols Bishop	Free
We're having a doll-making day at CAL and we need your help & creativity. The goal is to make as many flat dolls as possible for the Northern New England division of <i>Dress A Girl Around the World.</i>				
Twig/Driftwood Wreath	Monday, Sept. 22	1:00 - 4:00pm	Syd Wakefield	\$5.00
Start gathering your supplies and be ready to make your Twig Wreath in September! You'll need to gather about 100, 3-5" twigs or driftwood pieces. A mixture works best. Add some sea glass, shells or other special enhancements to make your own unique wreath.				
Make It/Take It Craft	Friday, Sept. 19 Monday, Oct. 27	1:00 - 3:00pm	Nancy Crotty and Liz Maziarz	\$5
Join Liz, Nancy and other CAL crafters to make seasonal decorations to take with you and also to help stock-up for the Fall Fair. It's a win-win, you make one for you and you make one to help fill the Fair tables! Cute and simple crafts to help decorate for the coming seasons. It's fun working together with the group! September 19 - BOO Ghost Halloween Decoration / October 27 - Pinecone Christmas Tree Decoration				



NATURE & OUTDOOR RECREATION



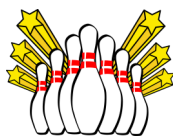
Program	Day & Date	Time	Leader/Instructor	Cost
CAL Hiking Wiggly Bridge/Harbor Beach York Water District (Yellow Trail)	Monday, Sept. 15 Monday, Oct. 6	10:00 - 11:30am	CAL Staff	Free
9/15 - We'll meet at Harbor Beach in York at 9:45 and start our walk at 10am. 10/6 - We'll meet at CAL at 9:30 to carpool to the YKWD trail head near Mt. A. Wear comfortable & sturdy hiking/walking shoes, bring water & snacks, bug spray and sunscreen.				
White Pine Programs	Monday, Oct. 20	10:00 - 11:00am	White Pines Staff	Free
We are pleased to be able to continue our partnership with the White Pine Programs for monthly programs in the coming year. White Pine will join us on Fall Fest Day (9/22) with special nature stations. Check with CAL staff for soon TBA programs with White Pine for the Fall.				



EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<i>Drop-in Blood Pressure and Glucose Clinic</i>	Monday, Sept. 15 Monday, Oct. 20	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!				
<i>Fall Crockpot Cooking</i>	Thursday, Sept. 11	10:00-11:30am	Brianna Henward	Free
Crockpot cooking can add so many new and easy options to your menu planning. Learn new ways to utilize your crockpot for fall and winter cooking. Brianna always has great recipes to share!				
<i>Intro to Theatre</i>	Friday, Sept. 12 Oct. 3, 10, 17	2:00 - 3:30pm	Lauren Cummings	\$5.00/class 9/12 Class Free
Are you interested in theatre? Lauren has a background in all things theatre and would like to share her knowledge and enthusiasm for this fun art form. Classes will include group activities, theatre history, vocals & warm-ups and preparation for the CAL Holiday Variety Show. Come and learn what it's all about. The first class is free as we determine interest. Group will continue to meet on Fridays, \$5.00 per class.				
<i>Etiquette Training</i>	Tuesday, Sept. 16	1:00 - 300pm	Art Jacobs	Free
Common courtesy and kindness are crucial to a harmonious existence not only at CAL, but everywhere we go in our daily lives. Art will review several ways that we can be more mindful and aware through positive communication during social interactions.				
<i>Blue Ocean Society Coastal Experience</i>	Friday, September 26	10:00-11:00am	Breanna Butland	Free
We'll be traveling to the Blue Ocean Discovery Center on Hampton Beach to explore the touch tanks, learn about local wildlife and investigate environmental issues impacting the Gulf of Maine.				
<i>Tech Help</i>	Thursday, Sept. 25 Thursday, Oct. 23	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!				
<i>Medicare Update</i>	Thursday, October 9	10:00 - 11:00	Brianna Henward	Free
Do you have Medicare questions? Start making a list! Brianna will be with us to help us determine what Medicare covers and what it doesn't cover. Learn more about Parts A, B, C, and D and other new updates to Medicare Coverage.				



SPORT & LEISURE




Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, Sept. 9 Tuesday, Oct. 21	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.
Pickleball	Tuesdays (weather permitting)	9:00 - 10:00am	FREE	Location: CAL's Parking Lot

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
BINGO for Fun with Art	Friday, Sept. 26 Friday, Oct. 17	1:00 - 3:30pm	Free	September please bring a Fall Treat for the Prize Table. October please bring a Halloween Bag.
BINGO with Scott	Friday, Sept. 5	1:00 - 3:30pm	Free	Please bring a Scratch Ticket for the Prize Table.
Book Club	Monday, September 15 October 20	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. September Book Selection is: "The Husband's Secret" by Liane Moriarty October selection TBD.
CAL GALS Women's Group	Wednesday, September 10 October 22	1:00 - 2:30pm	Free	CAL Gals brings women together for friendship and camaraderie. Share positive feedback, encouragement and support to provide inner strength and confidence.
Conversational French	Thursdays Starting Sept. 11th	2:00- 3:00pm	Free	The French Club welcomes all levels to their weekly meetings. Whether you're a beginner or speak fluently, you'll find it fun to converse with others in French.
Fair Meeting	Wednesday September 3 October 1	3:00 - 4:00pm	Free	All Fair Volunteers are welcome to the Meeting. We'll be planning the Holiday Craft Fair.
Game Day	Wednesday September 17 October 15	1:00 - 4:00pm	Free	9/17 - CAL 1% - It's a challenging elimination quiz show game! 10/15 - Fear Factor 2 - Back by popular demand. Don't be afraid!

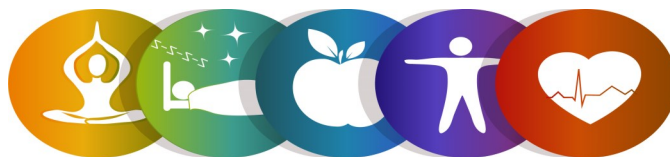
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
<i>Haircut w/Susan</i>	Thursday, September 25 October 23	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
<i>Karaoke Friday</i>	Friday October 10	1:00 - 4:00pm	Free	If you haven't tried Karaoke now is the time! Come to perform or just to watch.
<i>Late Night at CAL Food Sponsored by Sentry Hill in York</i>	Tuesday, September 30 October 28	4:00 - 7:00pm	Free	Join the group and play your favorite games or learn a new one!
				 <small>ALICIA PERKINS COMMUNITY RELATIONS DIRECTOR 207.361.5803</small>
<i>Late Night at Mt. A</i>	Tuesday October 14	4:00 - 7:00pm	Free	We're going to get comfy and cozy in the Mt. A lodge for Late Night. Games, snacks & fun with friends by the warm fireplace.
<i>Movie Monday - Comedy</i>	Monday, September 8 October 6	1:00 - 3:00pm	Free	Need to get away? A good movie is always a pleasant distraction. Snacks provided!
<i>New CAL Vintage & Vinyl Café</i>	Friday September 12	2:00 - 3:30pm	Free	A new spin on CAL's Vinyl Café. Bring your vintage items and your vinyl records to share with this nostalgic group. Join in the fun of 'remembering when' with music and vintage items that CAL members grew up with. We listen to everything from jazz to rock'n roll and anything in between.
<i>Peace of Mind with Janie Sweeney (YCSA)</i>	Wednesday September 17 October 15	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.
<i>Sing-A-Long Songs with Art</i>	Thursday September 18	1:00 - 3:00pm	Free	Singing is great therapy! September is full of fun with a disco dynamics theme.
<i>Social Club Monthly Meeting</i>	Wednesday, September 3 October 1	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.
<i>Ukulele Group with Instructor Shea Ellis of Mountain Road Music - twice monthly</i>	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 on Thurs., Sept. 18) (No class on Thurs. Oct. 23 & Tues. Oct. 28)	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 on Sept. 1 & Oct. 13)	8:45 - 9:45am	CAL	Maria Lovo and Trina Moskal	\$5.00 per class Punch Card Only
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.					
Jacki Sorenson's Aerobic Dance	Monday/Wednesday Tuesday/Thursday Monday thru Thursday (No classes on Oct. 27, 28, 29 & 30)	8-9am 5:15-6:15pm	York Beach Firehouse	Jan Jonas	Morning \$100 Evening \$100 Both \$150 (10 week program)
Jacki Sorensen's Aerobic Dance is a nationally recognized program of "Serious Fitness Fun" that has stood the test of time. Created for the non-dancer, participants are motivated by a variety of music and fun easy-to-follow choreography. Each hour-long class begins with a warm-up and a strength training segment followed by the creative aerobic dance routines. A cool down completes a balanced and effective workout. Everyone feels comfortable participating at their own level. If you have any questions about whether this class is right for you, please try a class on us. We're sure you will want to join in! Fall Schedule: September 8th-November 20th					
Line Dancing	Wednesdays and Fridays (No class on Fri., Oct. 24)	10:00 - 11:00am	CAL	Diane Anderson	\$5.00 per class Punch Card Only
Diane Anderson teaches a choreographed routine with a repeated sequence of steps. A low impact, fun exercise for the mind as well as the body. Dances to popular music include waltz, fox trot, jitterbug, mambo, and rumba. All easy movements to work our muscles, joints, balance and memory. No partner necessary!					
Shake It Up	Tuesdays and Thursdays	9:00 - 10:00am	York Beach Firehouse	Rhonda DiCarlo	\$5.00 per class Punch Card Only
'Shake It Up' is a lively and active dance class disguised as an exercise class! This fun-filled class, instructed by Rhonda DiCarlo is full of workout moves with a strong focus on dancing. Class begins with a warm up and ends with a cool down, with strategic stretching in different dance routines. The routines are easy to follow for all fitness levels, with an upbeat mixture of American, Latin and International music.					

EXERCISE & WELLNESS - Video Instructed Classes - Drop-ins Welcome -

Program	Day & Date	Time
<i>Exercise with video - Mondays</i>	Mondays (No class on Sept. 1 and Oct. 13)	10:00 - 10:45am
<i>Exercise with video - Wednesdays</i>	Wednesdays	9:00 - 9:45am
<i>Exercise with video - Fridays</i>	Fridays (No class on October 24)	9:00 - 9:45am
<i>Tai Chi with volunteer instructor</i>	Thursdays	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.

Program	Day	Time
<i>Mahjong - Lessons by Appt. (See CAL Staff for Appt.)</i>	Mondays	1:00 - Closing
<i>Poker</i> (No games on Monday, Sept. 1st and Oct. 13th) (No games on Friday, Oct. 24)	Mondays, Wednesdays, Fridays	Mon., noon - Closing Wed., noon - Closing Friday noon - Closing
<i>Cribbage</i>	Tuesdays & Thursdays	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	1:00 - Closing
<i>Mahjong - American/Taiwan</i> <i>Lessons by Appt. , (See CAL Staff for Appt.)</i>	Thursdays	1:00 - Closing
<i>Bridge - Beginners Lessons</i>	Thursdays	1:00 - Closing
<i>Mahjong - American/Taiwan</i> (No games on Friday, Oct. 24)	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 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 hallway outside of the game room to work on a puzzle 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, August 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 or available at CAL.
- ▶ 11:00am – 4:00pm open to walk-ins and phone registration (207-363-1036)

Thursday, August 28 and thereafter: Non-York Residents & York Residents –

- ▶ 9:00am – 4:00pm – walk-ins and phone registration during open hours (207-363-1036)

Program Fees: Some programs have a fee. The fee is listed in the program description. It is the same for York residents and non-residents. The fee is payable at the time of registration unless noted otherwise in the program description. ***Payment may be made by credit card or check; no cash payments.*** If paying by check, please make check payable to "Town of York – CAL" and put in memo activity/meal/trip. ***If you pay and need to cancel a trip, you will be eligible for a User Credit if we are able to fill your spot.*** If you are a York resident who may benefit from the assistance of a scholarship or payment plan for program participation, please see CAL's Staff, to inquire. We may be able to offer assistance.

Center for Active Living Conduct Policy: All participants, including all staff of the Parks & Recreation Department are expected to behave in a proper and respectful manner. We will not tolerate inappropriate or language, harassment of any kind, destruction of property, or any other behavior deemed inappropriate by the Parks and Recreation Department. In accordance with the severity and frequency of the behavior, the Parks & Recreation Department reserves the right to dismiss participants from the Center and any programs sponsored by the Center. No refund will be given.

Volunteer Opportunities: Volunteering at the Center for Active Living is rewarding and helpful in keeping our programs and activities running efficiently. We have several special events throughout the year at CAL, where we could use more helping hands. If you have an area of expertise or extra time to spare, drop by and fill out a volunteer form so we can meet you and match you with a volunteer position.

USEFUL INFORMATION

HEART 2 HEART, A4+err K9U+

is a non-profit organization offering free services to Older Adults in the Greater York Area.

Transportation, "Special Deliveries" and pick-ups, Phone Friend companionship, and other services

can be requested by calling 207-361-7311 or emailing Jud@hearttoheartagelesslove.org.

Call for transportation to/from one of the Center's programs!

HEART TO HEART is in need of Volunteers!

MEDICAL EQUIPMENT FOR LOAN

York Community Service Association (YCSA)

Contact Donald at 207-363-5504 ext. 4 or email dmartin@ycsame.org.

Kittery Lions Club – 207-439-3378,
Tuesday, Wednesday, & Thursday
10:00am – noon

YORK PUBLIC LIBRARY

The Library offers a delivery service twice a month (2nd & 4th Wednesday of each month) for individuals who are unable to drive. This service is provided by Altrusa of the Seacoast. Also, if you don't know what you want to read, the librarians will gladly recommend books to match your interests. Additionally, the library also provides technical assistance for use of smart phones, tablets, and computers plus research assistance and things to borrow (e.g., birding backpack, ukuleles).

For details of the library's services, see

<https://yorkpubliclibrary.org/> or call (207) 363-2818.

RECYCLING – DO YOU “CLYNK”? WE DO!

You can pick-up CLYNK bags with our sticker on it at the Center. When you turn the bag in at Hannaford collection station, the Center benefits. Please do not return your filled bag to the Center.

This is our year-round bottle drive.

Thank you for supporting the Center for Active Living!

FOOD COMPOSTING

You can drop food scraps at Witchtrot Rd. Recycling and Composting Facility for free, or use Mr. Fox service for a fee; call 855-673-6926 or visit <https://mrfoxcomposting.com/>.

To learn more about composting in York, visit <https://yorkreadyforclimateaction.org/ecohomes/love-food-recycle-food-waste/>.

YORK COUNTY COMMUNITY ACTION CORP.

Contact Heather Roberge at 207-439-2699 for more information on tax help and

Fuel and Transportation Services

<https://yccac.org/liheap-heating-assistance/>
<https://yccac.org/other-transportation-services/>

YCSA COMMUNITY SUPPERS

First Parish Church Hall 1st & 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.