

The Scoop

SEPTEMBER 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! CAL'S SEPTEMBER SCHEDULE

Program and Lunch Registration
starts Wednesday, September 2
for York Residents only and
Thursday, September 3
for Non-York Residents and
York Residents

**CAL will be closed on
Monday, September 7th
in observance of Labor Day.**

Steak-Out Luncheon at CAL with the York Police Department Friday, October 2 11:30am - 1:00pm

Join us for a delicious lunch featuring Grilled Steak
or BBQ Chicken cooked and served by the YPD!
Steak Lunch - \$15.00 and Chicken Lunch - \$10.00



DONATIONS FOR THE UPCOMING HOLIDAY CRAFT FAIR - (11/20 & 11/21)

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.
Please bring donations starting September 1st through October 16th.



CAL HAPPENINGS!



ATTENTION ADVENTURE CLUB MEMBERS!

Adventure Club Kayak Trip with Pete Murray

Friday, September 25th 10:45am - 1:00pm Free

Join York Parks & Rec Director, Pete Murray, and other Adventure Club members for a paddle on the York River. We'll be launching our kayaks from the Scotland Bridge boat ramp and all necessary equipment will be provided. Parking is limited so we'll plan to carpool from CAL that morning.

American Sign Language with Vicki Scerbo

Monday Sept. 14, Tuesday Sept. 22, Monday Sept. 28 11am-12pm

Vicki will join us for 3 classes to refresh and strengthen our ASL skills.

Whether you are learning ASL for personal, educational or professional reasons, it is a language that connects people, builds communities and bridges gaps. Learning ASL can enrich your life!



Swim Passes for the Anchorage Inn

Swim Season begins on October 12 and ends on May 27, 2027.

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

Registration for Pool Passes starts on Wednesday, September 2nd at 9am at CAL. Passes will be available to pick up in early October.

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

Details on the swim schedule will be available in early October.



Don't forget your towel!

DID YOU KNOW?

CAL's Lunch Program now offers a pick-up option Tuesday through Friday?

Yes, you can order meals TO GO!

Bring your own bag to pack up your lunch and side dishes and you'll be ready to travel home with your meal to enjoy later.

Please be sure to let us know that your meal is to go!

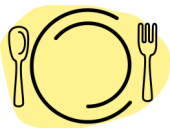


YCSA COMMUNITY SUPPERS

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:
September 1st, 8th,
15th & 22nd.

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 SEPTEMBER

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 September**

 **Lunch Out - Fat Dog Kitchen, Dover, NH (Wednesday, September 9th - \$5, 11:30-3pm)**

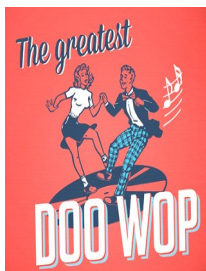
 **Dinner Out - None for September**



Solid Gold Oldies Show
Tribute to the 50's & 60's
Danversport Yacht Club
Cost \$130.00
Thursday, September 17
10:00am - 5:00pm

Including music tributes to
 The Drifters, The Platters,
 & The Corvettes.

A real Doo Wop Show!
 Lunch options are Chicken
 Parm or Baked Haddock
 with sides and dessert.



IT'S APPLE PICKIN' TIME!!

Apple Picking at Apple Hill Farm
Concord, NH

Tuesday, September 29th
8:00am - 4:00pm \$10.00

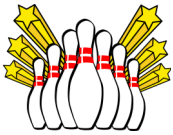
Join the CAL Pals for a great day out celebrating all that Fall has to offer. We'll start the day with apple picking at the farm and a wagon ride around the orchard.

After the farm we'll find the perfect lunch spot and there will be other fun stops if time allows.



CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
<i>Crafters Gathering</i>	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.				
<i>Pop-up Craft with Becky</i>	Tuesday, September 15	1:00 - 3:00pm	CAL Staff	\$10.00
Join Becky and friends for some fall crafting fun! In September the group will learn how to make a small decorative scarecrow to hang just in time for the Harvest season.				



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
<i>Candlepin Bowling</i>	Tuesday, September 8	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.
<i>Pickleball</i>	Tuesdays	8:30 - 10:30 am	FREE	Location: CAL's Parking Lot CAL will supply equipment



A GREAT DAY WITH OUR HAPPY SUMMER CAMPERS AT MOUNT A !



EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<i>Drop-in Blood Pressure and Glucose Clinic</i>	Monday, September 14	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 Baking Class</i>	Friday, September 11	1:00 - 3:00pm	Brianna Henward	Free
September is the perfect time to start some Fall baking. Brianna will share new recipes and baking tips with the group while doing a baking demonstration. Everyone gets to have a fresh baked sample!				
<i>Foot Clinic Provided by Cornerstone VNA</i>	None for September	9:00 - noon	Sandy	\$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 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. (Payable in cash or check made out to Cornerstone VNA)				
<i>Taddei Talks</i>	Monday, September 21	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.				
<i>Tech Help</i>	Thursday, September 17	11:00am - 2:00pm	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
<i>White Pine Programs</i>			White Pines Staff	Free
Stay tuned for more information on upcoming nature-centered workshops with White Pine Programs for October and November.				

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
<i>Adventure Club Meeting</i>	Wednesday, September 2	1:00 - 2:00pm	Free	The perfect club for active and agile older adults looking for adventure!
<i>BINGO for Fun with Scott</i>	Friday, September 25	1:00 - 3:00pm	Free	Please bring a Scratch Ticket for the Prize Table.
<i>BINGO for Fun with Art</i>	None for September	2:00 - 4:00pm	Free	.
<i>Book Club</i>	Monday, September 21	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.
<i>CAL GALS Women's Group</i>	Wednesday, September 16	1:00 - 2:30pm	Free	Join the gals for a Pot-luck luncheon for September. Sign up with Kim or Becky and bring a dessert, appetizer or lunch dish to share with the group. CAL Gals brings women together for friendship and camaraderie, sharing positive feedback, encouragement and support to provide inner strength and confidence.
<i>CAL's Vintage & Vinyl Café</i>	None for September			
<i>Fair Meeting</i>	Wednesday, September 2	3:00 - 4:00pm	Free	All Fair Volunteers are welcome to the Meeting. Come and help to plan the next upcoming Fair.
<i>Game Day</i>	None for September	1:00 - 3:00pm	Free	
<i>Haircut w/Susan</i>	Thursday, September 17	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.

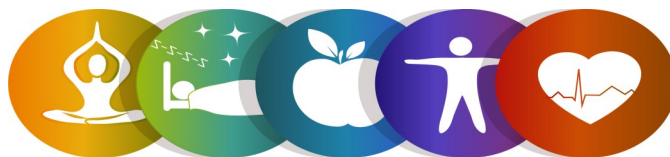
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
<i>Karaoke at CAL</i>	None for September	1:00 - 4:00pm	Free	
<i>Late Night at CAL</i>	None for September	4:00 - 7:00pm	Free	
<i>Movie Monday - Comedy</i>	Monday, September 14	1:00 - 3:00pm	Free	Need to get away? A good movie is always a pleasant distraction. Snacks provided!
<i>Peace of Mind with Janie Sweeney (YCSA)</i>	Wednesday, September 16	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.
<i>Sing-A-Long Songs with Art</i>	None for September	1:00 - 3:00pm	Free	
<i>Social Club Monthly Meeting</i>	Wednesday, September 2	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 Thurs., September 17)	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, Sept. 7th)	8:45 - 9:45am	CAL	Maria, Trina and Nancy	\$5.00 per class Punch Card Only
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.					
Jacki Sorensen's Aerobic Dance	Monday/Wednesday Tuesday/Thursday Monday thru Thursday Starts September 14th	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	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 September 7th & 21st)	10:00 - 10:45am
<i>Exercise with video - Wednesdays</i>	Wednesdays	9:00 - 9:45am
<i>Exercise with video - Fridays</i>	Fridays	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.
- 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 (Monday, September 7th)	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 - Mixed with Beginners</i>	Mondays (None September 7th)	1:00 - Closing
<i>Bridge - Beginners Lessons</i>	Thursdays	1:00 - Closing
<i>Mahjong - American/Taiwan - Experienced Players</i>	Thursdays & 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 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 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, September 2nd 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, September 3rd 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.

Town of York – Center for Active Living – Lunch Menu September 2026

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheddar Pasta & Ham Bake Vegetable Roll Muffin: <u>Banana</u> Sour Cream	Teriyaki Meatballs White Rice Vegetables Muffin: Cinnamon Crumb	Ground Beef Burgundy Over Egg Noodles Vegetable Roll Muffin: Peanut Butter	Baked Breaded Fish Diced Potatoes Vegetable Muffin: Lemon Poppy
8 Stuffed Shells w/Red Sauce Vegetable Garlic Bread Muffins: Chocolate Chip	9 Roast Chicken w/Gravy Mashed Potato Vegetable Roll Muffin: Berry Yogurt	10 Mild Bean Bean Chili Spanish Rice Vegetable Muffin: Pineapple	11 Seafood Pasta Alfredo Vegetable Italian Bread Muffin: Blueberry
15 Broccoli-<u>n</u>-Cheese Soup Turkey Melt Sandwich Chips pickle Muffin: Pumpkin	16 Slow Roasted Swiss Steak w/White Rice Vegetable Roll Muffin: Chocolate	17 Chicken & Pasta Cacciatore Vegetables Italian Bread Muffin: Cherry Yogurt	18 Baked Cod Fish w/Sweet Chili Sauce Brown Rice Vegetable Muffin: <u>Raspberry</u> Choc. Chip
22 Baked Beans w/Hot Dog on a Roll Cole Slaw Muffin: <u>Honey Bran</u> Muffin	23 Beef Pot Roast w/Gravy Mashed Potatoes Vegetable Roll No Muffin	24 Mild Chicken Jambalaya w/Red Beans Rice Vegetable Muffin: Strawberry Banana	25 STEAK-OUT LUNCHEON WITH YPD STEAK - \$15 CHICKEN - \$10 RESERVATIONS REQUIRED NO DELIVERIES OR PICK UPS
29	30	October 1	2

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 September 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)

Cheddar Pasta & Ham Bake Vegetable Roll	Teriyaki Meatballs White Rice Vegetables	Ground Beef Burgundy Over Egg Noodles Vegetable Roll	Baked Breaded Fish Diced Potatoes Vegetable
Muffin: <u>Banana</u> Sour Cream	Muffin: Cinnamon Crumb	Muffin: Peanut Butter	Muffin: Lemon Poppy
15 Stuffed Shells w/Red Sauce Vegetable Garlic Bread Muffins: Chocolate Chip	16 Roast Chicken w/Gravy Mashed Potato Vegetable Roll Muffin: Berry Yogurt	17 Mild Bean Bean Chili Spanish Rice Vegetable Muffin: Pineapple	18 <u>Seafood</u> Pasta Alfredo <u>Vegetable</u> <u>Italian Bread</u> Muffin: Blueberry
22 Broccoli-n-Cheese Soup Turkey Melt Sandwich Chips Pickle Muffin: Pumpkin	23 Slow Roasted Swiss Steak w/White Rice Vegetable Roll Muffin: Chocolate	24 Chicken & Pasta Cacciatore Vegetables Italian Bread Muffin: Cherry Yogurt	25 Baked Cod Fish w/Sweet Chili Sauce Brown Rice Vegetable Muffin: <u>Raspberry</u> Choc. Chip
29 Baked Beans w/Hot Dog on a Roll Cole Slaw Muffin: <u>Honey</u> Bran Muffin	30 Beef Pot Roast w/Gravy Mashed Potatoes Vegetable Roll No Muffin	October 1 Mild Chicken Jambalaya w/Red Beans Rice Vegetable Muffin: Strawberry Banana	2 STEAK-OUT LUNCHEON WITH YPD STEAK - \$15 CHICKEN - \$10 RESERVATIONS REQUIRED NO DELIVERIES OR PICK UPS

REGISTRATION FOR SEPTEMBER 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 (Tuesday, September 15 - \$10, 1-3pm)

Education & Health:

- ☐ Fall Baking Class (Friday, September 11 – free, 1-3pm)
☐ Sign Language (starts Monday, September 14, 11:00am – 12:00pm)
☐ Swim Pass for Anchorage (Oct. 2026 – May 2027 \$50.00)
☐ Taddei Talks (Monday, September 21 – free, 10-11am)
☐ Tech Help (Thursday, September 17 - free, 11am-2pm) |

Special Events:

- ☐ Apple Picking at Apple Hill Farm (Tuesday, Sept. 29 - \$10, 8-4pm)
☐ Adventure Club Kayaking w/Pete (Friday Sept. 25 – free, 10:45-1pm)
☐ Steak-Out Luncheon (Friday, October 2 – 11:30am – 1:00pm)
Steak - \$15.00 _____ Chicken - \$10.00 _____

Sports:

- ☐ Candlepin Bowling (Tuesday, September 8 - \$14.00, 2-4pm)

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 – No Program for September

Trips:

- ☐ Breakfast Out –None for September
☐ Lunch Out – Fat Dog Kitchen, Dover, NH
(Wednesday, Sept. 9 - \$5, 11:30-3pm)
☐ Dinner Out – None for September
☐ Solid Gold Oldies Show (Thursday, September 17 - \$130, 10-5pm)

Other Programs:

- ☐ Adventure Club Meeting (Wednesday, September 2 – free, 1-2pm)
☐ BINGO w/Art (None for September)
☐ BINGO w/Scott (Friday, September 25– free, 1-3pm)
☐ Book Club (Monday, September 21 - free, 10-11:30am)
☐ CAL Gals Club (Wednesday, September 16 – free, 1-2:30pm)
☐ CAL's Vintage & Vinyl Café (None for September)
☐ Fair Meeting (Wednesday, September 2 – free, 3-4pm)
☐ Game Day (None for September)
☐ Karaoke (None for September)
☐ Late Night at CAL (None for September)
☐ Movie Monday (Monday, September 14 - free, 1-3pm)
☐ Peace of Mind (Wednesday, September 16 – free, 10:30-noon)
☐ Sing Along (None for September)
☐ Social Club Monthly Meeting (Wednesday, September 2 – free, 2-3pm)
☐ 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.)