

REGISTRATION FOR SEPTEMBER / OCTOBER 2025 MEALS & PROGRAMS

Please complete the information below.

FULL NAME (please print): _____

Date & Time: _____ Preferred Phone w/area code: _____

PROGRAM REGISTRATION: Please check each program(s) you desire to register for below. If a program is offered more than one day a week, please indicate the day(s) you desire to participate. Note, you do not register for drop-in programs.

Creative Arts:

Crafts w/Lisa – (Mondays - \$20, 2-4pm)

☐ September 29 ☐ October 20

☐ Flat Doll Makers Day (Mon., Sept. 15 – free, 1-4pm)

☐ Twig/Driftwood Wreath (Mon., Sept. 22–\$5, 1-4pm)

☐ Make It/Take It Craft (Fri., Sept. 19 – \$5, 1-3pm)

☐ Make It/Take It Craft (Mon., Oct. 27 – \$5, 1-3pm)

Education & Health:

☐ Fall Crockpot Cooking w/Brianna H.
(Thurs., Sept. 11 – free, 10-11:30am)

☐ Intro to Theatre (Fri., Sept. 12 – free, 10-11:30am)

☐ Etiquette Training (Tues., Sept. 16 – free, 1-3pm)

☐ Blue Ocean Coastal Experience
(Fri., Sept. 26 - free, 10-11am)

☐ Medicare Updates (Thurs., Oct. 9 – free, 10-11:30am)

Other Programs:

☐ BINGO (Fri., September 26 – free, 1-3:30)

☐ BINGO (Fri., October 17 – free, 1-3:30)

☐ BINGO w/ Scott (Friday Sept. 5 - free, 1-3pm)

☐ Book Club (Mon., September 15 - free, 10-11:30am)

☐ Book Club (Mon. October 20 – free, 10-11:30am)

☐ CAL Gals Club (Wed. Sept. 10 – free, 1:00-2:30pm)

☐ CAL Gals Club (Wed. Oct. 22 – free, 1:00-2:30pm)

☐ Craft Fair Meeting (Wed., September 3 - free, 3-4pm)

☐ Craft Fair Meeting (Wed., October 1 - free, 3-4pm)

☐ Game Day 1% (Wed. September 17 - free, 1-4pm)

☐ Game Day Fear Factor (Wed. Oct. 15 - free, 1-4pm)

☐ Karaoke Friday (Fri., Oct. 10 – free, 1-4pm)

☐ Late Night at Mt. A (Tues., Oct. 14 - free, 4-7pm)

☐ Late Night at CAL (Tues., Sept. 30 - free, 4-7pm)

☐ Late Night at CAL (Tues., Oct. 28 - free, 4-7pm)

☐ Movie Monday (Mon. Sept. 8 - free, 1-3pm)

☐ Movie Monday (Mon. Oct. 6 – free, 1-3pm)

☐ New CAL Vinyl (Fri., Sept. 12 – free, 2-3:30pm)

☐ Peace of Mind (Wed., Sept. 17 - free, 10:30-noon)

☐ Peace of Mind (Wed., Oct. 15, 10:30-noon)

☐ Sing Along Songs (Thurs., Sept 18 - free, 1-3pm)

☐ Social Club Meeting (Wed., Sept. 3 - free, 2-3pm)

☐ Social Club Meeting (Wed., Oct. 1 - free, 2-3pm)

☐ Ukulele Class (Thursdays - \$10/mo., 10-11am)

Sports:

Candlepin Bowling (Tuesdays - \$14.00, 2-4pm)

☐ September 9 ☐ October 21

Nature & Outdoor Recreation:

☐ Swim Passes, York, ME (see Scoop for details)

CAL Hiking (Mondays, free, 10-11:30am)

☐ Wiggly Bridge/Harbor Beach (Sept. 15)

☐ York Water District/Yellow Trail (October 6)

White Pines (Monday, Oct. 20, free, 10-11am)

☐ TBD – Check with CAL staff

Trips:

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

☐ Lunch Out – None for September and October

Dinner Out – (Thursdays, \$5, 3:30-7:30pm)

☐ Muddy River, Newfields, NH, September 25

☐ Friendly Diner, Pittsfield, NH, October 30

☐ Exploring w/Art (Wed., Sept. 24 - \$5, 8am-4pm)

☐ Apple Picking (Mon., Sept. 29 – \$5, 7:30am-1pm)

☐ Wicked Walking Tours, Portland, ME
(Sun., October 26 - \$55, 4-10pm)

Exercise:

☐ Activity Punch Card (5 punch card - \$25.00)

☐ Activity Punch Card (8 punch card - \$40.00)

☐ Jacki's Dance Aerobic Prog. (See Scoop for Details)

Special Events:

☐ Collette Tour Meeting (Thurs., Sept. 4 – free, 2-3pm)

☐ Fall Fest w/Breakfast (Mon., Sept. 22 - \$7, 9am-1pm)

☐ Sea Dogs (Thurs. Sept. 4 - \$35, 4-10pm)

☐ Steak Out (Fri., Sept. 19, 11:30am-1pm)

☐ Steak \$10

☐ Chicken \$8

☐ Ice Cream Extravaganza (Fri., Sept. 26 - \$5, 1-2pm)

☐ Puzzle Competition (Wed., Oct. 22 - free, 1-3pm)

☐ Olivia Newton John Tribute, Danversport, MA
(Thurs., Oct. 23 - \$130, 10am-5pm)

☐ Festival of Frights (Fri., Oct. 24 - free, 4:30-7pm)

☐ CAL Halloween Decorate (Thurs 10/23 1-3pm/
Fri., 10/24 9am-3pm)

☐ CAL Halloween Party (Fri., Oct. 31, 10am-1pm)

☐ CAL Holiday Party (Fri., Dec. 5 - \$40, 5-9pm)

First & Last Name: _____ **Pick-up:** ____ **Delivery:** ____ **Dessert:** __ regular __ sugar-free __
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)

2 Stuffed Shells w/Cheese & Red Sauce Vegetable & Garlic Bread Knot Muffin: Orange	3 Baked Beans w/Hot Dog & Roll Cole Slaw Muffin: Honey Corn	4 Roast Chicken w/Gravy Mashed Potato Vegetable & Roll Muffin: Peach	5 Seafood Pasta Alfredo Vegetable Italian Bread Muffin: Lemon Yogurt
9 Seasoned Beef Taco w/Lettuce & Tomato Spanish Rice w/Onion Muffin: Banana Bran	10 Hot Open Face Turkey Sandwich Potato & Vegetable Muffin: Apple Cinnamon	11 Slow Roasted Swiss Steak w/Brown Rice Vegetable & Roll Muffin: Raspberry	12 Tuna Noodle Casserole w/Peas & Onion Vegetable Muffin: Blueberry
16 Grilled Burgers on a Roll Pasta Salad w/Veggies Pickle Muffin: Chocolate Chip	17 Honey Mustard Chicken Rice Pilaf Vegetable Muffin: Banana Nut	18 Stuffed Peppers w/Beef & Pork Roasted Potato & Veggie Muffin: Strawberry	19 STEAKOUT SEE SPECIAL EVENTS NO DELIVERY OR PICKUP No Muffins
23 Tomato Basil Soup Turkey Swiss Melt Pickle Muffin: Lemon Poppy	24 Hamburger Chow Mein w/White Rice Oriental Fried Rice Muffin: Sweet Cranberry	25 Italian Sausage Marinara Over Pasta Vegetable & Garlic Bread Muffin: Orange Yogurt	26 No Lunch No Muffin
Town of York – Center for Active Living – Lunch Menu October 2025			
Sept. 30 Homemade Chicken Noodle Soup Ham & Cheese Sandwich Muffin: Chocolate	1 Waikiki Chicken w/Pineapple White Rice & Vegetable Muffin: Applesauce	2 Hamburg Burgundy w/Egg Noodles Vegetables & Roll Muffin: Maple Walnut	3 Baked Haddock w/Red Onion & Tomato Garlic Mashed Potato Vegetable Muffin: Cherry Yogurt
October 7th thru 10th NO MEALS MORNING CAFÉ OPEN 9:00-11:00AM			
14 Beef Sloppy Joe's Cole Slaw Chips Muffin: Coconut	15 Country Chicken Rice Pilaf Vegetable & Rolls Muffin: Sweet Potato	16 Meat Loaf w/Gravy Mashed Potato Vegetable & Roll Muffin: Peanut Butter	17 Corn Chowder Haddock Sq. Sandwich w/Lettuce, Tom. & Pickle Muffin: Blueberry Lemon
21 BBQ Chicken Breast Potato Salad Cole Slaw Muffin: Chocolate Chip	22 Beef Shepard's Pie w/Potato & Corn Vegetable Muffin: Berry	23 Oriental Pork Chop Suey w/Egg Noodles Vegetables Muffin: Banana Nut	24 No Lunch No Muffin
28 Tuna Salad Sub w/Lettuce & Tomato Pickles & Chips Muffin: Pineapple	29 Baked Mac & Cheese w/Beef Hot Dog on Roll Vegetable Muffin: Carrot	30 Teriyaki Chicken Fried Rice Vegetable Muffin: Orange Yogurt	31 Spooky Spaghetti & Meatballs Vegetable & Garlic Bread Muffin: Pumpkin