

REGISTRATION FOR DECEMBER 2025 / JANUARY 2026 MEALS & PROGRAMS

Please complete the information below.

FULL NAME (please print): _____

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

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

Creative Arts:

Crafts w/Lisa – (Mondays - 2-4pm)

\$5.00 ☐ December 15 \$20.00 ☐ January 26

Education & Health:

☐ Diamond Tours PEI Nova Scotia Info Mtg.
(Tues., Dec. 16 – free, 9-10am)

☐ Wound Clinic Presentation
(Tues., Dec. 16 – free, 10-11:30am)

☐ Taddei Talks (Tues., Dec. 9 - free, 10-11am)

☐ Taddei Talks (Mon., Jan. 26 - free, 10-11am)

☐ Tech Help (Thurs., Dec. 18 - free, 11-2pm)

☐ Tech Help (Thurs., Jan. 15 - free, 11-2pm)

☐ Winter Blues Beaters w/Brianna H.
(Tuesday., January 20 – free, 1-2pm)

Monthly Foot Clinic (Monday - \$35, 9-11am)

☐ December 29 ☐ January 26

Sports:

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

☐ December 9 ☐ January 13

Nature & Outdoor Recreation:

☐ White Pines (Monday, Dec. 15, free, 10-11:30am)

Trips:

☐ Breakfast Out – Jacki's Tavern, Barrington, NH
(Tuesday, January 6 - \$5, 7:45-11:30am)

☐ Lunch Out – Calef's, Barrington, NH
(Thurs., Dec. 11 - \$5, 9am-3pm)

☐ Dinner Out – M&Y, North Hampton, NH
(Thursday, January 22 \$5, 3:30-7:30pm)

☐ Gambling Ramblers
(Thursday, January 8 - \$15, 8am-5pm)

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)

Other Programs:

☐ BINGO (Friday., December 23 – free, 11am – 1pm)

☐ BINGO w/ Scott (Friday January 2 - free, 1-3:30pm)

☐ BINGO (Friday, January 30 – free, 1-3:30pm)

☐ Book Club (Mon., December 8 - free, 10-11:30am)

☐ Book Club (Mon. January 12 – free, 10-11:30am)

☐ CAL Gals Club (Fri., Dec. 12. – free, 1:00-3pm)

☐ CAL Gals Club (Wed. Jan. 14 – free, 2-4pm)

☐ CAL Vinyl (None for December/January)

☐ Craft Fair Meeting (Wed., Dec. 10 - free, 3-4pm)

☐ Craft Fair Meeting (Wed., Jan. 7 - free, 3-4pm)

☐ Game Day Password (Wed., Jan 21 - free, 1-4pm)

☐ Karaoke Friday (Fri., January 23 – free, 1-3pm)

☐ Late Night at CAL (Tues., Jan.27 – free 4-7pm)

☐ Movie Monday (Mon. Jan. 5 - free, 1-3pm)

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

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

☐ Social Club Meeting (Wed., Dec 10 - free, 2-3pm)

☐ Social Club Meeting (Wed., Jan. 7 - free, 2-3pm)

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

Special Events:

☐ Adventure Club Mtg. (Wed., Dec. 10 – free, 1-2pm)

☐ Adventure Club Snow Tubing.
(Mon., Jan. 12 – \$60.00, 8-3pm)

☐ White Christmas Show
(Wed., Dec. 17 - \$75, 10-4pm)

☐ CAL's Holiday Show
(Fri., Dec. 19 – free, 1:00 or 3:00)

☐ Holiday Party/Potluck (Mon. Dec. 22 - free, 12-2pm)

☐ CAL's Cookie Tour (Mon., Dec. 22, - \$7, 4-6 pm)

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)

Town of York – Center for Active Living – Lunch Menu December 2025

<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<div>9</div> <div>Art's Lasagna w/Meat Sauce Garlic Bread Salad (No pickup or Delivery) No Muffins for Sale</div>	<div>10</div> <div>Kim & Becky's Beef Stew w/Corn Bread (No pickup or Delivery) No Muffins for Sale</div>	<div>11</div> <div>Baked Chicken Parm w/Pasta & Red Sauce Vegetable Muffin: Cherry Yogurt</div>	<div>12</div> <div>Baked Haddock w/Tartar Sauce Herb Roasted Potato Vegetable Muffin: Coconut</div>
<div>16</div> <div>Mild Chicken Jambalaya w/Red Beans Rice Vegetable Muffin: Chocolate Chip</div>	<div>17</div> <div>Roast Pork w/Gravy Mashed Potatoes Vegetable & Roll No Muffins for Sale</div>	<div>18</div> <div>Hamburger Chow Mein w/White Rice Oriental Veggies Muffin: Sweet Cranberry</div>	<div>19</div> <div>Shrimp Noodle Casserole w/Peas & Onions Vegetable Muffin: Blueberry Corn</div>
<div>23</div> <div> Holiday Breakfast</div>	<div>24</div> <div>No Meals or Muffins</div>	<div>25</div> <div> Closed Merry Christmas</div>	<div>26</div> <div>No Meals or Muffins</div>
<div>30</div> <div>No Meals or Muffins</div>	<div>31</div> <div>No Meals or Muffins</div>	<div>January 1</div> <div> Closed Happy New Year</div>	<div>2</div> <div>No Meals or Muffins</div>

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

<div>6</div> <div>Pulled BBQ Chicken on Roll Cole Slaw Pickle Muffin: Raisin Bran</div>	<div>7</div> <div>Sauerbraten Meatballs Mashed Potatoes Vegetable & Roll Muffin: Berry</div>	<div>8</div> <div>Italian Sausage Marinara Over Pasta Vegetable & Garlic Bread Muffin: Sweet Potato</div>	<div>9</div> <div>Haddock Florentine w/Spinach Brown Rice & Vegetable Muffin: Honey Corn</div>
<div>13</div> <div>Grilled Burger on Roll Pasta Salad w/Veggies Pickle Muffin: Orange Yogurt</div>	<div>14</div> <div>Roast Chicken w/Gravy Mashed Potatoes Vegetable & Roll Muffin: Applesauce</div>	<div>15</div> <div>Mild Beef & Bean Chili Mexican Rice Vegetable Muffin: Banana Nut</div>	<div>16</div> <div>Breaded Baked Fish Diced Potatoes Vegetable Muffin: Lemon Poppy</div>
<div>20</div> <div>Stuffed Shells w/Cheese and Red Sauce Vegetable & Garlic Bread Muffin: Chocolate Chip</div>	<div>21</div> <div>Baked Beans w/Hot Dog & Roll Cole Slaw Muffin: Strawberry</div>	<div>22</div> <div>Hungarian Chicken Rice Pilaf Vegetable Muffin: Pumpkin</div>	<div>23</div> <div>Tuna Noodle Casserole w/Peas & Onion Vegetable Muffin: Pineapple</div>
<div>27</div> <div>Tomato Basil Soup Turkey & Swiss Melt Pickle Muffin: Chocolate</div>	<div>28</div> <div>Kielbasa Sausage w/Cabbage & Onion Potato & Vegetable Muffin: Peanut Butter</div>	<div>29</div> <div>Slow Roasted Swiss Steak w/Brown Rice Vegetable & Roll Muffin: Carrot</div>	<div>30</div> <div>Seafood Pasta Alfredo Vegetable Italian Bread Muffin: Blueberry</div>