

The Scoop

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Volume 39 Issue 10 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 8am - 4pm

Hi Friends,

Even in the winter, we need to get out of the house. Therefore, make the Center for Active Living your priority hang-out in the winter months (or year-round). In addition to the programs listed in this month's *Scoop*, we welcome you to come to the center to meet up with friends; enjoy coffee/tea, muffins, and other snacks in the morning and lite snacks in the afternoon; and have lunch at noon as well as socialize with others, read the newspaper (we get the *Portland Press Herald*, Monday-Friday, and the *York Weekly* on Wednesdays), get on a computer or WiFi with your own device, do a puzzle, pick-up a book or magazine to read here or at home, play cards or a table game, join one of the drop-in programs, and/or just hangout. If your birthday is this month, do join us for lunch on Birthday Day - Tuesday, Feb. 25 and celebrate with others. Special events happening this month at the Center include Valentine's Day with music before lunch and a special luncheon with activity during lunch. Be sure to register and pay for the Valentine's Luncheon by Tuesday, Feb. 11. We are continuing our "Comfy Days" for winter with Wellness Day on Thursday, Feb. 19th and Indoor Beach Party on Thursday, Feb. 27th. The Wellness Day will consist of a lunch and learn presentation prior to lunch that focuses on relaxation and stress reduction techniques and animal friends (dogs and cats - but not yours) visiting in the afternoon. For the Indoor Beach Party, we will be playing seated balloon volleyball in the morning, having a beach themed lunch (see menu calendar), and doing a beach craft—stone art in the afternoon. Finally, AARP Tax-Aide Help is here on Tuesdays from February 4th through April 7th. This service is available to all citizens who file federal and Maine tax returns. You must, however, call for an appointment; call 207-363-1036.

So let's not let the winter restrict you home; come out to the Center, be with people, and have some fun!

Enjoy,

Jo, CAL Director

Late Day / Early Evening Programs

Looking for a way to transition from day to evening and relaxation and have some fun, then check out the following programs. Advance registration required. For program details, read on in *The Scoop*.

- ⇒ Line Dancing - Wednesdays, 5:00pm (See p. 6)
- ⇒ Drum Circle - Thursday, Feb. 13 & 27, 4:30pm (See p. 9)
- ⇒ Vingasa Yoga - Thursdays, 5:00pm (See p. 6)

Registration begins day, Monday, Feb. 3 for York residents; Tuesday, Feb. 4 for non-residents (9am walk-in, 10am phone calls and online) unless noted otherwise in program description.

Basic Information

Hours (except holidays and winter break): Monday - Friday, 8am - 4pm; office hours: 8:30am - 3:30pm.

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 \$22 (July 1st - June 30th).

Weather Policy: If we are closed, we will announce it on television channels 8 (WMTW) and 13 (WGME), including their websites and on York Parks and Recreation (<http://www.yorkparksandrec.org/>) and its Facebook page (<https://www.facebook.com/YorkMaine/>). **We often follow the school district's lead, but not always so be sure to check.** When possible, we will also send out an email and text message. If we are open, please make a safe decision about venturing out.

Accessibility: We want to make every attempt to make everything as usable as possible for all. If you need a large print version of *The Scoop*, try viewing it on the website at <http://www.yorkparksandrec.org/> or give us a call (207-363-1036) and we will send you a large print version. Our bus has a lift if you use a wheelchair for mobility or have difficulty with the bus steps. We only go to restaurants and theaters that are accessible for individuals with mobility difficulties. If you have other accessibility needs, please let us know at time of registration.

Program Registration: The majority of programs require advance registration; please see program details for deadline date to register. Programs identified as "drop-in" do not require advance registration; just come. You can register by phone or walk-in at the Center for Active Living (207-363-1036), M-F, 9am-3:30pm (1st day phone registration starts at 10am).

Program Fees: A number of programs have a fee attached. The fee is listed in the program description. It is the same whether you are a York resident or not. Unless noted in the program description, the fee is payable at the time of registration. Payment may be made in cash or by credit card or check. If paying by check, please make checks payable to Town of York and in the memo part of check, put CAL. If you pay and for some reason need to cancel, in order to receive a refund you must cancel by the refund date listed in the program description.

Not Getting Emails from the Center for Active Living? Be sure to check your spam. To keep The Center's emails from going to spam, be sure to enter the Center for Active Living in your email contact list.

Center for Active Living Conduct Policy: All participants in Parks and Recreation Department programs, including the Center for Active Living, are expected to behave in a proper and respectful manner. We will not tolerate any inappropriate behavior or language, harassment of any kind, destruction of property, or any other behavior deemed inappropriate by the staff. In accordance with the severity and frequency of the behavior, the Parks and Recreation Department reserves the right to dismiss participants from the Center and any programs sponsored by the Center.

Dining Room Notes: To eat lunch at the Center, you need to make a reservation by the weekday prior by calling the Center at 207-363-1036 (weekdays, 8:30am- 4:00pm) or stopping by during open hours. At times we may be able to accommodate a last minute request to join us for lunch if you call or stop in by 9am that day. There have been many instances lately where folks have arrived for lunch and found that they were not on the dining list. We encourage everyone to sign up daily or weekly, making certain that the choice of meal and dates/days you are registering for are correct. We aren't always able to accommodate last minute registrations, so please register early!

- **You need to register and pay in advance for holiday and special meals.** Registration for these meals begins the first working day of the month and ends 4 days before the event (see menu calendar for deadline date), provided space permits. For these meals, we will offer a limited number of take-out meals, which require the same advance registration and payment. Once you sign-up for in-house dining, you may not switch to take-out. Feel free to bring a container to pack your leftovers to take home.
- **Checklist**
 - √ Register for lunches for the day, week, or month no later than 4pm the day prior to when you want to dine with us; register in person or by calling the Center 207-363-1036, 8am-4pm.
 - √ Double check your days, dates, and meal choices.
 - √ Bring a container to pack up any leftovers you may want to take home with you.



MINI BUS TRIPS

“ROLLING OUT OF YORK”

For more information or to make your reservation, call the Center for Active Living at 207-363-1036. Note, seating is limited, so register early.

TRIP REGISTRATION POLICIES

Registration for trips is as follows:

- York residents have priority on trips; non-residents will be able to sign up the following day.
- Walk-in registrations for York residents will begin on Monday, Feb. 3 at 9am and for non-residents on Tuesday, Feb. 4 at 9am unless otherwise specified in program description. Telephone registrations will be accepted beginning at 10am on the appropriate registration date.
- You may only register for yourself, your spouse, and/or significant other.
- Payment or deposit (as noted in program) is required at time of registration.
- Wait List will always be available should trip sell out.

In order to provide great prices for our trips, we must follow strict enrollment numbers and firm payment deadlines. If you make a reservation for one of our excursions, your reservation will be held only until the final payment date (unless other arrangements have been made). In the event we must cancel the trip, you will receive a full refund. After the final payment deadline date, participant cancellations are not refundable.

Please note that our mini-bus *does not* have restroom facilities, but we'll make an effort to visit a rest stop, when available, should the ride to our destina-

tion be longer than 1 1/2 hours. We will be calling everyone who has registered for a trip a day or two in advance to remind you of the departure time and review trip details. If you have provided your email address you will be emailed as well.

New Information: As of December, on a trial basis through February, we are having two pick-up and drop-off locations. All trips will originate from and return to the Center plus we will do a pick-up and drop-off at Pine Grove at Village Woods, York Housing. Therefore, when you make your reservation, please indicate your departure location. Return location will be the same as departure location.

OUT 'N' ABOUT BREAKFAST CLUB

Country View Restaurant

Greenland, NH

Wednesday, Feb. 12 - 8:30am

Everyone enjoys Country View as they offer a variety of traditional and unique breakfast items including their famous homemade cinnamon rolls, a variety of eggs, pancakes, French toast, Belguim waffles, and their special bake of the day. **Cost: \$4.00 plus the cost of your meal. Deadline date for registration and refund if you cancel: Monday, Feb. 10.**

CANDLEPIN BOWLING PARTY

Bowl-A-Roma

Portsmouth, NH

Tuesday, Feb. 23 - 2:15pm

Join us for a fun afternoon of bowling and pizza. Additionally, while we are there they have happy hour specials that include 1/2 price appetizers and \$2.00 off on beer, wine, and select food items. **Cost: \$24.00 (includes 3 strings of bowling, shoes, 2 slices of pizza, and soda/non-alcoholic beverage plus transportation) and any additional food or beverage you choose to purchase. Deadline date for registration and refund if you cancel: Wednesday, Feb. 12.**

OUT 'N' ABOUT DINNER CLUB

28 Grille

Portsmouth, NH

Tuesday, Feb. 25 - 3:45pm

Enjoy dinner with friends. Their menu has an American-Mediterranean influence and includes a variety of salads, sandwiches, and entrees. Gluten-free options are available. **Cost: \$4.00 plus the cost of your meal. Deadline date for registration and refund if you cancel: Wednesday, Feb. 19.**

BOSTON FLOWER & GARDEN SHOW

Boston, MA

Thursday, March 12 - 9:15am

Put the summer behind and look forward to spring as we visit the Boston Flower & Garden Show. This year's theme is *Garden Party: Celebrating Family & Friends*. While you tour the garden show, take advantage of the demonstrations, lectures, and garden market. After the show, we will stop at Prince Spaghetti Pizzeria House in Saugus, MA for dinner on your own. **Cost: \$38.00 (includes transportation and ticket for show) plus the cost of your meal. Deadline date for registration and refund if you cancel: Wednesday, Feb. 26.**

BANDSTAND THE MUSICAL

Hanover Theatre, Worcester, MA

Sunday, March 22 - 10:45am

(Performance at 1:00pm)

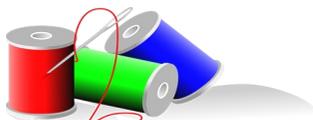
The musical *Bandstand* is an original musical by Richard Oberacker and Robert Taylor and has won numerous Tony Awards. It tells the story of a group of veterans returning to Cleveland, OH after World War II and how one young veteran puts together a band of fellow veterans in response to the National Radio Swing Band Competition in Tribute to the Troops. After the show, we will enjoy dinner on our own at a local eatery. **Cost: \$96.00 (includes transportation and show) plus the cost of your meal. Deadline date for registration and refund if you cancel: Friday, Feb. 7. Note, sign-up began in January; therefore, you do not need to wait until Feb. 3 to register.**

ARTS & CRAFTS

BRING YOUR OWN CRAFT CLUB

Tuesdays - 1:00pm

Are you a crafter who enjoys working on your project in the company of like-minded folks? This is the "crafternoon" for you! All crafters welcomed. It's simple, just pack up your project, come down to The Center, and join the group! Coffee, tea, light refreshments, and great conversation are always included! **Drop-In Program. Cost: Free!**



VALENTINE'S COOKIE DECORATING

with Nancy, CAL Chef

Tuesday, Feb. 11 - 10:15am

Decorate your own sugar cookies. Cookies will be pre-baked so all you have to do is create your own designs. You will leave with a tray of decorated cookies that you can share with others throughout the day or take home for your own enjoyment. **Cost: \$5.00. Deadline date for registration and refund if you cancel: Friday, Feb. 7.**

CREATIVE CARD MAKING

with Barbara Herman

Wednesday, Feb. 12 - 10:30am

Everyone enjoys sending or giving cards to family members, friends, grandchildren, etc. for birthdays, special events, or just to say hi. Wouldn't it be cool to give them a card that you personally created and designed yourself? You do not need to have artist experience, be able to draw, or have experience with card making to create your own masterpiece. Barbara will show you how to design your own cards for any occasion. All supplies and materials will be provided; you just have to register in advance to participate. With Valentine's Day so close, this is an excellent time to make a Valentine's card or two or three. **Cost: Free! Deadline date for registration: Monday, Feb. 10.**

BEACH PARTY STONE ART

with Nancy

Thursday, Feb. 27 - 1:15pm



Nancy will lead you through creating a stone art project of your own design in a frame. We will provide all supplies needed but feel free to bring any small natural items you'd like to incorporate into your project (e.g., twigs). **Cost: \$7.00. Deadline date for registration and refund if you cancel: Tuesday, Feb. 26.**

*Aging is not lost youth
but a new stage
of opportunity and strength.*
Betty Friedan

EXERCISE, DANCE, MOVEMENT, & SPORT

BALLROOM DANCING

Mondays, 10:30am - 12:00pm (noon)

Instructor: Luis Nagle, Professional Ballroom Dancer and Instructor

Have you ever wanted to learn to ballroom dance? Did you know that ballroom dancing is a GREAT exercise? You don't even need a partner to be able to learn and participate! If you have a partner, bring them with you. **Drop-In Program. Cost: \$5.00 per session, payable at class. No class Monday, Feb. 17.**

CIRCUIT STRENGTH TRAINING

[NEW PROGRAM]



Mondays &/or Thursdays, 9:30 - 10:30am

Program Starts Week of February 10th

(Free session Thursday, Feb. 6th)

Instructor: Jonna Dijkstra, CPT

Circuit training is an excellent way for individuals of all levels of fitness to improve mobility, strength, and stamina. A circuit is made up of different strength exercises using body weight, bands, weights, or other exercise equipment. You perform each exercise for a set time and move onto the next exercise. The total number of circuits will vary each class. Most importantly every exercise can be modified for each individual! There is no preparation necessary and all you need are workout shoes, comfortable clothing that allows you to move freely, and some water. **You may choose to participate once or twice per week, either Monday or Thursday, or both days. Trial day: Thursday, Feb. 6 - Freebie! Cost: Mondays - \$25.00 (5 sessions due to holiday 2/17); Thursdays - \$30.00; both days - \$50.00 (\$5.00 discount). If you miss a class, start late, or cancel, the amount will not be pro-rated or refunded. Deadline date for registration and refund if cancel: Friday, Feb. 7.**

EXERCISE GROUP

Mondays, Wednesdays, & Fridays - 9:00am

[Mondays only beginning Feb. 10 - 8:45am]

All are invited to join us one to three times a week for this video-led program. If you have set a goal to move more and improve your overall health, then this is the class for you. **Drop-In Program. Cost: Free. No class Monday, Feb. 17.**

INDOOR PICKLEBALL

**A Program of York Parks & Recreation
at the Kittery Community Center**

- New Player Instruction/Beginners: Mondays, 3:00pm - 5:00pm (staffed)
- Open Play: Tuesdays & Thursdays, 9:00am - 12:00pm (noon) (no staff)
- Intermediate/Advanced Players: Wednesdays, 5:00pm - 6:45pm (staffed)
- Intermediate/Advanced Players: Fridays, 9:00am-12:00pm (noon) (no staff)
- Open Play: Fridays, 5:00pm - 6:30pm (no staff)

Pickleball is one of the fastest growing sports for adults of all ages (particularly older adults) and abilities. It is a paddleball sport that combines elements of tennis, badminton, and table tennis that is played year-round, indoors and outdoors. Consider giving it a try. **Drop-In Program. Cost: \$3.00 per drop-in. No class on Monday, Feb. 17.**

INTRODUCTION TO PICKLEBALL

**at Center for Active Living
with Andy, York Parks & Recreation
Thursday, Feb. 20 - 10:30am**

Have you been wondering what Pickleball is and/or considering trying it but not ready to commitment to a regular program. Then, this is your opportunity to learn about the sport and give it a try. We will "play" in the activity room on a court smaller than a regulation court. The goal is to introduce you to the game. **Cost: Free! Advanced registration required; deadline date to register: Wednesday, Feb. 19 by 2pm.**

TAI CHI

Fridays - 12:45pm

This is an ancient Chinese exercise that is beneficial for balance, memory, and meditation. No experience necessary. Wear comfortable clothing and the instructor will be your guide. **Drop-In Program. Cost: Free!**

LINE DANCING

Fridays - 10:30am

AND

Wednesday - 5:00pm [Focus: Beginners]

Instructor: Diane Anderson

If you enjoy dancing, consider line dancing. Kick up your heels and give it a try. No skills needed; only a desire to have fun and move.

- ⇒ **Friday's program is a Drop-In Program. Cost: \$2.00 per session, payable to instructor. No class Friday, Feb. 14.**
- ⇒ **Wednesday's program requires advance registration and payment in full at time of the first class. Cost: \$10 for 5 sessions, payable to the instructor at the first session. Deadline date for registration and refund if you cancel: Tuesday, Feb. 18. If you are unable to make a class and know at time of registration, amount will be pro-rated. If you miss a class or cancel, however, the amount will not be refunded. Program begins Wednesday, Feb. 19 and ends Wednesday, March 18. Late registration will be accepted based on class size. If you want to give it a try in advance, you may join the on-going class now if you register by 4pm the day prior for \$2.00 per session.**

VINYASA YOGA - 6 Week Program

[NEW PROGRAM - Starts Thursday, Feb. 20]

Instructor: Tabetha Leach, RYT-200

Thursdays, 5:00 - 6:00pm

Are you interested in yoga but have been intimidated to go to a studio to try? Have you practiced yoga before and looking to get back into it? Do you currently have a yoga practice and want to add to it? Then, this 6-week all levels vinyasa flow class is for YOU! Join Tabetha, a southern Maine 200 hour Registered Yoga Teacher, for a 60 minute practice that is designed for all bodies. She creates gentle yet deep stretching classes with a repetitive flow incorporated throughout that is accessible for individuals at any level of practice. Focusing on the breath & body connection, you'll leave this class feeling rejuvenated & relaxed. Please dress comfortably (no jeans) and if possible, bring your own yoga mat (thicker the better) & a small blanket to class. **Cost: \$30.00 for 6 sessions. If you miss a class, start late, or cancel, the amount will not be pro-rated or refunded. Deadline date for registration and refund if cancel: Wednesday, Feb. 19.**

YOGA FOR STRONG BONES

Instructor: Pat Fitzgerald, E-RYT

Mondays - 12:45pm

Yoga for Strong Bones is a modified series of traditional poses, which can be done by almost anyone of any age or ability. We place special emphasis on "bone-safe yoga" (for those with osteoporosis or osteopenia), balance, and fall prevention. Props, chairs, or walls can be used to make poses accessible and to provide support and safety in balance poses. The class gently helps you build strength, increase flexibility, improve mental clarity, and energize your body. Flexibility is an outcome of yoga, not a prerequisite. Please bring a yoga mat if you have one and your favorite props and wear comfortable clothing that allows you to move freely. The instructor, Pat, is a certified yoga instructor, osteoporosis educator, and older adult fitness instructor. **Drop-In Program. Cost: \$5.00 per session, payable to instructor. No class Monday, Feb. 17.**

ZUMBA GOLD

Instructors: Nina El-Badry,
Christine Antonucci, and Anita Augustyniak

Tuesdays & Thursdays - 8:30am

With Zumba, everyone is movin' and shakin'. If you've never tried Zumba, this is a great time to start. **Drop-In Program. Cost: \$5.00 per session, payable to instructor.**

HEALTH & PERSONAL SERVICES

BLOOD GLUCOSE & BLOOD PRESSURE SCREENING

by York Ambulance Association

Tuesday, Feb. 18 - 10:30 - 11:30am

Drop-In Program. Cost: Free.

FOOT CARE SERVICE

Provided by York Hospital

Wednesdays - 8:00 - 11:40am

This service is by appointment only; appointments are 20 minutes. To make an appointment, call the Center (207-363-1036) between 8am - 4pm. **Cost: \$15.00, payable at appointment. Please be sure to cancel as soon as possible if you cannot make an appointment. We are now booking for March and beyond.**

HAIRDRESSER SERVICE

by Susan

Wednesdays – 1:00 - 4:00pm

Services are provided by appointments. Appointments typically are 15-30 minutes. To make an appointment, call The Center for Active Living (207-363-1036) between 8am - 3pm. **Cost: \$10.00, payable at time of service. Deadline date for registration: Tuesday prior to desired appointment.**

REIKI HEALING

Monica Tupper, Reiki Master Practitioner

Tuesdays - 10:00am - 12:00pm (noon)

Reiki is a natural energy healing using light touch or no touch to promote chakra balance, well-being, stress reduction, and relaxation for all ages and levels of health as a whole. A treatment can relieve the pain of migraines, back and joint pain, depression, anxiety, and many other life challenges. Reiki does not interfere with other medical therapies and treatments. Sessions are on an individual basis for 30 minutes. To make an appointment, call the Center for Active Living (207-363-1036) between 8am - 4pm. **Cost: \$12.00 per session, payable to practitioner. Registration deadline: Monday prior to desired appointment.**

LUNCH & LEARN

General Information

- Lunch and learns typically start at 10:30am.
- There is **no cost for the lecture part.**
- **Advance registration is required** so that the presenter is aware of the number of persons attending and can plan accordingly as well as allow us to provide the appropriate set-up.
- If you choose to stay for lunch, you will receive \$1.00 discount on your meal the day of the lecture. **Deadline date for registration for lunch is the day prior to the event, no later than 4:00pm. Please call the Center for Active Living (207-363-1036)**

TOWN OF YORK - COMMITTEE FOR VETERANS' AFFAIRS

Presenter: Capt. J. Barry Waddell, USN (RET.)

Thursday, Feb. 13—10:45am

Come learn about York's newly formed Committee for Veterans' Affairs. Retired USN Captain Barry

Waddell, the current chair of the committee, will share with us their plans as well as gather ideas from us about how the committee can best serve the needs and interests of vets and their families. You do not need to be a vet nor a York resident to attend this program.

RELAXATION & STRESS REDUCING TECHNIQUES

Presenter: Tabetha Leach, RYT-200

Wednesday, Feb. 19 - 10:45am

As part of Wellness Day, join us as we learn about mindfulness and different ways to incorporate stress relieving techniques into our daily life. Tabetha, a local yoga teacher, will introduce us to some breathing tips & tricks and meditation ideas & tools including apps that you can access on your smart phones to aid in your mindfulness practice. She will also walk us through some techniques.

BOARD & CARD GAMES [Drop-In Programs]

BACKGAMMON, CHECKERS, CHESS

Mondays - 1:00pm

It only takes two people to play any one of these games. Consider challenging a lunch partner to a game after lunch! *Not meeting Monday, Feb. 17.*

BRIDGE

Tuesdays - 1:00pm

Beginners and avid players are invited. We have a player who is coordinating foursomes as well as willing to teach beginners. If you're interested in playing, please call The Center for Active Living (207-363-1036) in advance so he can form foursomes. Of course, you are always welcome to just drop-in. If you have a Bridge partner or foursome, invite them to join you!

CRIBBAGE

Mondays - Fridays - 8:30am - 11:30am

Join us for cribbage any morning or every weekday morning! Come and enjoy the camaraderie - the more the merry and while you're at it, you can grab a cup of coffee or tea and a breakfast treat. *Not meeting Monday, Feb. 17.*

DOMINOES

Mondays, Wednesdays, Fridays
1:00pm - 4:00pm

Our group plays the game called "Mexican Train." If you know it, that's great; if you don't we'll gladly teach you. All are welcome to play this exciting game on any or all of the scheduled days! *Not meeting on Monday, Feb. 17.*

HAND AND FOOT

Tuesdays - 1:00pm - 4:00pm

Enjoy an afternoon of fun playing Hand and Foot, a North American game related to Canasta. Each player is dealt two sets of cards, one is the hand, which is played first, and the other is the foot, which is played when the hand has been used up. It's a quick and easy game to learn. Experienced and new players always welcomed!

LEARN TO PLAY MAHJONG

Thursdays - 1:00pm - 3:00pm

Interested in learning to play Mahjong or brushing up on your skills? All levels of players and would be players are welcomed!

MAHJONG

Fridays - 1:00pm - 4:00pm

Mahjong is now "clicking" in our card room so come join the fun and play. Friday Mahjong is for more experienced players. If you want to learn and can't make the lessons on Thursday, feel free to drop-in and one or more players will gladly instruct you.

POKER

Mondays & Wednesdays - 1:00pm - 5:00pm

Poker has really taken off here at The Center for Active Living. If you like playing poker, come on in and join us either day or both days.

SCRABBLE

Mondays - 1:00pm - 3:00pm

Our scrabble group continues to grow. It's a great way to meet new people, learn new words, use words that you know, and keep your memory going strong! All levels of players are welcome to join in the fun and challenge! *Not meeting Monday, Feb. 17.*

WHIST

Tuesdays - 7:00pm

Are you interested in playing Whist, a classic English trick-taking card game? Great! New and experienced players welcomed!

Wii BOWLING

Thursdays - 1:00pm

Did you know that Wii Bowling has become more popular than BINGO among retirees? Yes, its true! Who doesn't remember a birthday party, date, or family outing to the bowling alley. The best part of Wii Bowling is that there is no heavy ball or fancy foot-work.; success can be found with the gentle motions of a remote control. You can play sitting or standing. Consider giving it a try, it's tons of fun and all are welcomed!

OTHER CENTER PROGRAMS

BIRTHDAY DAY

**CELEBRATE YOUR FEBRUARY
BIRTHDAY WITH LUNCH AT THE CENTER**

Tuesday, Feb. 25 - noon



If your birthday is in February, come celebrate it with your friends at the Center and have lunch for \$2.00 (rather than \$4.00). **Be sure to make your reservation by Monday, Feb. 24, 4pm.**

BRING A FRIEND TO LUNCH DAYS

Wednesday, Feb. 5

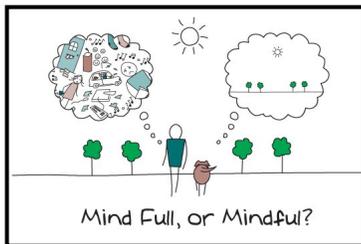
Thursday, Feb. 27

Invite a friend who is 50+ years of age and has *not* previously had lunch at the Center to join you for lunch one of these days. You pay for your own lunch and your guest gets to eat free. **Be sure to call the Center at 207-363-1036 to make lunch reservation by 4pm on Tuesday, Feb. 4 for lunch on Wednesday, Feb. 5 or Wednesday, Feb. 26 for lunch on Thursday, Feb. 27.** Be sure to give both your name and the name of your guest.

“COMFY DAYS”

In Denmark, they pursue Hygge (hooga), especially in the winter, which involves coming together as community and enjoying the simple things in life to achieve happiness and overall well-being. Here at the Center for Active Living we are having “Comfy Days” in January and February to bring people together and enjoy what may seem like a long winter. Come dressed in your comfy clothes - clothes you may not typically wear out in public but that you feel cozy and comfortable in and consider bringing your slippers to wear while at the Center (except when playing Pickleball). We’ll do some familiar activities and have cocoa and tea to sip plus snacks throughout the day. You can choose to engage in any of a variety of activities or just hang out and enjoy the company of others.

WELLNESS DAY Wednesday, Feb. 19



- ⇒ **10:45am: Lunch & Learn** - Relaxation and Stress Reducing Techniques. Be sure to register.
- ⇒ **Noon: Healthy Lunch** - See Luncheon Menu. Register by Tuesday, Feb. 18; fee: \$4.00. (\$1.00 discount if also register for lunch & learn)
- ⇒ **1:00pm: Animal Visits from Cocheco** - Cocheco will be bringing some dogs and cats to visit that need some loving and a home. They will present about the benefits and responsibilities of having a pet. You do not need to be in search of a pet nor even be able to have a pet in your home to attend and enjoy the program. Come and just cuddle with a cat or dog for overall wellness.

INDOOR BEACH PARTY Thursday, Feb. 27

Think summer and dress accordingly for indoors.

- ⇒ **10:30am: Seated Balloon Volleyball**
- ⇒ **Noon: Beach Party Lunch** - See Luncheon Menu. Register by Wednesday, Feb. 27; fee: \$4.00.
- ⇒ **1:15pm: Stone Art (See p. 4)**

DRUM CIRCLE

with Sterling Chase

**Thursday, Feb. 13 - 4:30-6:00pm &
Thursday, Feb. 27 - 4:30-6:00pm**

Want to reduce stress, build community, exercise your brain and body, and have some fun, then try this new program! Drum Circles are a Native American Art that focuses on spirit and building unity using rhythm and percussion instruments (primarily hand drums). The program was first offered in November and everyone reported having a great time! Sterling will bring some drums and we will have some rhythm instruments. If you have your own percussion instrument (e.g., hand or African drum, tambourine), please bring it. **Cost - \$5.00 per session; \$1.00 discount if have own suitable drum. Deadline date for registration and refund if you cancel: Tuesday prior to program (Feb. 11 for Feb 13; Feb. 25 for Feb. 27).**

VALENTINE’S DAY HAPPENINGS

Friday, Feb. 14

- ⇒ **10:30am: Music by Curt & Jen**
- ⇒ **Noon: Luncheon (register with the office by Tuesday, Feb. 11)**
- lunch options: strip steak \$6.00 or haddock \$5.00.



MEN’S CLUB ORGANIZATIONAL MEETING

Thursday, February 13 - 1:00pm

Calling all men to come together to plan a Men’s Discussion/Chat Group that focuses on topics of your interest.

WORLD CINEMA

Sponsored by International Women’s Club of New England

with Barbara Poulin

Thursday, Feb. 13 - 2:30pm
Film: Maiden (2018 - PG)

Maiden, a 2018 film telling the inspiring story of Australian-born Tracy Edwards, a 24-year-old cook on charter boats, who became the skipper of the first ever all-female crew to enter the Whitbread Round the World Race in 1989. Film time: 1 hour, 37 mins.
Cost: Free! Drop-In Program.

COMMUNITY AFFILIATED PROGRAMS



AARP TAX-AIDE HELP at the Center Tuesdays, Feb. 4 - April 7 9:30am - 3:00pm

The AARP Tax-Aide Program Counselors will assist you with your Federal Income Tax Return, which includes Form 1040, Schedules A, B, C, and D. They will also prepare your Maine return for the Property Fairness Tax Credit and the Sales Tax Fairness Credit. Please bring your Social Security Card(s), last year's tax return, W-2's, 1099-R's, and any other related tax documents. You must make an appointment by calling the Center, 207-363-1036. Appointments last 1 hr. with the first appointment at 10:00am and the last appointment at 2:30pm. **Cost: Free, and open to citizens of all ages who file a federal income tax return.**

GOOD SHEPHERD FOOD BANK HANNAFORD DONATIONS

at the Center
Mondays - 8:30am

Please let your friends know about this program if they are in need of food.



In collaboration with the York Community Service Association (YCSA), we provide a variety of food donated by Hannaford. We ask that each person signs in on arrival and only fills one normal sized grocery bag per household so that all may benefit. Also, please restrict yourself to no more than two of the identical items. Our donations vary from week to week. The program opens at 8:30am and continues throughout the day as long as food is available. *No food bank on Monday, Feb. 17.*

S.O.S. BUCKET BRIDGADE

On-going program beginning in Nov. for the duration of the winter



Do you live alone or have a disability? S.O.S. (Serving Our Seniors) is again offering York older adults the opportunity to obtain a 5 gallon pail filled with a sand-salt mixture for your steps and walkways. This program is a collaboration between the York Parks & Recreation Dept. and the Town of York Police Department. If you are interested, please call the Center for Active Living (207-363-1036) to have a bucket delivered to your home. **Cost: Free!** *Please note that it can take several days to deliver the bucket or refill, so advance notice is strongly encouraged.*



Lorraine Thomas, RN, who has been the mainstay for Foot Care Clinic for over 20+ years. We will miss you and wish you the best.

UPCOMING PROGRAMS

Details will be in *The Scoop* for March

- ◆ Candlepin Bowling Party in March at Bowl-A-Roma in Portsmouth, NH
- ◆ Adult Crayoning and Beyond with Barbara Herman
- ◆ Introduction to Pickleball with Andy of York Parks & Recreation
- ◆ St. Patrick's Day Celebration - Tuesday, March 17 - entertainment, special lunch, and other activities.

COMMUNITY HAPPENINGS

Maine Bicentennial Bean Supper
 Sunday, March 15th
 York High School, 5-6:30pm
 Watch for more information



DO YOU "CLYNK"? WE DO!

Don't have enough cans or bottles for a full bag at home? We have a bag here at The Center for your cans and bottles. The container is located inside the main door (please rinse out the bottles and cans well before depositing in the container). Also, you can pick-up CLYNK bags in The Center's office and get a sticker, so that when you turn the bag in at a collection station the Center benefits. This is our year-round bottle drive; help support The Center! Thanks!



ATTENTION YORK VETERANS!



York's newly-formed Committee for Veterans' Affairs wants to know how we can help, but we need to know who you are! Currently there is no data base of veterans who live in York. Please assist the committee by contacting any one of the members via our link at <https://www.yorkmaine.org/442/Committee-for-Veterans-Affairs> or directly with Committee Chair, Barry Waddell by email at bwaddell@yorkmaine.org, or by phone 207.361.4799. Our goal: No vet left behind!

TIPS FOR WELLNESS

- ✓ Socialize
- ✓ Exercise - Both your body & mind
- ✓ Get enough sleep
- ✓ Eat well - Decrease sugar & salt, increase fruits & vegetables, drink water
- ✓ Play & have fun!
- ✓ Don't smoke!

IT'S HAPPENING IN FEBRUARY

◆ Sunday, Feb. 2



Super Bowl - What team are you routing for?

Groundhog Day

When will winter end?



◆ Friday, Feb. 7—

National Wear Red Day
 - Support Women's Heart Health



Friday, Feb. 14 - Valentine's Day

◆ Monday, Feb. 17 - President's Day (Center Closed)

◆ Tuesday, Feb. 25 - Mardi Gras (Fat Tuesday)

◆ Saturday, Feb. 29 - Leap Year

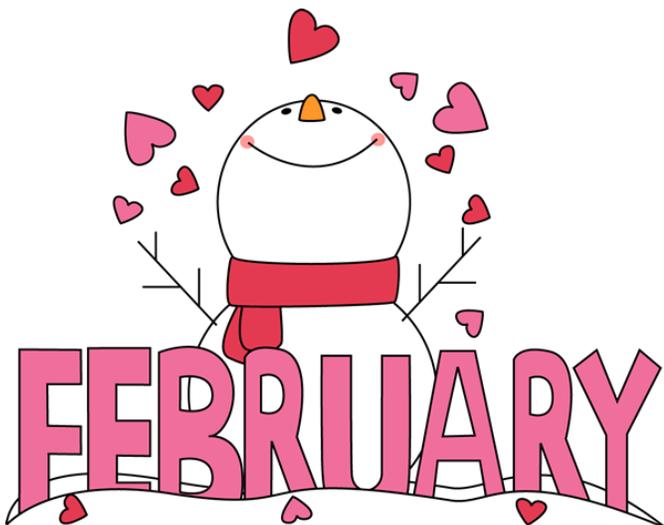
Town of York - Center for Active Living
Parks and Recreation Department
36 Main Street
York, ME 03909

PRSR STD
U.S. Postage
York, ME 03909
PAID
Permit No. 5

Deliver to following person or current resident:

***Registration begins day, Monday, Feb. 3 for York residents;
Tuesday, Feb. 4 for non-residents (9am walk-in, 10am phone
calls and online) unless noted otherwise in
program description.***

Center closed Monday, February 17 for Presidents Day.



February 2020