

The Scoop

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HAPPY 200TH BIRTHDAY MAINE
SUNDAY, MARCH 15
(1820-2020)



Hi Friends,

Spring is coming (March 19th) - the snow, ice, and cold will soon be gone to be replaced by warmer temperatures, flowers, and birds. With this in mind, mark your calendar and plan to attend the Lunch & Learn: *Signs of Spring* by White Pine Programs on March 25 (10:30am). If you're itching to wear green and try out your luck, then join us on St. Patrick's Day, Tuesday, March 17 for music, Nancy's famous corned beef and cabbage lunch, and BINGO. *Note:* These programs require advance registration; consult this *Scoop* for details.

It is our goal to serve all the older adults of the Town of York and promote overall wellness, quality of life, and community. To this end, we provide a variety of programs plus throughout the day, people drop by to socialize, read the newspaper, do a puzzle or craft, borrow a book, use the computer or WiFi, etc. Each weekday we have a full home-cooked lunch and snacks in the morning and afternoon. Recently, we added some new programs including late afternoon/early evening programs. New programs include circuit strength training which also contributes to balance (Mondays & Thursdays, 9:30am), Men's Discussion Group (2nd & 4th Thursdays, 1pm), Line Dancing (Wednesdays, 5pm), Vingasa Yoga (Thursdays, 5pm), and Drum Circle (2nd & 4th Thursdays, 4:30pm). Some programs require advance registration while others are drop-in. Additionally, some programs are free while other programs have a fee. If you ever cannot pay the fee but want to participate in a specific program, be sure to discuss your situation with me in advance so I can try to work something out for you. Be sure to read *The Scoop* in its entirety so you don't miss out on something. Also, if you live in York and need transportation between your home and the center, try Neighborhood Network Transportation (207-351-1828), which operates Monday-Friday, 10am-2pm; \$2.00 roundtrip.

If you are tired of waiting in line or holding on the phone to register for programs and have a smart phone or tablet or computer with access to WiFi, consider registering online. Instructions for registering online are provided on page 11.

We are busy planning programs for this Spring and Summer; if you have any suggestions, do let me know.

Enjoy,

Jo, CAL Director

Registration begins Tuesday, March 3 for York residents; Wednesday, March 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 accessibility needs, please let us know when registering; if program does not require advance registration, please let us know two weeks in advance so we can make the appropriate accommodations.

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 online or walk-in at the Center for Active Living (207-363-1036), M-F, 9am-3:30pm (1st day phone and online registration starts at 10am).

Program Fees: A number of programs have a fee. 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 check 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 instances where folks arrive for lunch and find 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! Please arrive by 11:30am so you can pay, select your seat, and gather your drink and silverware.

- **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 Tuesday, March 3 at 9am and for non-residents on Wednesday, March 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.
- Waitlist 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.

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. When you make your reservation, please indicate your departure location. Return location will be the same as departure location.

WAITLIST ONLY

Boston Flower & Garden Show

March 12 - 9:15am

Cost: \$38 plus dinner

Bandstand The Musical

March 22 - 10:45am

Hanover Theatre, Worcester, MA

OUT 'N' ABOUT BREAKFAST CLUB

Hebert's Restaurant

Portsmouth, NH

Wednesday, March 11 - 8:30am

We will be venturing back to one of our favorites, Hebert's Restaurant. It offers a variety of tasty breakfast items including egg dishes and Belgian malted waffles. **Cost: \$4.00 plus the cost of your meal. Deadline date for registration and refund if you cancel: Friday, March 6.**

CANDLEPIN BOWLING PARTY

Bowl-A-Roma

Portsmouth, NH

Thursday, March 19 - 2:15pm

Even if you have never bowled or not bowled in a long time, it's a great opportunity to get out of the house and share in the fun with others. Everyone who has gone so far has enjoyed it. In addition to bowling, pizza and non-alcoholic beverages are included. While we are there, they will have happy hour specials that include 1/2 price appetizers and \$2.00 off on beer, wine, and select food items, which you can purchase on your own. **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: Friday, March 13.**

OUT N' ABOUT DINNER CLUB

PATTY B'S

Dover, NH

Tuesday, March 24 - 3:45pm

We are excited to be heading to one of our new favorites, a family-owned restaurant specializing in Italian cuisine. Portions are huge so you may end up with leftovers to take home. **Cost: \$5.00 plus the cost of your meal. Deadline date for registration and refund if you cancel: Wednesday, March 18.**

OUT 'N ABOUT BREAKFAST CLUB

"MYSTERY BREAKFAST"

Wednesday, April 8 - 8:30am

We will be venturing to a new venue in nearby New Hampshire that we're sure everyone will enjoy. It serves a variety of traditional and non-traditional breakfast items. **Cost: \$5.00 plus the cost of your meal. Deadline date for registration and refund if you cancel: Thursday, April 2.**

CLASSIC BROADWAY HITS

PORTLAND SYMPHONY (PSO)

Merrill Auditorium, Portland, ME

Saturday, April 18 - 3:30pm

(Performance at 7:30pm)

Two dynamic Broadway artists, Lisa Vroman, soprano, and Doug LaBrecque, tenor, join the PSO for an extraordinary performance of classic songs from Broadway's Golden Age and beyond such as Porter, Gershwin, and Berlin. Before the show we will enjoy dinner on your own at Applebees. **Cost: \$86.00 (includes ticket and transportation) plus cost of your meal. Deadline date for registration and refund if you cancel: Monday, March 30.**

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!**

COLOR YOUR WORLD

(Adult Coloring Class)

with Barbara Herman

Wednesday, March 11 - 10:30am

This is your opportunity to create beautiful color art to share with friends or family or hang on your wall for décor. Coloring is a great way to relax and develop mindfulness. You do not need any artistic experience to participate. **Cost: Free, which includes all the needed materials! Deadline date for registration: Monday, March 9.**

"TIE DYE" A SILK SCARF

with Nancy

Thursday, March 26 - 1:15pm

Nancy will be leading a craft class where we will use simple Sharpie markers and alcohol to make beautiful dye silk scarves. The technique is super easy yet makes tie dye and watercolor effects. **Cost: \$8.00 (includes all supplies). Class limited to 10 participants. Deadline date for registration and refund if you cancel: Monday, March 23.**

"Spring is nature's way of saying, 'Let's Party!'"

- Robin Williams

CREATIVE CARD MAKING

with Maxine Brown

Wednesday, April 1 - 1:00pm

Everyone enjoys sending or giving cards to family members including grandchildren and friends for their birthday, holidays, or just to say "thinking of you." 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 making cards, to design your own cards for any occasion. Maxine will lead you through the process. With Spring approaching including Easter and Passover, this would be an excellent time to create your own unique card to send/give. You will have the opportunity to make multiple cards. **Cost: \$7.00 (includes all supplies). Class limited to 10 participants. Deadline date for registration and refund if you cancel: Monday, March 30.**

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.**

EXERCISE GROUP

Mondays - 8:45am

Wednesdays, & Fridays - 9:00am

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.**

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.**

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

Wednesdays - 5:00pm and/or

Fridays - 10:30am

Instructor: Diane Anderson



If you enjoy dancing, consider line dancing. Kick up your heels and give it a try. This is a great opportunity to get some exercise, have fun, and socialize. No skills needed; only a desire to have fun and move. All levels of dancers encouraged to participate, especially beginners. **Drop-In Program. Cost: \$2.00 per session, payable to instructor.**

VINYASA YOGA - 5 Week Program

Instructor: Pat Fitzgerald, E-RYT

Thursdays, March 5 - April 2

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 Pat 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: \$25.00 for 5 sessions. If you miss a class, start late, or cancel, the amount will *not* be prorated or refunded. Deadline date for registration and refund if cancel: Wednesday, March 4.**

ZUMBA GOLD

Instructors: Nina El-Badry,

Christine Antonucci, and Anita Augustyniak

Tuesdays - 8:30am (video-led)

Thursdays - 8:30am (instructor-led)

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

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.**

HEALTH & PERSONAL SERVICES

BLOOD GLUCOSE & BLOOD PRESSURE SCREENING

by York Ambulance Association

Tuesday, March 17 - 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 April 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).**

NATURAL MEDICINE LECTURE SERIES: CHRONIC PAIN

in partnership with LYF Center

Presenter: Dr. Darlyn Dragg

Wednesday, March 18 - 10:30am

The LYF Center is a naturopathic clinic located in Stratham, NH. It focuses on chronic pain management and how natural medicine can improve various health conditions and the quality of life through various avenues including nutrition, supplements, and different therapies. Dr. Dragg, a Naturopathic Doctor, specializes in the natural treatment of chronic disease. She is a graduate of Southwest College of Naturopathic Medicine and completed her residency in Portsmouth, NH with a specialty in oncology. In this session, Dr. Dragg will review chronic pain warning signs, how to cope, and how to manage it. *Be sure to register by Tuesday, March 17 so we have enough materials.*

SIGNS OF SPRING

**Presenter: Julie Goldberg and Todd DuPont
of White Pine Programs**

Wednesday, March 25 - 10:30am

Julie and Todd from White Pine Programs (York, ME) will spend an hour sharing and connecting with the Center for Active Living community about "signs of spring." They will highlight bird activity, early blooming plants, and ways to enjoy the warmer weather while connecting with the natural world around us.

BOARD & TABLE GAMES

[Drop-In Programs - Free]

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!

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.

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!

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!

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

Wii Bowling has become more popular than BINGO among retirees. There is no heavy ball or fancy footwork and you can play standing or sitting; success can be found with the gentle motions of a remote control.

OTHER CENTER PROGRAMS

LUNCH PROGRAM

Mondays - Fridays - noon

Come and enjoy a home-cooked meal by our chef Nancy and socialize with others. See Lunch Menu insert for more information and menu. Please arrive for lunch by 11:30am so you can pay and set a place for you to eat. You may purchase a lunch card for 11 meals for \$40.00 or 22 meals for \$80.00; card does not expire. There is a limited number of "to go" meals a day so if you or someone you know is unable to come to the Center to enjoy a meal, they can order a "to go" meal a day in advance and have someone pick it up between 12:30-3:30pm that day. **Cost: \$4.00 donation per meal payable prior to lunch that day. Advanced registration required via phone (207-363-1036) or in person by 4:00pm the day prior to when you want to enjoy lunch with us.**

DRUM CIRCLE

with Sterling Chase

Thursdays, March 12 & 26 - 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 (March 10 for March 12; March 24 for March 26).**

MEN'S DISCUSSION GROUP

Thursdays, March 12 & 26 - 1:00pm

This group is a self-run group designed to give men a chance to come together and discuss subjects of common interest. Discussions may revolve around current events, world affairs, history, books, the economy, etc.

WORLD CINEMA

Sponsored by International Women's Club of
New England

Thursday, March 12 - 2:30pm

Film: *Paterson* (2016 - R)

Paterson is written and directed by Jim Jarmusch. The film stars Adam Driver as a bus driver and poet named **Paterson**, and Iranian-American Golshifteh Farahani as his wife, who dreams of being a country music star and opening a cupcake business. No subtitles. Film time: 2 hours. **Cost: Free! Drop-In Program.**

ST. PATICK'S DAY CELEBRATION

"Erin Go Bragh"

ENTERTAINMENT, LUNCHEON, & BINGO

Tuesday, March 17

Come and celebrate St. Patrick's Day with us. Matt & Melissa will be here to entertain at 10:30am followed by a delicious meal of Nancy's famous Corned Beef & Cabbage with a special St. Patrick's day dessert. Following lunch, stay around and try your luck at a few games of BINGO.



- 10:30-11:30am - Entertainment (drop-in, free)
- Noon - Corned Beef & Cabbage Lunch (Cost: \$6.00; register by Friday, March 13 or when filled, which could be earlier)
- 1:00pm - BINGO (drop-in, free)

BIRTHDAY DAY

CELEBRATE YOUR MARCH BIRTHDAY WITH LUNCH AT THE CENTER

Tuesday, March 31 - noon



If your birthday is in March, 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, March 30, 4pm.**

COMMUNITY AFFILIATED PROGRAMS



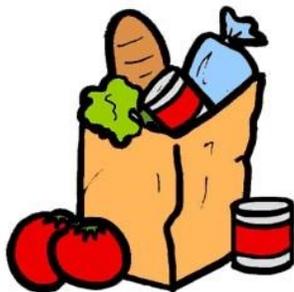
AARP TAX-AIDE HELP at the Center Tuesdays, Feb. 4 - April 7 9:30am - 3:00pm

Tax preparation is now underway. 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, 207-3636-1036. Appointments last 1 hr. with the first appointment at 10:00am and the last appointment at 2:30pm. **Cost: Free, and open to anyone who files a federal income tax return. Call ASAP to make an appointment as space is filling up.**

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.

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.*

UPCOMING PROGRAMS & ANNOUNCEMENTS

- ◆ **Candlepin Bowling Party** coming again in April at Bowl-A-Roma in Portsmouth, NH (last chance until October 2020)
- ◆ **Introduction to Pickleball** with Andy, York Parks & Recreation
- ◆ **Join the Mug Club** by personalizing and designing your own mug to keep here at the Center - Nancy will be leading you through the program; you can either use a mug you have or obtain a mug at the program
- ◆ **Easter Prelude Luncheon** - Thursday, April 9
- ◆ We will be **closed Friday, April 10** for maintenance **and Monday, April 20** for Patriot's Day
- ◆ **Presentation of School Budget** - Thursday, April 16 at 1pm at the Center
- ◆ We are always looking to expand our pool of volunteers. If you are interested in volunteering, please contact Jo, director, or Janis, program coordinator, at 207-363-1036.
- ◆ **Summer Sizzle Sale** - Friday, June 26 & Saturday, June 27, 8:30am - 3:00pm

SUMMER SIZZLE SALE JUNE 26 & 27

The fair committee is beginning to work on the Summer Sizzle Sale, which will be on Friday, June 26 & Saturday, June 27, 8:30am - 3:00pm. They will start to accept donations for the fair on Monday, March 23 through Monday, June 8 between 8:30am - 3:30pm. During this time, there will be a shopping cart by the main door in which you can place your donations. The following slightly used items are welcomed as donations: linens, glassware, toys, jewelry, pocketbooks, etc. They will **not accept** large electronics, exercise equipment, or books. Books may be donated to the Center for Active Living's "lending library" or York Public Library.

As part of the Sizzle Sale, there will be a plant sale. If you have house plants, the committee would appreciate it if you would begin to take cuttings from your plants, root the cuttings in water until they sprout, and when appropriate, plant the starters (i.e., rooted cuttings). There will be a Spring Planting Fair Party where people will get together to transplant the starter plants and make them ready for sale. All are invited to the Spring Planting Fair Party; it will be a great time out in the fresh air by the Center. Watch *The Scoop* and for signs in the Center for additional information.

COMMUNITY HAPPENINGS

Maine Bicentennial Bean Supper
Sunday, March 15th
York High School, 5-6:30pm
Free but you must make a reservation; register online or call York Parks & Recreation 207-363-1040

**HAPPY 200TH
BIRTHDAY MAINE!**



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!

NEIGHBORHOOD NETWORK TRANSPORTATION

Calling all York Residents - Do you or someone you know need transportation during the week for non-medical reasons within the town of York (e.g., participate at the Center for Active Living, grocery shopping at York Hannaford, visit YCSA Thrift Shop, visit a friend, get a haircut)? If so, the Neighborhood Network Transportation Service may be your answer. This program is a collaboration among York Housing, York Community Service Association (YCSA), York Parks & Recreation/Center for Active Living, and York Neighborhood Network. **This service is available Mondays-Fridays, 10am-2pm for a fee of \$2.00 roundtrip. For more information and/or to reserve a ride, call 207-351-1828. This is a great opportunity for you to come to the CAL and enjoy lunch, participate in a program or two, and socialize!**



TIPS FOR WELLNESS

- ✓ **Socialize**
- ✓ **Exercise - Both your body & mind**
- ✓ **Get enough sleep**
- ✓ **Eat well - Decrease sugar & salt, increase fruits & vegetables, drink water**
- ✓ **Practice mindfulness**
- ✓ **Play & have fun!**

HOW TO REGISTER ONLINE

Have you ever considered registering online rather than standing in line to register or calling in? If you have registered with the Center in the past and have access to a computer, tablet, or smart phone, you can register online 24 hours beginning on your registration date at 10am and thereafter for all programs other than daily lunches. **Please note that for drop-in programs, you should not register.** For programs that are not drop-in and have a fee, you will need to use a credit or debit card. To register online, follow these steps:

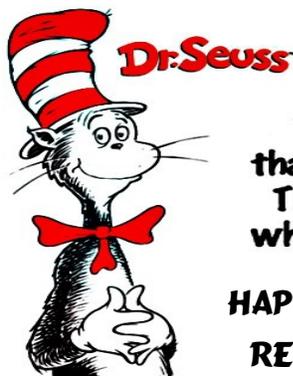
1. Go to <https://www.yorkparksandrec.org/>
2. Click on the "Register Now" button
3. On the left column under category, click on York Center for Active Living
4. Then in the main column, you will see Center for Active Living - Click on "Click here to search Center for Active Living activities." - This will bring up all current activities.
5. Scroll down to either the category or title of the activity for which you desire to register; if category (e.g., craft) then click on the category for the program you desire. You will now see the different activities available; click on the activity of your choice and proceed accordingly.
6. You will see a box on the left that says "create account" and "login" - click on login - your username is your email address (the one you provided the Center when you registered in person); if you have not used online registration previously, click forgot password and the system will send you an email to let you create a password - you will need to go into you email to create a password
7. Once you have created a password, enter it into the login and proceed accordingly
 - Only save your password on the computer/tablet if it is your own and not a public device (e.g., CAL's computer or library computer)
 - You will see a small box to the right that says "account members" - click on your name; this will take you to checkout box where you will see amount owed - if you want to add additional programs, click close and return to select other programs; if you are done, click on the checkout button

- This will take you to the conduct policy - you must check agree to proceed
- Click on the right button to confirm waiver agreement
- Enter your credit card information and click on the "pay now" button
- Review & confirm, then send yourself a receipt via clicking on email
- If you need help, call Jo at the office or stop in and she'll help you



IT'S HAPPENING IN MARCH

- * **Women's History Month**
- * **National Craft Month - Consider joining the Craft Club at the Center on Tuesday at 1pm**
- * **Sunday, March 8**
 - * Daylight Saving Time begins
 - * International Women's Day
- * **Sunday, March 15**
 - * The State of Maine turns 200
 - * Ides of March
- * **Tuesday, March 17 - St. Patrick's Day**
- * **Thursday, March 19 - March Equinox (Spring Begins)**



**Today you are YOU,
that is TRUER than true.
There is NO ONE alive
who is YOUER than YOU!**

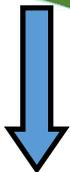
**HAPPY BIRTHDAY DR. SUESS
READ ACROSS AMERICAN
MARCH 2**

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 Tuesday, March 3 for York residents and Wednesday, March 4 for non-residents (9am walk-in, 10am phone calls and online) unless noted otherwise in program description.



**Change Your Clocks
March 8th**



March 2020