



Town of York – Center for Active Living (CAL) - June 2020 Programs

June Postcard Mini-Scoop

[Mailed Thursday, May 21, 2020]

207-363-1036 <https://www.yorkparksandrec.org/>

<https://www.facebook.com/pg/YorkMaine/posts>

Nancy's Lunch To Go Drive Thru – Tuesdays & Thursdays, \$5.00 per meal, order by Friday noon for following week. Menu available at above websites or on Spectrum TV 1302 and your email. Assigned pick-up. Payment: credit/debit card (when ordering), CAL punch card (current cards honored), or check to Town of York; **no cash**.

Dinner Club To Go (York Residents only): Every Friday - Am. Legion Fish Fry; Wednesdays: June 3 – Am. Legion Burger Night & June 17 – Fishermen's Dock. At time of ordering, pay by credit/debit card and York Rotary delivers. Deadline date: day prior at 2pm except Burger Night – Monday, June 4 - noon. For menu and pricing, call or see email or website.

Activity Packets: (a) adult coloring pages with coloring pencils, (b) word puzzles, (c) exercises including one set focusing on balance, and (d) jigsaw puzzles to keep. Call to arrange for pick-up or home delivery in York.

Video Lending Library: Borrow up to 3 movie videos at a time for one week usage. Call to arrange for pick-up or home delivery in York. **Note, no exercise videos available.**

Virtual Gentle Yoga via Zoom with Pat Fitzgerald – Mondays, 12:45-1:45pm, 5 sessions for \$25.00. The first session will orient you to participating in a virtual yoga class. You will need a computer, laptop, smart phone, or tablet with WiFi access to participate. Registration deadline: Thursday, May 28.

Virtual Free Programs via Zoom: Participate via telephone, smart phone, or tablet/computer with WiFi.

Coffee Hour Chat Group with Janis – Wednesdays at 10am. Register prior Tuesday by 2pm.

BINGO – Thursday, June 11, 1:30pm. Register by Wednesday, June 10, 2pm.

Trivia Game – Thursday, June 25, 1:30pm. Register by Wednesday, June 24, 2pm.

Crafters Gathering – Monday, June 15, 2pm. Register by Monday, June 15, 10am.

Learn to Knit or Crochet – If interested, contact office.

Need Technology Assistance, a mask, to register, or for other assistance, contact office, 207-363-1036, M-F, 9am-4pm.

