Hi Friends,

It’s been over 2 months since we closed our doors to the public. In addition to missing you, we missed National Volunteer Month [April] and the opportunity to recognize all our great volunteers (will do in future) - and National Older Americans Month [May]. During this time, we’ve tried to be here for you. Volunteers have been making friendly phone calls to some of you. Nancy, our chef, and Maxine, a volunteer, have been busy making cloth masks for York older adults and their household members and persons serving older adults to try to keep everyone safe. If you still need one, give us a call. Nancy, Janis, and I are available, Monday - Friday (minus holidays), 9am - 4pm. If we don’t answer, please leave a message with your full name, phone number, and a brief description of what you’re calling about; we will call you back as soon as possible.

Although we missed everyone, its good to know from reports from volunteer phone callers, Nancy and Janis, and my interaction with some of you, that York older adults are resilient and doing well although missing true face-to-face contact with friends and family. At the same time, we do hear that you’d like to get back to the center. In all honesty, we do not know when we will be able to open our doors to the public. We want to take the upmost precautions given so many unknowns, the size of our building, and the population we serve. We want everyone to be safe! Therefore, at least for the month of June, the center’s building and grounds will remain closed. We will provide drive thru to go lunches on Tuesdays and Thursdays with the requirement that you stay in your car, wear a mask on arrival, and depart immediately after receiving your order. For details of the lunch program, see that section in this Scoop.

We have been brainstorming programs that we feel we can safely offer and that you might find engaging and enjoyable. Read on for program details. We have also recruited a few people with technology knowledge to help you use Zoom so you can participate in our virtual programs. If you need help, please let us know as soon as possible so we can get you ready to participate prior to the start of a program.

April - June typically is the time we do annual registration/re-registration so that our database is up-to-date and we can easily communicate with you and best serve you. York residents pay no fee for registering; non-York residents pay an annual user fee of $25. Our year is July 1st - June 30th. For those of you with email, we will be emailing you a form to complete and return via email or regular mail, drop off when you pick-up your lunch, or call Janis with the information on Mondays, 9:30am-3:30pm or Tuesdays & Thursdays, 1:30-3:30pm. For those of you without emails, Janis will be contacting you by phone to update your file. We will also be asking your assistance in updating our files with the Southern Maine Agency on Aging (SMAAA) - Nutrition Services Incentive Program (SNIP), which helps fund our lunch program.

Finally, I want to thank everyone for your patience, kindness, and offers to volunteer during this time. This time with all its craziness and uncertainty has brought out the best in people and hopefully will continue to do so. As always, if you have any suggestions or comments please share with me.

Enjoy,
Jo, CAL Director

“A strong friendship doesn’t need daily conversation or being together. As long as the relationship lives in the heart, true friends never part.” — Anonymous
Basic Information

Hours (except holidays): Monday - Friday, 9am - 4pm; building and grounds currently closed to the public.

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 $25 (July 1st - June 30th).

Program Registration: The majority of programs require advance registration; please see program details for deadline date to register. All registration must be done by phone. To register, call the Center for Active Living (207-363-1036), M-F, 9:30am-3:30pm.

Program Fees: Some programs have a fee. The fee is listed in the program description. It is the same whether you are a York resident or not. The fee is payable at the time of registration unless noted otherwise in the program description. Payment may be made 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. No refund will be given.

IMPORTANT RESOURCES FOR COVID-19


Maine Center for Disease Control & Prevention: https://www.maine.gov/dhhs/mecdcc/

Centers for Disease Control & Prevention: https://www.cdc.gov/

York Community Service Association (YCSA) - Grocery Shopping Service, Food Pantry, General Assistance: https://www.ycsame.org/; 207-363-5504

York Parks and Recreation Facebook Page: https://www.facebook.com/YorkMaine/
ACTIVITY PACKETS TO GO

We have a variety of activity packets that are free for the asking. To obtain an activity packet, please call the office. When you place your order, let us know which packet(s) you’d like and if you want to pick it up or would prefer that it be delivered. Delivery is only available to York residents. If you are picking up the packet, when you call you will be given a block of time that is convenient for you to pick-up the packet.

The following packets are available:

- Adult coloring pages with coloring pencils
- Exercises including a set focusing on balance
- Jigsaw Puzzles - Primarily 1000 pieces
- Word Puzzles

VIDEO LENDING LIBRARY

We have over 100 old movies on DVD that are available for loan. You may borrow up to three videos at a time for a one week time period. If you are interested in borrowing a movie, call and we will email you the list. If you do not have email, we can review the list with you over the phone or mail it to you. Once you select the movie(s) you’d like to borrow, call to make arrangements for pick-up time or delivery if you live in York. You also need to make arrangements in advance for return of videos. You also need to make arrangements in advance for return of video(es).

DINNER CLUB TO GO

If you’re missing going out to a restaurant and/or tired of cooking and don’t drive or are trying to stay at home, then this program is for you. The Center for Active Living and York Rotary have partnered to provide a pre-determined restaurant delivery service. This program is offered every Friday evening and every other Wednesday evening. There is a set menu and deadline date for ordering. To order call the Center for Active Living (207-363-1036) by the deadline date and time. When ordering, you must pay by credit/debit card. If you desire to give a tip to the restaurant, please let us know to put a tip on your credit/debit card. On the set date, a Rotarian will deliver your meal between 5:00-5:30pm. The delivery is done with no direct interaction. When the Rotarian arrives at your home, s/he will either call you or ring your doorbell and then leave your meal by your door. You should not come out to retrieve your meal until you see that the Rotarian is back in his/her car. The Rotarian cannot go into your home, building, garage, or alcove. S/he must leave the food outdoors. FYI, the delivery person will be wearing a mask and gloves for everyone’s safety.

American Legion Fish Fry
Friday Evenings

Date: June 5, 12, 19, & 26
Deadline for Ordering: Thursday prior to the Friday you want the meal, by 2pm.

Menu:
- Fish Nuggets & Regular Fries - $9.00
- Fish Nuggets & Onion Rings - $11.00
- Fish Fillet & Regular Fries - $10.00
- Fish Fillet & Onion Rings—$12.00

American Legion Burger Night
Wednesday, June 3

Deadline for Ordering: Monday, June 1 by noon

Menu:
- Hamburger and Regular Fries (comes with lettuce and tomato) - $6.00
- Cheeseburger and Regular Fries (comes with lettuce and tomato) - $6.00

Fishermen’s Dock
Wednesday, June 17

Deadline date and menu to be announced by June 5.
EXERCISE & WELLNESS

EXERCISE PACKET TO GO

We have put together a small packet of information related to exercising and that includes a few exercise routines. Included in the packet is a large print abridged version of *U-ExCEL Balancing Act Manual* developed by the University of New England (UNE) and winner of the 2012-2013 Maine Governor’s Fitness Award. There is also material from the National Institute on Aging (NIA) related to Exercise and Physical Activity. To obtain a packet, call the office and make arrangements to pick up the packet or have it deliver to you if you live in York. You can also obtain much of this information online yourself; see UNE [https://www.une.edu/sites/default/files/Balancing%20Act%20Abridged.pdf](https://www.une.edu/sites/default/files/Balancing%20Act%20Abridged.pdf) and NIA [https://www.nia.nih.gov/health/exercise-physical-activity].

GENTLE YOGA via ZOOM

5 Week Program

*Instructor: Pat Fitzgerald, E-RYT*

*Mondays, June 1 - 29*

*12:45 - 1:45pm*

The first session will orient you to participating in a virtual yoga class. You will need to have access to a smart phone or tablet, laptop, or computer with WiFi/internet to participate. If you need help with Zoom, let us know when you register and someone will help you via telephone and computer. **Cost: $25.00 for the 5 sessions, due at time of registering.** If you miss a class, start late, or cancel, the amount will not be prorated or refunded. **Deadline date for registration and refund if you cancel: Thursday, May 28.**

To register, call the office, 207-363-1036.

VIDEO WORKOUTS ONLINE

FULL BODY WORKOUT AND BALANCE EXERCISES via YouTube

*Instructor: Jonna Dijkstra, CPT*

https://www.youtube.com/watch?v=kld7N1Nh70g&feature=youtu.be&fbclid=IwAR15VQRpalEkJlCjU91dRwJ9xo_YCMhBHRxwR8BtRHF-sM-P79riuHdm8

This video was designed by Jonna, one of our regular instructors, specifically for us. She will lead you in a 30 minute full body exercise routine on YouTube. You can do it at your convenience, day or night, as long as you can get YouTube on your smart phone, tablet, laptop, computer, or smart television.

NATIONAL INSTITUTE ON AGING (NIA) GO4LIFE EXERCISE VIDEOS

[https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTrJ7hrJ8yxrToKkJT8a8](https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTrJ7hrJ8yxrToKkJT8a8)

These videos have been designed specifically for older adults. Videos provide exercise routes that can be done in 10-60 minutes. Topics include general workout, balance, flexibility, lower body strengthening, upper body strengthening and are available via youtube on your smart phone, tablet, laptop, computer, or smart television any time you desire.

WELLNESS RESOURCE

York Health Task Force has developed a weekly newsletter, *York Health NEWSLETTER* aimed to promote the overall health of our community members. The newsletter includes items related to community resources, exercise, mental health, nature, nutrition, and much more. It is published online on Fridays. The following are ways to obtain a copy:

- [https://www.yorkparksandrec.org/health-newsletter/](https://www.yorkparksandrec.org/health-newsletter/)
- [https://www.yorkmaine.org/545/York-Health-Newsletter](https://www.yorkmaine.org/545/York-Health-Newsletter)
- Television Public Access Channel 1302
- Request a copy of the newsletter be sent to your email address - email your request to Serving Our Seniors (SOS) at sosyork-maine@gmail.com.

TIPS FOR WELLNESS

- **✓ Socialize** - Stay connected at a distance with friends & family
- **✓ Exercise** - Both your body & mind
- **✓ Get enough sleep**
- **✓ Eat well** - Decrease sugar & salt, increase fruits & vegetables, drink water
- **✓ Practice mindfulness**
- **✓ Get outdoors among nature**
- **✓ Play & have fun!**
- **✓ Don’t smoke!**
- **✓ Adhere to COVID-19 guidelines especially hand washing, physical distancing, and mask wearing**
CLOTH MASKS AVAILABLE
Produced by Nancy, Chef & Maxine, Volunteer

Are you in need of a mask or does someone in your household need a mask? Complementary adult cloth masks are available to older adults of York and adult members of their households, individuals who frequent the Center for Active Living, and others in York who are serving older adults. If you need a mask, give us a call. We will arrange for you to pick it up at a designated time or if you live in York, to have it delivered if you desire.

All previous health and personal service programs have been suspended indefinitely. This includes blood glucose & blood pressure screening, foot care, hairdresser, and Reiki Healing.

Payment Options: No cash will be accepted. Please select one of the options below and let us know at time of ordering your meal how you will be paying.

⇒ Credit/debit card at time of ordering meal

⇒ Punch card that you currently have (we will still honor the $4.00 cards until used up) or purchase a punch card with credit/debit card at time of ordering meal; punch cards are available for 5 meal card for $25.00 or 10 meal card with one free meal for $50.00

⇒ At time of pick-up, provide a check made out to Town of York with CAL in memo area or use your punch card.

Pick-Up Procedures - In order for this program to happen it is crucial that you follow the procedures. The program will only work if you stay in your car and depart once you receive your order. Thank you in advance for your cooperation!

⇒ When you order your meal(s), you will be provided a pick-up time between 12:00-1:00pm; please, please keep to your time!

⇒ Before coming to pick-up your lunch, make a sign that is readable with your name on it and # of orders (e.g., Ross - 2; Ross - 1+ muffins; Ross & Name - 2)

⇒ On arrival in the parking lot, please select a parking space, post your sign on your window, and put your mask on. Once you have a mask on, depending on your method of payment, someone will retrieve your payment. After that, someone will deliver you your meal(s).

⇒ Please remain in your car the entire time with your mask on.

⇒ Once you receive your order, please leave the parking lot as soon as possible.

MUFFINS FOR SALE

In addition to lunch, Nancy will have muffins available; 5 muffins for $2.00. Muffins must be ordered and paid for at the time of ordering your meal. Of course, you can order muffins and not order a meal as well as order more than 5 muffins. Regardless, all muffin orders must be in by Friday noon prior to the week you want the muffins. The choice of muffins will be up to Nancy.
## Town of York - Center for Active Living - June 2020 - Lunch Menu

Donation $5.00 per meal per person. **Reservation required by noon the Friday prior to the meal you would like; call 207-363-1036, Monday – Friday, 9:30am-3:30pm.** Each meal includes dessert; sugar free dessert available if requested at time of ordering meal. Payment may be made by credit/debit card at time of reservation or by check made out to Town of York or CAL punch card. If you previously purchased a punch card for $4.00 meals, the card will be honored with no additional payment need until the card runs out. When you make your reservation, you will be assigned a pick-up time between noon and 1pm. When you arrive for pick-up, you must remain in your car. Someone will come get your name and payment (if not already paid) and then someone else will deliver your meal. **MUFFINS for sale** – 5 muffins for $2.00; order at time of submitting lunch order.

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<td>Baked Chicken with Mushroom Sauce, Rice Pilaf, Vegetable</td>
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<td>Baked Ham, Mac &amp; Cheese, Vegetable</td>
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<td>CHOICE DAY Homemade Soup, Black Bean Burger on a Bun or BBQ Pork on a Bun Chips, Pickle</td>
<td>Seafood Newburgh over Rice, Vegetable</td>
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<td>Haddock Fish Chowder, Seafood Salad Roll, Chips, Cole Slaw</td>
<td>Chicken Parmesan over Spaghetti, Vegetable</td>
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<tr>
<td>Chinese Pepper Steak over Rice, Egg Roll</td>
<td>Baked Haddock with Crumb Topping, Rice Pilaf, Vegetable</td>
<td>Closed for July 4th</td>
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**July 3**
The following programs will be offered via Zoom. To participate you will need to use a regular phone, a smart phone, or tablet/computer/laptop connected to WiFi/internet. If you are using a smart phone and it is not connected to WiFi/internet, then it will be using data, which you may or may not be charged for depending on your cell phone plan. If you use a regular phone you will be able to communicate with everyone but you will not be able to see other participants. If you need assistance figuring out how to participate, please let us know at time of registration so that we have enough time to provide you the needed assistance. The following programs are all free but do require advanced registration. If you’re going to need technology assistance, please call at least a few days prior to deadline date.

**COFFEE HOUR CHAT GROUP**
**WITH JANIS**
**Wednesdays, 10am**

Chat with friends, share what’s happening in your life, and play a short game or two. **Program starts Wednesday, June 10. Deadline date to register: Monday, noon prior to Wednesday desire to participate.**

**BINGO**
**Thursday, June 11, 1:30pm**

We will play a few games of BINGO via phone or screen. If you are picking up lunch that week, you can get your card(s) with your lunch if you request the card(s) in advance. If you are not picking up lunch, you may pick your card(s) up during a pre-arranged time identified when you register or if you live in York, you may request that your card be delivered. **Deadline date to register: Tuesday, June 9.**

**CRAFTERS GATHERING**
**Monday, June 15, 2pm**

Calling all crafters to share what you’ve been doing lately. Susan, a volunteer, will be facilitating the discussion. You can join via regular phone or via smart phone, tablet, computer, or laptop.

**TRIVIA GAME - LIFE IN MAINE**
**Thursday, June 25, 1:30pm**

Time to test your trivia knowledge about Maine. You are to bring two questions to the game to share and try to stump others. We will also have a set of questions. **Deadline date to register: Tuesday, June 23.**

**LEARN TO KNIT OR CROCHET**
**With Susan**

If you’d like to learn to knit or crochet and have access to a computer/tablet/smart phone, Susan is willing to teach you. Based on people’s interest, Susan will schedule small groups for instruction. If you are interested, please call the Center.
Virtual Free Entertainment Resources

Note: This list is not inclusive, just a means to get you started.

Card & Table Games: https://guideforseniors.com/blog/senior-online-games/

eBooks & Audio Books and Other Reading Material
York Public Library: https://www.york.lib.me.us/
Project Gutenberg: https://www.gutenberg.org/
Google Bookstore – free ebooks: https://play.google.com/store/books/collection/cluster?clp=ogEWChBmcmVIlgFkdWx0IGJvb2tzGAeW8Q%3D%0A3D:S:ANO1ljKlpY&gsr=ChmiARYKEGZyZWUgYWR1bHQgYm9va3MYATAF:S:ANO1jJehak and free audio books: https://play.google.com/store/books/collection/cluster?
clp=ogEWChBmcmVIlgFkdWx0IGJvb2tzGAeWQA%3D%0A3D:S:ANO1jljz3t4&gsr=ChmiARYKEGZyZWUgYWR1bHQgYm9va3MYATBA:S:ANO1jKyxQ [And of course, if you’re me, try free children’s books: https://play.google.com/store/search?q=free%20childrens%20books&c=books]
Internet Archives – Open Library: https://openlibrary.org/ [You might even find an old recipe or a new recipe to try or some gardening tips]

Virtual Museum Tours
Smithsonian Natural Museum of History: https://naturalhistory.si.edu/visit/virtual-tour
The Metropolitan Museum of Art (The Met): https://www.metmuseum.org/art/online-features
The Vatican Museums: http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html
National Women’s History Museum: https://www.womenshistory.org/womens-history/online-exhibits
The Google Art Project – provides a wide variety of links to virtual tours throughout the world including national parks: https://artsandculture.google.com/partner

Virtual Performances
Maine Public Tiny Screen Concerts Series – Live individual concerts from musicians across Maine featuring a wide variety of music: https://www.mainepublic.org/post/welcome-maine-publics-tiny-screen-concerts
Virtual Philadelphia Orchestra Online – Excellent performances: https://www.philorch.org/performances/special-performances/virtual-philadelphia-orchestra/
Portland Symphony Orchestra online offerings: https://portlandsymphony.org/
The Metropolitan Opera: https://www.metopera.org/
PBS Great Performances: https://www.pbs.org/wnet/gperf/blog/streaming-now-from-broadway-to-now-hear-this/
Broadway on PBS: https://www.pbs.org/show/great-performances/collections/broadway-pbs/
Broadway Living Room Concerts: https://www.broadwayworld.com/topic/LIVING-ROOM-CONCERTS
Grammy Museum: https://grammymuseum.org/museum-at-home/

Miscellaneous
Baseball Hall of Fame: https://baseballhall.org/
Football Hall of Fame: https://www.profootballhof.com/
Internet Archives – free books, cartoons, old time radio shows, etc.: https://archive.org/
YouTube – everything from instructions for learning how to do something (e.g., crochet, gardening) to movies and music and sports: https://www.youtube.com/
COMMUNITY AFFILIATED PROGRAMS

DO YOU “CLYNK”? WE DO!

You can pick-up CLYNK bags with our sticker at the Center. To obtain a bag, either request one with your lunch order and it will be put with the order or call to arrange a pick-up time. 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!

AARP TAX-AIDE HELP at the Center
AARP nationally has suspended this program indefinitely.

GOOD SHEPHERD FOOD BANK HANNAFORD DONATIONS
Previously Monday Mornings at the Center
This program has been suspended indefinitely. If you are a York Resident in need of food assistance, please contact York Community Service Association (YCSA) at 207-363-5504, ext. 3. or email mmonsen@ycsame.org. Maureen will gladly help you out. They have a weekly food pantry.

YCSA VOLUNTEER GROCERY SHOPPING & DELIVERY PROGRAM
If you are in a high-risk group for COVID-19 and need help getting groceries, please call York Community Service Association and speak with Donald at 207-337-1867. They have a list of volunteers that will do your grocery shopping for you and deliver the items to your front door. Also, if you would like to volunteer for this program, please call Donald at 207-337-1867.

LUNCH PROGRAM
Our lunch program receives some funding from the Southern Maine Area Agency on Aging—Nutrition Services Incentive Program. Yearly, and when someone new joins the program, we need to update our paperwork with the agency. We will be asking you this month to complete paperwork for us. It is totally voluntary and will have no implication on receiving a meal or its cost. Thank you for your assistance.

IT’S HAPPENING IN JUNE

⇒ Saturday, June 6 - Anniversary of Invasion of Normandy - WWII D-Day
⇒ Sunday, June 14
  ⇒ National Flag Day
  ⇒ National Children’s Day
⇒ Saturday, June 20 - Summer Solstice - First day of summer and longest day of the year
⇒ Sunday, June 21 - Father’s Day
  Happy Father’s Day to all you fathers!

And, we missed celebrating Older Americans Month in May - Hope you all celebrated your own! September is National Senior Center Month so we’ll catch-up on volunteers and celebrating everyone then.

OLDER AMERICANS MONTH
MAKE YOUR MARK: MAY 2020
Friendly Phone Callers

During our months of closure due to COVID-19, we have been very fortunate to have individuals step forward to volunteer their services. Please help us in thanking the friendly phone callers. They will continue calling those of you who are enjoying the calls and especially those of you without emails to help keep you up-to-date on happenings.

- Barbara Campbell
- Betty Kehoe
- Carol & Ed Claus
- Cathy Greenawalt
- Celeste White
- Deb Pohopek
- Deborah Meyers
- Diane Johnson
- Gail Bolton
- Glenna Rowan
- Greg & Marilyn Fyfe
- Jo Anderson
- Joy Surette
- Judy Goodwin
- Kathryn Mulhearn
- Maxine Brown
- Susan Merrill
- Tamy Prescott

April was National Volunteer Month and we had planned on honoring all our volunteers. As would have it, COVID-19 interrupted our plans. That said, we couldn’t operate without each and everyone of you. Hopefully, some day soon, we’re all be able to gather and celebrate your contributions. A heartfelt thanks to each and

York Rotary

York Rotary came forward during the time we were closed to partner with us on two projects. One is the Dinner Club To Go Program, for which they deliver restaurant meals to our participants 1-2 times per week. See program description in this edition of The Scoop. They also took the initiative to brighten up our place a bit by painting the flower boxes and sunroom door and then planting the flower boxes, which you’ll see if you drive through for lunch to go.

Mask Makers & Suppliers

Thank you to Nancy, Chef, and Maxine, who both have been volunteering their time and talent to make well over 200 masks. Thank you to those of you who have provided us with some supplies!!!