

The Scoop

Robin Cogger, Parks & Recreation Director
 Jo-Ellen Ross, Center for Active Living Director
 Janis Marshall-Colby, Program Coordinator
 Nancy Garfield, Chef
 Robert Ford, Kitchen Utility
 Sydney Wakefield, Custodian



July 2020

Vol. 40 Issue 1 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi Friends,

Welcome to Summer 2020 and the continuation of COVID-19. With the start of the summer, we will continue to keep the building and grounds closed to the public but will offer some outdoor programs onsite. Nancy's Lunch To Go Drive Thru program will add an additional day so that lunch will now be available Tuesdays, Thursdays, and Fridays. Additionally, we will be providing a special lunch on Friday, July 24 - Yummy Lobster Rolls with all the extras. There will be a limited number of special meals available so register early; deadline date for register is Monday, July 13. The Dinner Club To Go program will be continuing for older adults living in York with American Legion Fish Fry on two Fridays in July and two new restaurants for two Wednesday evenings, Fat Tomato Grill and Foster's Clambake. This program is made possible by our partnership with York Rotary and the cooperation of the various local restaurants and York American Legion. We hope this program is a win-win for all involved; York older adults get a restaurant dinner delivered, York restaurants get extra business, and York Rotary has a meaningful community service project. Please do take advantage of this program if you can as we'd like to continue it into the winter.

Due to the COVID-19, our Monday morning food bank program has been suspended indefinitely. If you are in need of food assistance, please contact York Community Service Association (YCSA) and speak with Maureen, 207-363-5504 ext. 3.

Our new fiscal year begins in July, which means we need to update our database plus non-residents need to pay the annual \$25.00 user fee. Typically, we would have had you re-register in April - June but this year that was difficult due to COVID-19. Therefore, the last page of this Scoop includes the information we need to update you in our database. This is important if you want to continue to receive *The Scoop* as well as emails and other notices. You can either return the completed registration form via email or regular (postal) mail or call Janis Tuesdays - Fridays between 2-4pm and give her the information over the phone.

Enjoy,

Jo, CAL Director

Key Dates in July

Tuesday, July 14 - Election Day - Town of York and State of Maine

Town of York Election: Budget and Special General Referendum

State of Maine Election: Primary and Referendum

Both in-person and absentee voting are option for the elections. To vote via absentee ballot, you must submit an application for an absentee ballot in advance; contact York Town Clerk at 207-363-1003 or see <https://www.yorkmaine.org/154/Town-Clerk-Tax-Collector>.

Wednesday, July 15 - Tax Day - United States and State of Maine

AARP Tax-Aide Help ended nationally in March for this year's taxes due COVID-19. *York County Community Action Corporation (YCCAC) [located in Sanford], however, is offering drop-off tax help for York County Residents with incomes of \$55,000 or less. For details, contact YCCAC - Theresa at 207-459-2900.*

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: All 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.

COVID-19 Precautions: To keep everyone safe and decrease the risk of COVID-19 transmission, we ask that everyone safe distance (6+ ft. apart), wear face masks that cover mouth and nose except during the active part of an exercise program, and carry and use hand sanitizer.

IMPORTANT RESOURCES FOR COVID-19

Town of York - COVID-19 Information

Webpage: <https://www.yorkmaine.org/496/COVID-19-Information>

State of Maine COVID-19 Response: <https://www.maine.gov/covid19/>

Maine Center for Disease Control & Prevention: <https://www.maine.gov/dhhs/mecdc/>

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/>

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



6 ft

Stay at least 6 feet (about 2 arms' length) from other people.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.



When in public, wear a cloth face covering over your nose and mouth.



Do not touch your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus

3/20/20 7:4 AM '20, 2020 11:03 AM

ACTIVITIES TO GO

DINNER CLUB TO GO



Brought to you by York Rotary &
Center for Active Living

If you aren't ready to go out to eat at a local restaurant, are tired of cooking, unable to drive, or 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 will be offered weekly in July, alternating between Friday evenings and Wednesday evenings. 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 need to 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 face mask and gloves for everyone's safety.

American Legion Fish Fry Friday, July 17 & 31

Deadline for Ordering: Thursday by 2:30pm prior to the Friday you want the meal.

Menu:

- Fried Haddock Nuggets & Regular Fries - \$9.00
- Fried Haddock Nuggets & Onion Rings - \$11.00
- Fried Haddock Fillet & Regular Fries - \$10.00
- Fried Haddock Fillet & Onion Rings - \$12.00

Foster's Clambake Wednesday, July 8

Deadline for Ordering: Tuesday, July 7 by 2:30pm.
Menu: All items \$13.50 inclusive of tax.

- Grilled Atlantic Salmon Salmon Sandwich on grilled ciabatta bread with greens, tomato & side of lemon pepper aioli & served with homemade salt/pepper potato chips and coleslaw
- Hickory BBQ Half Chicken served with corn on the cob, coleslaw, and cornbread
- Summer Salad & Bowl of New England Clam Chowder - salad with mixed greens, strawberries, blueberries, goat cheese, toasted almonds with balsamic fig dressing, served with roll and butter plus a bowl of New England Clam Chowder

Fat Tomato Grill Wednesday, July 22

Menu and Deadline for Ordering: To be announced by July 13.

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).

ARTS & CRAFTS

TIE-DYE A SILK SCARF with Nancy
Monday, July 13, 1:00pm
or
Wednesday, July 15, 10:00am

Using Sharpie markers, alcohol, and a super easy technique, Nancy will lead you through the process of making a beautiful tie-dyed silk scarf with watercolor effects. This program will be held outdoors. Should it rain, the program will be re-scheduled. Participants will need to wear a face mask and may be asked to wear gloves. **Cost: \$8.00 (includes all supplies). Class limited to 5 participants per session. Deadline date for registration and refund if you cancel: Wednesday, July 8. Individuals who previously registered for this program when it needed to be cancelled due to COVID-19 will be given preference in registering.**

EXERCISE & WELLNESS

OUTDOOR WORKOUTS
Instructor: Jonna Dijkstra, CPT
Tuesdays, July 7, 21, & 28
8:30-9:30am

Join Jonna for three outdoor workout sessions. The class will be a combination of cardio, balance, strengthening, and social distanced fun! The class will be held in a flat, shady space in the parking lot and clean chairs will be provided. Each participant will be assigned a parking space to maintain physical distancing. Please bring your own water bottle and wear flexible clothing and supportive shoes (no sandals or flipflops). You will need to wear a face mask at all times once you leave your car except during the actual exercise program. **Cost: \$15.00 for the 3 sessions.** If you miss a session, there will be no refund nor will the class be pro-rated. Should the weather require us to cancel a session, we will schedule a make-up session on Tuesday, August 4 at 8:30am. **Deadline date for registration and refund if you cancel: Thursday, July 2. Due to COVID-19 pre-cautions and limited shaded space outdoors, this class is limited to 6-8 participants so register early.**

LINE DANCING OUTDOORS

Instructor: Diane Anderson
Fridays, July 10, 17, 24, & 31
9:00-10:00am

The class will be held in a flat, shady space in the parking lot. Each participant will be assigned a parking space to maintain physical distancing. Please bring your own water bottle and wear flexible clothing and supportive shoes (no sandals or flipflops). You will need to wear a face mask at all times once you leave your car except when dancing. **Cost: \$8.00 for the 4 sessions.** If you miss a session, there will be no refund nor will the class be pro-rated. Should the weather require us to cancel a session, we will schedule a make-up session on Friday, August 7 at 8:30am. **Deadline date for registration and refund if you cancel: Wednesday, July 8. Due to COVID-19 pre-cautions and limited shaded space outdoors, this class is limited to 6-8 participants so register early.**

GENTLE YOGA via ZOOM

Instructor: Pat Fitzgerald, E-RYT
Mondays, July 13, 20, 27, & August 3
[Freebie Trial Session, July 13th]
1:00 - 2:00pm

The first session on Monday, July 13 is free and will orient you to participating in a virtual yoga class. To participate in this program, you will need to have access to a smart phone or tablet, laptop, or computer with WiFi/internet. If you need help with Zoom, let us know when you register and someone will help you via telephone and computer. **Cost: \$15.00 for 3 sessions.** If you miss a class, start late, or cancel, the amount will not be pro-rated or refunded. **Deadline date for registering for free class: Wednesday, July 8. Deadline date for registering for the 3-week program and refund if you cancel: Wednesday, July 15.**

EXERCISE PACKET TO GO

We have put together a small packet of information related to exercising that includes a few exercise routines. Included in the packet is the award winning large print abridged version of *U-ExCEL Balancing Act Manual* developed by the University of New England (UNE). There is also material from the National Institute on Aging (NIA) related to Exercise and Physical Activity. To obtain a packet, call the office. You can also obtain much of this information online yourself; see UNE <https://www.une.edu/sites/default/files/Balancing%20Act%20Abridged.pdf> and NIA <https://www.nia.nih.gov/health/exercise-physical-activity>.

HEALTH & PERSONAL SERVICES

CLOTH FACE MASKS AVAILABLE

Produced by Nancy, Chef & Maxine, Volunteer

Are you in need of a face mask or does someone in your household need a face mask? Complementary adult cloth face 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.

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

LUNCH PROGRAM

NANCY'S LUNCH TO GO DRIVE THRU



**Tuesdays,
Thursdays,
&
Fridays**

Lunch will be available on Tuesdays, Thursdays, and Fridays on a drive thru to go basis only. It will be similar to the meal you'd have in-house. **Please see the next page for the menu. Each meal is \$5.00** (we will honor previous purchased and not fully used punch cards for \$4.00 a meal). *If for any reason, you are unable to pay, please reach out to Jo, Director (207-363-1036/jgross@yorkmaine.org).* You may order more than one meal if you'd like. All meals come with dessert. When ordering, indicate if you need a sugar-free dessert. **To make a reservation for lunch, you will need to call the Center by Friday 3pm the week prior.** *Please note that there are a limited number of lunches available each day so order early.*

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 12:10-1:00pm; *please, please keep to your time! We appreciate that you NOT arrive early to help keep the flow of traffic going.*
- ⇒ On arrival in the parking lot, please put on your face mask. Then, a volunteer will check you in, collect payment if necessary, and direct you to a parking space. For your first time picking up lunch, you will be given a sign with your last name on it. We ask that you keep the sign and bring it back each time you come to get a meal. If you are picking up someone else's meal(s), please have their name on a sign also. Please post your name sign on either your front car window or the car window facing the building.
- ⇒ Someone will deliver you your meal(s).
- ⇒ Please remain in your car the entire time with your face mask on.
- ⇒ Once you receive your order, please leave the parking lot as soon as possible. **Note:** There is no picnicking at the Center.

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. You can order muffins without ordering a meal; you can also order multiples of 5 muffins. **Deadline date for ordering muffins: Noon day prior to desired.** See menu for muffin of the day. Payment options: credit/debit card when ordering or check at time of pick-up; no cash.

LOBSTER ROLL SPECIAL

Friday, July 24, Lunch To Go Drive Thru
A full meal including fresh lobster roll will be served.
Cost: \$12.00. Deadline date to register: Monday, July 13 or earlier if sold out.

Town of York - Center for Active Living - July 2020 - Lunch Menu

Donation \$5.00 per meal per person. **Reservation required by 3pm 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 12:10 - 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:** Purchase 5 muffins for \$2.00; order no later than the day prior by noon. **SPECIAL MEAL:** Friday, July 24 - Lobster Roll with Extras - Cost: \$12.00; register by Monday, July 13 or earlier, if spaces fill up.

Mon.	Tuesday	Wed.	Thursday	Friday
June 29	June 30 Chinese Pepper Steak over Rice, Egg Roll, Vegetable <i>Muffin: Orange Cranberry</i>	1	2 Baked Haddock with Crumb Topping, Rice Pilaf, Vegetable <i>Muffin: Lemon Blueberry</i>	3 Holiday Pre-July 4th Center Closed
6	7 Everyone's Favorite Meatloaf, Smashed Potato, Vegetable <i>Muffin: "Sweet Georgia" Spice</i>	8	9 Pork Chop with peppers & onions, Mashed Potato, Vegetable <i>Muffin: Blueberry-Cranberry</i>	10 Baked Haddock with Seafood Crumb Topping, Rice, Vegetable <i>Muffin: CherryChocChip</i>
13	14 Broccoli Cheese Soup, Melty Ham & Cheese & Tomato Sub, Chips <i>Muffin: Honey Raisin Bran</i>	15	16 BBQ Baked Chicken, Potato Salad, Cole Slaw, Corn on the Cob <i>Muffin: Cranberry Walnut</i>	17 CHOICE DAY Baked Haddock with Florentine <u>or</u> Plain with Crumb Topping, Rice, Vegetable <i>Muffin: Wild Blueberry</i>
20	21 Turkey Divan Roll-Up (Hot Turkey wrapped around broccoli with cheese sauce) Rice Pilaf, Vegetable <i>Muffin: Cranberry Orange</i>	22	23 Baked Spiral Ham with Pineapple, Potato au Gratin, Vegetable <i>Muffin: Peanut Butter & Jelly (extra)</i>	24 SPECIAL MEAL - \$12 Corn Chowder, Lobster Roll , Chips, Cole Slaw SIGN-UP BY JULY 13 <i>Muffin: Lemon Blueberry</i>
27	28 15 Bean Soup, Our Own Italian Sub Sandwiches, Chips, Pickle <i>Muffin: Lemon Poppy</i>	29	30 Lasagna Roll-Up with Meat Sauce, Meatball/Sausage, Vegetable <i>Muffin: "Sweet Georgia" Spice</i>	31 Seafood Newburg over Rice, Vegetable <i>Muffin: Banana Walnut</i>

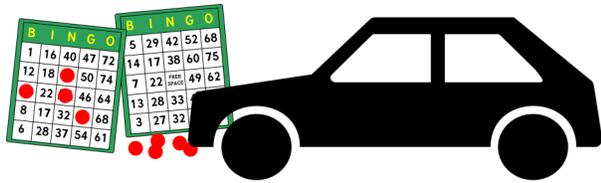
JULY HAPPENINGS

- ◆ **Saturday, July 4th - Independence Day**
Note: Town offices including the Center for Active Living will be closed on Friday, July 3rd.
- ◆ **Tuesday, July 14 - Election Day**
- ◆ **Wednesday, July 15 - Federal & State Tax Day**
- ◆ **Monday, July 27– Sunday, August 2 - Annual Lighting of the Nubble**
See the Nubble Lighthouse all decked out in its holiday best.
- ◆ **National Blueberry, Hot Dog, and Ice Cream Month**

FUN & GAMES OUTDOORS

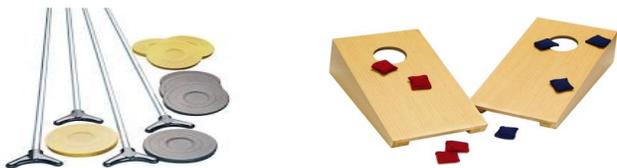
These programs will be offered onsite in the parking lot. *Although these programs are free, you need to register by the deadline date as we can only accommodate a certain number of people.* If it rains, the program will be re-scheduled, if possible. We will announce the cancellation by 9am the day of the program and call you.

BINGO FROM YOUR CAR Wednesday, July 8 & 29, 10:00am



Play BINGO from the comfort of your car. Your car will need to be turned off; it can not be idling (no air conditioner). We will play a combination of traditional BINGO and fun cards. You should bring a marker to mark off your BINGO card, a bottle of water or other acceptable beverage, and a face mask. You will need to have a face mask on when you are interacting with others (e.g., when cards are being distributed, checking if you have BINGO). **Cost: Free. Deadline date to register: Monday, July 6 for July 8 and Monday, July 27 for July 29. Everyone attending must be registered.**

LAWN GAMES Wednesday, July 22, 10am



Join us to play shuffleboard and cornhole outdoors. Due to COVID-19 precautions, we may modify play slightly and will have a limited number of participants. You will be required to wear a face mask for the entire program and may be asked to wear gloves. We suggest you wear a hat and put on sunscreen, have a bottle of water with you, and bring your own personal hand sanitizer. **Cost: Free. Deadline date to register: Monday, July 20.**

TOWN OF YORK PARKS & RECREATION PROGRAMS FOR ADULTS OF ALL AGES AND FAMILIES

All programs require advanced registration; call 207-363-1040 to register & for details.

ADULT EXERCISE PROGRAMS

Beach Barre on Long Sands Beach

Instructor: Amanda Gunter

Tuesdays & Thursdays, 7:30am

July 23 - August 27

Class meets in front of the Bath House. Workout involves plenty of burn but is not high impact so everyone can participate. You need to wear a face mask (off only during actual exercise time) and bring your own folding chair to use for stabilizing, a yoga mat, light hand weights, ankle weights, a towel, and drinking water. **Cost: \$120.00 for York Residents; \$130.00 for Non-Residents. Deadline to register: July 23.**

HITT - High Intensity Interval Training at Long Sands Beach

Instructor: Amanda Gunter

Mondays & Wednesdays, 7:30am

July 27 - August 26

Class meets in front of the Bath House but will use the length of the beach for the workout. You need to wear a face mask (off only during actual exercise time) and bring your own yoga mat, ankle weights, a towel, and drinking water. **Cost: \$120.00 for York Residents; \$130.00 for Non-Residents. Deadline to register: July 27.**

YOGA ON THE BEACH

Short Sands Beach

Instructor: Andy Ferragamo

Monday, Wednesday, & Friday, 7:00-8:00am

July 6 - July 31

The class includes yoga postures (asanas) encompassing full body stretching, flexibility, and balance movements. It is designed for all ages and abilities from de-conditioned participants to athletes. No experience is necessary. You need to wear a face mask when not exercising or distancing and bring your own yoga mat/large beach towel, hand sanitizer, drinking water. **Cost: \$120.00 for York Residents; \$130.00 for Non-Residents. Deadline to register: July 6.**

MYSTERY BOOK CLUB

Adult Sessions: July & August

You will be mailed a book at the start of the month, which you will read on your own. Then, the Parks & Recreation Department will convene two small in-person discussion groups (every two weeks). The July Session will meet on Saturday, July 18 and August 1, 9-10:30am at Grant Park. **Cost: \$25.00 per session (includes price of book and mailing). Deadline for registering: June 29.**

PICKLEBALL

Instructor: Jim White

**Program Begins July 1st - York High School
Beginners & Advanced Beginners**

Mondays, 3:00-5:00pm

Fridays, 8:00-10:00am

Intermediate & Advanced

Wednesdays, 5:00-7:00pm

Fridays, 10:30am-12:30pm

The program will be following the recommendations of the United States Pickleball Association, the Center for Diseases Control and Prevention, and the National Recreation and Parks Association to insure a safe playing experience in light of COVID-19. Guidelines are posted on the York Parks & Recreation website and will be updated as needed; see: <https://www.yorkparksandrec.org/>. We ask that you please adhere to these guidelines to keep everyone safe and help decrease the risk of COVID-19 transmission. ***To participate, you must bring your own equipment.*** **Cost: \$4.00 per session, paid in advance at time of registration via York Parks & Recreation office or website. Drop-Ins nor payment onsite will not be allowed. Register by July 1.**

VIRTUAL FAMILY TRIVIA NIGHTS

July 3 - Star Wars

July 17 - Food & Drink

July 30th - Maine & York

5:45-7:00pm

Gather some family members (or friends) and join in the fun. This is a great inter-generational program. To participate you need access to the internet plus both a computer/tablet and a smart phone. The game is played over Zoom and uses KAHOOT. To register and for more information, contact York Parks & Recreation or visit the website: <https://www.yorkparksandrec.org/> or facebook page <https://www.facebook.com/pg/YorkMaine/posts/>.

COMMUNITY AFFILIATED PROGRAMS

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.

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 are asking you in June and July 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.

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 you 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!

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 handwashing, physical distancing, and covering your mouth and nose with a face mask

CENTER OF ACTIVE LIVING

REGISTRATION FOR ALL PARTICIPANTS

With the start of our new fiscal year, it is time to update our database. Please take a few minutes to complete the following form. Then, you may mail the completed form to the Center for Active Living, 36 Main St., York, ME 03909, drop it off when you pick up lunch to go, email the information to jmarshall@yorkmaine.org, or call in the information to Janis at 207-363-1036 on Tuesdays - Fridays, 2-4pm. For York residents, there is no annual fee. For non-York residents, there is an annual user fee of \$25.00, which can be paid by credit/debit card or check made out to Town of York with note in memo area stating "CAL - non-resident user fee." This information is for our use and your safety only; it will not be shared with others without your permission. Thank you for your cooperation. This **is important so you continue to get *The Scoop* and other notices**. If you have any questions, please contact Jo at 207-363-1036 or jross@yorkmaine.org. **Please print legibly.**

Full Name:

Phone Number - house:

Phone Number - cell:

Email Address (own or family/friend who will provide you the information):

Mailing Address (#, street, apt/unit if appropriate, town, state, zip code):

If mailing address is a post office box, street address:

Date of Birth:

Winter Address: same months: _____

Mailing Address:

Emergency Contact:

Person's Full Name and Relation to You (e.g., spouse, friend, daughter):

Above person's phone number

Above person's address

Doctor's Name:

Phone #:

Town and State:

Affiliated with York Hospital: yes no

Do you live alone? yes no

Do you drive? yes no

Any medical or other information that would be useful for us to know (e.g., pacemaker, uses a wheelchair, uses a walker/rollator, difficulty climbing stairs):

How do you want to receive *The Scoop*? email postal mail email & postal mail

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

Deliver to following person or current resident:

All programs require advance registration; no drop-ins.

Additionally, for programs requiring a fee, the fee needs to be paid in advance via credit/debit card, or for lunch, you may pay by check or punch card at time of pick-up. No cash payments accepted. Non-York Residents need to pay the annual user fee of \$25.00 prior to registering for a program.

Please read *The Scoop* for program details and registration information.

To register, call 207-363-1036 (Monday - Friday, 9:30am - 3:30pm).

The building and grounds remain closed for the month of July with the exception of pre-arranged outdoor programs and pick-up appointments.



July 2020