

The Scoop

August 2020



Center for Active Living
Town of York, Maine - Parks and Recreation Department
Life. Be in it!

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

Vol. 40 Issue 2 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi Friends,

First, thank you all who have returned the registration information sheet or called in to renew your registration for 2020-2021! If you have yet to do so, please do return the completed form so you continue receiving *The Scoop*, emails, and other mailings. As of the end of September 2020, beginning with *The Scoop* for October 2020, we will only be mailing to people who have renewed their registration for 2020-2021. If you need the registration sheet, it is the last page of this *Scoop*.

Second, thank you to every one who has participated in the Lunch To Go Drive Thru, Line Dancing, and Outdoor Workouts programs, for your patience while the parking lot is being re-surfaced. Also, thanks to lunch program participants for keeping to your assigned time and not coming early. Please do remember to keep your mask over both your nose and mouth when checking in for lunch and receiving your meal.

Summer is almost half over yet COVID-19 shows no signs of disappearing any time soon. Although the numbers remain relatively low in Maine, we will continue to keep the building and grounds closed to the public with the only exception being scheduled outdoor programs and pre-arranged appointments (which take place outdoors) in order to maintain the utmost safety for all. August's program will look very similar to July's programs with a slight increase in the number of participants per program. I know most of you who are card and/or table game players are longing to get back to playing at the Center with your friends. I have been exploring how this can be done safely in light of COVID-19 but unfortunately, have yet to come up with a way to keep everyone safe. These types of programs just don't accommodate physical distancing.

In keeping with tradition, the Masonic Lodge of York - Mt. Aspinquid Lodge - will offer their annual summer lobster bake for the Center on Friday, August 21st. This year it will be done as a drive thru. See Key Dates in August below for further details including how to register.

Finally, check out the modified logo above; I do hope you like it!

Enjoy,

Jo, CAL Director

Key Dates in August

Wednesday, July 29 - Program Registration Begins for York Residents at 9am

Thursday, July 30 - Program Registration Begins for Non-York Residents at 9am

Reservations via phone (207-363-1036) will be taken Monday - Friday between 9:00-11:00am and 1:30-3:30pm. *Please note, there will be no in-person reservations.*

Friday, August 21 - Lobster Bake Drive Thru

Meal includes lobster, corn chowder, Nancy's homemade potato salad, corn bread, and Nancy's blueberry cake.

Price: \$18.00 single lobster meal; \$22.00 double lobster meal. **Payment** needs to be made at time of reservation via credit/debit card. Arrangements may be made to pay by check provided the check is received by the deadline date of Friday, August 7th. No lunch cards will be accepted for payment.

To register, call the Center according to the above registration dates and times. **Deadline date for reservation, payment, and cancellation with refund: Wednesday, August 12 by 3:30pm (or earlier if sold out).**

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. To register, call the Center for Active Living (207-363-1036), M-F, 9:00 - 11:00am /1:30 - 3:30pm. Except for lunches, you may also register online. *Note, no walk-in/drop-in/onsite registration accepted.*

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](https://www.cdc.gov/coronavirus)

3/20/20 11:00 AM

ACTIVITIES TO GO

DINNER CLUB TO GO



Brought to you by York Rotary & Center for Active Living

Available Only to Individuals Living In York

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 August. 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 using hand sanitizer for everyone's safety.

American Legion Fish Fry Friday, August 7th

Deadline for Ordering: Thursday, August 6 by 3:00pm.

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

York River Landing Wednesday, August 12

Menu and Deadline Date for Ordering to be announced by Monday, August 3. Watch your email or call for information.

American Legion Burger Night Wednesday, August 19

Deadline for Ordering: Tuesday, August 18 by 3:00pm.

Menu:

- Hamburger & Fries - \$6.00
- Cheeseburger & Fries - \$6.00

Foster's Clambake Wednesday, August 26

Menu and Deadline for Ordering to be announced by Monday, August 17. Watch your email or call for information.

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

Paint A Wooden Bowl with Nancy Monday, August 10, 1:00pm

Each person will receive a raw wooden bowl to paint. Once painted, you will finish off your bowl with a food safe shellac so that you can use it for fruit, etc. Nancy will guide you through the process and offer design options. **Cost: \$8.00 (includes wooden bowl and all supplies). Deadline date for registration and refund if you cancel: Wednesday, August 5. Note, this class will be held outdoors on the parking lot. Due to COVID-19 pre-cautions and limited shaded space outdoors, this class is limited to 6 participants so register early.**

EXERCISE & WELLNESS

OUTDOOR WORKOUTS Instructor: Jonna Dijkstra, CPT Tuesdays, August 11, 18, & 25 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, September 1 at 8:30am. **Deadline date for registration and refund if you cancel: Thursday, Friday, August 7. Due to COVID-19 pre-cautions and limited shaded space outdoors, this class is limited to 8 participants so register early.**



LINE DANCING OUTDOORS

Instructor: Diane Anderson
Wednesday, August 12, 19, & 26 and/or
Fridays, August 14, 21, & 28
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: \$6.00 for the 3 sessions (one time per week - either Wednesday or Friday; you must register for one of those days and stay with that day for all three sessions) or \$12.00 for 6 sessions (two times per week - both Wednesday and Friday).** 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. Wednesday's class make-up will be on Wednesday, September 2 and Friday's class make-up will be on Friday, September 4 at 9:00am. **Deadline date for registration and refund if you cancel: Monday, August 10. Due to COVID-19 pre-cautions and limited shaded space outdoors, this class is limited to 10 participants per day so register early.**

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>.

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

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!*

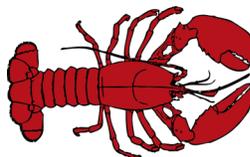
- ⇒ When you order your meal(s), you will be provided a pick-up time between 12:10-1:00pm; *please, please keep to your time! We appreciate that you NOT arrive early to help keep the flow of traffic going.*
- ⇒ On arrival in the parking lot, please put on your face mask (be sure it is covering both your mouth and nose) and put your name sign in your car window. Then, a volunteer will check you in, collect payment if necessary, and direct you to a parking space. If it's your first time picking up lunch, you will be given a sign with your last name and pick-up time on it. We ask that you keep the sign and bring it back each time you come to pick-up a meal. If you are picking up someone else's meal(s), please have their name on a sign also. .
- ⇒ Someone will deliver your meal(s) to your car.
- ⇒ 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 BAKE SPECIAL

Friday, August 21, Lunch To Go Drive Thru



See information on page 1. **Cost: \$18.00 for meal with one lobster and \$22.00 for meal with two lobsters. Deadline date to register and pay or for cancellation with refund: Wednesday, August 12 or earlier if sold out.**

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

Nancy's Lunch To Go Drive Thru Available Tuesdays, Thursdays, & Fridays

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, 9:30 - 11am and 1:30 - 3:30pm. 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 needed until the card runs out. When you make your reservation, you will be assigned a pick-up time between noon and 1pm. If you already have an assigned time, you will continue to pick-up at the same time. Please keep to your pick-up time and do not arrive early. 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 or by noon day prior to when you want the muffins. Note, muffins are extra and not part of the \$5.00 meal. **Special Meal – Lobster Bake – order and pay by Wednesday, August 12;** \$18.00 single lobster/\$22.00 double lobsters; lunch card may not be used for special meal (See p. 1 for details).

| Tuesday | Thursday | Friday |
|---|---|---|
| 4 Baked Chicken with Mushroom Sauce, Rice Pilaf, Vegetable <i>Muffin: Cranberry Walnut</i> | 6 Mini Meatloaf, Mashed Potato, Gravy, Vegetable <i>Muffin: Blueberry Muffins</i> | 7 Fish Chowder, Seafood Salad Roll, Chips, Cole Slaw <i>Muffin: Lemon Poppy Seed</i> |
| 11 Creamy Spinach Cheese Soup, Melty Ham & Cheese Sub with Tomato, Chips, Crackers <i>Muffin: Peanut Butter Jelly</i> | 13 Roast Pork Dinner, Mashed Potato, Gravy, Vegetable <i>Muffin: Blueberry Bran</i> | 14 Baked Haddock with Crumb Topping, Red Smashed Potato, Vegetable <i>Muffin: Sweet Georgia</i> |
| 18 Turkey Divan Roll-Up (sliced turkey rolled around broccoli with cheese sauce), Vegetable <i>Muffin: Banana Walnut</i> | 20 Homemade Chunky Beef Stew over Rice, Vegetable <i>Muffin: Cranberry-Blueberry</i> | SPECIAL MEAL 21 LOBSTER BAKE Corn Chowder, 1-2 lobsters, Corn on the Cob, Potato Salad, Blueberry Cake <i>[No muffins today]</i> |
| 25 Nancy's Mild Chili, Hot Dog, Chips, Cole Slaw <i>Muffin: Cherry Chocolate Chip</i> | 27 Spiral Baked Ham with Pineapple, Baked Beans, Vegetable <i>Muffin: Blueberry Corn</i> | CHOICE DAY 28 Baked Haddock with Shrimp Sauce or Plain Haddock, Wild Rice Pilaf, Vegetable <i>Muffin: Peanut Butter Chocolate Chip</i> |

Special Thanks To Our Lunch To Go Drive Thru Volunteers

You're Doing A Fabulous Job!

Tuesday's Crew

Joanne Anderson
Greg Fyfe
Marilyn Fyfe
John Garfield

Thursdays' Crew

Joanne Anderson
Claudia Bak
John Garfield
David McClure
Deb Pohopek

Friday's Crew

Kathleen Chase
John Garfield
Tamy Prescott
Glenna Rowan
Celeste White

Delivery Crew

Lorraine Robbins-Pardoe
Michael Pardoe

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.

LAWN GAMES

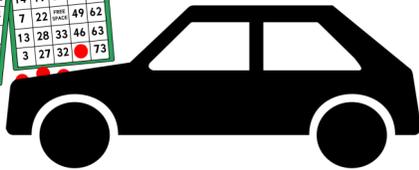
Wednesday, August 5, 10:15am



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: Tuesday, August 4.**

BINGO FROM YOUR CAR

Wednesday, August 19, 10:15am



Play BINGO from the comfort of your car. Your car will need to be turned off; it can not be idling (no air conditioner). Everyone needs to remain in their car for the entire program. 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: Tuesday, August 18. Everyone attending must be registered.**

ADDITIONAL TOWN OF YORK PARKS & RECREATION PROGRAMS

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

YOGA ON THE BEACH

Short Sands Beach

Instructor: Andy Ferragamo

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

August 3 - 28

The class includes yoga postures (asanas) encompassing full body stretching, flexibility, and balance movements. It is designed for adults of all ages and abilities from deconditioned 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, and drinking water. **Cost: \$120.00 for York Residents; \$130.00 for Non-Residents.**

Maine Bicentennial Challenge - 200 Miles for 200 Years

Maine turns 200 years old as a State in 2020 and we didn't want this milestone to pass without a fun, active challenge to commemorate it! What better way to celebrate 200 years, than with 200 miles?! All can participate. Complete the Maine Bicentennial Challenge by registering for \$15 (plus fees) and walk, run or cycle 200 miles between August 1st and December 31st. Participants who register before October 1st will receive a free, limited edition Bicentennial shirt! There are also referral perks, so register and encourage your family and friends to do the same! Refer 5 people and your registration is free. Refer 20 people and you'll receive a custom gaiter! Registration is online only, no mail-in. To register, visit <https://runsignup.com/Race/ME/York/MaineBicentennialChallenge>. Email Liz Cooper, York Parks and Recreation Special Events Coordinator, with any questions at lcooper@yorkmaine.org.



COMMUNITY PROGRAMS

8th FIRE - 7th GENERATION NATIVE AMERICAN DRUM CIRCLE

Leader: Sterling Chase
Mt. Agamenticus Summit

Tuesdays, 6:00 - 7:30pm (Every other week)

See <https://www.facebook.com/groups/216504372265681/events/> for details or call or email Sterling (603-767-2405; sterlingchaseh@gmail.com). **Cost: Free.** Donations accepted at program for The Mount Agamenticus Conservation Region.

WEST SIDE STORY – HIGHLIGHTS AND DISCUSSION via ZOOM

Presented by South Coast Senior College
Instructor: Lorraine Dutile Masure
Friday, August 7, 10-11:30am

South Coast Senior College (SCSC) is delighted to invite you to a conversation and analysis of Leonard Bernstein-Stephen Sondheim's classic "West Side Story" in the comfort of your home. The program will be lead by Ms. Masure who is a SCSC instructor for 8 years and has a passion for Broadway Musicals. While we will not view the musical in its entirety, several musical selections, from the Broadway production will be played, complete with Jerome Robbins' brilliant ethnic choreography. We will focus on its present-day themes of immigration, bigotry, gang warfare, ethnic pride and the star-crossed love suffering the consequence of two dissonant cultures. **Cost: Free and open to the public.** Invite your friends and family! **Advance registration required. For questions and to Advance registration is required via email:** southcoastseniorcollege@gmail.com. When emailing, please express your interest in this event and you will receive a return email with a link for the presentation.

YORK PUBLIC LIBRARY

York Public Library is currently offering interlibrary loans, online services, access to computers within the library by appointment, and curbside hours. It also is offering Books on Call delivery service for individuals who are unable to participate in curbside pickup. If you don't know what you want to read, the librarians are more than willing to help you select books to read based on your interests. To access any of the library's

services and to obtain more information, call Tuesdays - Fridays, 10:00am - 5:pm; 207-363-2818 or visit the following website: <https://www.york.lib.me.us/interlibrary-loans-computers-by-appointment-and-expanded-curbside-hours-starting-july-14/>.

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.

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 (Hannaford) the Center benefits. ***This is our year-round bottle drive; help support the Center! Thanks!***



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. *Please submit only one time; if you already sent/called in, you're done; thanks!***

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
 Permit No. 5

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 check, or for lunch, you may also 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 & registration information.

To register, call 207-363-1036 (Monday - Friday, 9:00 - 11:00am / 1:30-3:30pm).

The building & grounds remain closed for the month of August except for pre-arranged outdoor programs & pick-up appointments.

Program Registration Begins Wednesday, July 29 for York Residents at 9am and Thursday, July 30 - Program Registration Begins for Non-York Residents at 9am

August 2020

