

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

September 2020



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

Vol. 40 Issue 3 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi Friends,

Can you believe that summer is almost over and Fall begins in less than a month on Tuesday, September 22. Hopefully, you've enjoyed the summer while being safe. Since COVID-19 remains among us, we will continue to keep CAL's building and grounds closed except for outdoor programs and pre-arranged pick-up appointments. Drive thru lunch will continue on Tuesdays, Thursdays, and Fridays.

We know that 2020 has been an exceptional year. To share our experiences, we are asking you to join in with the making of a CAL wall hanging community quilt. See p. 3 of this *Scoop* for details. I hope everyone considers making a square to share one memory of your COVID-19 experience. You don't need to be a quilter or artist to participate. I for one am neither but I plan to illustrate one of my first memory of our shut-down; that is how much time I spent on the telephone!

This year is Maine's 200th birthday but due to COVID-19, celebrations have been extremely limited. We don't want to forget this significant event. Thus, on Thursday, September 24, the Town of York Parks and Recreation Department is going to host a drive thru Bean Supper, a Maine tradition, at CAL. Nancy is going to make baked beans, hot dogs, cole slaw, and her blueberry cake. This will be available as a drive thru for all York residents and CAL participants. We will serve it as our Thursday lunch plus make it available for pick-up at 5:00pm and 5:30pm. For more information, see p. 7 of this *Scoop*. Also, in celebration of Maine's bicentennial, for those of you who are walkers, joggers, or bicyclist, consider joining the *Maine Bicentennial Challenge 200 Miles for 200 Years*; see p. 9 for details. This is a great way to commit to regular exercise as fall and winter approach. For more information about Maine's bicentennial including videos, history facts, and a listing of events, see: <https://www.maine200.org/>.

With Fall approaching, Winter cannot be too far behind. With winter, comes snow and ice. S.O.S. (Serving Our Seniors) in conjunction with York Parks and Recreation and York Police Dept. will again be delivering sand buckets to York adults who are responsible for their own walkways and unable to obtain sand on their own. See p. 8 for details. The deadline date for registering/re-registering is Friday, October 30.

We are now into the 2020-2021 fiscal year, which means that **everyone needs to re-register with the center in order to continue directly receiving *The Scoop* and other information. Beginning with the October Scoop, we will only be using the 2020-2021 registration listing.** Therefore, if you haven't re-registered yet, please do so now. See p. 9 for more information.

Enjoy,

Jo, CAL Director

Key Information For September

Wednesday, August 26 - Program Registration Begins for York Residents at 9am

Thursday, August 27 - Program Registration Begins for Non-York Residents at 9am

Registration via phone (207-363-1036) will be taken Monday - Friday, 9:00-11:00am and 1:30-3:30pm. Please note, there is NO in-person registration.

Monday, September 7 - Labor Day - The Center will be closed that day.

Week of September 7 - Lunches will NOT be available this week.

Special Meals - For details, see lunch calendar (p. 7)

- ⇒ **Thursday, September 17 - Steakout (steak or chicken) grilled by York Police Dept.**
- ⇒ **Thursday, September 24 - Maine 200th Birthday Bean Dinner - Open to all CAL participants and all residents of York regardless of age**

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

3/10/20 4:44 AM

SPECIAL PROJECT

EVERYONE ENCOURAGED TO JOIN IN & CONTRIBUTE TO CAL'S

"COMMUNITY QUARANTINE QUILT"



The “quilt” will become a wall hanging that can be shared throughout the community to enable people to understand and remember what 2020 has been like for older adults of York. It will then have a permanent home at the center to highlight a year extraordinary.

Project Coordinators: Nancy Garfield, CAL Chef, and Jo McNeil, expert quilter, CAL participant, and CAL volunteer.

We are inviting EVERYONE affiliated with the Center for Active Living (CAL) to help us put together a large wall hanging quilt. If we get enough participation, we may even create two “quilts.” You will create one or more squares that depict or represent your experiences or reflections on our “very interesting year.” Perhaps you started watching birds in your yard, or you drove to the ocean for some peace and tranquility. Maybe you made puzzles or played games. Did you “ZOOM” or facetime with your extended family and/or friends? Make your experience(s) into a square! THIS IS NOT AN ARTIST PROJECT OR NECESSARILY A “SEWING” PROJECT; everyone has the ability to contribute! As long as your square is 13” x 13” (which includes a one inch border), you can quilt, applique, or use paint, permanent markers, and/or glue to decorate it. Squares of fabric will be available from the center starting Tuesday, September 1. If you pick-up lunch, you may request a square from the Welcome/Sign-In Volunteer when you arrive for lunch on any Tuesday, Thursday, or Friday that we are serving lunch (not available on special meal days). This option is only available to you on a day when you are picking up lunch. Otherwise, please call the center (207-363-1036) to arrange a pick-up time during the week or if you live in York and are unable to come to the center, to arrange for delivery. You may *not* just stop by without a pick-up appointment. If you wish to use your own fabric, please make your square 13” x 13” with a half inch border so that the “picture” is 12” x 12.” Finished projects need to be returned to the center the week of October 11th. Of course, you may hand-in your project before that week. To hand-in your project, please either bring it when you are picking up your lunch and give it to the Welcome/Sign-In Volunteer or call to make arrangements to drop it off. If you live in York and are unable to bring your finished square(s) to the center, you may call to make arrangements to have your square (s) picked up by a volunteer. Please note, you may make multiple squares but all must be the same size.

If you are interested in participating, but need help with identifying ideas and/or figuring out how to make your idea into a square, Nancy will be holding brainstorming sessions on Monday, September 14 at 1pm and on Monday, September 21 at 10:30am. You must register to participate in one or both of these sessions; deadline date for registration is Friday, September 11 by 3:30pm for Monday, September 14 session and Friday, September 18 for Monday, September 21 session. Based on request, Nancy may also hold one or more implementation sessions.

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 twice during the month of September. 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, September 11

Deadline for Ordering: Thursday, September 10 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

**Lobster Cove
Wednesday, September 23**

Deadline for Ordering: Tuesday, Sept. 22 by 3:00pm.

Menu: To be announced by Monday, Sept. 14.

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(s).

A FEW RESOURCES TO TRY ON YOUR OWN

Nature Exploration:

- Birds Videos - <https://academy.allaboutbirds.org/media-library/>
- Bird Identification including sounds - https://www.whatbird.com/browse/objs/All/birds_na_147/38/location/6415/maine/default.aspx
- Choose a patch of your yard and watch it change in all directions with the coming of Fall

York Public Library: 207-363-2818 (Tuesdays - Fridays, 10:00am - 5:00pm)

- Online loan of books, magazines, & videos
- Books on Call delivery service
- Computer access

ARTS & CRAFTS

“COMMUNITY QUARANTINE QUILT” - BRAINSTORMING IDEAS

with Nancy

Monday, Sept. 14, 1:00pm

or

Monday, Sept. 21, 10:30am

Please see p. 3 of this *Scoop* for details on the project. This program is designed for you to develop ideas for your square(s) as well as ideas for designing your square(s). During the session, you will not actually create your square. You may pick-up your square at the session. **Cost: Free.** Due to COVID-19, this program will be held outdoors. Class limited to 6 participants per session. **Deadline date for registration is Friday, September 11 by 3:30pm for Monday, September 14 session and Friday, September 18 by 3:30pm for Monday, September 21 session.**

OUTDOOR WORKOUTS

Instructor: Jonna Dijkstra, CPT

EXERCISE & WELLNESS

Tuesdays, September 15, 22, & 29
9:00-10:00am

Join Jonna for 3 outdoor workout sessions. The class will be a combination of cardio, balance, strengthening, and social distanced fun! Jonna will individualize workouts to meet your specific needs as much as possible. 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 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, a make-up session will be held on Tuesday, October 6. **Deadline date for registration and refund if you cancel: Friday, September 11.** *Due to COVID-19 precautions and limited shaded space outdoors, class limited to 8 participants so register early.*

LINE DANCING OUTDOORS

Instructor: Diane Anderson

Wednesday, September 9, 16, & 23

and/or
Fridays, September 11, 18, & 25
9:00-10:00am

The class will be held in a flat, shady space in the parking lot. Each participant will be assigned a 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 make-up will be on Wednesday, September 30 and Friday's make-up session will be on Friday, October 2. **Deadline date for registration and refund if you cancel: Tuesday, September 8.** *Due to COVID-19 precautions and limited shaded space outdoors, class limited to 10 participants 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>.

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.

NANCY'S LUNCH TO GO

LUNCH PROGRAM

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/jross@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 correctly (covering mouth and nose). 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 your meal(s) to you in your car (be sure you are wearing your mask and it is on correctly).
- ⇒ 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.

THERE WILL BE NO LUNCHES THE WEEK OF SEPTEMBER 7TH

MUFFINS FOR SALE

Nancy will have muffins available for purchase (not part of your meal); 5 muffins for \$2.00. Muffins needed to 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 prior to day desired.** See menu for muffin of the day. Payment options: credit/debit card when ordering or check at time of pick-up; no cash or lunch cards.

Town of York - Center for Active Living - Sept. 2020 - Lunch Menu

Donation \$5.00 per meal per person except for special meals. **Reservation required by noon the Friday prior to the meal you would like; call 207-363-1036 Monday – Friday, 9:30am-3:30pm.** *Please note, you can order for the entire month or multiple weeks at once if you'd like.* 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. Please keep to your pick-up time and do not arrive early. When you arrive for pick-up, you must remain in your car and wear a mask over your mouth and nose. Someone will come get your name and payment (if not already paid) and then someone else will deliver your meal. **MUFFINS are not part of the meal;** you may order muffins - 5 muffins for \$2.00; order at time of submitting lunch order or by noon day prior to when you want the muffins.

Tuesday	Thursday	Friday
1	3	CHOICE DAY 4
Homemade Turkey Rice Soup BBQ Pulled Pork Sandwich, Chips <i>Muffin: Cranberry Orange</i>	Nancy's Homemade Lasagna, Sausage, Meatball, Vegetable <i>Muffin: Blueberry Muffins</i>	Haddock with Crumb Topping or Seafood Pie with crumb topping (haddock, shrimp, sea legs, scallops), rice, vegetable <i>Muffin: Sweet Georgia</i>
15	SPECIAL MEAL 17	CHOICE DAY 18
Italian Chicken Breast with Pasta Pri- mavera <i>Muffin: Banana Walnut</i>	YORK POLICE STEAKOUT Choice of Steak (\$7.00) or Chicken (\$5.00) Potato Salad, Corn on the Cob [No muffins today]	Baked Haddock Florentine or Plain Baked Haddock, Potato Au Gratin, Vegetable <i>Muffin: Wild Blueberry</i>
22	SPECIAL MEAL 24	CHOICE DAY 25
Spaghetti with Meatball, Sausage, Vegetable, Garlic Bread <i>Muffin: Pineapple Cherry</i>	CELEBRATE MAINE'S BICENTENNIAL New England Baked Beans, 2 Hot Dogs, Cole Slaw, Chips, Blueberry Cake Choice of Pick-up Time: lunch time or 5/5:30pm (\$5.00) [No muffins today]	Baked Haddock with Shrimp Sauce or Plain Haddock, Wild Rice Pilaf, Vegetable <i>Muffin: Cranberry Walnut</i>
29	October 1	October 2
Everyone's Favorite Meatloaf, Mashed Potato, Vegetable <i>Muffin: Peanut Butter Chocolate Chip</i>	Chicken Parmesan over Spaghetti, Vegetable, Garlic Bread <i>Muffin: Blueberry Corn</i>	Baked Haddock with Seafood Crumb Topping, Red Smashed Garlic Potato, Vegetable <i>Muffin: Banana Bran</i>

No Lunch Week of September 7 (T- 8, TH - 10, & F - 11)

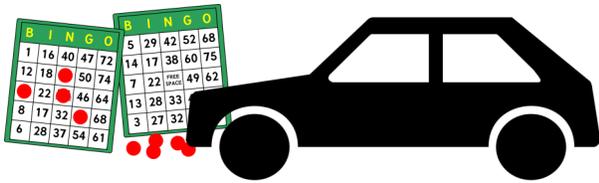
SPECIAL MEALS

- ⇒ **Thursday, Sept. 17 - "Steakout" Presented by York Police Department (YPD)** - The YPD will be grilling steak and chicken, Nancy will provide extras to complete the meal, and then the YPD will deliver your meal to your car. When making your reservation, please specify whether you want steak (\$7.00) or chicken (\$5.00). Payment due at time of reservation. Pick-up times remain the same.
 - ⇒ **Thursday, Sept. 24 - Bicentennial Bean Supper** - This meal is being offered in conjunction with York Parks and Recreation Dept. and is open to all residents of York regardless of age as well as all participants of the center (regardless of where you live). You may select to pick-up your meal at your regular pick-up time or at 5pm or 5:30pm. Cost: \$5.00. Payment and pick-up time due with reservation.
- Payment option: credit/debit card or check; lunch tickets may *not* be used nor can you pay in cash.**

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 or is too hot outdoors, 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, September 9 & 23, 10:30am



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: Tuesday, Sept. 8 for Wednesday, Sept. 9 and Tuesday, Sept. 22 for Wednesday, Sept. 23. Everyone attending must be registered.**

LAWN GAMES

Wednesday, September 30, 11am



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, Sept. 28.**

COMMUNITY AFFILIATED PROGRAMS

S.O.S. BUCKET BRIDGAGE

Are you unable to obtain a sand bucket on your own and have no one to help you get a sand bucket but need to have sand for your steps, sidewalk, and/or driveway to be safe, then this program is for you. S.O.S. (Serving Our Seniors), is again offering York adults who meet the criteria, the opportunity to obtain a 5 gallon pail filled with a sand-salt mixture for your steps and walkways. This program is a collaboration among S.O.S., the York Parks & Recreation Dept., and the Town of York Police Department. If you meet the criteria to participate and are interested, please call the Center for Active Living (207-363-1036) to have a bucket delivered to your home in early November. **Deadline date for registration: Friday, Oct. 30 by 3:30pm. Cost: Free! Please note, that even if you were part of this program in the past, you must call to re-register if you want to continue with the program.** All we ask of you is that when your bucket gets to half fill, you call again for a refill. Please note that it can take several days to deliver the refill, so advance notice is strongly encouraged. Additionally, we cannot give you a specific day and time for delivery. Your safety is important to us. Call now to get your name on the list.



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 stickers 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!

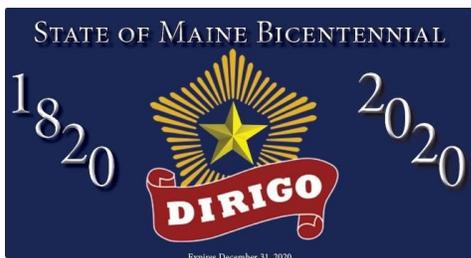


TOWN OF YORK PARKS & RECREATION EVENTS TO CELEBRATE MAINE'S BICENTENNIAL



Maine Bicentennial Challenge 200 Miles for 200 Years

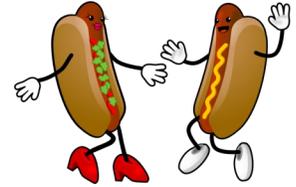
There is still time to register for the Maine Bicentennial Challenge, to celebrate 200 years with 200 miles! Complete the Maine Bicentennial Challenge by registering for \$15 (plus fees) and walk, run or cycle 200 miles between now and December 31st. Registration goes up to \$17.50 (plus fees) on September 1st and \$20 (plus fees) on October 1st, so don't delay! Participants who register before October 1st will receive a free, limited edition Bicentennial shirt (design shown above)! 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! Registration is online only, no mail-in. This is a self-paced challenge, so walk as many or as little miles as you want every day or week. You just have to complete 200 miles by the end of the year! **To register, visit:** <https://runsignup.com/Race/ME/York/MaineBicentennialChallenge>. **For questions, email Liz Cooper**, York Parks & Recreation Special Events Coordinator at lcooper@yorkmaine.org.



Happy Birthday Maine!

Bean Supper

Drive Thru at CAL
Thursday, Sep-



tember 24

Yummy!

This event is open to all CAL participants and York residents of all ages. In celebration of Maine's 200th birthday, we will serve a traditional Maine dinner of baked beans, two hot dogs, cole slaw, chips, and blueberry cake as a drive thru event. **Cost: \$5.00 per meal.** You may select your **meal pick-up time: 12:10pm, 12:20pm, 12:30pm, 5:00pm, or 5:30pm.** To register, call the CAL (207-363-1036) by Friday, September 18. At time of registration, identify your desired pick-up time and provide payment via credit/debit card. There is no online registration for this event.

**CAL PARTICIPANT
REGISTRATION**

If you have yet to re-register with the Center for Active Living since May 2020, please do so now by calling Janis, Program Coordinator, at 207-363-1036, Tuesday - Friday, 2-4pm. When calling, please be prepared to provide the following information:

- Emergency contact name and phone #
- Physician name and phone #
- If you have a winter address, address and approximate months you are there

If you mailed or handed in the registration form previously in *The Scoop* or have already spoken with Janis or Jo since May 2020 to provide registration information, then you do not need to call. If you are a York resident or York property tax payer, there is no fee for registering. If you are a non-York resident, you need to pay an annual user fee of \$25.00. **Deadline date for re-registering so that you continue to receive *The***

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.

Registration Begins Wed., August 26 for York Residents and Thursday, August 27 for Non-York Residents.

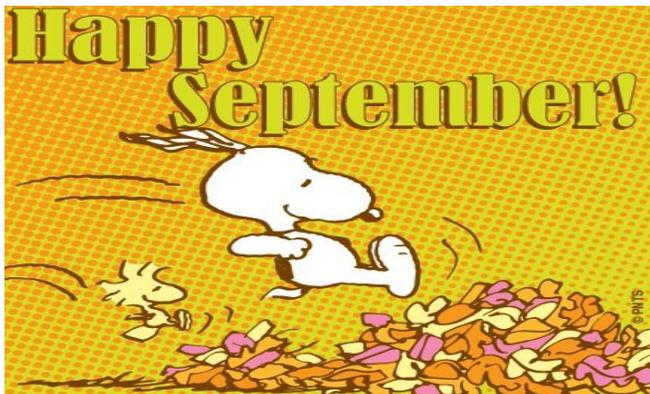
Additionally, for programs requiring a fee, the fee needs to be paid in advance via credit/debit card or check, or for lunch, you may pay by check or punch card at time of pick-up. No cash payments accepted. Non-York Residents need to pay the annual user fee of \$25.00 prior to registering for a program.

Please, please update your registration by Wednesday, October 14th or you will not receive *The Scoop* via mail for November.

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 September with the exception of pre-arranged outdoor programs and pick-up appointments.



September 2020