

The Scoop

October 2020



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

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

Hi Everyone,

With the coming of Fall, we're going to focus on outdoor programming before the weather chases us indoors. We are planning some exciting programs in addition to the programs that we've been offering through the summer (e.g., BINGO from Your Car, Line Dancing, Outdoor Workouts). Below are a few **highlights for October**; read *The Scoop* for details. **All programs require advance registration even if the program is free so read *The Scoop* carefully.**

Apple Picking at Spillers Farm in Wells – Friday, October 2 at 10:30am. You will need to drive yourself to the farm, where you will meet Janis.

Harvest Festival in the Parking Lot – Wednesday, October 7 [Rain date: Wednesday, Oct. 21]

10:30am - Pumpkin Carving/Decorating with Nancy

1:30pm - Live Music – The Duo: Wayne and Steve with refreshments (Nancy's homemade apple cake plus cider)

Nature Exploration and Picnic at Mt. Agamenticus – Thursday, October 8 and Tuesday, October 20.

Medicare Information Sessions via Zoom – Friday, October 9 at 10:30am and repeated Monday, October 26 at 1:30pm. If you need assistance to use Zoom, please let us know in advance and we will provide you with a coach. You can access the information session over Zoom from a home/non-smart phone or computer/laptop/tablet/smart phone. We'll be happy to help you get started using Zoom.

Book Club: We will all be reading the same book in October and then, in November getting together to discuss the book (hopefully, inside the Center).

Special Meals: Turkey Dinner with all the trimmings – Tuesday, October 27 and Lobster Rolls plus spookie dessert for Halloween - Friday, October 30.

Don't forget to do your square(s) for the CAL Community Quarantine Quilt. Squares should be submitted the week of October 11. If you have questions or need assistance, contact Nancy, M-F, 8-10am or 1-2pm.

As a result of COVID-19, the **Anchorage Inn Swim Passes will not be available this year.** The Inn is unable to allow anyone who is not staying at the hotel to use their pool.

If you live alone, are responsible for your outdoor steps, driveway, sidewalk, and are unable to obtain a **sand bucket** for your safety, then be sure to sign-up for the **S.O.S. Bucket Brigade program** by October 30. For those of you who have previously been part of this program even if you still have a full bucket, you still need to re-register for the program for the 2020-2021 winter.

Please note that **all programs have maximum number of participants and require advance registration.** If the program has a fee, then the fee needs to be paid at time of registration. Payment may be made via credit/debit card or check; no cash will be accepted. Registration can be done via phone or online (no online registration for lunches); **no registration will be accepted in-person.**

Finally, **due to the pandemic, our building continues to be closed to the public and grounds, except for pre-arranged appointments and programs.** With the coming of winter, we are exploring options for indoor programming in our building and at other sites that will enable us to deliver a variety of programs safely in-person. We also plan to do some programming virtually and will be offering coaching for use of Zoom. Remember, Zoom can be done from a regular phone as well as from a computer/laptop/tablet/smart phone.

PLEASE BE SAFE (wash your hands, wear a mask appropriately, keep at least 6 ft. away from people not in your household), GET YOUR FLU SHOT, and ENJOY LIFE!

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, 9:00-3:30pm.

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 are available now. 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. 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 11.** Of course, you may hand-in your project before that week. To hand-in your project, please either bring it when you pick up 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. You may make multiple squares as well as make a square with someone else. *Please, do not just stop by the center to either pick-up a square or hand-in your finished square without calling first.*

If you are interested in participating, but need help with identifying ideas and/or figuring out how to make your idea into a square, feel free to call Nancy at the center, M-F, 8-10am and 1-2pm.

SPECIAL EVENT - HARVEST FESTIVAL

WITH LIVE MUSIC - WEDNESDAY, OCTOBER 7

Join us in welcoming the Fall with a Harvest Festival at the Center for Active Living in our parking lot. In the morning, you can decorate/carve a pumpkin (Cost: \$6.00; see Arts & Crafts programs, p. 5). At 1:30pm, there will be **live music by The Duo - Steve and Wayne**. You may bring a lawn chair and sit outside your car for the first part of their music performance as long as you wear a mask covering your mouth and nose and remain 6 ft. apart from anyone who did not come with you in your car. For the second part of their performance, you will be asked to return to your car and we will deliver cider and Nancy's homemade apple cake to you. At no time, can you wander the parking lot and greet your friends. **The afternoon part of the program is free but you must make a reservation by Friday, October 2.** When making your reservation, you need to tell us how many people will be coming with you in your car. [Rain Date: Wednesday, October 21]

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 October. 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 call you 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, October 23

Deadline for Ordering: Thursday, October 22 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

Foster's Clambake Wednesday, October 7

Deadline for Ordering: Tuesday, October 6 by

3:00pm.

Menu: *All items \$13.50 inclusive of tax.*

- Grilled Atlantic 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

The York River Landing Wednesday, November 4

Menu & Deadline for Ordering: To be announced by October 26

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. Call for information, to obtain a listing, and to make arrangements for pick-up time or delivery if you live in York.

CRAFT PROJECTS TO PARTICIPATE IN FROM HOME

- **Community Quarantine Quilt Project**, see p. 3.
- **Yarn Graffiti Project:** For all you knitter, crocheters, and fiber weavers, coming shortly will be an opportunity to contribute to our fall yarn graffiti project for one of our trees, benches, and pipe outdoors. You'll make your piece at home, and one of our talented volunteers will put it together on the tree and pipe.

ARTS & CRAFTS

“COMMUNITY QUARANTINE
QUILT” - See p. 3

HARVEST FESTIVAL - PUMPKIN DECORATING/CARVING

With Nancy

Wednesday, October 7 at 10:30am

Come decorate a pumpkin and get in the spirit of the season! Then, join as us in the afternoon for music and refreshment and displace your pumpkin for all to see. **Cost: \$6.00. Deadline date for registration, payment, and refund if you cancel: Friday, October 2. Rain date: Wednesday, October 21.**

BOOK CLUB

BOOK CLUB

Book: A Man Called Ove (2012)

by Fredrik Backman

Read book in October

**Discuss November 4th at 1:30pm
(2nd time based on # participants)**

This book is about a curmudgeon who hides beneath a cranky and short-tempered exterior due to a terrible personal loss while clashing with new neighbors, a boisterous family whose chattiness and habits lead to unexpected friendship. A limited number of books, including large print and audio, will be available from the center courtesy of York Library. We will have the book available or you can obtain as ebook from York Library or another source of your choosing or purchase it on your own. **Cost: Free unless you choose to purchase the book. Deadline to register: Friday, October 9.** Register early to obtain a book at no cost; program limited to 12 participants.

EDUCATION

MEDICARE BASICS VIA ZOOM

Presenter: Kimberly Lontine

Bernie & KLK Benefits & Insurance

Friday, October 9 at 10:30am or

Monday, October 26 at 1:30pm

Medicare Open Enrollment starts on October 15th. This is your opportunity to learn the basics and ask your questions. If you need assistance with Zoom, please let us know when you register and we will have a coach help you get oriented prior to the session. Program will be captioned. **Cost: Free. Deadline to regis-**

ter for October 9 session: Wednesday, October 7. Deadline to register for October 26 session: Thursday, October 22. If you need assistance with Zoom, please register early.

EXERCISE & WELLNESS

OUTDOOR WORKOUTS

Instructor: Jonna Dijkstra, CPT

Tuesdays, October 13, 20, & 27

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 the parking lot and clean chairs will be provided. Participants will be required 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, November 3. **Deadline date for registration, payment, and refund if you cancel: Friday, October 9. 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, October 7, 14, 21, & 28

and/or

Fridays, October 8, 16, 23, & 30

9:00-10:00am

The class will be held in the parking lot. Participants will be required 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 (one time per week - either Wed. or Friday; you must register for one of those days and stay with that day for all three sessions) or \$16.00 for 8 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, November 4 and Friday's make-up session will be on Friday, November 6.

HEALTH & PERSONAL SERVICES

CLOTH FACE MASKS AVAILABLE

Produced by Nancy, Chef and Maxine Brown, 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.

LUNCH PROGRAM

NANCY'S LUNCH TO GO



**Tuesdays,
Thursdays,
&
Fridays**

Lunch will be available on Tues-

days, 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 purchase with credit/debit card at time of ordering meal and present at pick-up; 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
- ⇒ **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. The first time you pick up lunch, you will be given a sign with your last name on it. Please 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.

OCTOBER SPECIAL MEALS

Thursday, October 27 - Turkey Dinner

**Friday, October 30 - Halloween Special:
Lobster Rolls**

See lunch menu for full menu. **Cost: Turkey - \$5.00; Lobster Roll - \$12.00. Deadline date for registration, payment (no punch cards), and refund if cancel: Wednesday, October 21.** *We encourage you to decorate your car and/or dress-up for Halloween for Lobster Roll lunch. Note: You still need to remain in your car.*

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 punch cards.

Town of York - Center for Active Living - October 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 except for special meals; 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. You may also order multiple meals, except for special meals, and freeze for the future. 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 provided at pick-up time. **Special meals**, however, **must be paid for in advance; no punch card - see deadline date on calendar below.** When you make your reservation, you will be assigned a pick-up time between 12:10 and 12:30pm. 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 greet you, 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 11:20am day prior to when you want the muffins.

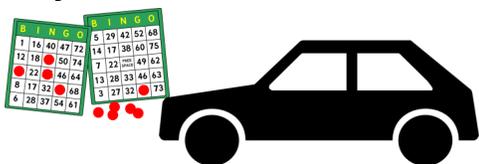
Monday	Tuesday	Wed.	Thursday	Friday
			1 Chicken Parmesan over Spaghetti, Vegetable, Garlic Bread <i>Muffin: Blueberry Corn</i>	2 Baked Haddock with Seafood Crumb Topping, Red Smashed Garlic Potato, Vegetable <i>Muffin: Banana Bran</i>
5	6 Yankee Pot Roast with Vegetable Garnish, Potato, Vegetable <i>Muffin: Cranberry Orange</i>	7	8 Tomato Tortellini Soup Italian Sub Sandwich, Chips, Crackers <i>Muffin: Cherry Choc Chip</i>	9 CHOICE DAY Marinated Shrimp over Rice or Plain Baked Haddock, Rice Pilaf, Vegetable <i>Muffin: Blueberry Bran</i>
12	13 Baked Ham Slice with Pineapple, Au Gratin Potato, Vegetable <i>[No muffins today]</i>	14	15 Stuffed Cabbage, Smashed Red Potato, Vegetable <i>Muffin: Sweet Georgia</i>	16 Baked Haddock Crumb Topping, Rice Pilaf, Vegetable <i>[No Muffins today]</i>
19	20 Sausage & Lentil Soup Grilled Reuben Sandwich, Chips, <i>Muffin: Peanut Butter Choc Chip</i>	21	22 Mini Meatloaf, Mashed Potato, Vegetable <i>Muffin: Blueberry Corn</i>	23 Seafood Newburg or Plain Haddock, Rice, Vegetable <i>Muffin: Cranberry Walnut</i>
26	SPECIAL MEAL - \$5.00 27 Roast Turkey Dinner Stuffing, Potato, Gravy, Vegetables <i>Muffin: Sweet Georgia</i> Deadline Register: Wed. Oct. 21	28	29 Mexican Casserole with Salad Toppings, Sour Cream, Salsa <i>Muffin: Cranberry Corn</i>	HALLOWEEN EVE 30 SPECIAL MEAL - \$12.00 Corn Chowder, Lobster Roll, Cole Slaw, Chips, Spooky Dessert <i>Muffins: Pumpkin</i> Deadline Register: Wed. Oct 21

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

Monday, October 19, 10:30am
Wednesday, November 4, 10:30am



Play BINGO from the comfort of your car. Your car will need to be turned off; it can not be idling. 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: Friday, October 16 for Monday, October 19 and Tuesday, November 3 for Wednesday, November 4. Everyone attending must be registered.**

LAWN GAMES

Wednesday, October 28, 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, October 26.**

NATURE & OUTDOOR PROGRAMS

APPLE PICKING

At Spillers on Friday, October 2 at 10:30am

Meet Janis at Spillers in Wells at 10:30am. Everyone will need to wear a mask correctly so that it covers your mouth and nose and maintain 6 ft. distance between you and those who do not come in your car. You will be responsible for the cost of what you pick. **Deadline date to register: Wednesday, Sept. 30. Due to COVID-19, group limited to 6-8 participants. If you have any balance issues, this program is probably not for you as the terrain is very uneven.**

PICNIC - NATURE TALK & WALK AT MT. AGAMENTICUS

with Naomi, Mt. A. Education Coordinator
Thursday, October 8 at 1pm
and/or Tuesday, October 20 at 1pm

Meet Jo at the mountain with your lawn chair and enjoy the foliage. The picnic lunch will be the "To Go" meal for that day; see lunch menu or you may choose to bring your own lunch. If you order lunch from the center, Jo will bring your lunch to the mountain. After lunch, Naomi will give a short presentation and lead us on a nature walk. All participants are required to wear a mask when not eating or drinking and maintain 6 ft. distance from anyone who did not travel in your car with you. **Cost: \$5.00 for "to go" lunch; no cost for program. Deadline date to register including ordering lunch or to cancel: Friday, October 2 for Thursday, October 8 program; Friday, October 16 for Tuesday, October 20 program. Rain date: Thursday, October 22. Due to COVID-19, group size limited to 6-8 participants. Please note that if weather requires us to change the program to the rain date, you will need to pick-up your lunch at the center on the day the program is scheduled.**

NOVEMBER 1 - TIME TO TURN CLOCKS BACK AN HOUR



COMMUNITY AFFILIATED PROGRAMS

S.O.S. BUCKET BRIDGADE



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.

DO YOU "CLYNK"? WE DO!

You can pick-up CLYNK bags with our sticker at the Center. To obtain a bag, either request one with your lunch order and it will be put with the order or call to arrange a pick-up time. When you turn the bag in at a collection station the Center benefits. This is our year-round bottle drive; help support the Center! Thanks!

INFORMATION YOU CAN USE

FLU SHOTS

It's important that we all get our flu shot this September or October unless there is a medical reason for you not to receive it. There are a few types of flu shots including one for adults 65+ years of age. Below are re-

sources for obtaining a flu shot:

- Your personal physician
- Local pharmacies including Walgreens, and Walmart
- York Hospital: (a) walk-in clinic or (b) drive thru. Call 207-351-2273.

Due to COVID-19, you need to make an appointment to obtain the flu shot. If you want the flu shot for persons 65+ yrs., be sure to let the vendor know when you call to make your appointment. If you have Medicare, it will pay for your flu shot. You might also want to discuss with your physician the pneumonia vaccine.

YORK COMMUNITY SERVICE ASSOCIATION (YCSA)

York Community Service Association is here to support York residents. Services include:

- Food Pantry
- Fuel Assistance
- Emergency funds to help with rent, utilities, car repairs, and medical/dental needs
- Grocery Shopping & Delivery
- Medical Equipment

For grocery shopping and delivery, call Donald at 207-337-1867. For food pantry, call Maureen at 207-363-5504 ext. 3 or email: mmonsens@ycsame.org. For other assistance, call Janie at 207-336-5504 ext. 2 or email: jsweeney@ycsame.org.

VOTING NOVEMBER 3rd ELECTION

To vote in the upcoming election, you need to be a registered voter in the community in which you are a resident. If you are not a resident of York, ME, then contact your hometown/city hall for information. Each state, county, and town have some differences including deadline dates. **If you are a resident of York, ME, below is some useful information.**

- All Maine residents can register to vote in person up to the day of the election.
- All Maine voters can request an absentee ballot; no reason required. You do need to complete an application for an absentee ballot. Contact town hall for an application. Deadline date for requesting absentee ballot: October 29 (either online or at town hall). Absentee ballots are due to town hall by election day, Nov. 3.
- There will be in-person voting on election day as usual.
- For more information or clarification, contact Town of York Town Hall Town Clerk at 207-363-1003

Information subject to change by Governor's Executive Order.

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 Tuesday, September 29 for York Residents and Wednesday, September 30 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, 9:00am - 3:30pm).

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

***The center will be closed Monday, October 12
 for Columbus/Indigenous People's Day.***

October 2020

