

The Scoop

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November 2020



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

Vol. 40 Issue 5 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi Friends,

Winter is coming soon and COVID-19 lives on. Starting in November, the building will be opened on a limited basis for small group activities with procedures and protocols designed to reduce the risk of the spread of COVID-19. We want to be sure that older adults in York have an opportunity to continue to have a variety of recreation and face-to-face social interaction opportunities for their overall well-being. We have tried to balance people's mental health needs against the pandemic threats. In the end, each person will have to make their own decision about indoor programs. To help ensure everyone's safety, on arrival at the Center, everyone prior to entering the building will have to attest to the following:

- You do not have any symptoms of COVID-19 nor have tested positive for COVID-19 within the last 14 days;
- You knowingly have not had contact with anyone with symptoms of COVID-19 or who tested positive for COVID-19 within the last 14 days; and
- You have not traveled within the last 14 days to any state/region/country that the State of Maine required you to quarantine on your return to Maine.

Please see p. 3 for the building procedures.

We are excited about the variety of opportunities we are able to provide this November. All programs do require advance registration, wearing of two-layer masks appropriately, and safe physical distancing. A few highlights include:

- Veterans' Day Pancake Breakfast (Drive Thru) on Tuesday, Nov. 10, 9-10:30am - York Veterans eat free while everyone else pays \$5.00. This event is open to the whole community regardless of age.
- Nordic Walking Sticks - Free demo at Goodrich Park on Monday, Nov. 16 followed by a series of 3 adventures in York
- Crafts: Paint a Wooden Bowl with Nancy (11/16/20) and Card Making with Maxine (11/23/20)
- Line Dancing, Wednesdays & Fridays, and Workouts with Jonna on Tuesdays will be held at the York-Ogunquit Methodist Church.
- Social Hour: Stop by the Center and see who may be around to socialize with; come alone or with a friend(s). There will be no eating or drinking during the hour but you will be able to purchase a few muffins and/or soup to take with you to eat elsewhere.
- BINGO with Janis.
- Men's Group - An opportunity for men to get together to socialize - Thursday, November 12
- Education Programs: Medicare Basics via Zoom and Introduction to Hospice

Additionally, we will provide opportunities for small groups of individuals, 2-8 people, who are registered with the Center, to meet for 1.5 hrs. twice a month in the building. Groups will need to make advance reservation. See p. 3 for procedures and p. 8 for details.

Be sure to register early, including for lunch to go, as there is a limited number of participants per program.

Enjoy,

Jo, CAL Director

Important Information

Registration: For meals, opens Wed., Oct. 28 at 9:30am. For programs, York Residents - Wed., Nov. 4 and for Non-York Residents: Thursday, Nov. 5. Register via phone (207-363-1036), Monday - Friday, 9:00-11:00am and 1:30-3:30pm. *Please note, there is **no** in-person registration.*

Center Closed: Veterans Day (Wed., Nov. 11) and Thanksgiving Break (Wed., Nov. 25 - Friday, Nov. 27)

Basic Information

Hours (except holidays): Monday - Friday, 9am - 4pm; building and grounds currently closed to the public except for specific programs and pre-arranged gatherings and pick-ups.

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, 9:00am-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 two-layer face masks that cover mouth and nose, and carry and use hand sanitizer.

IMPORTANT RESOURCES FOR COVID-19

Town of York - COVID-19 Information

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

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

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

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

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

York Parks and Recreation Facebook Page: <https://www.facebook.com/YorkMaine/>

Stop the Spread of Germs

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



6 ft

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



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



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



Do not touch your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



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



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



cdc.gov/coronavirus

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

Procedures for Programs/Meetings in the Building

To enter the building, the following is required:

- Be registered in advance with the Center for Active Living as a participant as well as registered for the program/meeting you are attending
- Double layered mask that covers your mouth and nose (A face shield is not acceptable unless worn over the mask)
- Maintain 6 ft. distancing between you and others, who are not in your household, whenever possible
- Prior to entering the building, use hand sanitizer, read the list of COVID-19 symptoms, exposure, and travel restrictions. If you free of COVID-19 symptoms, have not knowingly been exposed to anyone with COVID-19 or who has tested positive for COVID-19, and have remained in the “safe” states (those states that Maine does not require you to quarantine on entering Maine - list will be posted) for the last 14 days, then please sign-in and proceed into your program space. If you are unable to meet these criteria, please do not enter the building and leave until you meet the necessary criteria.

On departure from the building, we ask that you sign-out. Signing in and out is very important so that if necessary we can do contact tracing.

Entrances and Exits: If you are part of a small group meeting in the card room, we ask that you enter and exit through the card room door. For programs and group meetings in the activity or dining rooms, you will enter and exist through the main door. Please do not gather in the hallways; go directly to the room where your program is scheduled to meet. You may only be in the building for the time of the meeting/program you are attending.

Room Set-Up: Rooms will be set up in accordance with CDC (Centers for Disease Control and Prevention) guidelines. Therefore, please do not move chairs around or re-arrange the room without first consulting with a staff member.

At this time, and for your safety, we are not allowing food or beverages to be consumed in the building.

At this time, and for your safety, we are not allowing people to engage in no card playing, table games, jigsaw puzzles, or physical activity in the building.

Air Circulation: At least two windows will be open slightly in all rooms prior to, during, and following programs. Therefore, you might want to have a sweater, sweatshirt, or jacket with you. Of course, the heat will be on.

Restrooms: If you need to use the restroom, please note both restrooms are now open to males and females. Only one person may be in a restroom at a time unless you need the assistance of someone from your household. Be sure to wash your hands thoroughly prior to leaving the restroom. We will be cleaning the restrooms twice a day.

Cleaning: After each program/meeting, staff will be cleaning the room including wiping off chairs, tables, supplies, etc. with appropriate disinfecting agents. The room will remain unused for programs for at least an hour after cleaning.

Office areas, computers, copying machines, and phones are restricted to staff.

Thank you for your cooperation. We want to ensure that everyone is able to enjoy the Center and the company of others in a safe manner. If you have any questions or concerns, please contact Jo-Ellen Ross, Center Director (207-363-1036; jross@yorkmaine.org).

OPPORTUNITES TO MEET WITH FRIENDS AT THE CENTER

Beginning the week of November 9th, the Card Room and the Activity Room will be available Mondays & Wednesdays, 9:30am - 4:00pm and Tuesdays, Thursdays, & Fridays, 9:30-10:30am and 2:00-4:00pm, provided not in conflict with Center’s programs, to meet with friends, who are registered with the Center, to socialize. Meeting times will be limited to 1.5 hours. Decide when you want to meet, then contact Jo (207-363-1036; jross@yorkmaine.org) at the Center to see what’s available. You must make a reservation at least 3 days in advance. At least two days in advance, you must provide the full names of the individuals who will be in your group. If an individual in your group is not registered with the Center, s/he must do so at least two days prior to the gathering. Each group will be limited to meeting twice a month. Beyond that, you may put your group on the waiting list for additional meetings if space is available. The Card Room can accommodate, according to our protocol, 4 people [2 people if playing Wii] and the Activity Room can accommodate, according to our protocol, 7 people. Participants must adhere to the procedures listed above.

ACTIVITIES TO GO

DINNER CLUB TO GO



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 has partnered with a few local restaurants to provide a limited choice menu for delivery. Volunteers will deliver your meal to you in a contact free manner. 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 volunteer will deliver your meal between 5:00-5:30pm. The delivery is done with no direct interaction. When the volunteer arrives at your home, s/he will call you on your phone and then leave your meal by your door. ***You should not come out to retrieve your meal until you see that the volunteer is back in his/her car.*** The delivery person 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. Please be sure to be home before 5pm on the day of the delivery!

Fat Tomato Grill **Wednesday, Nov. 18**

Menu: To be announced by Monday, Nov. 9.
Deadline for Ordering: Tuesday, Nov. 16 by 3:00pm

American Legion Burger Night **Wednesday, Dec. 2**

Menu:

- Burger & Fries - \$6.00
- Cheese Burger & Fries - \$6.00

Deadline for Ordering: Tuesday, Dec. 1 by 3:00pm.

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 - Word Search & Crossword

ARTS & CRAFTS

Paint A Wooden Bowl with Nancy **Makes a Great Gift or Holiday Decoration** **Monday, Nov. 16, 1:00pm**

You 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. This class will be held in the dining room, you will be required to wear a two-layer mask for the entire time you are in the building and keep 6 ft. apart as much as possible from non-household members. **Cost: \$8.00 (includes wooden bowl and all supplies).** **Deadline to register and for refund if you cancel: Thursday, Nov. 12. Program limited to 6 participants.**

CARD MAKING With Maxine **Monday, Nov. 23 at 1:00pm**

You will have the opportunity to make numerous cards that meet your personal needs (e.g., birthdays, Thanksgiving, Christmas, Hanukah, New Years, Thinking of You. etc.) ***This is a great way to connect with others during this unprecedented time.*** **Cost: \$6.00. Deadline to register and for refund if cancel: Thursday, Nov. 19. Program limited to 6 participants.**

CRAFTERS GATHERING **Wednesday, Nov. 18 at 1:00pm**

This is an open program for crafters to come together and share their craft as well as engage in their craft in the company of others. **Cost: Free. Deadline date to register: Monday, Nov. 16. Program limited to 12 participants; if more than 6 participants, group will be divided into two rooms.**

EDUCATION

MEDICARE BASICS VIA ZOOM

**Presenter: Kimberly Lontine
Bernie & KLK Benefits & Insurance
Wednesday, Nov. 18 at 11:00am**

Medicare Open Enrollment goes from October 15 to December 7. 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. *Even if you do not have Internet access, you can participate from your home landline telephone and we will provide you a copy of the presentation in advance so you can follow along.* **Cost: Free. Deadline to register: Friday, Nov. 13. If you need assistance with Zoom or will be using your landline phone to participate, please register early.**

AN INTRODUCTION TO HOSPICE

**Presenter: Devin Rock, MSM, RN, Clinical
Manager of York Hospital Hospice
Thursday, Nov. 19 at 2:00pm**

Devin will cover the basics of hospice care including eligibility, financing, and actual services. Its always good to learn about hospice before you, a family member, or friend need it. This program will be held in the activity room and is limited to 6 participants. **Cost: Free. Deadline to register: Tuesday, Nov. 17. Program limited to 6 participants.**

EXERCISE & WELLNESS

Due to COVID-19 guidelines for physical activity and fitness programs, the exercise programs are being held at the York-Ogunquit Methodist Church (YOUMC) at 1026 U.S. Rt. 1 in York. Our Activity Room does not allow for people to maintain the necessary 12-14 ft. physical distancing to meet COVID-19 guidelines. Thankfully, YOUMC is willing to partner so we may continue these meaningful programs. Due to the cost of utilizing their space, the program cost has been increased by \$1.00 per session. Per YOUMC requirement, all individuals entering their building, must wear an appropriate mask covering their mouth and nose at all times, refrain from eating or drinking, and sign their *Release of Indemnity for COVID-19*.

WORKOUTS WITH JONNA

**Instructor: Jonna Dijkstra, CPT
Tuesdays, Nov. 10, 17, 24, & Dec. 1
9:00-10:00am
at York-Ogunquit Methodist Church**

Join Jonna for 4 indoor 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. Participants will be required to wear a two-layer mask for the entire session and when in the building as well as sign the church's *Release of Indemnity for COVID-19*. Please bring your own water bottle with a cap and wear flexible clothing and supportive shoes (no sandals, flipflops, socks, or bare feet). **Cost: \$24.00 for the 4 sessions.** If you miss a session, there will be no refund nor will the class be pro-rated. **Deadline date for registration, payment, and refund if you cancel: Friday, Nov. 6. Class limited to 8 participants so register early.**

LINE DANCING

**Instructor: Diane Anderson
Wednesdays, Nov. 18 & Dec. 2
and/or
Fridays, Nov. 13 & 20 & Dec. 4
9:30-10:30am
at York-Ogunquit Methodist Church**

Participants will be required to wear a two-layer mask for the entire session and when in the building as well as sign the church's *Release of Indemnity for COVID-19*. Please bring your own water bottle and wear flexible clothing and supportive shoes (no sandals, flipflops, socks, or bare feet). **Cost: \$6.00 for the two Wednesday sessions; \$9.00 for the three Friday sessions, or \$15.00 for 5 sessions (both Wednesdays and Fridays).** If you miss a session, there will be no refund nor will the class be pro-rated. **Deadline date for registration, payment, and refund if you cancel: Thursday, Nov. 12. Class limited to 8 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.

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). Except for special meals, 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.

NOVEMBER SPECIAL MEALS

Veterans Day Pancake Breakfast Drive Thru - Tuesday, Nov. 10, 9:00am – 10:30am
Everyone welcome regardless of age

Menu: Pancakes, sausage, eggs, hash brown, muffin
Cost: York Veterans eat free; \$5.00 for everyone else
Deadline to Register, Pay, & Arrange Pick-Up Time: Friday, Nov. 6

Thanksgiving Prelude - Turkey & all the Fixins
Tuesday, Nov. 24: See lunch menu (p. 7)

MUFFINS FOR SALE

Nancy will have muffins available for purchase (not part of your meal); 5 muffins for \$2.00. Muffins need 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: 11:00am 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.

November 2020 - Lunch Menu

Donation \$5.00 per meal per person. Reservation required by noon the Friday prior to the meal you would like; call 207-363-1036, Monday – Friday, 9:30am-3:30pm. 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 except for special meals; special meals must be paid at time of ordering. When you arrive for pick-up, you must remain in your car, wear a mask over your mouth and nose, and put up your name sign; someone greet you, get your name (and payment, if not already paid), and then, someone else will deliver your meal. Please keep to your pick-up time and do not arrive early. 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 11:00am the day prior to when you want the muffins. If you need to cancel a meal so as not to be charged, you must cancel 48 hours in advance. **REGISTRATION BEGINS WEDNESDAY, OCTOBER 28 AT 9:30 AM.**

| Tuesday | Thursday | Friday |
|---|--|--|
| 3 | 5 | CHOICE DAY 6 |
| Chicken Vegetable Rice Soup Philly Cheese Steak Sub Chips, Crackers <i>Muffin: Peanut Butter Jelly</i> | Garden Salad, Homemade Lasagna, Sausage, Meatball <i>Muffin: Blueberry Cranberry</i> | Haddock Florentine OR Plain Baked Haddock, Roasted Red Potato Wedges, Vegetable <i>Muffin: Cherry Chocolate Chip</i> |
| VETERANS DAY 10 | 12 | 13 |
| PANCAKE BREAKFAST <i>Muffin: Banana Walnut</i> <i>[One muffin will come with your</i> <i>breakfast; you can order 5 more for</i> <i>\$2.00]</i> No lunch this day! | Everyone's Favorite Meatloaf, Smashed Potato, Vegetable <i>Muffin: Cranberry Orange</i> | Baked Haddock with Crumb Topping, Spanish Rice Pilaf, Vegetable <i>Muffin: Honey Raisin Bran</i> |
| 17 | 19 | 20 |
| Broccoli Cheese Soup, Italian Sub Sandwich, Chips, Crackers <i>Muffin: Cranberry Walnut</i> | Roast Pork with Stuffing, Mashed Potato, Vegetable <i>Muffin: Banana Chocolate Chip</i> | Haddock Chowder & Seafood Salad Roll OR Two Chowders & No Seafood Roll, Cole Slaw, Chips <i>Muffins: Blueberry</i> |
| THANKSGIVING PRELUDE 24 | 26 | 27 |
| Turkey Dinner with all the Fixins, <i>Muffin: Sweet Georgia</i> | THANKSGIVING DAY CENTER CLOSED | Center Closed |
| DEC 1 | DEC 3 | CHOICE DAY DEC 4 |
| Hearty Beef Stew, Rice, Vegetable <i>Muffin: Blueberry Corn</i> | Country Breaded Chicken Breast, Mac & Cheese, Vegetable <i>Muffin: Banana Walnut</i> | Seafood Pie OR Baked Haddock with Crumb Topping, Rice Pilaf, Vegetable <i>Muffins: Blueberry Cranberry</i> |

Friday, November 13 National World Kindness Day



NATURE & OUTDOOR PROGRAMS

NORDIC WALKING STICKS DEMO

Instructor: Lauren DeLong, Certified Nordic Walking Instructor

**Monday, Nov. 16 at 10:00am
Goodrich Park**

Lauren will provide an overview of Nordic walking sticks including demonstrating different types and how to use. After the demonstration, you will have the opportunity to try some of the Nordic walking sticks on the trail at Goodrich Park. **Cost: Free. Deadline to register: Thursday, Nov. 12. Program limited to 12 participants.**

ENJOY THE OUTDOORS WITH NORDIC WALKING STICKS

Instructor: Lauren DeLong, Certified Nordic Walking Instructor

**Monday, Nov. 23 - Mt. Agamenticus
Monday, Nov. 30 - Wiggly Bridge
Monday, Dec. 7 - Long Sands Beach**

Each of the above Mondays, Lauren will lead the group on a walk using Nordic walking sticks. This is a great way to get exercise and enjoy the outdoors with others; fresh air and exercise are great for the mind, body, and spirit. Participants should be able to walk one mile comfortable outdoors and be able to tolerate colder weather. **Cost: \$38.00 for the 3 sessions (includes use of walking sticks). Deadline to register, pay, and request refund: Wednesday, Nov. 18. Program limited to 8 participants.**

OPPORTUNITIES TO SOCIALIZE

SOCIAL HOUR

**Thursdays, Nov. 12 & 19, & Dec. 3
9:30-10:30am
Fridays, Nov. 13 & 20, & Dec 5
2:00-3:00pm**

Join others at the Center to socialize face-to-face. Nancy will have muffins for sale that you can take home with you; two for \$1.00. To purchase muffins, you will need exact change. **This is not a drop-in program; you must register by the Wednesday prior to the Thursday you wish to participate. Program limited to 10 people. Depending on number of participants group may be divided into smaller**

groups given room capacity. In the utmost of precautions due to COVID-19, you may not engage in eating, drinking, cards, board games, jigsaw puzzles, or physical activity.

MEN'S GROUP

**with Ray Sarosy, Coordinator
Thursday, Nov. 12 at 2:00pm**

This group is for older men to participate in a group discussion about subjects of common interest (e.g., current events, world affairs, history, books, the economy, retirement, grandparenting, etc.) and enjoy the company of other older men. This is also a great opportunity to meet a few new people and make some new friends. **Cost: Free. Deadline to register: Tuesday, Nov. 11. Program limited to 6 participants.** In the utmost of precautions due to COVID-19, you may not engage in eating, drinking, cards, board games, jigsaw puzzles, or physical activity.

OPEN HOURS FOR GROUP GATHERINGS

Date, Day, & Time To Be Arranged with Group

Get your own group of friends together to chat, listen to music, watch a short movie, or play Wii Games at the Center for up to 1.5 hrs. twice a month. If you want to play Wii Games, two people can play in the Card Room. You may reserve either the Activity Room, which accommodates 7 people, or the Card Room, which accommodates 4 people. Reservation needs to be made a minimum of 3 days in advance of desired time and all participants must be registered with the Center a minimum of 2 days in advance. See p. 3 for *Procedures for Programs/Meetings in the Building*. In the utmost of precautions due to COVID-19, you may not engage in eating, drinking, cards, board games, jigsaw puzzles, or physical activity.

OTHER PROGRAMS

BINGO with Janis

**Tuesday, Nov. 10 at 1:30pm
Wednesday, Dec. 2 at 1:30pm**

We are moving BINGO indoors for the winter. We will be using both the Activity Room and the Dining Room depending on the number of participants. This can be a fun time as well as time to be with other people. **Cost: Free. Deadline to register: For Tuesday, Nov. 10, register by Friday, Nov. 6. For Wednesday, Dec. 2, register by Monday, Nov. 30. Program limited to 14 participants.** In the utmost of precautions due to COVID-19, you may not engage in eating or drinking while in the building.

BOOK CLUB

**Book: *A Thousand Splendid Suns*
by Kaled Hosseini**
**Read book in November and Discuss on
Wed., Dec. 9 at 1:30pm**

Books will be available from the Center, courtesy of York Library. Book discussion will take place in-person as well as via Zoom so select how to participate. **Cost: Free. Deadline to register: Wednesday, Nov. 19. Program limited to 6 participants.** In the utmost of precautions due to COVID-19, you may not engage in eating or drinking while in the building.

YORK PARKS & RECREATION COMMUNITY EVENTS

LIGHTING OF THE NUBBLE

**Saturday, Nov. 28, 2020 - Friday, Jan. 1, 2021
(New Year's Day)**

This year there will be no one Lighting of the Nubble Event, rather the lights will be on and there will be some virtual events. Watch the York Parks & Recreation website and our emails for information.

FESTIVAL OF LIGHTS PARADE

Saturday, Dec. 5 starting at 4:30pm

This year the parade will take a new turn. It will be a reverse parade held at the high school. Floats will be stationary and the "audience" will drive by. The Center for Active Living again plans to enter a "float" so plan to drive by and say hi as well as see all the other displays.

INFORMATION YOU CAN USE

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 Hannaford collection station the Center benefits. This is our year-round bottle drive; help support the Center! Thanks!

FLU SHOTS

If you haven't gotten your flu shot yet, consider doing so now. There are a few types of flu shots including one for adults 65+ years of age. Below are resources for obtaining a flu shot:

- Your personal physician
- Local pharmacies including Walgreens, CVS, 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.

NATIONAL DIGITAL EQUITY CENTER

This is a wonderful program enabling Maine Residents to access the Internet and connect with friends, activities, and healthcare. If you are a Maine resident and 70+ years of age, they will provide you a tablet with Internet access free for 90 days. After the 90 days, if you want to continue to use the tablet and Internet, there is a \$25.00 monthly fee. If you are not yet 70 years of age, you can still obtain a tablet and access the Internet for a fee of \$25.00 per month. The agency provides one-on-one assistance to help you begin using the tablet and has a variety of programs you can access from their website for free. For more information,

- <https://digitalequitycenter.org/>
- <https://www.facebook.com/digitalequitycenter/>
- Phone: 207-259-5010
- Email: info@nationaldigitalequity.com

With winter and COVID-19 restricting opportunities for travel and social interaction, this could be one way of enriching your life this winter.

Town of York - Center for Active Living
 Parks and Recreation Department
 36 Main Street
 York, ME 03909

PRSRT 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 for Meals Begins Wednesday, Oct. 28 at 9:30am.

Program Registration for York Residents begins Wednesday, Nov. 4 at 9:00am

Program Registration for Non-York Residents begins Thursday, Nov. 5 at 9:00am

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

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 with the exception of special meals (these need to be paid at time of registration). No cash payments accepted. Please read *The Scoop* for program details and registration information.



Happy
Thanksgiving

Center closed: Veterans Day - Wed., Nov. 11 & Thanksgiving Break - Wed., Nov. 25 - Friday, Nov. 27

The building and grounds remain closed with the exception of pre-arranged programs, meetings, and pick-up appointments. Due to COVID-19, you may not just drop-in.

November 2020