

The Scoop

December 2020



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

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

Vol. 40 Issue 6 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi,

This is the last edition of *The Scoop* for 2020. For most people, the new year will not be here soon enough. This year has been unprecedented. Before you close the book on 2020, I hope you can recall some fond memories, some funny experiences, some positive moments, and/or gains. One thing I know is that 2020 has shown patience, kindness, and resiliency among our participants; thank you!

Below are a few highlights of programs for December and early January:

Craft Program – Make an Ornament – Wednesday, Dec. 16; see p. 4

Holiday Meal – Tuesday, Dec. 22 – Be sure to make your reservation early as the Thanksgiving Prelude Meal filled up quickly

Time to Learn Zoom - See p. 5

Ice Skating - York Parks and Recreation will be having an ice skating rink at Goodrich Park on Rt. 1. There will be times reserved for older adults but you do need your own ice skates. In addition to ice skating, there will be areas around the ring for people to gather and socialize. Keep your eye on York Parks and Recreation Facebook page and emails from the Center for Active Living for details.

Also, check out the community holiday happenings on p. 9.

Please, please remember that if you are traveling outside of Maine, New Hampshire, and Vermont, on return to Maine you need to quarantine for 14 days. Basically, that means you should be staying home for 14 days even if you test negative for COVID-19. If you need to quarantine, live in York, and want to continue receiving meals to go, please let us know and we will try to arrange for contact free delivery. Also, we ask that if you are in close contact with a lot of people during the holidays or in general, that you refrain from participating in the Center's indoor programs. COVID-19 is now on the rise with community spread and we want to try to keep everyone as safe as possible. Thank you for your cooperation.

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

Enjoy the Holidays and Happy New Year!

Jo, CAL Director

Important Information

Registration: For meals, opens Tuesday, Dec. 1 at 9:30am. For programs, York Residents - Wednesday, Dec. 2 at 9:30am and for Non-York Residents - Thursday, Dec. 3 at 9:30am. Register via phone (207-363-1036), Monday & Wednesday, 9:30am-3:30pm and Tuesday, Thursday, & Friday, 9:30-11:15am and 1:00-3:30pm. Except for meals, you may also register online at <https://www.yorkparksandrec.org/>. Please note, there is **no** in-person registration.

Center Closed for Winter Break: Wednesday, December 23, 2020 until Monday, January 4, 2021 (re-opens on Monday).

THE CENTER FOR ACTIVE LIVING STAFF WISHES EVERYONE A SAFE AND HAPPY HOLIDAY SEASON!

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. Registration for meals must be done by phone; for other programs, you may register via phone or online (<https://www.yorkparksandrec.org/>). To register, call the Center for Active Living (207-363-1036), Monday & Wednesday, 9:30am-3:30pm and Tuesday, Thursday, & Friday, 9:30-11:15am and 1:00-3:30pm.

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.

Inclement Weather: If the weather is inclement, go to one of the three main television stations, York Cable Access Station (Channel 3), or York Parks & Recreation Facebook Page to find out if we are open. We will not necessarily close just because the schools are closed.

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

3/10/20 4:44 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 are 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 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!

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.

Fat Tomato Grill Wednesday, Dec. 16

Menu - All items \$11.88 including tax:

- Corned Beef Reuben Sandwich with Fries
- Rachel Sandwich (their own roasted turkey, cheddar cheese, lettuce, tomato, and mayo) with Fries
- Fall Harvest Salad (sliced apples, goat

cheese, grilled chicken, sunflower seeds, dried cranberries, cucumbers, red onion on a bed of mixed greens served with an apple cider vinaigrette)

- Chicken Tetrizzini with a simple side salad with balsamic vinaigrette

Deadline for Ordering: Tuesday, Dec. 15 by 3:00pm

The York River Landing Wednesday, Jan. 6

Menu: To be announced by Tuesday, Dec. 15

Deadline for Ordering: Tuesday, Jan. 5 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. 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. Delivery available in York.

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

Make a Holiday Ornament

Makes a Great Gift or Holiday Decoration

**Wednesday, Dec. 16,
1:00pm**



Join in the spirit of the holidays and make a few decorations for yourself or others. **Cost: 5.00 (includes all supplies).** **Deadline**

to register and for refund if you cancel: Monday Dec. 14. Program limited to 6 participants.

CRAFTERS GATHERING

Wednesday, Dec. 9 at 1:00pm

Wednesday, Jan. 13 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 for registration: For Wednesday, Dec. 9, register by Tuesday, Dec. 8 and for Wednesday, Jan. 13, register by Tuesday, Jan. 12. Program limited to 12 participants; if more than 6 participants, group will be divided into two rooms.**

EDUCATION

INTRODUCTION TO ZOOM

Monday, Dec. 14, 2:00pm

and/or 1:1 coaching by phone

It's time to learn Zoom! Winter is here with the potential for inclement weather plus COVID-19 is on an upswing so face-to-face gatherings especially when travel is involved is less of an option. Connecting with family and friends, however, is critical. Zoom provides you with opportunities to socialize, learn new skills, and participate in programs (e.g., Workouts with Jenna, Book Club). Even if you only have a landline phone, you can participate in a Zoom session similar to a conference phone call if pictures aren't necessary. You do not need a smart phone, tablet, or computer to participate. If, however, you have one of these devices, do bring it to the program. **Cost: Free. Deadline date to register: Thursday, Dec. 10. Program limited to 6 participants. If more than 6 people register, we will try to provide additional sessions. If you do not want to attend in-person, please contact Jo (Center for Active Living Director) and an alternative method will be arranged for you. Also, see p. 9 - National Digital Equity Center.**

EXERCISE & WELLNESS

LINE DANCING

Instructor: Diane Anderson

Wednesdays, Dec. 9 & 16 and Jan. 6 & 13

and/or

Fridays, Dec. 11 & 18 and Jan. 8 & 15

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: \$12.00 for the four Wednesday or Friday sessions; \$24.00 for both Wednesdays and Fridays (8 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: Monday, Dec. 7. Class limited to 6 participants per day so register early.**

WORKOUTS WITH JONNA

Instructor: Jenna Dijkstra, CPT

Tuesdays, Dec. 15, & 22 and Jan. 5 & 12

or Tuesdays and Thursdays, above dates plus

Thursdays, Dec. 17 and Jan. 7 & 14

9:00-10:00am

at York-Ogunquit Methodist Church or via Zoom

Join Jenna for indoor workout sessions in-person or via Zoom. The class will be a combination of cardio, balance, strengthening, and physically distanced fun! Jenna will individualize workouts to meet your specific needs as much as possible. Participants attending the in-person will be required to wear a two-layer mask for the entire session as well as in the parking lot. If attending in-person, you will need to sign the church's *Release of Indemnity for COVID-19*. **Cost: \$24.00 for just Tuesday sessions or \$42.00 for Tuesday & Thursday 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, Dec. 11. Class limited to 6 participants in the church 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.

LUNCH PROGRAM

NANCY'S LUNCH TO GO



**Tuesdays,
Thursdays,
&
Fridays**

Lunch will be available on Tuesdays, Thursdays, and Fridays on a drive thru to go basis only. It will be similar to the meal you'd have in-house. **Please see the next page for the menu. Each meal is \$5.00** (we will honor previous purchased and not fully used punch cards for \$4.00 a meal). If for any reason, you are unable to pay, please reach out to Jo, Director (207-363-1036/jgross@yorkmaine.org). 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 co-operation!*
- ⇒ 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.

DECEMBER SPECIALS Holiday Luncheon To Go

Menu: Turkey Dinner with all the Fixins and dessert
Cost: \$5.00

Deadline to Register and Pay: Friday, Dec. 11

Note: Limited one meal per person; payment options limited to credit card or check in advance.

Be sure to register early as there is a limited number of meals available.

FOOD FOR LATER

Monday, Dec. 21, 12:20 - 12:30pm

Nancy will be making select items for sale for you to stock in your freezer for when we are closed due to winter break or when the weather prevents you from getting out and us from serving a meal. All items are frozen and in single portion 12 oz. soup cups. You may purchase up to 4 containers per item. **Order early as limited number of servings available per item.**

Deadline to Order: Monday, Dec. 14 by 4:00pm

Payment: Pay by check, credit card, or punch card. No cash will be accepted. If using credit card, must be paid in advance via phone.

Menu

- Beef Stew - 2 containers for \$5.00
- Chili - 2 containers for \$5.00
- Lasagna - 2 containers for \$5.00
- Turkey Rice Soup - \$1.00 per container
- 15 Bean Soup - \$1.00 per container
- 1/2 doz. Variety Pack of Muffins - \$2.00

MUFFINS FOR SALE

Nancy will have muffins available for purchase (not part of your meal); 5 muffins for \$2.00. when 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.



Town of York - Center for Active Living - December 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; start planning for inclement weather and our winter break. 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 will 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. You may not re-assign your meal to someone else as we often have a waiting list. **REGISTRATION BEGINS TUESDAY, DECEMBER 1 AT 9:30 AM.**

Monday	Tuesday	Wed.	Thursday	Friday
7	Pork Chops with pepper & onion, Mashed Potato, Vegetable <i>Muffin: Lemon Poppy Seed</i>	9	Turkey Rice Vegetable Soup, Melty Ham & Cheese Sub, Chips & Crackers <i>Muffin: Honey Raisin Bran</i>	CHOICE DAY 11 Baked Haddock with Shrimp Sauce OR Plain, Rice Pilaf, Vegetable <i>Muffin: Peanut Butter Choc Chip</i>
14	Homemade Lasagna with meatball & sausage, Vegetable, Garlic Bread <i>Muffin: Blueberry Corn</i>	16	HOLIDAY LUNCHEON 17 Turkey Dinner with all the fixins <i>{No muffins today}</i> <i>Reserve early as fills quickly!</i>	18 Baked Haddock with Seafood Crumb Topping, Roasted Red Potatoes, Vegetable <i>Muffins: Cranberry Walnut</i>
21 Purchase Food To Go – See Below	22 Chicken Parmesan over Spaghetti, Vegetable, Garlic Bread <i>Muffin: Sweet Georgia Spice</i>	23 CENTER CLOSED	24 CENTER CLOSED <i>Christmas Eve</i>	25 CENTER CLOSED <i>Merry Christmas</i>
JAN 4	JAN 5 Corn Chowder, Grilled Reuben Sandwich, Chips <i>Muffin: Cranberry Corn</i>	JAN 6	JAN 7 Chicken Cacciatore over Spaghetti, Vegetable, Garlic Bread <i>Muffin: Peanut Butter & Jelly</i>	JAN 8 Baked Haddock with Crumb Topping, Potato Au Gratin, Vegetable <i>Muffins: Blueberry Bran</i>

THE CENTER FOR ACTIVE LIVING IS CLOSED WED., DEC. 23, 2020 UNTIL MONDAY JAN. 4, 2021

Purchase Food To Go - Monday, December 21, 12:10pm – 12:30pm

Nancy will have a variety of single portioned food for purchase; over for menu. *You need to order by Monday, Dec. 14 before 4:00pm.*
Pick-up time will be your usual lunch pick-up time or if this is your 1st time, then you will be provided a time when you order.

NATURE & OUTDOOR PROGRAMS

ENJOY THE OUTDOORS WITH NORDIC WALKING STICKS

Instructor: Lauren DeLong, Certified Nordic Walking Instructor

Monday, Nov. 30 - Mt. Agamenticus

Monday, Dec. 7 - Long Sands Beach

Monday, Dec. 14 - Wiggly Bridge

10:00 am

On each of the above Mondays, Lauren will lead the group for a walk outdoors 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. There are still spaces available; registration extended to Monday, Nov. 30 by 9:00am. You can register on-line. If you call to register and no one answers, please leave a full message with you full name, phone number, and the program you want.**

OPPORTUNITIES TO SOCIALIZE

MEN'S GROUP

with Ray Sarosy, Coordinator
Thursday, Dec. 17 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, Dec. 15. 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.

BINGO with Janis

Wednesday, Dec. 2 at 1:30pm

Wednesday, Jan. 6 at 1:30pm

Weather permitting the program will be held outside with you in your car. If the weather is inclement or cold, which most likely it will be, BINGO will be indoors with appropriate physical distancing. 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 Wednesday, Dec. 2, register by Monday, Nov. 30. For Wednesday, Jan. 6, register by Monday, Jan. 4. 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.

OTHER PROGRAMS

BOOK CLUB

Book: *Where the Crawdads Sing*
by Delia Owens

Read book in December and Discuss on
Wed., Jan. 12 at 1:30pm in-person or via
Zoom

Book discussion will take place in-person as well as via Zoom so select how to participate. Books will be available from the Center, courtesy of York Library. When registering, let us know if you prefer a regular print book, large print book, or audio book. **Cost: Free. Deadline to register: Thursday, Dec. 17. Program limited to 6 participants in-person.** 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.

8 DAYS OF HANUKKAH GIVEAWAY

**Friday, Dec. 11 - Sunday, Dec. 18
Online Facebook Event**

To celebrate Hanukkah and learn a bit about the holiday, York Parks & Recreation will be posting a few facts about Hanukkah and have a drawing for a gift each of the 8 days of Hanukkah. It's free to participate, all faiths are welcome; just visit the Town of York Maine Parks & Recreation Facebook page during these days and like the event.

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!

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

PORTLAND SYMPHONY ORCHESTRA (PSO) VIRTUAL CONCERTS ON-DEMAND

PSO is providing holiday music for a minimal cost (tickets start at \$10.00) through your telephone and online. For more information, go to <https://www.porttix.com/tickets-and-events/> or call 207-842-0800. Performances include *Magic of Christmas* (Dec. 1-31), *Bach and Brahms* (Nov. 14-Dec. 14), and *The Kotzschmar Organ Christmas with Kennerly: Home for the Holidays* (Dec. 12-28).

YORK LIBRARY

The library is now open for pre-arranged curbside pick-up, browsing, and computer use. For details, see <http://yorkpubliclibrary.org/about/directions/> or call (207) 363-2818. The librarians will gladly recommend books to match your interests. The library is also offering programs via Zoom. Additionally, the library is delivering books on a monthly basis to individuals who are unable to drive. Also, don't forget you can order and read books online.

#SHINEBRIGHT207

If you live in York, then Dec. 5 - 26, join in the holiday spirit by lighting up your home for the holidays. Register your home by Dec. 5 to possibly win a prize. For more information, contact: shinebright207@outlook.com.

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 for Meals for Everyone Begins Tuesday, Dec. 1 at 9:30am.

Program Registration for York Residents begins Wednesday, Dec. 2 at 9:30am

Program Registration for Non-York Residents begins Thursday, Dec. 3 at 9:30am

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

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.

Center closed: Wed., Dec. 23, 2020 - Friday, Jan. 1, 2021; re-opens Monday, Jan. 4



*Happy Hanukkah, Merry Christmas, Happy Kwanzaa,
 and Happy New Year*

December 2020

