

# The Scoop

## February 2021

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



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

**Vol. 40 Issue 8 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm**

Hi Everyone -

COVID-19 is making its presence known in Maine. Therefore, we have suspended all indoor, face-to-face programs for your safety, the safety of our staff, and the safety of our volunteers. With this in mind, we hope you might consider joining one of the Zoom programs and/or an outdoor program. The Lunch To Go program and Dinner Club To Go remain unchanged. We do have a few new exciting programs including

- Chat with Robin Cogger, York Parks & Recreation Director via Zoom - Wednesday, Feb. 10, 9:00am - p. 3;
- Singing for Smiles Music Performance via Zoom - Wednesday, Feb. 10, 3:30pm - see p. 3;
- Fireside Chat with Janis at Goodrich Park - Wednesday, Feb. 24, 11:00am—noon - see p. 7;
- Ice Skating to 70's music with Nancy at Goodrich Park, Wednesdays, Feb 3 & 17, 10:00am - see p. 3; and
- New Activity Packet - Exploring Nature in Your Backyard - see p. 4 and 8.

Additional program highlights for February 2021 include:

- Snowshoeing/Winter Walks with Jonna - see p. 8;
- Two Special Meals - Valentine's Day Lobster Roll Meal (\$14.00) - Friday, Feb. 12 and Picnic in Winter (\$5.00) - Thursday, Feb. 18 - see p. 6; and
- Zoom Programs: Workouts with Jonna, Book Club, and BINGO and Trivia with Janis.

If you register for a program via Zoom, you will receive an invite via email the day prior. If you need help with Zoom, be sure to reach out to us at least a week in advance of the program.

Previously we announced that AARP Tax-Aide would be returning in February and March on Tuesdays as a predominantly virtual program with a drop-off and pick-up component. At this time, the program has been postponed; we are hoping that it will be able to start in March. In the meantime, we are taking names and contact information so that we can call you to arrange an appointment as soon as the program is ready.

The U.S. Attorney's Office for the District of Maine reports an increase in financial fraud among older adults. Never give your financial or personal information to those you don't know. If you have concerns, are contacted by a suspected scammer, or fall victim to one, contact the FBI: 800-225-5324. Also, check out the following public announcement: <https://www.youtube.com/watch?v=BRWKSMDG8AvI>.

Many of you have called regarding the COVID-19 vaccine. The Center is not identified as a vaccine site. At this time we have little information to share with you. For the most up-to-date information, see: <https://www.maine.gov/covid19/>.

Stay safe, enjoy life, and remain connected with friends and family!

Jo, CAL Director

### Important Information

**Registration:** For York Residents - Monday, February 1 at 9:30am and for Non-York Residents - Tuesday, February 2 at 9:30am. Register via phone (207-363-1036), Monday & Wednesday, 9:30am-3:30pm and Tuesday, Thursday, & Friday, 9:30-11:00am 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. Additionally, if a program requires a fee, no cash payments will be accepted.



**Center Closed for Presidents' Day: Monday, February 15**

## 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 (on TV or online), 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.




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



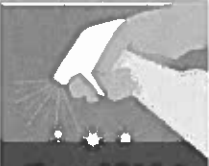
Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.



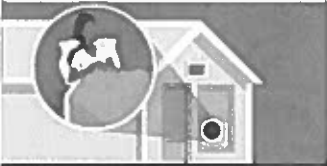
When in public, wear a cloth face covering over your nose and mouth.




Do not touch your eyes, nose, and mouth.




Clean and disinfect frequently touched objects and surfaces.



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



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



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

PHOTO: CDC

# **OPPORTUNITIES TO SOCIALIZE**

## **Social Interaction → Overall Well-Being & Fun!**

### **Consider one or more of these options!**

#### **Espresso Yourself!**

**A Coffee Chat with Parks and Recreation Director,  
Robin Cogger**

**Wednesday, February 10<sup>th</sup>, 9:00am, Café Zoom**

Wanna grab a cup of coffee? When was the last time you got an invite like that? Wait no more! Consider this your invitation to join Robin for a cup of coffee (b.y.o.c.) and some good conversation. Being socially distant does not lend itself, naturally, to making connections and having meaningful conversations, but we can change that. Let's get together and just "chat" via zoom, of course. We can talk shop, we can talk about the weather, we can talk about whatever comes up!

The expectation for this morning will be relaxed! Join Robin from the comfort of your home, with your favorite cup of coffee (or tea) and contribute to the conversation.

Not familiar or comfortable with Zoom? No problem! This will be a great opportunity to try it for the first time, or log on like an 'ole pro...ALL are welcome! Once you register, a Zoom invite will be sent to your email. If you are new to Zoom and need some assistance, we're happy to help.

What happens at Café Zoom, stays at Café Zoom, register early to reserve your spot at the virtual round table. Space is limited (maximum 10 participants).

Deadline to register: Monday, Feb. 9.



#### **Fireside Chat with Janis**

**Wednesday, Feb. 24, 11:00am - noon, at Goodrich Park**



This is a great opportunity to be outdoors and socialize with others. There will be a fire in the firepit but do dress warmly and in layers. Masks are required. There are benches to sit on but you might be more comfortable if you bring your own lawn chair. Cost: Free. Deadline to register: Tuesday, Feb. 23.

#### **Other Opportunities to Safely Interact with Others**

- ◆ BINGO with Janis via Zoom - Wednesday, Feb. 3, 1:30pm; see p. 8
- ◆ Book Club via Zoom - Wednesday, March 3, 2:00pm; see p. 8
- ◆ Ice Skating with Music of the 70's and Nancy - Wednesdays, Feb. 3 & 17, 10:00-11:00am at Goodrich Park; see p. 7
- ◆ Snowshoeing/Winter Walks with Jonna - Thursdays, 10:00-11:00am; see p. 8
- ◆ TRIVIA with Janis via Zoom - Thursday, Feb. 22, 2:00pm; see p. 8
- ◆ Get outdoors with others - York has lots of parks and public lands ( this includes York Land Trust). Take a walk with a friend or family member. Consider joining an outdoor recreation program and meeting new people. For more information, see "A Resource for Winter Outdoor Recreation" at <https://www.yorkparksandrec.org/a-resource-for-winter-outdoor-recreation/>.

"You don't stop laughing when you grow old,  
you grow old when you stop laughing."  
~George Bernard Shaw

## ACTIVITIES TO GO

### DINNER CLUB TO GO



For older adults living in York

If you aren't ready to go out to eat at a local restaurant, are tired of cooking, unable to drive, or trying to stay at home, then this program is for you. The Center for Active Living 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, Feb. 3

#### Menu:

- *Burger & Fries* - \$6.00
- *Cheeseburger & Fries* - \$6.00

Choice of medium rare, medium, or well done.

**Deadline for Ordering:** Tuesday, Feb. 2 by 3:00pm.

### The York River Landing Wednesday, Feb. 17

#### Menu:

- *Grilled Chicken Caesar Wrap with fries* (grilled chicken, romaine, shaved asiago, Caesar dressing) - \$14.04
- *Salmon Wrap with fries* (grilled salmon, mixed greens, red onion, capers, tomato, dill goat cheese spread) - \$14.04
- *Baked Haddock Sandwich with fries* (potato bun, Bibb lettuce, plain mayo or warm butter, local haddock, parmesan crumble, lettuce and tomato) - \$15.12
- *Beer Battered Haddock Sandwich with fries* (lettuce, tomato, tartar sauce) - \$15.12
- *Pulled Pork Sandwich with fries* (spiced rub pork, coleslaw, cheddar and bbq sauce) - \$14.04

**Deadline for Ordering:** Tuesday, Feb. 16 by 3:00pm.

### Fat Tomato Grill Wednesday, March 3

#### Menu - All items \$11.88 including tax:

- *Cheese Steak* on baguette with sautéed mushrooms, peppers, & onions with a side of coleslaw
- *Chicken Parm with Pasta* topped with marinara and cheese with a side salad and dinner roll
- *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) with side of bread
- *Rachel Sandwich* (their own roasted turkey, cheddar cheese, lettuce, tomato, and mayo) with Fries

**Deadline for Ordering:** Tuesday, March 2 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
- **Exploring Nature in Your Backyard [New]** - see p. 8
- Jigsaw Puzzles - Primarily 1000 pieces
- Word Puzzles - Word Search & Crossword

## EDUCATION

### ZOOM & INTERNET ASSISTANCE

With winter and COVID-19 restricting opportunities for travel and social interaction, Zoom could be one way of enriching your life this winter and connecting with friends and family. Additionally, the Internet offers many free opportunities to enjoy cultural activities such as concerts and museum tours, learn a craft, participate in a lecture, or engage in an exercise program. If you need assistance in using Zoom, the Internet, or setting up an email account, we have a group of York High School students from the Future Business Leaders of America (FBLA) plus a few older adults who are waiting to help you. Please contact Jo, the Center for Active Living's director, and she will match you up with a volunteer. The volunteer will assist you via phone and/or computer. Remember, to use Zoom you do not need a computer.

## EXERCISE & WELLNESS

### WORKOUTS WITH JONNA via Zoom

Instructor: **Jonna Dijkstra, CPT**  
**Tuesdays, Feb. 9, 16, & 23**  
**9:00-10:00am**

Join Jonna for virtually/online for workout sessions via Zoom. The class will be a combination of cardio, balance, strengthening, and physically distanced fun! Jonna will individualize workouts to meet your specific needs as much as possible. **Cost: \$18.00**. 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, Feb. 5.**

### SNOWSHOEING/WINTER WALKS WITH JONNA - See p. 8

**ICE SKATING - See p. 8 & 9**

## 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.**

Make Today Amazing

# 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, except special meals, 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](mailto: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, 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) and post your name sign on your car dashboard. You will be given a name sign the first time you pick up a meal; please keep this for all future meal pick-ups. A volunteer will check you in and collect payment if necessary.

- ⇒ 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.*

## SPECIAL MEALS FOR FEBRUARY

**Valentine's Meal - Friday, Feb. 12 - Lobster Roll Meal - \$14.00.** [Alternative meal: two corn chowders rather than lobster roll with you meal, \$5.00]

**Picnic in February - Thursday, Feb. 18 - \$5.00.**

Special meals sell out fast so make your reservation early. Only one meal per person. Meals must be paid within 24 hours of reservation via credit/debit card or check. Meal cards are not accepted for either of these meals. See February menu for meal details.

## 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.

## INCLEMENT WEATHER NOTICE

We will make every effort to provide meals as scheduled. At times, we may need to cancel a meal due to the weather. If such is the case, we will notify you as soon as possible and provide you a credit. To find out if we are not providing a meal due to the weather on a day you have ordered, please check one of the three main TV station (either on TV or online) or Spectrum Cable Access Channel (channel 3 or 1303). Also, if you have email, check for an email from the Center.

Should the weather prevent you from picking up your meal, we will not be able to provide delivery service. We will gladly hold your meal for pick-up later in the day (1:00-4:00pm) or the next day as long as it is not on a Friday (we cannot hold meals until Monday). If you need to cancel your meal due to inclement weather or need to delay your pick-up, please call 207-363-1036 by 11:00am that morning. If no one answers, please leave a complete message - full name and reason for the call.

We encourage everyone to have extra food in their house as well as consider ordering an extra meal occasionally and freezing it. This way, should the weather prohibit you from picking up your meal or the Center from making a meal, you will have a meal to eat.



## Town of York - Center for Active Living - February 2021 - 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. 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 within 24 hrs. of ordering by credit card or check. 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 Monday, Feb. 1 for York Residents and Tuesday, Feb 2 for Non-York Residents, starting at 9:30am.

Monday	Tuesday	Wed.	Thursday	Friday
8	9 Split Pea Soup, Canadian Pork Pie, Vegetable Muffin: Cranberry Orange	10	11 Open faced Hot Turkey Sandwich with Gravy, Potato, Vegetable Muffin: Wild Maine Blueberry	12 VALENTINE DAY SPECIAL Lobster Roll, Corn Chowder or 2 Corn Chowders & no lobster roll, Cole Slaw, Chips - \$14.00 (\$5.00 if two chowders and no lobster roll) Muffin: Honey Raisin Bran
15 Center Closed Presidents' Day	16 Mini Meatloaf, Smashed Garlic Potato, Vegetable Muffin: Pumpkin	17	18 FEBRUARY "PICNIC" SPECIAL - \$5.00 BBQ Chicken Breast, Baked Beans, Potato & Egg Salad, Cole Slaw Muffin: Cherry Choc Chip	19 CHOICE DAY Seafood Pie or Plain Baked Haddock, Rice Pilaf, Vegetable Muffins: Cranberry Walnut
22	23 Spiral Baked Ham, Mac & Cheese, Vegetable Muffin: Blueberry Corn	24	25 Turkey Rice Vegetable Soup, Our Own Italian Sub, Chips Muffin: Mixed Berry	26 CHOICE DAY Baked Haddock Florentine or Plain Baked Haddock, Potato AuGratin, Vegetable Muffin: Sweet Georgia
March 1	March 2 Creamy Tomato & Tortellini Soup, Burger or Cheeseburger, Chips, Cole Slaw Muffin: Peanut Butter Choc Chip	March 3	March 4 Homemade Lasagna, Sausage/Meatball, Vegetable, Garlic Bread Muffin: Banana Walnut	March 5 CHOICE DAY Baked Haddock with Shrimp Sauce or Plain Baked Haddock, Rice Pilaf, Vegetable Muffins: Wild Maine Blueberry

## NATURE & OUTDOOR PROGRAMS

### ENJOY THE WINTER WITH SNOWSHOES AND WALKS

**Instructor: Jonna Dijkstra, CPT**

**Thursday, Feb. 11 - Goodrich Park**

**Thursday, Feb. 18 & Feb. 25 - Location to be determined**

**10:00 - 11:00am**

Jonna will start you off with a group of warm-up exercises to get you moving and help with balance, coordination, and strength. Then, its off on one of the trails for a winter walk. No prior experience with snowshoes is necessary. 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 comfortably outdoors and be able to tolerate colder weather. Be sure to dress in layers (think onion) and wear boots, gloves/mittens, hat/ear coverings, and if sunny, consider sunglasses. **Cost: \$24.00 for the 3 sessions (includes use of snowshoes and poles). Deadline to register, pay, and request refund: Tuesday, Feb. 9. Program limited to 8 participants.**

### ICE SKATING WITH MUSIC OF THE 70'S AND NANCY



**Wednesdays, Feb. 3 and 17, 10:00am at Goodrich Park**



Join Nancy, our very own chef, on the ice and skate to music of the 70's with Andy, York Parks & Recreation Recreation Coordinator as our DJ. No reservation needed; just show up with your skates and dress warmly in layers. You will have to wear a mask the entire time you are at Goodrich Park; on and off the ice. Do check before going to be sure the weather conditions are positive for skating. You do need your own skates. If you need skates or your skates no longer fit, you can check the Skate Exchange on the porch of Grant House at Goodrich Park to see if there are any available. You should do this in advance of when you want to skate as there are limited skates in the skate exchange. If you have skates that no longer fit or being used, please add those skates to the Skate Exchange for others. There are skate aids (walkers) available that you can use on the ice. **Cost: Free but you**

*do need to live in York to participate.* Registration optional; if you register by Tuesday prior to the skate date, then we will notify you if the date changed due to weather/ice conditions.

### EXPLORING NATURE IN YOUR BACKYARD - ACTIVITY PACKET

Find a small spot outside to view regularly from outdoors or indoors and observe nature in all its glory. The packet has activities you can do to develop your senses and track winter turning to spring.

## OTHER PROGRAMS

### BINGO & TRIVIA WITH JANIS via Zoom

**BINGO - Wednesday, Feb. 3 at 1:30pm**

**TRIVIA - Thursday, Feb. 22 at 2:00pm**

Don't let Zoom scare you off. This is a great opportunity to be with other people, have some fun, and exercise your brain from your own home. Just think, you don't need to drive anywhere, go outdoors if its really cold, or wear a mask. **Cost: Free. Deadline date to register for BINGO: Monday, Feb. 1. BINGO registration is on-going for both York and non-York residents so you do not need to wait until Feb. 1 to register. Deadline date to register for TRIVIA: Friday, Feb. 19.**

### BOOK CLUB via Zoom

**Book: *Educated* by Tara Westover**

**Discussion on Wednesday, March 3, 2:00pm**

Book discussion will take place via Zoom. The book will be available from the Center, courtesy of York Public Library. When registering, let us know if you prefer a regular print book, large print book, or audio book. We will let you know when the book is available for pick-up or if you are unable to drive, we will make arrangements to deliver the book to you. **Cost: Free. Deadline to register: Monday, 22.**

### MUSIC BY SINGING FOR SMILES via Zoom

**Wednesday, Feb. 10, 3:30pm**

Live music concert by a very talented youth group (primarily high school students), Singing for Smiles, a 501(c)(3) youth-led nonprofit dedicated to spreading joy to whoever they can through singing! They will perform a variety of show tunes. Since you'll be in the privacy of your own home, feel free to join in the singing with them. **Cost: Free. Deadline to register: Monday, Feb. 8 by 3:30pm.**



## YORK PARKS & RECREATION COMMUNITY EVENTS

### ICE SKATING AT GOODRICH PARK for York Residents

Mondays and Wednesdays, 10:00-11:00am, is reserved for adults 50+ years of age. No cost to skate. You do need your own skates but there is a skate exchange on the porch of Grant House at Goodrich Park. For more information and to check if the rink is open, see: <https://www.facebook.com/YorkMaine/> or call York Parks and Recreation, 207-363-1040.

## INFORMATION YOU CAN USE

### AARP TAX-AIDE

This program will run differently this year due to the pandemic. AARP Foundation Tax-Aide is working very closely with the IRS to develop an approach that will maximize the safety of their volunteers, you (the taxpayer), and your tax documents. The program will be primarily virtual. All interactions with AARP Tax-Aide volunteers will be from your car and by phone. Beginning Wednesday, Jan. 20, you can call the Center for Active Living to indicate your interest in participating in this program. Once AARP Tax-Aide contacts us that they are ready to go, we will contact you to make your appointment. We anticipate appointments being on Tuesdays beginning in March.

### DO YOU "CLYNK"? WE DO!

You can pick-up CLYNK bags with our sticker at the Center. To obtain a bag, request one at lunch pick-up 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!

### LOOKING FOR ADDITIONAL OUTDOOR ACTIVITY?

York Parks and Recreation website has a listing of Winter Outdoor Recreation Resources, which you can access from its website's home page: <https://www.yorkparksandrec.org/>.

## YORK COMMUNITY SERVICE ASSOCIATION (YCSA)

Need  
Help?

YCSA 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; and 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](mailto:mmonsens@ycsame.org). For other assistance, call Janie at 207-336-5504 ext. 2 or email: [jsweeney@ycsame.org](mailto:jsweeney@ycsame.org).

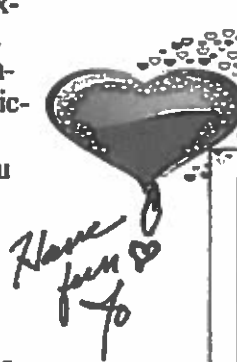
## YORK PUBLIC LIBRARY

The library is providing pre-arranged curbside pick-up and online programs. For details, see <http://yorkpubliclibrary.org/about/directions/> or call (207) 363-2818. If you don't know what you want to read, the librarians will gladly recommend books to match your interests; either call or go to <https://yorkpubliclibrary.org/services/custom-book-form/>. Delivery service is available on a monthly basis to individuals who are unable to drive.

## HAPPY VALENTINE'S DAY

Sunday, February 14th

FROM: Center for  
Active Living



Love ya  
James &

Happy Hearts!  
Nancy G.



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.**

**Program Registration for York Residents begins Monday, Feb. 1 at 9:30am**

**Program Registration for Non-York Residents begins Tuesday, Feb. 2 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 for 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: Monday, February 15 for Presidents' Day**



**If you need *The Scoop* in an alternative form such as large print or audio, please contact the Center for Active Living.**

**February 2021**

