

The Scoop

January 2021



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

Vol. 40 Issue 7 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi Everyone -

HAPPY NEW YEAR 2021! I do hope that by the end of 2021, we will be able to be together in person. Until then, we will continue to provide Lunch To Go on Tuesdays, Thursdays, and Fridays; a limited number of in-person programs for small groups; a few programs via Zoom; and outdoor programs. And of course, we will continue the popular Dinner Club To Go in partnership with local restaurants twice a month on Wednesday evenings for older adults living in York.

Program highlights for January 2021 include:

- Snowshoeing/Winter Walks - see p. 8;
- Craft Programs - Stone Art with Nancy and Card Making with Maxine - see p. 4;
- Exercise Programs at York-Ogunquit Methodist Church: Line Dancing & Workouts with Jonna - see p. 5; and
- Programs via Zoom: Workouts with Jonna (either in-person or Zoom), Book Club (either in-person or Zoom), BINGO and Trivia via Zoom.

If you're wanting to use Zoom, are using Zoom but need some assistance, or need assistance with your tablet, computer, or smart phone, please reach out to me. York High School's Future Business Leaders of America (FBLA) plus some older adults are ready and willing to help you via phone and computer; see p. 5.

As tax season approaches, AARP Tax-Aide will return in February, March, and early April on Tuesdays as a predominantly virtual program with a drop-off and pick-up component. Appointments are required. See p. 9 for details.

The Parks and Recreation Department, of which the Center of Active Living is a part, is very interested in learning more about the needs and desires of older adults in our town. Therefore, please complete the enclosed survey, which is located right after p. 3 and is 4 pages long. It should take you roughly 5 minutes to complete. The survey can be done on paper and returned to either the Center or the Parks and Recreation Department by Friday, January 29 by 4:00pm or you can follow the link and complete it via the Internet by the end of the day Saturday, January 30. I hope that each and everyone of you will complete the survey plus encourage your friends to do so. You may direct others to the Internet link or have the person call the Center for a copy of the survey. Thank you in advance for your input!

Have a great 2021 and stay safe and connected with friends and family!

Jo, CAL Director

Important Information

Registration: For meals, begins Tuesday, January 5 at 9:30am. For all other programs, begins for York Residents - Monday, January 11 at 9:30am and for Non-York Residents - Tuesday, January 12 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 program requires a fee, no cash payments will be accepted.

Center Closed for Martin Luther King Jr. Birthday: Monday, January 18

Groundhog Day will be here soon - Tuesday, February 2 - Will he see his shadow (6 more weeks of winter) or not (spring will be coming early)???

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

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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).

OPPORTUNITIES 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.

TOWN OF YORK
PARKS RECREATION



York Parks and Recreation Department - Center for Active Living

We would like to improve services for Older Adults in our community. We would appreciate a few minutes of your time to tell us what would be helpful to you. One survey per person, please!

Online survey option available, if you prefer: <http://form.iotform.com/203543898591064>

How would you like more information about services for Older Adults? Please select all that apply.

- | | |
|---|---|
| <input type="checkbox"/> By phone | <input type="checkbox"/> Internet/website |
| <input type="checkbox"/> Written material | <input type="checkbox"/> Email |

Would you use, or benefit from, transportation assistance for any of the following? Please select all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Medical services | <input type="checkbox"/> Religious services |
| <input type="checkbox"/> Shopping | <input type="checkbox"/> Entertainment |
| <input type="checkbox"/> Friend or family visits | <input type="checkbox"/> Personal care (i.e. hair salon) |
| <input type="checkbox"/> Other: _____ | |

Would you find pick-up and delivery services for any of the following useful? Please select all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Groceries | <input type="checkbox"/> Household items |
| <input type="checkbox"/> Food from restaurants | <input type="checkbox"/> Items to friends and family |
| <input type="checkbox"/> Other: _____ | |

Would you like, or would you benefit from, meals delivered to your home? Please select all that apply.

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Breakfast | <input type="checkbox"/> Weekdays |
| <input type="checkbox"/> Lunch | <input type="checkbox"/> Weekend |
| <input type="checkbox"/> Dinner | |

Would you like additional companionship? Please select all that apply.

- | | |
|--|---|
| <input type="checkbox"/> Phone call visits | <input type="checkbox"/> Virtual visits |
| <input type="checkbox"/> Home visits | <input type="checkbox"/> Group outings |

Are there activities you would like to participate in? Please select all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Movies | <input type="checkbox"/> Music |
| <input type="checkbox"/> Dining out | <input type="checkbox"/> Art |
| <input type="checkbox"/> Volunteering | <input type="checkbox"/> Discussion group |
| <input type="checkbox"/> Walking group | <input type="checkbox"/> Indoor recreation |
| <input type="checkbox"/> Religious gathering | <input type="checkbox"/> Outdoor recreation |
| <input type="checkbox"/> Cultural events/entertainment | <input type="checkbox"/> Virtual programming |
| <input type="checkbox"/> Other: _____ | |

Would any of the following information and education be helpful to you? Please select all that apply.

- Technology
- History
- Health & Wellness
- Local issues of interest
- Other topics of interest: _____

Which of the following do you currently use? Please select all that apply.

- Cell Phone
- Laptop computer
- Desktop computer
- Internet
- Cable television
- Access to Internet
- Virtual meetings (i.e. Zoom)

In what areas would you like help in making your home more comfortable? Please select all that apply.

- Minor repairs
- Housekeeping
- Security upgrades
- Improved lighting
- "Grab bar" installation
- Yard work
- Snow removal
- Contacting "trades" people
- Home accessibility aids (ramps, lifts)
- Other: _____

Would any of the following services be helpful to you? Please select all that apply.

- Home security
- Legal assistance
- Financial counseling
- Emergency services
- Adult "day care"
- Employment assistance
- End of life counseling
- Food security
- Mental health counseling
- Access to the internet
- Support groups
- Fitness & Nutrition
- Other: _____

What services or programs would improve your quality of life?

In which age category do you fit?

50-59

60-69

70-79

80-89

90+

Are you a York resident?

Year-round

Summer only

Winter only

Other: _____

Have you participated in Center for Active Living programs in the past 2 years?

Yes No

Please provide your contact information below (optional):

Name _____

Address _____

Phone (000-000-0000) _____

Email (example@example.com) _____

Please return your survey in one of the following ways, NO LATER THAN JANUARY 30, 2021

- By mail to the Center for Active Living, 36 Main Street, York, Maine 03909
- Drop off in drop box located at
 - Center for Active Living, 36 Main Street, York – Monday-Friday, 8:30am-4:00pm
 - Parks and Recreation Department, Goodrich Park, 200 US Rte. 1, York – Front Porch

Thank you very much for your input. It will help us with future planning.

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!

Fat Tomato Grill Wednesday, Jan. 20

Menu - All items \$11.88 including tax:

- *Corned Beef Reuben* Sandwich with fries
- Cheese Steak on Baguette with sautéed mushrooms, peppers, & onions with a side of coleslaw
- *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
- *Eggplant Parm with Pasta* topped with marinara and cheese with a side salad and dinner roll

Deadline for Ordering: Tuesday, Jan. 19 by 3:00pm

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.

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

STONE ART with Nancy Wednesday, Jan. 20, 1:00pm



Nancy will lead you through creating a stone art project of your own design in a frame. We will provide all supplies needed but feel free to bring any small natural items you'd like to incorporate into your project (e.g., twigs). **Cost: \$7.00. Deadline date for registration and refund if you cancel: Friday, Jan. 15. Program limited to 6 participants.**

CARD MAKING with Maxine Monday, Feb. 1, 1:00pm

You will have the opportunity to make numerous cards that meet your personal needs (e.g., Valentine, birthday, Thank You, Thinking of You). This is a great way to connect with friends and family especially during COVID-19. **Cost: \$6.00. Deadline date for registration and refund if you cancel: Friday, Jan. 29. Program limited to 6 participants.**

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

LINE DANCING

Instructor: Diane Anderson

Wednesdays, Jan. 20 & 27 and Feb. 3
and/or

Fridays, Jan. 22 & 29 and Feb. 5
9:30-10:30am

at York-Ogunquit Methodist Church

Participants are 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: \$9.00 for the three Wednesday or three Friday sessions; \$18.00 for both Wednesdays and Fridays (6 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, Jan. 15. Class limited to 6 participants per day so register early.**

Being active is fun and keeps you healthy in mind, body, and spirit!

WORKOUTS WITH JONNA

Instructor: Jonna Dijkstra, CPT
Tuesdays, Jan. 19 & 26 and Feb. 2
9:00-10:00am

at York-Ogunquit Methodist Church or via Zoom

Join Jonna for indoor workout sessions in-person or 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. Participants attending the in-person are 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: \$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, Jan. 15. Class limited to 6 participants in the church so register early.**

SNOWSHOEING/WINTER WALKS WITH JONNA - See p. 8

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/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.*

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.



Sunshine is delicious, rain is refreshing, wind braces us, snow is exhilarating; there is no such thing as bad weather, only different kinds of good weather. - J. Ruskin



Town of York - Center for Active Living - January 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. Don't wait to order too late as we can only produce a certain number of meals per day and you might end up on a waitlist. You may order multiple meals, except for special meals, and freeze for the future. With the possibility of inclement weather and either the Center not being able to provide a meal or you being unable to get out to pick-up your meal, do consider ordering an extra meal or two and freezing it for such situations. 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.

REGISTRATION FOR MEALS WILL NOT BE ACCEPTED UNTIL TUESDAY, JANUARY 5 STARTING AT 9:30 AM.

Monday	Tuesday	Wed.	Thursday	Friday
11	12	13	14	15
	Everyone's Favorite Meatloaf, Smashed Potato, Vegetable <i>Muffin: Lemon Poppy Seed</i>		Pork Chop with Pepper & Onion, Mashed Potato, Vegetable <i>Muffin: Cranberry Walnut</i>	Fish Chowder and Seafood Salad Sandwich or Two Chowders & no seafood roll <i>Cole Slaw, Chips Muffin: Cherry Choc Chip</i>
18	19	20	21	22
CLOSED Martin Luther King Jr.'s B-day	Chicken A la King over Rice, Vegetable <i>Muffin: Banana Walnut</i>		Beef Barley Soup, Turkey Club Sub (sliced turkey, bacon, lettuce, tomato, mayo), Chips, Crackers <i>Muffin: Blueberry Corn</i>	CHOICE DAY Baked Haddock Florentine or Plain Baked Haddock, Rice Pilaf, Vegetable <i>Muffins: Sweet Georgia</i>
25	26	27	28	29
	Lasagna Roll-Up with Sauce, Meatball, Sausage, Vegetable <i>Muffin: Peanut Butter Choc Chip</i>		Quiche – CHOICE: Vegetable (broccoli/spinach) or Meat (ham/bacon), Sausage, Home Fries <i>Muffin: Blueberry</i>	CHOICE DAY Baked Haddock with Shrimp Sauce or Plain Baked Haddock, Smashed Red Potato, Vegetable <i>Muffin: Apple Spice</i>
FEB 1	2	3	4	5
	GROUND HOG DAY! Boneless Chicken Teriyaki, Fried Rice, Vegetable <i>Muffin: Banana Choc Chip</i>		Yankee Pot Roast with Vegetable Garnish, Mashed Potato, Vegetable <i>Muffin: Peanut Butter Jelly</i>	CHOICE DAY Seafood Newburgh over Rice or Baked Haddock, Rice, Vegetable <i>Muffin: Mixed Berry</i>

NATURE & OUTDOOR PROGRAMS

ENJOY THE WINTER WITH SNOWSHOES AND WALKS

Instructor: Jonna Dijkstra, CPT

Thursday, Jan. 14 - Goodrich Park

Thursday, Jan 21 - Goodrich Park

Thursday, Jan. 28 - 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: Wednesday, Jan. 13. Program limited to 8 participants.

OPPORTUNITIES TO SOCIALIZE

MEN'S GROUP

with Ray Sarosy, Coordinator

Thursday, Jan. 21 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, Jan. 19. 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

BOOK CLUB

In-Person & Via Zoom

December's Book: *Where the Crawdads Sing* by Delia Owens

Discussion on Wednesday, Jan. 12 at 1:30pm

January's Book: *Educated* by Tara Westover

Discussion on Wednesday, Feb. 10 at 1:30pm

Book discussion will take place in-person as well as via Zoom so you can select how you want to participate. Books 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. **Cost: Free. The December group still has room for a few more participants. If you're interested, register now! Deadline to register for January group: Monday, Jan. 31. Program limited to 6 participants in-person; no limit via Zoom.** In the utmost of precautions due to COVID-19, you may not engage in eating or drinking while in the building.

BINGO & TRIVIA via ZOOM with Janis

TRIVIA – Monday, Jan. 19 at 2:00pm

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

Given that it is now definitely winter and COVID-19 is surrounding us, we will play BINGO and TRIVIA virtually via Zoom. Don't let this scare you off! It can still be fun as well as time to connect with other people. You can participate from your home landline phone or via smart phone (data charges do apply unless you have unlimited data), tablet, or laptop or desktop computer. For BINGO, we're provide you with the necessary BINGO cards in advance. Do give it a try! **Cost: Free. Deadline to register for BINGO: Monday, Feb. 1. Deadline to register for TRIVIA: Friday, Jan. 15.**

YORK PARKS & RECREATION COMMUNITY EVENTS

ICE SKATING AT GOODRICH PARK

There will be special times for adults 50+ years of age. You do need your own skates but they are planning on a skate exchange in the near future. Watch the York Parks & Recreation website and our emails for information.

INFORMATION YOU CAN USE

AARP TAX-AIDE

Tuesdays, February 2 - April 6

This program will run differently this year due to the pandemic. The AARP Foundation Tax-Aide has worked very closely with the IRS to develop an approach that will maximize the safety of their volunteers, you (the taxpayer), and your tax documents. With this in mind, the AARP Tax-Aide program will be primarily virtual. All interactions with AARP Tax-Aide volunteers will be from your car and by phone. To participate, you need to schedule a drop-off appointment with the Center for Active Living (see information below).

Appointments will be scheduled in 30-minute slots and take roughly 15-20 minutes. You will remain in your car, with the motor off, for the entire appointment, so dress appropriately. An AARP Tax-Aide volunteer will meet you at your car at the time of your appointment. You must have a government issued picture ID (current driver's license or passport) plus your Social Security card or an official document from the Social Security Administration containing your Social Security Number with you for the AARP Tax-Aide volunteer to proceed with your taxes. The volunteer will ask you a few questions, take your paperwork, and give you some paperwork to complete while s/he goes inside to scan in your documents. While you are waiting in your car, you will be asked to (a) complete the Intake/Interview & Quality Review Sheet (Form 13614-C) that asks specific questions about you, any dependents, and your income sources and (b) sign Form 14446 (Virtual VITA/TCE Taxpayer Consent) that gives AARP Tax-Aide permission to prepare your taxes virtually. The volunteer cannot keep your paperwork; you must wait for it. The AARP Tax-Aide volunteer will work on your tax return from home. S/he will call you to review your intake form and discuss your tax return. Once your tax return is completed and quality reviewed, an AARP Tax-Aide volunteer will call you to arrange a specific time on a Tuesday for you to pick-up your return and sign Form 8879 (IRS e-file Signature Authorization Form) at the Center for Active Living. After you receive the completed tax return, the AARP Tax-Aide volunteer who prepared your return will call you to discuss it via phone and

answer any questions you may have.

Appointments can be made beginning Wednesday, January 20. Appointments will be on Tuesdays on the half-hour between 9:00-11:00am and 1:00-3:00pm. Appointments are available throughout February and March. Please do not call for an appointment until you have all your paperwork available. To schedule an appointment, please call Center for Active Living at 207-363-1036 during the following times: Mondays and Wednesdays, 9:00am - 4:00pm and Tuesdays, Thursdays, and Fridays, 9-11am and 1:30-4:00pm. *In order to participate in this program, on arrival at the Center for Active Living, you must wear a two-layer mask fully covering your nose and mouth and meet the following criteria: no symptoms of COVID-19; not tested positive for COVID-19 or been exposed to someone who tested positive for COVID-19 in the last 14 days; and not traveled to any place that Maine requires quarantining on return within last 14 days.*

If you are doing your own taxes and questions, please contact the IRS; <https://www.irs.gov/individuals> plus <https://www.irs.gov/newsroom/get-ready-for-taxes-whats-new-and-what-to-consider-when-filing-in-2021> or by phone 800-829-1040.

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)

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; 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. For other assistance, call Janie at 207-336-5504 ext. 2 or email: 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.

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, Jan. 5 at 9:30am

Program Registration for York Residents begins Monday, Jan. 11 at 9:30am

Program Registration for Non-York Residents begins Tuesday, Jan. 12 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, Jan. 18 for Martin Luther King, Jr.'s Birthday



January 2021

