

# The Scoop

## March 2021



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

Hi Everyone -

Wow, its been a year now since COVID-19 turned our lives upside down. There is light coming with Spring arriving March 20th and the vaccines becoming available to older adults age 70+ and hopefully soon to adults 65-69 years of age as well as to other adults with 2+ high risk medical condition. In the meantime, before winter and snow disappear, consider participating in one of our winter outdoor programs:

- Ice Skating with Nancy, our chef, and music at Goodrich Park (March 3 & 10) - see p. 8
- Snowshoeing/Winter Walks with Jonna (March 4, 11, & 18) - see p. 8
- Fireside Chat with Janis at Goodrich Park (March 18 & 31) - see p. 8

St. Patrick's Day is Wednesday, March 17th. In keeping with tradition, Nancy will be offering her special **St. Patrick's Day lunch of Corned Beef and Cabbage To Go** that day. This means we will be having lunch on Wednesday, March 17 and no lunch on Thursday, March 18 that week.

Between the pandemic and winter weather, many of us have had a decrease in physical activity. To help you get back on track or start anew, we invite you to join the **Fitness Challenge**. This is a free at-home exercise program with incentives and guidance. It is designed so that most people can participate. Exercise adds to your physical, cognitive, and emotional well-being so give the program a try. See p. 5 for more details.

**Free Tax Preparation Services:** AARP Tax-Aide is underway at the Center. If you signed up for an appointment, you will be called with a date and time to drop off your paper work. As of February 10, we are only signing people up for the waitlist. If you were/are told you are on the waitlist, you might want to explore other options. If you earned less than \$52,000 in 2020 and did not get any appointment with AARP Tax-Aide at the Center for Active Living and are in need of free tax preparation, consider contacting York County Community Action [YCCA] (207-324-5762 ext. 2718) regarding their drop off program. YCCA has locations in Sanford and Biddeford.

We have finally designed a **new t-shirt for the Center for Active Living**. The t-shirt will be available in early April. We will be selling the t-shirts for \$14.00 for crew neck and \$16.00 for V-neck; see p. 3 for details. You can win a t-shirt by participating in the Fitness Challenge in March; see p. 5.

In response to questions regarding COVID-19, especially related to the vaccine, testing, quarantining, travel, and related services (e.g., grocery shopping), York Parks & Recreation, of which the Center for Active Living is a part, has partnered with York Hospital to launch the **York Maine COVID Information Hotline**. The hotline operates out of the Center for Active Living, Monday-Friday, 9:00am - 4:00pm. Trained volunteers are ready to assist you. To reach the hotline, call: 207-351-6070.

***Please note that even if you have received the COVID-19 vaccine(s), for everyone's safety, you still need to wear a mask and keep your physical distance when not with members of your household.***

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

Jo, CAL Director

## Important Information

**Registration:** For York Residents - Monday, March 1 at 9:30am and for Non-York Residents - Tuesday, March 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.

**Town of York Maine COVID-19 Hotline 207-351-6070 (Monday-Friday, 9:00am-4:00pm)**

## 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

York Maine COVID-19 Information Hotline:  
207-351-6070

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

SHUT 7.8 May 13, 2020 11:03 AM

## ***LOOKING FORWARD TO THE SPRING***

- Line Dancing, Workouts with Jonna, BINGO From Your Car, and lawn games will be returning outdoors in mid-April
- Later in the spring, we will re-start craft programs
- New programs coming include
  - Fitness Walking with Jonna
  - Gardening/Horticulture
  - Learn to Knit/Crochet
  - Nature Exploration at Mount Agamenticus (“Mt. A.”)
- Special events (tentatively):
  - Outdoors Spring Fling with live music at the Center for mid-May
  - Ice Cream Social outdoors in small groups throughout the day/week in June

## ***SUPPORT THE CENTER FOR ACTIVE LIVING AND ADD TO YOUR T-SHIRT COLLECTION BY PURCHASING A CENTER T-SHIRT***

- Shirt will be all-cotton, short sleeve with the center’s kite logo
- Shirts will be available in small, medium, large, x-large, xx-large, and xxx-large
- Color choices: light grey or light blue
- Cost: \$14.00 for crew neck or \$16.00 for V-neck, payable at time of ordering
- Reserve and pay for your t-shirt by Thursday, March 18
- Shirts will be available in early April in time for the warmer weather



**Join the Fitness Challenge (see p. 5) for an opportunity to win a free t-shirt!**

## ACTIVITIES TO GO



For older adults living in York only.

### DINNER CLUB TO GO

If you aren't ready to go out to eat at a local restaurant, are tired of cooking, unable to drive, or trying to stay at home, then this program is for you. The Center for Active Living has partnered with a few local restaurants to provide a limited choice menu for delivery. Volunteers will deliver your meal to you in a contact free manner. To order call the Center for Active Living (207-363-1036) by the deadline date and time. When ordering, you need to pay by credit/debit card. If you desire to give a tip to the restaurant, please let us know to put a tip on your credit/debit card. On the set date, a volunteer will deliver your meal between 5:00-5:30pm. The delivery is done with no direct interaction. When the volunteer arrives at your home, s/he will call you on your phone and then leave your meal by your door. *You should not come out to retrieve your meal until you see that the volunteer is back in his/her car.* The delivery person cannot go into your home, building, garage, or alcove. S/he must leave the food outdoors. FYI, the delivery person will be wearing a face mask and using hand sanitizer for everyone's safety. Please be sure to be home before 5pm on the day of the delivery!

#### Fat Tomato Grill Wednesday, March 3

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

- *Cheese Steak* on baguette with sautéed mushrooms, peppers, & onions and 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.

#### American Legion Burger Night Wednesday, March 24

**Menu:**

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

Choice of medium rare, medium, or well done.

**Deadline for Ordering:** Tuesday, March 22 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.

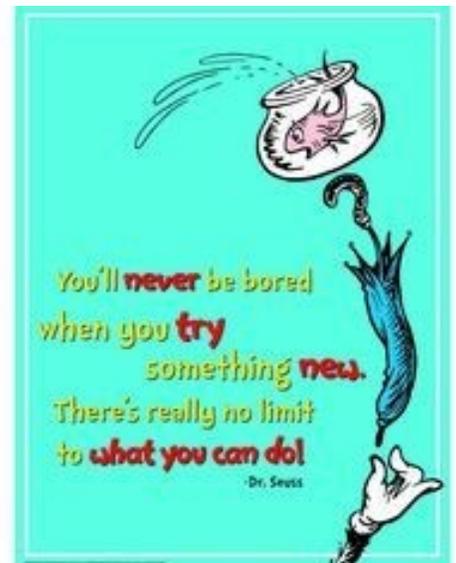
The following packets are available:

- 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, & TECHNOLOGY ASSISTANCE

If you need assistance in using Zoom, the Internet, setting up an email account, or using a piece of technology (e.g. iPad, smart phone), York High School students from the Future Business Leaders of America (FBLA) plus a few older adults are waiting to assist you. Please contact Jo, Director, Center for Active Living (207-363-1036), and she will match you up with a volunteer. The volunteer will assist you via phone and/or computer.



## EXERCISE & WELLNESS

### FITNESS CHALLENGE March 8 - April 2



This program is a four week, five-day a week simple home exercise program. There are options within the program so that most older adults can participate. Each week targets a different goal; Week 1 - Stretching, Week 2 - Strengthening, Week 3 - Balance, and Week 4 - Combination. Each week you report your score by a set date. If you exercise that week for 5 days and obtain a minimum number of points, you will be entered into a drawing for that week for one of the Center's new t-shirts. All participants that have reported their score each week for all four weeks will go into a "Grand Prize" drawing. "Grand Prizes" include gift cards for the Center and for a few local restaurants. **Deadline date for registering: Monday, March 8.** *Once you register, you can arrange to pick up the fitness challenge packet at the Center or if you live in York and do not drive, we will deliver you the packet. At the time of registration, if you are picking up the packet, you will be given a date and time when you can pick it up; you cannot just show up to get the packet.*

### 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>.

### BENEFITS OF PHYSICAL ACTIVITY

- ⇒ Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones.
- ⇒ Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- ⇒ Can help reduce blood pressure in some people with hypertension.
- ⇒ Helps people with chronic, disabling conditions improve their stamina and muscle strength.
- ⇒ Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- ⇒ Helps maintain healthy bones, muscles, and joints.
- ⇒ Helps control joint swelling and pain associated with arthritis.

<https://www.cdc.gov/nccdphp/sgr/olderad.htm#:~:text=regular%20physical%20activity,-,Benefits%20of%20Physical%20Activity,in%20some%20people%20with%20hypertension.>

## 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 2-layer washable 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, 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 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) 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

**St. Patrick's Day - Wednesday, March 17 - Corned Beef & Cabbage - \$7.00.** Please note, 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 special meals. Deadline to register: Friday, March 12 by 2:00pm or when meals available sell out.

## 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: 2 days 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 - March 2021 - Lunch Menu

Donation \$5.00 per meal per person unless otherwise noted. Reservation required by 2:00pm the Friday prior to the meal you would like; call 207-363-1036, Monday – Friday, 9:30am-3:30pm. Order early, as meal spaces fill up. Please note, you can order for the entire month or multiple weeks at once if you'd like. You may also order multiple meals, except for special meals, and freeze for the future. Sugar Free Dessert available if requested at time of ordering meal. Payment may be made by credit/debit card at time of reservation or by check made out to Town of York or CAL punch card provided at pick-up time *except for special meals; special meals must be paid at time of ordering*. When you arrive for pick-up, you must remain in your car, wear a mask over your mouth and nose, and put up your name sign; someone greets you, gets your name (and payment, if not already paid), and then, someone will deliver you 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 at least two days 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 Monday, March 1 for York Residents and Tuesday, March 2 for Non-York Residents beginning at 9:30 AM.

Monday	Tuesday	Wed.	Thursday	Friday
8	9 Broccoli Spinach Cheese Soup, Grilled Reuben Sandwich on Rye, Chips, Crackers <i>Muffin: Cranberry Walnut</i>	10	11 Chunky Beef Stew over Rice, Vegetable, Corn Muffin <i>Muffin: Pumpkin Streusel</i>	12 CHOICE Haddock Fish Chowder and Seafood Salad Roll or Two Chowders, Cole Slaw, Chips <i>Muffins: Cherry Choc Chip</i>
15	16 Boneless Chicken Breast with Mushroom Sauce, Rice Pilaf, Vegetable <i>Muffin: Blueberry Corn</i>	18 WEDNESDAY MARCH 17 Lunch Special Corned Beef & Cabbage - \$7.00 	19 Seafood Chowder, "Oven Fried" Haddock Fish Sandwich with Cheese, Chips, Cole Slaw <i>Muffin: Orange Cranberry</i>	
22	23 Turkey Vegetable Barley Soup, Philly Cheese Steak Sub Sandwich, Chips <i>Muffin: Peanut Butter Jelly</i>	24	25 Roast Turkey Dinner with all the Fixins <i>Muffin: Honey Raisin Bran</i>	26 Baked Haddock Florentine or Plain Baked Haddock, Spanish Rice, Vegetable <i>Muffins: Cranberry Corn</i>
29	30 Stuffed Shells with Meatball/Sausage & Meat Sauce, Vegetable, Garlic Bread <i>Muffin: Apple Spice</i>	31	April 1 Homemade Chili with Hot Dog, Corn Chips, Pickled Beets <i>Muffin: Mixed Berry</i>	April 2 CHOICE Baked Haddock with Seafood Crumb Topping or Plain Haddock, Spanish Rice Pilaf, Vegetable <i>Muffin: Banana Choc Chip</i>

## NATURE & OUTDOOR PROGRAMS

### ENJOY THE WINTER WITH SNOWSHOES AND WALKS

Instructor: Jonna Dijkstra, CPT  
Thursday, March 4, 11, & 18

Location to be determined based on weather  
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. Snow permitting, walk will be on snowshoes. 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. Masks required. **Cost: \$24.00 for the 3 sessions (includes use of snowshoes and poles).** **Deadline to register, pay, and request refund: Wednesday, March 3 by 3:00pm.** *Program limited to 10 participants.*

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



Wednesdays, March 3  
and 10, 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 skates (you need your own) and dress warmly in layers. Masks are required the entire time you are at Goodrich Park; on and off the ice. Check before going to be sure the ice conditions are positive for skating. There are skate aids (walkers) available for use on the ice. If you need skates, check the Skate Exchange on the porch of Grant House at Goodrich Park to see what's 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. **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 changes 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.

## OPPORTUNITIES TO SOCIALIZE

### FIRESIDE CHAT WITH JANIS

Thursday, March 18, 11:00am - noon

Wednesday, March 31, 11:00 - noon  
at Goodrich Park

This is a great opportunity to be outdoors, enjoy nature, and socialize with others. There will be a fire in the firepit but dress warmly and in layers. Masks are required. There are benches around the firepit but you might want to bring your own lawn chair. **Cost: Free but advanced registration required and group size limited.** **Deadline to register: For Thursday, March 18, register by Tuesday, March 16; for Wednesday, March 31, register by Monday, March 29.**

### MEN'S GROUP

With Ray Sarosy, Coordinator

Thursday, March 25, 11:00am  
at Goodrich Park

This is an opportunity for older men to get together to discuss a variety of topics of interest to the group such as home improvement, retirement life, world affairs, current events, history, grandparenting, etc. There will be a fire in the firepit but dress warmly in layers. There are benches around the firepit but you might want to bring your own lawn chair. Masks required. **Cost: Free but advance registration required and group size limited.** **Register by Tuesday, March. 23.**

## OTHER PROGRAMS

### BOOK CLUB via Conference Call

Book: *A Piece of the World* (2017)  
by Christina Baker Kline

Discussion on Wednesday, March 7, 2:00pm

The book is a novel inspired by Andrew Wyeth's painting *Christina's World*. The book will be available from the Center, courtesy of York Public Library. When registering, please indicate if you prefer a regular print book, large print book, or audio book. We will contact you when the book is available. **Cost: Free.** **Deadline to register: Monday, March 22.**

## **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 need your own skates but there is a skate exchange on the porch of Grant House at Goodrich Park. Masks are required on and off the ice. 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**

### **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/>.

### **FREE TAX PREPARATION**

**AARP Tax-Help at the Center for Active Living:** The program is being run as a drop through program with appointments. Currently, there is a waitlist. Call 207-363-1036 to get on the waitlist.

**York County Community Action:** This program is limited to York County residents with an income of less than \$52,000 in 2020. The program is located in Biddeford and Sanford. Call 207-324-5762 ext. 2718 for an appointment.

### **COVID-19 VACCINE INFORMATION**

In order to receive the COVID-19 vaccine you must sign-up on a waitlist. Then, you wait for a call for an appointment. The call can come within a few days to within a number of weeks. You may sign-up for more

than one location, just be sure to keep track of where you signed up and cancel once you receive your vaccine at another site. Keep in mind that where you get your first shot is where you must get your second shot. The following locations are within a short drive of York, Maine:

- York Hospital at St. Christopher's Catholic Church (York, ME) (see: <https://www.yorkhospital.com/vaccines/> or call 207-752-8685)
- MaineHealth locations at Scarborough Downs Raceway, Sanford (former Marshall's store), and Westbrook (call or text 877-780-7545)
- Walmart in Sanford, Biddeford, and Scarborough (see: [www.walmart.com/COVIDvaccine](http://www.walmart.com/COVIDvaccine))

Confused or have questions, call the Town of York, Maine COVID-19 Information Hotline (207-351-6070), Monday - Friday, 9:00am - 4:00pm and a volunteer will be glad to assist you.

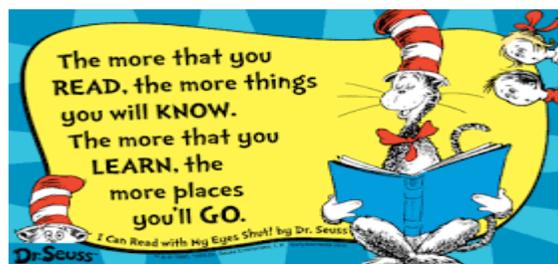
### **YORK COMMUNITY SERVICE ASSOCIATION (YCSA)**

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

### **YORK PUBLIC LIBRARY**

The library is providing pre-arranged curbside pick-up and online programs. Additionally, it expects to open for limited browsing in March. For details, see <https://yorkpubliclibrary.org/> 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 Birthday Dr. Seuss - March 2  
(Theodor Seuss Geisel, 1904-1991)**

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, March 1 at 9:30am;**

**Program Registration for Non-York Residents begins Tuesday, March 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 (special meals need to be paid for within 24 hrs. of reservation). 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.

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



**March 2021**

