

# The Scoop

April 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  
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Sydney Wakefield, Custodian

Vol. 40 Issue 10 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

## Happy Spring Everyone!

With the arrival of Spring, we will resume exercise programs and other programs such as BINGO From Your Car outdoors. Additionally, we will begin to have some small group programs indoors starting mid-April and open our book lending program at specific times as well as by appointment. See p. 3 for details. Please note, that regardless of whether or not you have received the COVID-19 vaccine, you are required to wear a 2-layer mask and physically distance when in any of the Center's programs as well as when on the Center's property or inside the building. This is in compliance with Maine regulations.

**Earth Day is Thursday, April 22.** This is an international day focused on protecting the environment. York Parks and Recreation is encouraging residents to get outdoors and clean-up our precious environment. We will be providing a delicious vegetarian lunch on Tuesday, April 20. Plus, we are organizing and leading two small groups to pick up litter at Short Sands Beach. We have selected this location as it is close to the Center and many of you have been enjoying your "lunch to go" at this site. I hope you will consider joining one of the clean-up groups; it's a great way to have fun, be outdoors with others, and give back to our community. See p. 8 for details.

Join our **Garden Club** and help plant and maintain the outdoor flower boxes and planters at the Center. We will be meeting in April and making plans for planting in early May. Until then, keep your eyes on the flowers (crocus, daffodils, and tulips) that are starting to pop up. See p. 8 for details.

I'd like to welcome a new non-profit organization, **Heart to Heart, to the York area.** The organization plans to provide a variety of free services aimed at enabling older adults to continue to live and be active in the community. I'm excited about this program as one of its services will be transportation thereby enabling qualified individuals who no longer drive to get to the Center for Active Living to participate in some of our programs and thereby be physically and socially active. See p. 9 for details. Please note, Heart-to-Heart's basic premise is older adults supporting older adults so if you are looking for a new opportunity to volunteer, give this organization a try.

If you or someone you know desires the **COVID-19 vaccine** but is unable to get to a vaccine clinic due to mobility, lack of transportation, or other reason, give the Town of York COVID-19 Information Hotline (207-351-6070) a call and we will try to arrange for Northern Light mobile COVID-19 vaccine clinic to visit you.

Are you trying to think of a thank-you, birthday, or Mother's Day gift? You might want to consider a **Center for Active Living Gift Certificate** for the person. The gift certificate can be in any amount of \$5.00 or more, never expires, and can be used towards any of our programs including a meal.

**Last call to order your Center for Active Living T-shirt.** Its always nice to have a new t-shirt when the warm weather arrives. T-shirts are available in all adult sizes, come in light blue or light grey, and are available in three styles – short sleeve V-neck (women's cut), short sleeve crew neck (unisex cut), and long sleeve crew neck (unisex cut). Last day to order: Friday, April 9.

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

Jo, CAL Director

## Important Information

**Registration:** For York Residents - Wednesday, March 31 at 9:30am and for Non-York Residents - Thursday, April 1 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 for Active Living - Closed Monday, April 19 for Patriot's Day [ME & MA state holiday]**

**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 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)

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## FREQUENTLY ASKED QUESTIONS PROPOSED 2021-22 SCHOOL BUDGET

**1) *When will the voters vote on the budget?***

In-person voting by ballot will take place on Saturday, May 22, 2021. Absentee ballots are available 30 days prior to the in-person voting day. For more information contact the York Town Clerk's Office at 363-1000.

**2) *Who adopts the proposed school budget warrant articles that appear on the ballot?***

The York School Department (YSD) Superintendent develops the school budget and submits it to the York School Committee (YSC) for review and approval. The YSC can make changes to the superintendent's budget. The YSC presents its approved budget to the York Budget Committee (YBC). The YBC can make changes to the YSC proposed budget.

The YBC makes the final determination on the budget to be proposed to the voters. The YBC, established by the "Town of York Home Rule Charter (1991)", adopts the proposed school budget to be presented to the voters in May of each year. The committee is composed of seven (7) members elected at large by the voters.

**3) *What is the total of the proposed school operating budget?***

The YBC proposed school operating budget is \$38,250,558. The increase to taxpayers is 3.35% after applying funds remaining in the Fiscal Year (FY) 20 budget cycle to the operating budget, tax "relief", paying off program debts, and adjusting for state revenue. This budget prioritizes student and staff needs, technology, and long-standing programs as well as delivers the pre-pandemic educational services that the York school community expects.

**4) *What is the difference between money that the York School Department is contracted/obligated to spend and other school expenditures such as supplies and field trips?***

In excess of 85% of the overall school budget is dedicated to contractual obligations including but not limited to salaries, benefits, operational costs for facilities, debt service, and transportation. The remainder of the overall budget is dedicated to other items such as textbooks, supplies, equipment, and field trips. This year virtually all of these other items were level funded.

**5) *Why are there 11 cost centers on the ballot along with the total approved proposed budget?***

State law requires that the voters vote on separate cost centers related to the budget. In addition, the law requires the voters vote on a single total budget amount that is all encompassing of the 11 cost centers. The cost centers are: (1) Regular Instruction; (2) Special Education; (3) Career and Technical Education; (4) Other Instruction; (5) Student/Staff support; (6) System Administration; (7) School Administration; (8) Transportation; (9) Facilities Maintenance; (10) Debt Service; and (11) Other Non-Instruction.

**6) Why does the school have fund balance (surplus) from the 2019-2020 budget?**

The York School Department works diligently to avoid overspending our voter approved budget in any given school year. This school department does not want to end a school budget year in a deficit situation. Typically, it is normal to have unspent money at the end of a school budget cycle.

At the close-out of the budget last year, the school department had more surplus than experienced in previous years. The total amount of the 2019-2020 surplus is \$1,370,780. This surplus goes into the district fund balance.

This year's surplus was mainly due to the pandemic and the fact that all of our schools went remote on March 13, 2020. York school closures to in-person learning resulted in some programs and services being put on hold. For example, the school department did not spend what was fully budgeted for in the areas of transportation, fuel, supplies, athletics and activities, substitutes, as well as special education and general contingency funds.

Significant non-pandemic related savings were realized in the areas of health insurance because of an insurance rate set lower than anticipated when the budget was created. The anticipated budget increase for insurance was estimated at 6%. The resulting insurance rate set was 0%. In addition, new hires to the district this year cost us less than the employees who left at the end of the last school year.

**7) How will the fund balance (surplus) from the 2019-20 YSD budget be applied to the proposed YSD 2021-2022 budget?**

The fund balance will be used to pay off long-standing debts in Adult Education (\$84,691) and Food Service (\$250,226) and to offset the \$500,000 increases to operating budget contingency lines in regular education (\$200,000), special education (\$200,000) and facilities (\$100,000) as adopted by the budget committee. Moreover, the school committee allocated an additional \$170,000 of fund balance to offset taxes from the surplus.

**8) Can the school department use the fund balance without voter approval?**

No, state law requires that the voters approve how fund balance will be used.

**9) Did the school department receive federal money for COVID-19 and how were the funds used?**

Yes, the York School Department can be reimbursed from federal COVID-19 Relief Act Funds (CRF) up to the amount of 2.7 million dollars. Please understand these funds are restricted to items needed to address COVID-19 issues and cannot be used to reduce the operating budget approved by the voters last May. The following are major items purchased with COVID-19 Relief Act Funds (CRF): (1) Ventilation \$780,000; (2) Transportation \$150,000; (3) Additional personnel \$275,000 to ensure social distancing, and (4) Technology \$450,000 to enable all of our students to access technology at home and at school. The Maine DOE requires the school department to request reimbursement for any purchases by June 30, 2021.

All these costs were outside the current budget and were used to keep our students and staff safe as well as support remote and in-person learning.

Please submit any questions about the York School Department budget to [admin@yorkschoools.org](mailto:admin@yorkschoools.org) or call the York School Department at (207) 363 - 3403. You can view our budget online at <https://www.yorkschoools.org/departments/business>



## **CENTER FOR ACTIVE LIVING CAFÉ OPENING FOR TWICE A WEEK IN MID-APRIL**



**Tuesdays, 1:30-2:30pm beginning April 13  
Wednesdays, 9:00am - 11:00am, beginning April 14**

This is your opportunity to stop by the Center and grab a beverage and treat (e.g., one of Nancy's muffins). You can enjoy it either in the dining room or outdoors. We will have two sitting areas outdoors; one in front of the flower boxes and one where the shuffleboard courts are located. Come alone, with friends, and/or make plans with friends to meet them here. We are encouraging people to stay only a 1/2 hour to enable more people to take advantage of this opportunity. All COVID-19 guidelines will be followed. Due to spacing, you do need to make a reservation in advance. **Reservations**

**need to be made one day in advance. Please call to cancel if something comes up and you wouldn't be able to attend so that others may participate. You can always call right before the café opens or even during the time of the café to see if there is space for you to come over. Cost: Free.**

## **BOOK LENDING PROGRAM RE-OPENING**

We will begin having people come into the activity room to browse for books beginning the week of April 12, between the hours of 9:00-10:30am or by pre-arranged appointment. Please call in advance to make arrangements to visit and obtain a book. All books, on return, will be quarantined for a minimum of 72 hours in accordance with library COVID-19 guidelines. All individuals browsing for books will need to hand sanitize immediately prior to touching any books. Only a few people will be able to browse at any given time. Please call ahead to let us know you are coming. *Please note, we are not accepting books for donation at this time due to space.*

## **SURVEY RESULTS**

Thank you to everyone who took the time to complete the York Parks and Recreation survey in January. Your feedback is helpful as we consider programming that best meets the needs and desires of the community. Below is a snapshot of what we learned:

### ***Who were the respondents?***

- Less than 1% were in the 50-59 age group
- 28% were in the 60-69 age group
- 46% were in the 70-79 age group
- 21% were in the 80-89 age group
- 5% were in the 90+ age group

### ***What did we learn from the respondents?***

- 80% of respondents use cell phones
- 79% of respondents use the internet
- 66% of respondents would prefer receiving information about services via e-mail
- 61% of respondents would prefer receiving information about services via regular mail
- 25% of respondents reported that medical services would be their highest transportation need
- 28% of respondents said that they sought meal delivery from restaurants
- 25% of respondents said that they sought grocery delivery
- 30% of the respondents prefer weekday meal delivery over weekend
- 26% of respondents prefer dinner time meal delivery
- 66% of respondents would like to see programs offered about local issues of interest
- 61% of respondents would like to see programs offered about health and wellness.
- 52% of respondents would like to participate in music activities.
- 49 % of respondents would like to participate in dining out.
- 48% of respondents would like to participate in cultural events/entertainment.
- 42% of respondents would like to participate in walking, outdoor recreation and movies.
- 46% of respondents would find fitness & nutrition services helpful.

## ARTS & CRAFT

### MAKE A MOZAIC PLANT POT

with Nancy

Wednesday, April 14, 1:00pm

We will be using shells, rocks, sea glass, and pottery bits to create artful designs on a flower pot. You'll go home with a beautiful new pot for your spring plant! **Cost: \$7.00** (includes flower pot and all supplies). **Deadline to register and for refund if you cancel: Monday, April 12. Program limited to 6 participants.**

### PAINT A MASK with Nancy

Wednesday, April 28 at 1:00pm

Now that we all have to be wearing masks, it's time to put your personal touch on your mask. **Cost: \$2.00** (includes new cloth mask and all supplies). **Deadline to register and for refund if cancel: Monday, April 26. Program limited to 6 participants.**

### CRAFTERS GATHERING

Tuesdays, 1:30-3:00pm, April 13, 20, & 27

Are you growing tired of crafting alone? Now you can come to the Center and engage in your craft and share ideas and projects with others. **Cost: Free but advanced registration required. Deadline to register: Monday prior to the Tuesday you desire to participate. Program limited to 12 participants; if more than 6 participants, group will be divided into two rooms.**

## 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 res-

taurants 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, April 7

Menu - All items \$11.88 including tax:

- *Cheese Steak* on baguette with sautéed mushrooms, peppers, & onions and side of coleslaw
- *Chicken Tetrizzini* with a simple side salad with Balsamic Vinaigrette
- *Corned Beef Reuben Sandwich* with fries
- *Fall Harvest Salad* (sliced apples, goat cheese, grilled chicken, sunflower seeds, dried cranberries, cucumbers, red onion on a bed of mixed greens served with an apple cider vinaigrette) with side of bread
- *Turkey Rachel Sandwich* (their own roasted turkey, cheddar cheese, lettuce, tomato, and mayo) with fries

Deadline for Ordering: Tuesday, April 6, 3:00pm.

### The York River Landing

Wednesday, April 21

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, April 20, 3:00pm.

## **EDUCATION**

### **INTRODUCTION TO HOSPICE**

**Thursday, April 29, 2:00pm**

**Presenter:** Devin Rock MSM, RN, Clinical Manager of Hospice, York Hospital Hospice

Devin will cover the basics of hospice care including eligibility, financing, and actual services. Its always good to learn about hospice before you, a family member, or friend need it. Additionally, Devin will meet with people individually after the program. This program will be held in the activity room and is limited to 6 participants. **Cost: Free. Deadline to register: Tuesday, April 27.**

### **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, and she will match you up with a volunteer. The volunteer will assist you via phone and/or computer.

## **EXERCISE & WELLNESS**

### **NORDIC WALKING STICKS**

**Instructor:** Lauren DeLong, Certified Nordic Walking Instructor

**Thursdays, April 8, 15, & 22, 10:00am**

Nordic Walking is an excellent means to get outdoors, increase your fitness, have some fun with others, and spark for your mind and spirit. Each of the above Thursdays, Lauren will lead the group on a walk at a different location in York using Nordic walking sticks. Participants should be able to walk one mile comfortable outdoors. Masks required. **Cost: \$36.00 for the 3 sessions (includes use of walking sticks). Deadline to register, pay, and request refund: Monday, April 5. Program limited to 8 participants.**

### **LINE DANCING OUTDOORS**

**Instructor:** Diane Anderson

**Wednesdays, April 21 & 28 and May 5, 9:00am and/or**

**Fridays, April 23 & 30 and May 7**

**Experienced Dancers - 9:00am**

**Beginner Dancers - 10:00am**

All levels of dancers are invited to participate in the Wednesday program. The Friday program will offer one session for experienced dancers and one session for beginner dancers. Participants will be required to wear a two-layer mask for the entire session and when on the Center's property. Please bring your own water bottle and wear flexible clothing and supportive shoes. **Cost: \$6.00 for one time per week (3 sessions); \$12.00 for two times per week.** We are not able to offer refund, pro-rate, or date-exchange if you miss a session. **Deadline date for registration, payment, and refund if you cancel: Friday, April 16. Class limited to 8 participants so register early.**

### **EXERCISE PACKETS TO GO**

We have put together two exercise packets: Exercise Packet #1 contains a balance program and a general workout program. Exercise Packet #2 focuses on stretching (flexibility), strengthen, and balance exercises.

### **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.

### **SENIOR CITIZENS ADVISORY BOARD WALKING GROUP**

The Senior Citizens Advisory Board in conjunction with the Center for Active Living has offered to lead older adults in the community in a flat/low impact walking venture, starting in April. We will select various areas throughout York for our walking escapades. This program is FREE to all participants. The group will meet on Wednesdays and depending on interest, schedules, dates, weather, timeframes can be adjusted to enhance participation. Please contact Elizabeth Maziarz at email: [elizmaziarz@gmail.com](mailto:elizmaziarz@gmail.com) or call her at 207-606-0274, please a leave message if no answer. Liz will return all calls ASAP. Spring has arrived, let's get out enjoy and smell the fresh air! As always, all COVID-19 safety protocols, masks, distance, hand safety will be required. Looking forward to a variety of walking topics, general conversations, and highlights of what's happening with YOU since COVID began!

# 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 APRIL

**Roasted Pork Lunch and Yankee Pot Roast - \$5.00 each.** 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 will be accepted at time of pick-up. **Deadline to register: Friday the previous week or when meal 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.

## LUNCH PROGRAM DETAILS

Donation \$5.00 per meal per person. **Reservation** required by noon the Friday prior to the meal you would like; call 207-363-1036, Monday – Friday, 9:30am-3:30pm. Please note, you can order for the entire month or multiple weeks at once if you'd like. You may also order multiple meals, except for special meals, and freeze for the future. Sugar Free Dessert available if requested at time of ordering meal. Payment may be made by credit/debit card at time of reservation or by check made out to Town of York or CAL punch card provided at pick-up time except for special meals; **special meals must be paid 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 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 at least two days prior to when you want the muffins. **If you need to cancel a meal so as not to be charged, 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, April 5 for York Residents and Tuesday, April 6 for Non-York Residents, starting at 9:30am.**





## Town of York - Center for Active Living - April 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. Order early as meals sell out. You can order for the entire month or multiple weeks at once if you'd like. Sugar Free Dessert available if requested at time of ordering meal. 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, cancel 48 hours in advance. You may not re-assign your meal to someone else as we often have a waiting list. REGISTRATION BEGINS Wednesday, March 31 for York Residents and Thursday, April 1 for Non-York Residents, starting at 9:30am. See p. 6 for additional information.

Monday	Tuesday	Wed.	Thursday	Friday
5	<b>SPECIAL MEAL</b> Roast Pork Dinner, Mashed Potato, Vegetable, Apple Sauce <i>Muffin: Pumpkin Streusel Muffins</i>	7	8 Turkey Divan (Hot Turkey slice rolled around broccoli, cheese sauce), Potato, Vegetable <i>Muffin: Lemon Raspberry</i>	<b>CHOICE DAY</b> 9 Seafood Newburg over Rice or Baked Haddock with Crumb Topping, Rice Pilaf, Vegetable <i>Muffin: Cranberry Walnut</i>
12	13 <b>Everyone's Favorite Meatloaf,</b> Mashed Potato, Vegetables <i>Muffin: Cherry Choc Chip</i>	14	15 "Country" Baked Chicken Breast, Potato & Egg Salad, Vegetable <i>Muffin: Peanut Butter Choc Chip</i>	<b>CHOICE DAY</b> 16 Haddock Fish Chowder & Seafood Salad Sandwich or Two Chowders - No Sandwich, Rice Pilaf, Vegetable <i>Muffins: Maine Wild Blueberry</i>
19 Center Closed Patriot's Day	<b>VEGETARIAN FOR EARTH DAY</b> Ap. 22 – Sandwich Choice Broccoli Cheese Soup Black Bean Burger or Deluxe Grilled Cheese Sandwich, Chips <i>Muffin: Banana Bran</i>	21	22 Stuffed Cabbage with Red Sauce, Smashed Potato, Vegetable <i>Muffin: Sweet Georgia</i>	23 Baked Haddock with crumb topping, Potato AuGratin, Vegetable <i>Muffin: Orange Cranberry</i>
26	<b>SANDWICH CHOICE</b> 27 Minestrone Soup, Meatball or Sausage Sub, Chips <i>Muffin: Blueberry Corn</i>	28	29 Spiral Baked Ham, Mac & Cheese, Vegetable <i>Muffin: Hawaiian (Coconut, Pineapple, Cherry)</i>	<b>CHOICE DAY</b> 30 Seafood Pie or Plain Baked Haddock, Rice Pilaf, Vegetable <i>Muffins: Banana Walnut</i>
May 3	<b>SPECIAL MEAL</b> May 4 Yankee Pot Roast with vegetable garnish, Potato, Vegetable <i>Muffin: Cranberry Walnut</i>	May 5	May 6 Corned Beef and Cabbage Soup, Grilled Herbed Chicken Sandwich with lettuce and tomato, chips <i>Muffin: Apple Spice</i>	<b>CHOICE DAY</b> May 7 Baked Haddock with Shrimp Sauce or Plain Haddock, Potato, Vegetable <i>Muffin: Mixed Berry</i>

## **NATURE & OUTDOOR PROGRAMS**

### **NATURE EXPLORATION AND WALK AT MT. AGAMENTICUS**

With Naomi, Mt. A Outreach and Education Coordinator and Ben, Mt. A. Trails, Grounds, and Facilities Supervisor

Friday, April 9, 1:30pm

Naomi and Ben will share information about the outdoor environment and history of Mt. A. and lead you in an easy walk to explore nature. **Cost: Free but advance registration required. Register by Wednesday, April 7. Group size limited to 10 participants.**

### **EARTH DAY CLEAN-UP**

Monday, April 12, 1:30pm

or Friday, April 16, 10:00am  
at Short Sands Beach

Join us in helping to clean-up our precious beach area. York Parks and Recreation Department in recognition of Earth Day is encouraging our community to get outdoors and clean-up our beautiful town. Between April 9 and April 23. We have selected to focus on Short Sands Beach given its proximity to the Center and that many Center participants have been enjoying their "Lunch To Go" there. York Parks and Recreation will provide a t-shirt and a metal water bottle from past events. Each person will be given a pair of gloves and we will bring garbage bags. **Cost: Free but advanced registration required. Deadline date to register: Monday, April 5. Each session limited to 8 participants.**

### **GARDEN CLUB**

Monday, April 26, 10:30am

We are forming a garden club to plant and maintain the flower boxes and planters at the Center. Our first project will be planting in May. We will meet in April to discuss the program and plan out the boxes. All forms of green thumbs invited to participate. We will do some "work" as a group and some "work" will be done on an individual or partner basis. Register by Thursday, April 22. If you are interested in being part of the Garden Club but unable to participate on Monday, April 30 and desire to be part of the club, please register for the program and let us know you are not available this date.

**NORDIC WALKING STICKS - See  
p. 5**

## **OTHER PROGRAMS**

### **BOOK CLUB**

In-Person & via Zoom

Book: *The Uncommon Reader* (2007)  
by Alan Bennett

Discussion on Wednesday, May 5, 2:00pm

The book is a short funny novel by a British author about the Queen of England as she develops a love of reading and begins to neglect her queenly duties. 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.**

### **BINGO OUTDOORS**

Wednesday, April 21, 1:30pm

Play BINGO from your car or bring a lawn chair. We will be playing in the Center's parking lot. You will need to wear a mask if you are outside of your car. **Cost: Free. Deadline to register: Monday, April 19.**

### **MEN'S GROUP**

With Ray Sarosy, Coordinator

Thursday, April 29, 11:00am  
at Goodrich Park

This is an opportunity for men age 50+ 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 a few chairs available at the park but you might want to bring your own lawn chair. Masks required. **Cost: Free but advance registration required and group size limited. Register by Monday, April 26.**



Happy Passover  
& Happy Easter -  
Enjoy and  
Celebrate Safely!

## **YORK PARKS & RECREATION COMMUNITY EVENTS**

### **2021 YORK DAYS CRAFT FAIR IS BACK, AUGUST 7 & 8**

Calling all crafters! Applications for booths are currently being accepted until July 30. For more information and vendor's application, see <https://www.yorkparksandrec.org/events/york-days/> or call York Parks and Recreation at 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!

### **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.

## **HEART TO HEART**

Heart to Heart, Ageless Love is a new non profit organization offering free services to Older Adults in the Greater York Area. "Special Deliveries" and pick-ups, Phone Friend companionship and other services can be requested by calling 207-361-7311 or emailing [Jud@hearttoheartagelesslove.org](mailto:Jud@hearttoheartagelesslove.org). Volunteers are also welcome. "Out and About" Transportation and "Grocery Buddy" shopping services are coming soon. Whatever your needs call, "Let's Chat". 207-361-7311.

## **MARTINS POINT MEDICARE AD- VANTAGE HEALTH INSURANCE**

If you have Martins Point Medicare Advantage Health insurance, there is the opportunity for reimbursement for exercise and wellness programs conducted by qualified personnel as part of the Wellness Wallet. Our instructor for Nordic Walking Sticks is appropriately certified.

## **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 now open on a limited basis for walk-in visitors (a small number of people can enter at any given time). Additionally, the library continues to provide pre-arranged curbside pick-up and online programs. Delivery service is available on a monthly basis to individuals who are unable to drive. For details including library hours, 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/>.

Town of York - Center for Active Living  
 Parks and Recreation Department  
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Deliver to following person or current resident:

**All programs require advance registration; no drop-ins.**

**Program Registration for York Residents begins Wednesday, March 31 at 9:30am;**

**Program Registration for Non-York Residents begins Thursday, April 1 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.**



***April 2021***

TOWN OF YORK  
 PARKS & RECREATION

