

# The Scoop

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## June 2021



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

**Vol. 40 Issue 12 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm**

Hi Everyone!

**Good News! Our doors are now open Monday – Friday, 9:00am – 4:00pm. We look forward to seeing you! Welcome back!** Come alone, with friends and/or family, and come to meet friends you haven't seen for a while and make new friends. We are excited to announce that as of the week of June 7, the café will be open for drop-in Monday-Friday, 9am-11am and there will be opportunities for cards and board games daily and indoor dining on Wednesdays. If you need transportation for any of the programs, do contact *Heart to Heart* to see if they can transport you (207-361-7311; see p. 11). Also, if you are a York resident and want to participate in a program with a fee but find that you are unable to pay the fee in full or part, please reach out to me for assistance. We have partnered with York Community Service Association (YCSA) for scholarships to ensure that no York resident is unable to participate in a program due to the program's fee.

### Highlights of programs for June include:

- A variety of exercise programs - Balance & Basic Strengthening, Crossfit "Legacy" at Harpoon, Fitness Walking, Line Dancing, and Workouts with Jonna - see p. 5-6;
- Ice Cream Social with games and live music - Wednesday, June 16 - see p. 4;
- Pickleball for Beginners - Wednesday afternoons - see p. 10; and
- Ukelele Club and Lessons - see p. 5.

As always, we will continue to follow the State of Maine CDC COVID-19 and federal CDC pandemic protocols. As of May 24, 2021, that means that you no longer need to wear a mask indoors or outdoors nor do you need to physically distance from others except in specific situations (e.g., public transportation, childcare settings). Therefore, whether you wear a mask when at the center is based on your own preference and situation. Please note, if we are sponsoring a program at another site, that site does have the right to require masks and physical distancing. Finally, everything is rapidly changing so please bear with us as we adopt to the new guidance and develop protocols. This means that at any given time, there may be changes in our programming for everyone's safety. We do encourage everyone to continue to monitor your own personal health, refrain from visiting CAL if you are not feeling well, and wash your hands/use hand sanitizer frequently.

Thank you to everyone who has returned their annual registration form for July 1, 2021 – June 31, 2022. If you haven't had a chance to do so yet, please do so now (see p. 12) or take the time to complete it when you are at the Center. Blank forms are available at the front desk and in the café. By completing and returning the form, you are ensuring that you continue to get *The Scoop* by mail and email updates, if you have an email address.

Jo, CAL Director

## Important Information

**Registration:** For York Residents - Thursday, June 3 at 9:30am and for non-York Residents - Friday, June 4 at 9:30am. You may register in-person, via phone (207-363-1036), or online (<https://www.yorkparksandrec.org/>), Monday - Friday, 9:00am - 4:00pm except during the lunch hour (11:45am-12:45pm). Online registration is not available for meals. **Please note, if a program requires a fee, only a credit/debit card or check will be accepted for payment; there are no cash payments.**

**Monday, May 31 - Memorial Day - Center for Active Living - Closed**

**Sunday, June 20 - Father's Day and 1st Day of Summer**

**Friday, July 2 - Closed**

**Monday, July 5 - Closed for July 4th**

## Basic Information

**Hours** (except holidays): Monday - Friday, 9am - 4pm.

**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:** For programs requiring advanced registration, you may register in-person, via phone (207-363-1036), or online (<https://www.yorkparksandrec.org/>), Monday - Friday, 9:00am - 4:00pm except during the lunch hour (11:45am-12:45pm). Online registration is not available for meals. ***Please note, if a program requires a fee, only a credit/debit card or check will be accepted for payment; there are no cash payments.***

**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; no cash payments. 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 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.

**COVID-19 Precautions:** We are following all State of Maine CDC protocols, which are subject to change at anytime. Additionally, as always, we strive to provide a high level of cleanliness.

## ANNUAL CENTER REGISTRATION

It's that time of year again to re-register with the Center so that you continue to receive *The Scoop* and emails. Re-registration begins May and continues through September. The easiest way to register is to complete the attached form (p. 11) and either drop it off at the Center in the box inside the main door or mail it into the Center (Center for Active Living, 36 Main St., York, ME 03909). If you are in the Center, there are blank forms at the sign-in and in the café that you can take to fill out and return.

### CENTER FOR ACTIVE LIVING CAFÉ - DROP-IN Monday - Friday, 9:00-11:00am

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 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. **Cost: Free. No reservation needed.**



### BOOK & VIDEO LENDING PROGRAM

You may browse our library collection in the Activity Room and borrow and return items, during our open hours when there is no program in the Activity Room. There is a drop-off box on the stage for returning items. *Note, we are not accepting books or videos for donation at this time due to space.*

### PICNICKING OUTSIDE FOR LUNCH TO GO

For those of you picking up Lunch To Go on Tuesday, Thursday, or Friday, you are welcome to bring a lawn chair, silverware, and a beverage and picnic on the side of the building by the card room, the side of building by the shuffleboard courts, or out front on the lawn. We will have a few chairs and garbage can available for picnicking and socializing on either side of the building. **To picnic, please pick up your lunch at your designated time, park your car in one of the center parking spaces, and find your picnic area.** Be careful as you walk across the parking lot as others may still be coming to pick-up their lunch.

## Summary of June Programs

All activities except Café, Card and Board Games, Exercise by Video, and Lawn Games require advance registration. Registration for York Residents begins on Thursday, June 3 at 9:30am and for non-York Residents on Friday, June 4 at 9:30am. Registration is available in-person, by phone, or online except for meal programs. *Cards and Board Games and Exercise by Video start the week of June 7<sup>th</sup>*. For details of programs, see page listed after program.

### By Day and Time

#### Daily (M-F)

Center open 9am – 4pm

Café, 9-11am – Starts June 1 - p. 2

#### Monday

Exercise via Video, 9am – Starts June 7 – p. 5

Cribbage, 9-11am – p. 4

Crossfit – Harpoon, 10am – Starts June 7 – p. 6

Lawn Games (shuffleboard & corn hole], 10-11:30am – p. 9

Poker, noon-4pm – p. 4

Scrabble, 1-4pm – p. 4

#### Tuesday

Workouts with Jonna, 9am – Starts June 8 – p. x6

Balance & Basic Strengthening with Jonna, 10am – Starts June 8 – p. 5

Lunch To Go, Ongoing – p. 7-8

Hand & Foot, 1-4pm – p. 4

Crafters, 1:30-3pm – p. 5

Bridge, 1:15-4 pm – p. 4

Crossfit – Harpoon, 10am – Starts Monday, June 7 – p. 6

Ukelele, 3:30-4:15pm – Starts June 8 – p. 5

#### Wednesdays

Line dancing, 9:30am – Starts June 9 – p. 6

Cribbage, 9-11am – p. 4

Senior Citizens Advisory Board Walking Club – 10am – Ongoing - p. 6

Dine-In Lunch, noon – Starts June 9 – p. 7-8

Backgammon, Checkers, Chess, 1-4pm—p. 4

Poker, 1:15-4pm - p. 4

Pickleball for Veterans, 2:30-3:30pm - Starts June 9 – p. 10

Introduction to Pickleball, 4-5pm – Starts June 9 - p. 10

#### Thursdays

Exercise by Video - 9:00-10:00am - p.6

Men's Group - 3<sup>rd</sup> TH of the month – 10-11:30pm – p. 10

Lunch To Go, Ongoing - p. 7-8

Dominos/Mexican Train, 1-4pm – p. 4

#### Friday

Line dancing, 9:30am - Starts June 11 - p.6

Cribbage, 9am - p. 4

Lunch To Go, Ongoing, see p. 7-8

Mahjong, 1-4pm - p. 4

Tai Chi, 1pm - p. 6

#### Special Events / One-Time Programs

Wednesday, June 9, 1:15pm – Seasonal Outdoor Safety Walk and Talk at Mt. A. - p. 5

Monday, June 14, 1:00pm – Craft Project Flower Pot Rain Chain – p. 5

Tuesday, June 15, 10-11am – Center for Wildlife - p. 9

Wednesday, June 16, 1:30pm – Ice Cream Social – p. 4

Wednesday, June 16 – Dinner Club To Go from Fosters' Clam Bake [Order by Monday, June 14] - p. 10

Thursday, June 17, 10-11:30am – Men's Group – p. 10

Monday, June 21, 9:30am – Spiller's Farm – Strawberry Picking – p. 9

Thursday, June 24, 1:30-3pm – BINGO OUTDOORS - p. 9

Tuesday, June 29 – Cycling with Northeast Passage - Odiorne Point State Park, Rye, NH – 10:00am-noon - p. 9

Wednesday, June 30 - Book Club, 2:00pm - p. 9

Wednesday, June 30 – Dinner Club To Go – Burger Night from American Legion [Order by Monday, June 14] - p. 10

### Program Areas

- ◆ Board & Card Games - p. 4
- ◆ Creative Arts - p. 5
- ◆ Education - p. 5
- ◆ Exercise & Wellness - p. 5-6
- ◆ Meals - p. 7-8
- ◆ Nature and Outdoor Recreation - p. 9
- ◆ Other Programs - p. 9-10
- ◆ Special Events - p. 4
- ◆ Sports - p. 10





## SPECIAL EVENT ICE CREAM SOCIAL

Wednesday, June 16, 1:00pm  
[Rain date June 23]

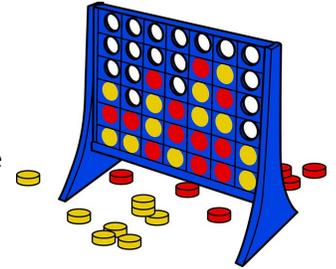
Center for Active Living Parking Lot  
Music: Seacoast Revival Brass Quintet



Maine Trivia



Summer is just around the corner; let's welcome it in. Bring a lawn chair and join us for a fun afternoon of games, live music, socializing, and of course, ice cream sundaes! Get a team together to play corn hole, Maine Trivia, and/or Connect Four. **Cost: Free, special thanks to York Community Service Association for funding the music.** **Deadline for registration: Friday, June 11. If you need transportation, call Heart to Heart at 207-361-7311. There is no charge for the transportation but you do need to call in advance.**



## BOARD & CARD GAMES [Drop-In Programs]

All card and board games are drop-in, self-directed programs. There is no registration for any of these programs. In addition to these programs and the times listed below, you are welcome to come in with friends or meet them here during our regular hours to play a board or card game of your choosing, based on space available.

### BACKGAMMON, CHECKERS, CHESS Wednesdays, 1:00 - 4:00pm - Card Room

It only takes two people to play any one of these games. Consider challenging a lunch partner to a game after lunch! If the weather is nice, you can even play outdoors.

### BRIDGE

Tuesdays, 1:15pm - Dining Room

Beginners and avid players are invited. We have a player who is coordinating foursomes as well as willing to teach beginners. If you're interested in playing, please call the Center (207-363-1036) in advance so he can form foursomes. Of course, you are always welcome to just drop-in. If you have a Bridge partner or foursome, invite them to join you!

### CRIBBAGE

Mondays - Wednesday - Fridays  
9:00 - 11:00am - Card Room

Join in a game of cribbage and enjoy the camaraderie - the more the merry and while you're at it, you can grab a cup of coffee or tea and a breakfast treat. *No meeting Monday, July 5.*

### DOMINOES/MEXICAN TRAIN

Thursdays, 1:00 - 4:00pm - Card Room

Our group plays the game called "Mexican Train." If you know it, that's great; if you don't we'll gladly teach you. All are welcome to play! Of course, if you want to play a more traditional game you can.

### HAND AND FOOT

Tuesdays, 1:00 - 4:00pm - Card Room

Enjoy an afternoon of fun playing Hand and Foot, a North American game related to Canasta. Each player is dealt two sets of cards, one is the hand, which is played first, and the other is the foot, which is played when the hand has been used up. It's a quick and easy game to learn. Experienced and new players always welcomed!

### MAHJONG

Fridays, 1:00 - 4:00pm - Card Room

Exercise your brain while enjoying the company of others. The game is a tile based game developed in the 19th century in China. All levels of players are welcomed. Come join the fun!

### POKER

Mondays, noon - 4:00pm  
Wednesday, 1:15-4:00pm  
Dining Room

If you like playing poker, come on in and join us either day or both days. *No meeting Monday, July 5.*

### SCRABBLE

Mondays, 1:00 - 4:00pm - Card Room

Scrabble is a great way to meet new people, learn new words, use words that you know, and keep your memory going strong! All levels of players are welcome to join in the fun and challenge! *No meeting Monday, July 5.*

## CREATIVE ARTS

### CRAFTERS GATHERING

**Tuesdays, 1:30-3:00pm - Activity Room  
Drop-In - No Registration Needed**

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. This is also an opportunity to learn from other crafters. **Cost: Free.**

### MAKE A FLOWER POT RAIN CHAIN with Nancy

**Monday, June 14, 1:00pm**

Nancy will lead you in making a rain chain for your house or garden. You can make it as arty or as simple as you want. Interested ?; see sample on display at the Center. **Cost: \$10.00. Deadline date to register, pay, and request refund: Thursday, June 10. Program limited to 8 participants.**

### UKULELE LESSONS AND CLUB

**Tuesdays, June 8, 15, 22, & 29, 3:30-4:15pm**

**Instructor: Michele Boulanger**

Always wanted to learn to play the ukulele? Looking to improve your playing skills or share ukulele with others? Now's your chance! The program will give you the opportunity to play as well as advance your skills. The plan is for this program to continue year-round if there is enough interest. Also, as time goes on, for those interested, there will be opportunities for community performances. *You will need to provide your own ukulele. If you do not have a ukulele, please let us know when you register and Michele with provide you suggestions for where you may purchase one.* **Cost: \$48.00. Deadline to register and for refund: Friday, June 5. Minimum number of participants - 5; maximum number of participants - 10.**

## EDUCATION

### SEASONAL OUTDOOR SAFETY AWARENESS WALK & TALK AT MT. AGAMENTICUS

**with Naomi, Mt. A Outreach and Education  
Coordinator**

**Wednesday, June 9, 1:15pm**

Naomi will share information about being safe in the outdoor environment and lead you in an easy walk to explore nature that will include identification of some

hazards (e.g., poison ivy, ticks). **Cost: Free but advance registration required. Register by Monday, June 7. Group size limited to 10 participants.**

### TECHNOLOGY ASSISTANCE AVAILABLE ON REQUEST

If you need help with your phone, tablet, laptop or other device, or want to learn how to use Zoom, we have volunteers ready and willing to assist you. Assistance is available via phone, computer, or in-person at the Center. Contact Jo, Center Director, at 207-363-1036 or [jross@yorkmaine.org](mailto:jross@yorkmaine.org).

## EXERCISE & WELLNESS



### BALANCE AND BASIC STRENGTHENING

**Instructor: Jonna Dijkstra, ACA certified personal trainer and Senior Fitness Consultant**

**Tuesdays, June 8, 15, 22, & 29 and July 6,  
10:00-10:45am**

Jonna will introduce you to a series of gentle workouts that help improve balance and strengthen joints. Balance and strength go hand-in-hand in preventing falls and maintaining independent living. Classes are low-impact and designed so that just about everyone can participate. The program will be outdoors on the parking lot, weather permitting. **Cost: \$30.00 for the 5 sessions. Deadline to register, pay, and request refund: Friday, June 4. Program limited to 8 participants so register early.**

### EXERCISE BY VIDEO

**Mondays, 9:00-10:00am**

**Thursday, 9:00-10:00am**

**Activity Room**

**Begins Monday, June 7**

**Drop-In Program**

Join in a self-directed, video-led program. Come ready to move with others and the video; dress appropriately; no sandals please. **Cost: Free. Deadline to register: Drop-In program so no registration.**

## “LEGENDS PROGRAM”

### CrossFit for People 62+

**Mondays & Tuesdays, 10:00-10:45am**

**Location: CrossFit Harpoon - 1090 U.S. 1**

**Instructor: Bianca Monteiro, M.D. and Certified CrossFit Coach**

CrossFit Harpoon and the Center for Active Living are partnering together to offer a specialty course called "LEGENDS." The 2-day per week, 45-minute class is a coach-led, group fitness class for people 62 years of age or more designed to help you move more and with proper coaching! The sessions will be led by the certified physician, Dr. Bianca Monteiro, a Pulmonologist (Lung Specialist), who also holds her coaching credential in CrossFit.

Our goal is to help our older adults maintain independence and a quality way of life. We will use fundamental movement principles to improve functionality in daily living. Our workouts are designed to stimulate and increase the independence of our senior population and will include but not be limited to picking up weights, moving our bodies through gravity exercises, and increasing our aerobic capacity. Based on your ability, in addition to body movement, we will use light barbells, dumbbells, kettlebells, and more.

You can learn more about the program here: <http://www.crossfitharpoon.com/legends/>. **Cost: \$85.00.**

**Deadline to register, pay, and request refund: Friday, June 4.**

## LINE DANCING OUTDOORS

**Wednesdays, June 9, 16, 23, & 30 and July 7, and/or**

**Fridays, June 11, 18, & 25 and July 9 9:30am**

**Instructor: Diane Anderson**

You may select to participate one day or two days per week. The program will be outdoors on the parking lot, weather permitting. Please bring your own water bottle and wear flexible clothing and supportive shoes. **Cost: \$10.00 for Wednesday sessions (5 sessions); \$8.00 for Fridays sessions (4 sessions); and \$18.00 for both Wednesday and Friday sessions (9 sessions).** 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: Monday, June 7. Class limited to 10 participants so register early.**

## OUTDOOR WORKOUTS

**Tuesdays, June 8, 15, 22, & 29 and July 6, 9:00am**

**Instructor: Jonna Dijkstra, ACA certified personal trainer and Senior Fitness Consultant**

This program will be a combination of cardio, balance, strengthening, and fun. Jonna will individualize

workouts to meet your specific needs as much as possible. The program will be outdoors on the parking lot, weather permitting. **Cost: \$30.00 for 5 sessions. Deadline to register, pay, and request refund: Friday, June 4. Program limited to 8 participants so register early.**

## SENIOR CITIZENS ADVISORY BOARD WALKING GROUP

**Two Groups: Easy Walkers & Distant Walkers  
Wednesdays, 10:00am**

Spring has arrived, let's get outside to enjoy and smell the fresh air! The Senior Citizens Advisory Board in conjunction with the Center for Active Living is leading older adults in a flat/low impact walking escapades. Walks will be at various areas throughout York that meet participants' interests and abilities. Looking forward to a variety of walking topics, general conversations, and highlights of what's happening with YOU since COVID began! **Cost: Free. For more information and to register, contact Elizabeth Maziarz at email: [elizmaziarz@gmail.com](mailto:elizmaziarz@gmail.com) or call her at 207-606-0274; please leave a message if no answer. Liz will return all calls ASAP.**

## TAI CHI

**Fridays, 1:00pm - Activity Room  
Self-Directed, Drop-In Program**

This is an ancient Chinese exercise that is beneficial for balance, memory, and meditation. There is no instructor for this program but experienced participants are ready to guide less experienced participants. Be sure to wear comfortable clothing. **Cost: Free. Deadline to register: Drop-In program so no registration.** Jonna will introduce you to a series of gentle workouts that help improve balance and strengthen joints. Balance and strength go hand-in-hand



“The University of New Hampshire and Brock University are seeking voices for a project on Older Adults’ Perspective of Leisure and Well-being during COVID-19. Participants will be engaged in online focus group discussions. If you are interested in participating in this project, please contact Madelyn Gates-Milardo at [mgg1034@wildcats.unh.edu](mailto:mgg1034@wildcats.unh.edu).”

# 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 some 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 you purchase with credit/debit card when 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

- ⇒ 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.*
- ⇒ **Please drive carefully and slowly (5mph)**
- ⇒ On arrival in the parking lot, please place 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.
- ⇒ Please remain in your car the entire time.
- ⇒ Once you receive your order, please leave the parking lot or if you are planning on picnic-

ing at the Center, please park in the middle spaces.

## DINE-IN LUNCH PROGRAM

### Wednesdays - Beginning June 9

Lunch will be available at noon in the dining room on Wednesdays. You need to make a reservation in advance and pay in advance or have a punch card or check on arrival; no cash or credit card will be accepted at lunch time. Please arrive by 11:45am, sign-in at the reception desk, and if using a punch card or check, provide it to the volunteer at the reception desk. Once signed in, find a seat in the dining room and socialize while you wait for lunch. Seats can not be reserved. Please note that the dining room holds less people than we serve in the "Lunch To Go" program, so make your reservation early. There will be no takeout or delivery on Wednesdays. You may bring your own container and take home what you don't finish here. **Reservation deadline: Friday prior to the Wednesday you desire to dine-in. Limited to 36 people.**

## PICNICKING OUTDOORS

You are invited to enjoy your lunch as a picnic lunch outside on the Center's property along the sides of the building or out front on the lawn. If you decide to do so, please pick-up your lunch as usual and then find a parking space in the center of the parking lot. Bring your own beverage and silverware. Also, consider bringing your own lawn chair. We will have some outdoor chairs and garbage cans available along the sides of the building by the card room and the shuffleboard area.

## MUFFINS FOR SALE

**Muffins are not part of the meal. 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. Muffins are not available for sale on Wednesdays Dine-In Lunch.

## 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. **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



## Town of York - Center for Active Living - June 2021 - Lunch Menu

**REGISTRATION BEGINS Thursday, June 3, 9:30am for York Residents and Friday, May, 9:30am for non-York Residents. See p. 7 for additional information. Dining Room open Monday – Friday at 9:00am for coffee and socializing!**

<b>Tuesday</b> LUNCH TO GO	<b>Wednesday</b> DINE-IN ONLY	<b>Thursday</b> LUNCH TO GO	<b>Friday</b> LUNCH TO GO
8 <b>Spaghetti with Red Sauce</b> Meatball/Sausage Garden Salad & Garlic Bread <i>Muffin: Blueberry Corn</i>	9 <b>Chicken Vegetable Soup,</b> Philly Cheese Steak Sandwich, Chips, Crackers	10 <b>Greek Day!</b> <b>Spanakopita Stuffed Pepper</b> Lemon Herb Chicken Breast, Vegetable <i>Muffin: PB Choc Chip</i>	11 <b>Fish Chowder</b> Seafood Salad Sandwich, Chips, & Cole Slaw <i>Muffin: Honey Raisin Bran</i>
15 <b>Turkey Divan</b> (Hot Turkey sliced, rolled with Broccoli & Cheese Sauce) Vegetable, Potato <i>Muffin: Apple Spice</i>	16 <b>Lasagna with Meat Sauce,</b> Meatball/Sauce, Garden Salad	17 <b>Chicken Rice Vegetable Soup</b> Italian Sub Sandwich & Chips <i>Muffin: Cranberry Walnut</i>	18 <b>Baked Haddock Florentine or</b> <b>Plain Haddock,</b> Rice Pilaf, Vegetable <i>Muffin: Wild Maine Blueberry</i>
22 <b>Roast Pork Dinner</b> Mashed Potato, Vegetable <i>Muffin: Peanut Butter &amp; Jelly</i>	23 <b>Country Breaded Chicken</b> Breast, Potato & Egg Salad, Cole Slaw, Corn Muffin	24 <b>Pasta Primavera with</b> <b>Light Alfredo Sauce</b> Boneless Herbed Chicken Breast & Garlic Bread <i>Muffin: Cherry Chocolate Chip</i>	25 <b>Baked Haddock with Seafood</b> <b>Crumb or Plain Haddock</b> Potato, Vegetable <i>Muffin: Lemon Raspberry</i>
29 <b>Everyone's Favorite Meatloaf</b> Mashed Potato, Vegetable <i>Muffin: Blueberry Bran</i>	30 <b>Baked Haddock with Crumb</b> Topping, Rice Pilaf, Vegetable	July 1 <b>Stuffed Cabbage</b> Mashed Potato, Vegetable <i>Muffin: Sweet Georgia</i>	July 2 <b>CLOSED – Holiday Weekend</b>
July 6 <b>Baked Chicken with</b> <b>Mushroom Sauce, Spinach</b> Rice Pilaf, Vegetable <i>Muffin: Pumpkin Streusel</i>	July 7 <b>Stuffed Shells with Meat</b> <b>Sauce, Meatball/Sausage,</b> Vegetable, Garlic Bread	July 8 <b>Chunky Tomato Soup,</b> <b>Melty Ham, Cheese, &amp; Tomato</b> <b>Sub, Chips</b> <i>Muffin: Maine Wild Blueberry</i>	July 9 <b>Seafood Newburgh or Plain</b> <b>Baked Haddock</b> Rice, Vegetable <i>Muffin: Peanut Butter &amp; Jelly</i>

## NATURE & OUTDOOR PROGRAMS

### CENTER FOR WILDLIFE TOUR

**Tuesday, June 15, 10:00am**

Your visit to the Center for Wildlife's new facility will include a guided tour of their new Nature Center (home to non-releasable reptile ambassadors), a behind the scenes look at their medical rehab facility, and a meet and greet with a few of their wildlife ambassadors that live at the Center. The indoor facility is accessible but a portion of your visit will be conducted outdoors. Please dress appropriately for the day's weather. Note, the rehabilitation wing is a functioning medical facility and daily operations may impact the length and access of medical clinic tours. Masks are required for all visitors to the Center. **Cost: Free but advance registration required. Register by Thursday, June 10. Group size limited to 10 participants.**

### CYCLING RIDE

**Odiorne Point State Park, Rye, NH**

**Tuesday, June 29, 10:00am - noon**

We have again partnered with Northeast Passage, a program of the University of New Hampshire, College of Health & Human Services, Department of Recreation Management and Policy, to provide a bicycling experience. We will be visiting Odiome Point State Park, which offers beautiful scenery of the ocean and inland and has easy trails for biking. Northeast Passage will provide a variety of bicycles including trikes and mountain bicycles so that everyone should be able to participate. Everyone is required to wear a helmet. If you don't have one, Northeast Passage will provide you with one that fits you. You are also welcome to bring your own bicycle. Be sure if you are bringing your own bicycle that it is in good condition and that you have recently ridden it. We will be taking the bus to the park if we have at least five persons wanting to ride the bus. The bus can hold a few bicycles in addition to people. You may also choose to drive yourself and meet us at the park. If you drive yourself, please arrive on time. This is a great park for a picnic and/or walk after the ride. Be sure to bring a water bottle, sun blocker, and a simple snack (e.g., trail mix, energy bar, fruit), and don't wear sandals while biking. **Cost: \$4.00 per person admission to park plus \$32.00 if going on the bus. If you go by bus, we will be staying about 1/2 hr. extra time so you can explore the park a little. Deadline for registration and refund of fee: Tuesday, June 22. Program limited to 14 people - 10 participants using Northeast Passage's cycles and 4 other participants riding their own**

bicycles.

### STRAWBERRY PICKING

**U-Pick Spiller's Farm - Wells**

**Monday, June 21, 9:30am**

**[Rain date Thursday, June 24]**

Time to enjoy fresh picked strawberries that you pick yourself. Meet at Spillers in Wells at 9:30am. After picking, feel free to visit their store and grab a treat and/or beverage and enjoy it outside at one of their picnic tables and visit some of their animals. If you have any balance issues, this program may not be for you as the terrain is very uneven and you will need to do bending for picking strawberries. **Cost: \$5-8 per quart (exact price to be determined at later date). Deadline date to register: Thursday, June 17.**

### SEASONAL OUTDOOR SAFETY AWARENESS WALK & TALK AT MT. AGAMENTICUS - See p. 5

## OTHER PROGRAMS

### LAWN GAMES

**SHUFFLEBOARD & CORN HOLE**

**Mondays, 10:00-11:30am**

**Drop-In Program - Starts June 14**

Calling all shuffleboard and corn hole players and would be players to come out and try your hand at the game. Basically, this program will be self-directed. Maybe some of you can even get a tournament going. **Cost: Free. Deadline to register: Drop-In program so no registration.**

### BINGO OUTDOORS

**Thursday, June 24, 1:30pm**

Play BINGO from your car or bring a lawn chair. We will be playing in the Center's parking lot. **Cost: Free. Deadline to register: Tuesday, June 23.**

### BOOK CLUB

**Book: The Witch Elm (2018) by Tana Frend  
Discussion on Wednesday, June 30, 2:00pm**

Now, for a mystery with lots of suspense and twists and turns. 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. If it is nice, we might meet outdoors. **Cost: Free. Deadline to register: Monday, June 21.**

## MEN'S GROUP

With Ray Sarosy, Coordinator

Thursday, June 17, 10:15am

This is an opportunity for men age 50+ to get together to discuss a variety of topics of interest to the group such as sports, home improvement, retirement life, world affairs, current events, history, grandparenting, etc. The group will meet indoors at the Center. If the weather is nice, we might decide to meet outdoors at the Center. **Cost: Free but advance registration required. Register by Tuesday, June 15.**

## DINNER CLUB TO GO

[Limited to York Residents]

If you aren't ready to go out to eat at a local restaurant, are tired of cooking, unable to drive, or wanting to relax 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. When the volunteer arrives at your home, s/he will call you on your phone and then leave your meal by your door. The delivery person cannot go into your home, building, garage, or alcove. Please be sure to be home before 5pm on the day of the delivery!

### Fat Tomato Grill

Wednesday, June 2

Menu - All items \$11.88 including tax:

- *Chicken Salad on Ciabatta* (American cheese, lettuce, tomato) with fries
- *Corned Beef Reuben Sandwich* with fries
- *Harvest Salad* (sliced apples, goat cheese, grilled chicken, sunflower seeds, dried cranberries, cucumbers, red onion on a bed of mixed greens served with apple cider vinaigrette) with side of bread
- *Italian on Baguette* (ham, salami, provolone, tomato, pickles, onion on fresh baguette) with fries and hot peppers on the side

**Deadline for Ordering:** Tuesday, June 1, 3:00pm.

### Foster's Clambake

Wednesday, June 16

Menu - All items \$13.50 including tax:

- *Grilled Atlantic Salmon Sandwich* on grilled ciabatta bread with greens, tomato & side of lemon pepper aioli served with homemade salt/pepper chips and coleslaw

- *Hickory BBQ Half Chicken* served with corn on the cob, coleslaw, and cornbread
- *Summer Salad & Bowl of New England Clam Chowder* – salad with mixed greens, strawberries, blueberries, goat cheese, toasted almonds with balsamic fig dressing served with roll and butter

**Deadline for Ordering:** Monday, June 14, 4:00pm.

## American Legion Burger Night

Wednesday, June 30

Menu:

- *Burger & Fries* - \$6.00
  - *Cheeseburger & Fries* - \$6.00
- Choice of medium rare, medium, or well done.

**Deadline for Ordering:** Monday, June 28, 4:00pm.

# SPORTS

## Pickleball for Veterans

Wednesdays, 2:30-3:30pm

Center Parking Lot

June 9, 23, & 30 [Rain date July 7]

This program is being offered by Northeast Passage, a program of the University of New Hampshire, College of Health & Human Services, Department of Recreation Management and Policy. It is funded by a grant from United States Department of Veterans Affairs. All Veterans regardless of age are invited to participate. Additionally, any adult with an impairment/disability who may need adaptations or use of a wheelchair, is welcome to participate with this group. **Cost: Free. Deadline to register: Monday, June 7. Class limited to 12 participants so register early.**

## Introduction to Pickleball with Andy

Wednesdays, 4:00-5:00pm

Center Parking Lot

June 9, 23, & 30 [Rain Date July 7]

If you've always wanted to learn how to play pickleball or feel that you need to practice your skills before you're up for a full game, then this program is for you. The goal is fun and learning in a recreational, non-competitive atmosphere. All equipment will be provided. **Cost: \$24.00 plus tournament in October. Deadline date for registration, payment, and refund if you cancel: Monday, June 7. Class limited to 12 participants so register early.**

## YORK PARKS & RECREATION COMMUNITY EVENTS

See the *York Parks & Recreation Summer Brochure* recently mailed to all York residents. If you need a copy, stop by either the Center for Active Living or York Parks & Recreation Office or visit their website: <https://www.yorkparksandrec.org/>. There are a number of programs listed in the brochure that might interest you such as Ellis Park Summer Concert Series, July 4th Fireworks, Family Film Night, and York Days.

## 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!



### 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 currently available. Whatever your needs call, “Let’s Chat,” 207-361-7311. **Consider calling this organization for transportation to/from one of the Center’s programs!**

### MARTINS POINT MEDICARE ADVANTAGE 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. Jonna Dijkstra, our primary fitness instructor, is an ACE certified personal trainer and appropriately certified.



## YORK COMMUNITY SERVICE ASSOCIATION (YCSA)

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’S PROPERTY TAX FAIRNESS CREDIT REFUND PROGRAM

If you are a Maine taxpayer, you may be eligible to receive a portion of the property tax or rent you paid on your Maine individual income tax return for 2020 whether you owed Maine income tax or not. The **deadline date for this program is June 15, 2021.** **York Community Service Association (YCSA) handles this process for York property payers or renters.** If you are a York property payer or renter, see the following instructions and form: <https://www.yorkmaine.org/DocumentCenter/View/4538/Property-Tax-Relief-Application-2018#:~:text=Eligibility%3A%20York%20residents%20who%20qualify,the%20sum%20of%20%24450.00%20per.> **If you do not have access to the internet, have questions, or need assistance with the process, please contact YCSA – Janie Sweeney, YCSA Family Services Manager and Town of York General Assistance Director, 207-363-5504/207-337-1867, [jsweeney@ycsame.org](mailto:jsweeney@ycsame.org).** **If you are a Maine resident and not living in York, ME, you can obtain more information at: <https://www.maine.gov/revenue/taxes/tax-relief-credits-programs/income-tax-credits/property-tax-fairness-credit>.**

## YORK PUBLIC LIBRARY

As of June 1st, the library will almost be fully opened. For individuals who are unable to drive, the library offers a delivery service on a monthly basis. 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/>.

## **CENTER OF ACTIVE LIVING**

### **ANNUAL REGISTRATION FOR ALL PARTICIPANTS**

With the start of our new fiscal year in July, it is time to update our database. Please take a few minutes to complete the following form. Then, you may mail the completed form to the Center for Active Living, 36 Main St., York, ME 03909, drop it off when you pick up lunch to go, email the information to [jmarshall@yorkmaine.org](mailto:jmarshall@yorkmaine.org). For York residents, there is no annual fee. For non-York residents, there is an annual user fee of \$25.00, which can be paid by credit/debit card or check made out to Town of York with note in memo area stating "CAL - non-resident user fee." If you are paying by credit card, we will call you to get the credit card information when we update your file. This information is for our use and your safety only; it will not be shared with others without your permission. Thank you for your cooperation. This **is important so you continue to get *The Scoop* and other notices.** If you have any questions, please contact Jo at 207-363-1036 or [jgross@yorkmaine.org](mailto:jgross@yorkmaine.org). **Please print legibly.**

**Full Name:**

Phone Number - house:

Phone Number - cell:

Email Address (own or family/friend who will provide you the information):

Mailing Address (#, street, apt/unit if appropriate, town, state, zip code):

If mailing address is a post office box, street address:

**Date of Birth:**

**Winter Address:** \_\_\_ n/a (none) \_\_\_ months (when use – e.g., Oct.- May ): \_\_\_\_\_

Mailing Address:

**Emergency Contact:**

Person's Full Name and Relation to You (e.g., spouse, friend, daughter):

Above person's phone number (include area code)

Above person's address

**Primary Doctor's Name:**

Phone #:

Town and State:

Affiliated with York Hospital: \_\_\_ yes \_\_\_ no

**Do you live alone?** \_\_\_ yes \_\_\_ no

**Do you drive?** \_\_\_ yes \_\_\_ no

**Any medical or other information that would be useful for us to know** (e.g., pacemaker, uses a wheelchair, uses a walker/rollator, difficulty climbing stairs):

**If non-York resident/tax payer, how paying \$25 annual fee:**

\_\_\_ credit card \_\_\_ enclosed check (Make check out to Town of York)

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:

## June 2021

**Program Registration for York Residents begins Thursday, June 3 at 9:30am;  
 Program Registration for Non-York Residents begins Friday, June 4 at 9:30am.**

**You may register in-person, by phone, online (except meals), (Mon. - Fri., 9:30am - 4:00pm except during lunch 11:45am-12:45pm).**

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 . No cash payments accepted. Please read *The Scoop* for program details and registration information.

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

**June 20**

**1st Day of Spring &  
 Father's Day**

**Enjoy!**



Happy Father's Day

