

The Scoop

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

July 2021



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

Vol. 41 Issue 1 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi Everyone!

Summer is here and the Center is buzzing with activity. We're excited to announce our bus will begin rolling out of York near the end of July. We have two trips planned for the last week of July. Our first trip will be on Monday, July 26 to Portsmouth where we will board the Thomas Laighton for a 2.5 hr. narrated tour of the Isles of Shoals and Portsmouth Harbor and finish off the trip with dinner at The York River Landing. Our next trip will be to the Portland Sea Dogs Game on Thursday evening, July 29 when they play New Hampshire Fisher Cats. For more information about trips planned for later this summer and fall, see p. 4. Please note, at this time, we are requesting everyone on the bus to wear a face mask as a means to contribute to everyone's well-being. With summer here and the heat and humidity rising, keep in mind that the Center has air conditioning. Therefore, if you need to cool off Monday - Friday, 9:00am - 4:00pm, stop by. Board and Card Games are always looking for new participants!

Starting this July, we have partnered with York Community Service Association for their Family Service Manager, Janie Sweeney to be available at the center twice a month to meet with older adults to discuss resources for immediate needs and aging in place. See *PEACE OF MIND*, p. 10 for details.

We are making a major change in payment options for meals. As of July 1, 2021, we will no longer be issuing lunch/meal punch cards. Anyone who currently has a meal ticket that still has meals on it as of July 1st, should turn the card in by Friday, July 30th and we will give you a user credit for the remaining meals. The user credit does not expire. If your card was a \$4.00 card and you still have meals available on that card, you will receive the user credit at the rate of \$5.00 per meal. The good news is that anyone who purchases 10 meals in a month, will be eligible for a free meal the following month. When you register for meals for the next month, you will need to tell the person who is registering you that you have earned a free meal.

Below are a few additional highlights for July and early August. See p. 11 for a peek at some future programs.

- Special Event - Cookout plus Activities - Wednesday, July 14 - see p. 5;
- Special Meal - Lobster Roll (\$15.00) - Friday, July 23, register by Friday, July 16;
- Kayaking - Thursday, July 22 - limited to 8 participants so register early - see p. 10;
- Birding Activities with White Pine Program - p. 10; and
- Sample Exercise Programs with Jonna - p. 7.

As you look through this newsletter, if you find a program you want to participate in but can't pay the fee, do reach out to me. York Community Service Association (YCSA) is willing to provide some scholarships.

Thank you to all of you who have completed your annual re-registration. If you still need to re-register for 2021-2022, please complete p. 13 and return it to the Center by dropping it off during open hours or mailing it.

As many of you know, Janis has been out on medical leave since April. On p. 12, is a message from Janis. We all wish her well.

Enjoy,
 Jo, Director

Important Information

Registration: For York Residents - Thursday, June 8 at 9:30am and for non-York Residents - Friday, June 9 at 9:30am. You may register in-person, via phone (207-363-1036), Monday - Friday, 9:00am - 4:00pm except during the lunch hour (11:45am-12:45pm), or online (<https://www.yorkparksandrec.org/>). Online registration is not available for meals. **Please note, if a program requires a fee, payment needs to be via a credit/debit card or check; there are no cash payments.**

Closed Friday, July 2 and Monday, July 5 for July 4th Holiday

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 recommendations, 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 July Programs

All activities except Café, Card and Board Games, Crafters Gathering, Exercise by Video, Lawn Games, and Tai Chi require advance registration. Registration for York Residents begins on Thursday, July 8 at 9:30am and for non-York Residents on Friday, July 9 at 9:30am. Registration is available in-person, by phone, or online except for meal programs. For details of programs, see page listed after program.

By Day and Time

Daily (M-F)

Center open 9am – 4pm

Café, 9-11am – p. 2

Monday

Exercise via Video, 9am – p. 7

Cribbage, 9-11am – p. 5

Crossfit – Harpoon, 10am – p. 7

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

Poker, noon-4pm – p. 5

Scrabble, 1-4pm – p. 5

Tuesday

Workouts with Jonna, July 13 & August 3, 9am – p. 6

Balance Fun, July 13 & August 3, 10am – p. 6

Lunch To Go – p. 8-9

Hand & Foot, 1-4pm – p. 5

Crafters Gathering, 1:30-3pm – p. 6

Bridge, 1:15-4 pm – p. 5

Crossfit – Harpoon, 10am – p. 7

Ukelele, 3:30-4:15pm – Starts July 13 - p. 6

Wednesdays

Line dancing, 9:30am - Starts July 14 - p. 7

Cribbage, 9-11am – p. 5

Walking Club – 8am – Starts July 7 - p. 6

Dine-In Lunch, noon – p. 8-9

Dominos/Mexican Train, 1-4pm – p. 5

Poker, 1:15-4pm - p. 5

Pickleball for Military Veterans, 2:30-3:30pm - Starts July 14 – p. 11

Introduction to Pickleball, 4-5pm – Starts July 14 - p. 11

Thursdays

Exercise by Video, 9:00-10:00am - p.7

PEACE OF MIND, 9:30-11:00am (by appt.), 2nd & 4th of mo. - Starts July 22 - p. 10

Lunch To Go - p. 8-9

Backgammon, Checkers, Chess, 1-4pm - p. 5

Wii Games - 1-3:30pm - p.5

Friday

Line dancing, 9:30am - Starts July 16 - p.6

Cribbage, 9am - p. 5

Lunch To Go - p. 8-9

Mahjong, 1-4pm - p. 5

Tai Chi, 1pm - p. 7

Special Events / One-Time Programs

Wednesday, July 14 - Cookout, 1:15pm - p. 5

Wednesday, July 14 - BINGO, 1:15pm - p. 5 & 11

Thursday, July 15 - Backyard Birding - education & craft, 10:00-11:30am - 10

Wednesday, July 21 - Hiking Club Organizational Meeting, 10:00am - p. 11

Wednesday, July 21, 1:00pm – Craft Project: Nautical Décor – p. 6

Wednesday, July 21 – Dinner Club To Go – Fat Tomato Grill [Order by Monday, July 19] - p. 11

Thursday, July 22 - Kayak York River - p. 10

Monday, July 26 - Trip: Boat Cruise & Dinner Afterwards - p. 4

Thursday, July 29 - Birding Mt. A - p. 10

Thursday, July 29 - Sea Dogs Baseball Game - p. 4

Wednesday, August 3 - Book Club, 2:00pm - p. 10

Wednesday, August 4 – Dinner Club To Go - Fosters' Clam Bake [Order by Monday, August 2] - p. 11

Friday, August 13 - Portland Art Museum & Old Port/Waterfront - p. 4

Program Areas

- ◆ Bus Trips - p. 4
- ◆ Board & Card Games - p. 5
- ◆ Creative Arts - p. 6
- ◆ Education - p. 6
- ◆ Exercise & Wellness - p. 6-7
- ◆ Meals - p. 8-9
- ◆ Nature and Outdoor Recreation - p. 10
- ◆ Other Programs - p. 10-11
- ◆ Special Events - p. 5
- ◆ Sports - p. 11

Don't fear, we remain mindful of COVID-19 and hope everyone is getting or has been vaccinated. We do not, however, ask if anyone is vaccinated. Therefore, take whatever precautions you feel comfortable taking and please wash your hands/ use hand sanitizer frequently. Providers of off-site programs may have their own COVID-19 requirements (e.g., mask requirement) to which we will adhere. For those of you going on one of our bus trips, for now, we will be asking everyone to wear a face mask.



BUS TRIPS "ROLLING OUT OF YORK"

TRIP REGISTRATION POLICIES

Registration for trips is as follows:

- Registration begins the month program is listed in *The Scoop* and continues until the program is full or the registration deadline, which ever comes first. Wait List will always be available should the trip sell out.
- You may only register for yourself, your spouse, and/or significant other.
- Payment is required at time of registration. If for some reason, you are unable to pay the full amount at time of registration, please discuss with Jo, Director, to see if a payment plan can be arranged.
- In order to provide great prices for trips, we must follow strict enrollment numbers and firm payment deadlines. In the event we must cancel a trip, you will receive a full refund. After the final payment deadline date, participant cancellations are not refundable.

Our mini-bus *does not* have restroom facilities, but we'll make an effort to visit a rest stop, when available, should the ride to our destination be longer than 1 1/2 hours. We will be calling everyone who has registered for a trip 1-2 days in advance to confirm the departure time and review trip details. If you have provided your email address, you will also be emailed. It is very important that you arrive at the pick-up location prior to the designated time so that we stay on schedule.

Pick-up and Drop-Off: All trips will originate from and return to the Center plus we will do a pick-up and drop-off at Pine Grove at Village Woods, York Housing. **When you make your reservation, please indicate your departure location; either the Center or York Housing.** Return location will be the same as departure location.

BOAT CRUISE AND DINNER AFTERWARDS

Monday, July 26, 12:45-7:15pm

We will take the bus to Portsmouth to board the Thomas Loughton for a narrated cruise of Isles of Shoals and Portsmouth Harbor. The boat ride is approximately 2.5 hours. The boat is accessible to persons with mobility difficulties, has accessible restrooms, outdoor and indoor seating, and a gallery area with snacks for purchase. In light of COVID-19, when boarding and disembarking you must wear a face mask. Once on the boat, face masks are only necessary in certain areas and when physical distancing is not possible. After the boat trip, we will go to The York River Landing for dinner. **Cost: \$45.00 per person plus the cost of your meal (You order off the restaurant's menu and pay accordingly).** **Deadline date to register, pay, and cancel with refund: Friday, 23 by 4:00pm.** [Boat loads at 1:30pm]

SEA DOGS BASEBALL GAME

Sea Dogs vs New Hampshire Fisher Cats

Thursday, July 29, 4:00 - 10pm

What is summer without a baseball game. We have box seats. Game time is 6:00pm. Make your reservation now. **Cost: \$20.00 plus cost of any food or souvenirs you purchase.** **Deadline date to register, pay, and cancel with refund: Tuesday, July 13.** [Game time 6:00pm]

PORTLAND ART MUSEUM AND OLD PORT/WATERFRONT

Friday, August 13, 8:30am - 4:30pm

This is your opportunity to visit the Portland Art Museum and have some time in Old Port and at the Portland waterfront without driving. In the morning, we will visit the Portland Art Museum from 10am - noon and then re-board the bus to go down to the waterfront. At the waterfront, you can walk around, visit the shops, and have lunch on your own. We will head back to the Center at 3:00pm. **Cost: \$25.00 plus whatever you spend for lunch and shopping.** **Deadline date to register, pay, and cancel with refund: Monday, August 2.**

JERSEY BOYS MUSICAL

**Maine State Music Theater Production at
Westbrook Performing Arts Center**

Tuesday, September 21, 4:30-11:00pm

We will stop for dinner before the musical. **Cost: \$85.00 (includes transportation and ticket) plus the cost of your dinner.** **Deadline date to register, pay, and cancel with refund: Friday, August 27.** [Show time: 7:30pm]

SPECIAL EVENT — COOKOUT

Wednesday, July 14
Dine-In Only

Eat outside (weather permitting) or indoors

Summer is here and what better way to enjoy it than with a cookout and a few games. We will have tables outside for eating and activities. You will also have the option of dining inside. **Cost: \$5.00. Deadline for registration: Friday, July 9. 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.**

Menu: Hot Dog or Hamburger, Corn on the Cob, Pasta and Vegetable Salad, Lemonade, Strawberry Shortcake

Activities: Lawn Games, 10:30-11:30am; BINGO, 1:15pm.



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

Thursdays, 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.

DOMINOES/MEXICAN TRAIN

Wednesdays, 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.

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!

Wii Bowling and Other Wii Games

Thursdays, 1-3:30pm - Activity Room

Want to bowl, play a game of tennis, box, or golf, but don't have the time, equipment, or energy then given Wii a try. Success can be found with the gentle motions of a remote control. You can play sitting or

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.**

PAINT LED WOODEN NAUTICAL DECOR with Maxine

Wednesday, July 21 1:00pm

Maxine will lead you in painting a wooden decoration that has an LED lamp in it. You can make it as arty or as simple as you want. **Cost: \$5.00. Deadline date to register, pay, and request refund: Monday, July 19. Program limited to 8 participants.**

MAKE A BIRDHOUSE FROM RECYCLE MATERIAL - See Backyard Birding - p.10

UKULELE LESSONS AND CLUB

Tuesdays, July 13, 20, & 27 and August 4
3:30-4:30pm

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 will provide you suggestions for where you may purchase one.* **Cost: \$40.00. Deadline to register and for refund: Friday, July 9. Minimum number of participants - 5; maximum number of participants - 10.**

EDUCATION

BIRDING - See p. 10.

Computer/Tech Assistance

Friday, July 9, 9:30-11:00am

Thursday, July 15, 9:30-11:00am

Help available for cell phones, tablets, and laptops plus Zoom. Call for an appointment.

EXERCISE & WELLNESS

SAMPLE JONNA'S EXERCISE PROGRAMS

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

Tuesday, July 13 and/or August 3

As Jonna will be on family vacation for part of July and returning in August, this is a great time to sample her programs without the commitment of signing up for the full series. Jonna will be available on both Tuesdays at 11:00am to discuss the programs with anyone who wants more information or is concerned about the program being able to meet their own unique needs.

BALANCE FUN

Tuesdays, July 13 &/or August 3
10:00-10:50am

Would you like to have better balance but don't know where to start? Join Jonna for a fun program designed to keep you strong so you can perform your daily tasks independently and with proper form. We not only work on keeping your body strong but your mind sharp as well! Jonna will individualize workouts to meet your specific needs. The program will be in the shady parking lot or indoors, depending on weather. **Cost: \$8.00 per session. Deadline to register, pay, and request refund: Friday, July 9 for Tuesday, July 13 and Friday, July 30 for Tuesday, August 3.**

WORKOUTS WITH JONNA

Tuesdays, July 13 &/or August 3
9:00-9:50am

Are you looking to start moving more but not ready to commit? Join Jonna at 9am on either or both of the above dates for a strengthening workout for all abilities. This program will be a combination of cardio, strengthening, fun, and balance. The workouts are designed to keep you strong so you can perform your daily tasks independently and with proper form. We not only work on keeping your body strong but your mind sharp as well! Jonna will individualize workouts to meet your specific needs. The program will be in the shady parking lot or indoors, weather permitting. **Cost: \$8.00 per session. Deadline to register, pay, and request refund: Friday, July 9 for Tuesday, July 13 and Friday, July 30 for Tuesday, August 3.**

EXERCISE BY VIDEO

Mondays, 9:00-10:00am

Thursday, 9:00-10:00am

Activity Room

On-Going 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, July 6 - 27

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:

Thursday, July 1. IMPORTANT INFORMATION:

You can register for this program starting June 29. You can also register late and program fee will be pro-rated.

LINE DANCING

Wednesdays, July 14, 21, & 28 and August 4, and/or

**Fridays, July 16, 23, & 30 and August 6
9:30-10:30am**

Instructor: Diane Anderson

You may select to participate one day or two days per week. Please bring your own water bottle and wear flexible clothing and supportive shoes. **Cost: \$8.00 for once a week (4 sessions) or \$16.00 for both**

Wednesday and Friday sessions (8 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, July 12. Class limited to 10 participants so register early.**

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

WALKING CLUB

for All Levels of Walkers

Wednesdays, 8am - Starting July 14

Location: Short Sands Road

This program is designed so that walkers of all levels/abilities can participate. This is a great way to start off your day! Walkers can self divide into groups (e.g., distant walkers, easy walkers). A volunteer will be present to check on and join in with walkers. This program is a semi-drop-in program. **Program is free but we ask that you register in advance of your first walk. You don't need to commit for all Wednesdays; come when you can. Please register by the Monday prior to joining the group.**



**"In every walk with nature one receives far more than he seeks."
—John Muir**

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** The special meals this month are **Cookout - Wednesday, July 14 (\$5.00) - Dine-In and Lobster Roll - Friday, July 23 (\$15.00) - Drive-Thru Pick-Up.** *If for any reason, you are unable to pay, please reach out to Jo, Director (207-363-1036/ jross@yorkmaine.org).* **Except for special meals, you may order more than one meal if you'd like.** All meals come with dessert. When ordering, indicate if you need a sugar-free dessert. **To make a reservation for lunch, 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 or check at time of ordering meal
- ⇒ At time of pick-up, provide a check made out to Town of York with CAL meal 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 picnicking at the Center, please park in the middle spaces.

DINE-IN LUNCH PROGRAM

Wednesdays

Lunch will be available at noon in the dining room on Wednesdays. You need to make a reservation in advance and pay in advance with a credit/debit card or bring a check the meal day; no cash or credit card will be accepted at lunch time. Please arrive by 11:30am, sign-in at the reception desk, and if needing to pay with a 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 then 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 a 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: Friday prior to the day you desire muffins.** See menu for muffin of the day. Payment options: credit/debit card when ordering or check at time of pick-up; no cash. 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 to someone else as we often have a waiting list.



Town of York - Center for Active Living - July 2021 - Lunch Menu

REGISTRATION BEGINS Thursday, July 8, 9:30am for York Residents and Friday, July 9, 9:30am for Non-York Residents. See p. 8 for additional information. Reservation required by 2pm the Friday prior to the meal and/or muffins you would like; call 207-363-1036, Monday – Friday, 9:30am-3:30pm. Special Meal limited to one per person. Order early as there is a set number of meals per day.

Tuesday LUNCH TO-GO	Wednesday DINE-IN ONLY	Thursday LUNCH TO-GO	Friday LUNCH TO-GO
<p style="text-align: right;">13</p> <p>Turkey A La King over Rice, Vegetable, Corn Muffin <i>Muffin: Orange Cranberry</i></p>	<p style="text-align: right;">14</p> <p><u>COOKOUT</u> Burger or Hot Dog, Corn on the Cob, Pasta Vegetable Salad, Chips, Strawberry Shortcake</p>	<p style="text-align: right;">15</p> <p>Penne Pasta With Meat Sauce, Meatball/Sausage, Vegetable, Garlic Bread <i>Muffin: Hawaiian</i></p>	<p style="text-align: right;">16</p> <p>Baked Haddock with Crumb Topping Rice Pilaf, Vegetable <i>Muffin: Sweet Georgia</i></p>
<p style="text-align: right;">20</p> <p>Grilled Reuben Sandwich, Chicken Barley Vegetable Soup, Chips, Crackers <i>Muffin: Blueberry Corn</i></p>	<p style="text-align: right;">21</p> <p>Chicken Parmesan, over Spaghetti, Garden Salad, Garlic Bread</p>	<p style="text-align: right;">22</p> <p>Yankee Pot Roast, With Vegetable Garnish, Mashed Potato, Vegetable <i>Muffin: Banana Walnut</i></p>	<p style="text-align: right;">23</p> <p><u>SPECIAL MEAL \$15</u> Lobster Roll, Corn Chowder, Coleslaw, Chips. Two Corn Chowder Meal (No Lobster Roll) - \$5 <i>Muffin: PB Choc Chip</i></p>
<p style="text-align: right;">27</p> <p>Sliced Ham, Mac & Cheese, Vegetable, Corn Muffin <i>Muffin: Banana Choc Chip</i></p>	<p style="text-align: right;">28</p> <p><u>BRUNCH AT LUNCH</u> Broccoli Spinach Quiche or Ham Bacon Quiche, Side of Pancakes, Sausage, Muffin</p>	<p style="text-align: right;">29</p> <p>American Chop Suey with Cheese, Vegetable, Garlic Bread <i>Muffin: Cranberry Corn</i></p>	<p style="text-align: right;">30</p> <p><u>CHOICE DAY</u> Baked Haddock with Shrimp Sauce or Plain Haddock Potato, Vegetable <i>Muffin: Mixed Berry</i></p>
<p style="text-align: right;">August 3</p> <p>Homemade Chili with corn chips and Cheese, Hot Dog in a Bun, Cole Slaw <i>Muffin: Lemon Raspberry</i></p>	<p style="text-align: right;">August 4</p> <p>Open-Faced Hot Turkey Sandwich with Gravy, Stuffing, Vegetable</p>	<p style="text-align: right;">August 5</p> <p>Shepherd's Pie Side of Vegetable, Corn Muffin <i>Muffin: Wild Maine Blueberry</i></p>	<p style="text-align: right;">August 6</p> <p><u>CHOICE DAY</u> Seafood Pie or Plain Baked Haddock Rice, Vegetable <i>Muffin: Orange Cranberry</i></p>

NATURE & OUTDOOR PROGRAMS

BACKYARD BIRDING

Instructor: Julie Goldberg, White Pine Program, Lead Educator

Thursday, July 15, 10:00-11:30am

Julie will connect you with birds in your own backyard and help you learn how to be a bird observer. She will also lead you in making a birdfeeder from recycled materials. This program and the following program are made possible through a partnership with White Pine Program, who has received a grant to connect older adults with nature. **Cost: Free but advance registration required. Register by Monday, July 12.**

BIRDING IN YORK, MAINE

Program will be at Mt. Agamenticus

Thursday, July 29, 8:30-9:30am

Instructor: Julie Goldberg, White Pine Program, Lead Educator

Julie will introduce you to birds in York, ME and their different songs, colors, habitats, and habits. She will guide you in using all your senses to connect with nature. If you have binoculars, do bring with you. **Cost: Free but advance registration required. Register by Monday, July 26.**

HIKING CLUB

Organizational Meeting

Wednesday, July 21, 10:00am

The club will be a self-directed club facilitated by a volunteer. Hikes will be planned by the group. The goal is to have 1-2 hikes per month with the first hike in August. **Be sure to come to the meeting on July 21, to express your interests and join in the planning of hikes for August and September.**

KAYAK YORK RIVER

Thursday, July 22, 9:00am - 11:30am

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 paddling experience. Northeast Passage will provide all the needed equipment and expert instruction. The program is designed for older adults of all paddling and physical functioning abilities. Everyone is required to wear a PFD (personal floatation device/lifejacket). If you don't have one, Northeast Passage will provide you with one that fits you. arrive on time. Be sure to bring a water bottle, sun blocker, and a simple snack (e.g., trail mix, energy bar, fruit). **Cost: \$32.00. Deadline**

date for register, pay, and request refund: Thursday, July 15. Program limited to 8 people so register early!

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. **Cost: Free. Deadline to register: Drop-In program so no registration.**

OTHER PROGRAMS

BINGO OUTDOORS

Wednesday, July 14, 1:15pm

Following the cookout, we will play BINGO outdoors, weather permitting. **Cost: Free. Deadline to register: Tuesday, July 13. If you want lunch at the cookout, deadline to register for cookout is Friday, July 9.**

BOOK CLUB

Book: *The Stranger in the Woods: The Extraordinary Story of the Last True Hermit* (2018) by Michael Finkel

Discussion on Wednesday, August 4, 2:00pm

This is a National Geographic Best Book of the Year Best Seller. It is the true story of how a young man lived for 27 years in the woods of Maine as a hermit. 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, July 26.**

PEACE OF MIND

Meet 1:1 with Janie Sweeney, Family Service Manager, York Community Service Association (YCSA) at the Center

**Thursdays, 2nd & 4th each month,
9:30-11:00am**

Starting Thursday, July 22, Janie will be available at the Center to meet privately with you to discuss any concerns or needs you currently have or about aging in place for yourself or a family member/significant other. Janie can help you with immediate needs such as grocery shopping, food pantry, financial assistance for home repairs, emergency funds for utilities and medical expenses as well as provide case management and planning for the future. Please make an appointment in advance if possible. To make an appointment, please call Janie at YCSA, 207-363-5504, ext. 2.

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. Please be sure to be home before 5pm on the day of the delivery!

Fat Tomato Grill

Wednesday, July 21

Menu - All items \$11.88 including tax:

- **Chicken Salad on Ciabatta** (American cheese, lettuce, tomato) with fries
- **Corned Beef Reuben Sandwich** with fries
- **Italian on Baguette** (ham, salami, provolone, tomato, pickles, onion on fresh baguette) with fries and hot peppers on the side
- **Strawberry Summer Salad** (strawberries, feta cheese, grilled chicken, lettuce, cucumbers, red onion, celery) served with side of strawberry vinaigrette and bread
- **Rachel Sandwich** (their own turkey, cheddar cheese, lettuce, tomato, and mayo) with fries

Deadline for Ordering: Monday, July 19, 4:00pm.

American Legion Burger Night

Wednesday, August 4

Menu: **Burger or Cheeseburger & Fries - \$6.00**

Choice of medium rare, medium, or well done.

Deadline for Ordering: Monday, August 2, 4:00pm.

Foster's Clambake

Wednesday, August 18

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, August 16, 4:00pm.

SPORTS

Pickleball for Military Veterans

Wednesdays, 2:30-3:30pm

Center Parking Lot

July 14, 21, & 28 [Rain date August 4]

If you're a military veteran, don't miss out on this opportunity. The 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, July 12. Class limited to 12 participants so register early. Based on space availability, spouses/partners may be able to participate with a small fee.**

Introduction to Pickleball

with Andy

Wednesdays, 4:00-5:00pm

Center Parking Lot

July 14, 21, & 28 [Rain Date August 4]

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, July 12. Class limited to 12 participants so register early.**

A PEAK AT FUTURE PROGRAMS

- **Nature: Sensory Awareness and Meditation - August 12 & 19**
- **Annual Masonic Lobster Bake - Friday, August 20**
- **Fryebury Fair Bus Trip - Tuesday, October 5**
- **American Heritage Museum (Hudson, MA): Battle for the Airfield WWII Re-enactment - Saturday, October 9 - Joint trip with York Community Service Association (YCSA)**

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. Please note, you do not return your fill bag to the Center. 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. 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 in-



clude: food pantry; fuel assistance; emergency funds to help with rent, utilities, car repairs, and medical/dental needs; grocery shopping & delivery; and medical equipment. For grocery shopping and delivery, call Donald at 207-337-1867. For food pantry, call Maureen at 207-363-5504 ext. 3 or email: mmonsens@ycsame.org. For other assistance, call Janie at 207-336-5504 ext. 2 or email: jsweeney@ycsame.org.

YORK PUBLIC LIBRARY

The library is now opened. They do require the wearing of a face mask. 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/>.

Message From Janis

Hi Everyone,

First and foremost, I want you to know how much I MISS YOU ALL and APPRECIATE all your positive thoughts for my health. Much to my surprise, Easter Sunday, I had a major medical emergency, which was very unexpected. I have been connected with a super, awesome medical team, who I am so grateful for. Things are going well, and better than my medical team expected.

The CAL staff has shared with me how many of you have asked about me. Please know that ALL your positive, personal, thoughts and prayers for me have reached my heart and I thank you. Believe me, I think about you and miss you all every day. Yes! I miss calling car bingo, kicking my heels up a couple times a week with line dancing, packing your meals to go, and talking to you during phone registrations.

It has taken some time for me to comprehend, absorb, accept, and digest. It has taken me a while to be able to talk about, and share, what has happened to me. I have a positive outlook and I feel good. I have awesome emotional support from my family and medical team support system. From the bottom of my heart know that I MISS EVERYONE, my medical leave will continue for a while, but I can't wait until I come back to work to see you all.

Virtual hugs,

Janis

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. 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. **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

PRSR STD
 U.S. Postage
 York, ME 03909
 PAID
 Permit No. 5

Deliver to following person or current resident:

July 2021

Program Registration for York Residents begins Thursday, July 8 at 9:30am;
Program Registration for Non-York Residents begins Friday, July 9 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 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.

