

The Scoop

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August 2021



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

Vol. 41 Issue 2 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi Everyone!

It has been good seeing everyone coming into the Center! I hope you have enjoyed seeing friends and making some new friends. The trip program has been well received and we will begin restaurant trips in the fall. Do check out the trips for this month and fall on p. 5. We will not be doing any overnight trips until 2022. When signing up for programs, please pay attention to deadline dates for cancellation for refunds. We are unable to provide a refund after that date, except in medical/family emergencies, due to the fact that we have already incurred the program expense.

A few highlights for August include annual lobster bake (p. 4), Bridge Lessons (p. 4), Stone Art with Nancy (p. 7), and a variety of exercise programs with Jonna, ACE Certified Personal Trainer & Senior Fitness Consultant (p.6-7). If there is a program you would like to participate in but are unable to afford it, the York Community Service Association (YCSA) has a few scholarships available.

Come this month, we are going to try doing something different for registration. We will be separating out meal reservations from program registration. Please see information below.

Keep in mind that the Center has air conditioning, so if you're hot and it's a weekday, stop by to cool off!

Enjoy,

Jo, Director

Don't be shy, stop by and enjoy . . .

- Café - Mondays - Fridays, 9:00-11:00am - coffee/tea and muffins and socialize (free)
- Drop-In Card and Board Games - something most days - see p. 4
- Dine-In Lunch on Wednesdays - see menu p. 9

REGISTRATION INFORMATION

We are going to try something different this month. **We are separating meal reservations from program registration. Meal registration will be on Thursday, August 5.** York residents may begin registering at 9:30am and non-York Residents may begin registering at 1:00pm. **Program registration will begin on Friday, August 6.** This day will be limited to registering for non-meal programs. *If you do not register for meals on Thursday, August 5th, you will need to wait until the following Monday, August 9th to register for meals.*

Meal Registration: You may register for meals in person or by phone (207-363-1036). When registering for meals, please let the person taking your reservation know if you had 10 meals in July and therefore earned a free meal for August. Meals may be paid at time of making reservation with a credit/debit card or check or you can bring a check at the time of picking up your meal. The lobster bake requires payment at time of registration and there will be no refund after Friday, August 13 at noon.

Program Registration: You may register for programs in person, by phone (207-363-1036), or on-line at <https://www.yorkparksandrec.org/>. If a program requires a fee, payment needs to be made when registering. You may pay with a debit/credit card or check.

Please pay attention to the deadline date for program registration. After that date, if there is space, you may still be able to register but you will not be able to get a refund if you cancel. The deadline date for the meal program is the Friday prior to the week for which you desire the meal. Payment is by credit/debit card or check, no cash.

Important Information

Closed Monday, Sept. 6 for Labor Day, Tuesday, Sept. 7, and Wednesday, Sept. 8

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

If you haven't re-registered yet, please give us a call (207-363-1036). This will ensure that you continue to get The Scoop and other information from the Center.

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 August Programs

All activities except Café, Card and Board Games, Crafters Gathering, Exercise by Video, Lawn Games, and Tai Chi require advance registration. Registration for meals begins on Thursday, August 5 - York Residents at 9:30am and Non-York Residents at 1:00pm. Registration for programs (not meals) begins on Friday, August 6 at 9:30am for York Residents and at 1:00pm for Non-York Residents. We will not take lunch reservations on Friday, August 6. 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 (Monday - Friday)

Center open 9am – 4pm
Café, 9-11am – p. 2

Monday

Exercise via Video, 9am – p. 7
Cribbage, 9-11am – p. 4
Lawn Games (shuffleboard & corn hole), 10-11:30am – p. 10
Poker, noon-4pm – p. 4
Scrabble, 1-4pm – p. 4

Tuesday

Workouts with Jonna - Starts August 10, 9am – p. 6
Balance Fun - Starts August 10, 10am – p. 7
Sit and Be Fit - Starts August 10, 11am - p. 7
Lunch To Go – p. 8-9
Hand & Foot, 1-4pm – p. 4
Crafters Gathering, 1:30-3pm – p. 6
Bridge, 1:15-4 pm – p. 4

Wednesdays

Line Dancing, 9:30am - Starts August 11 - p. 7
Cribbage, 9-11am – p. 4
Walking Club, 8am - p. 7
Dine-In Lunch, noon – p. 8-9
Dominos/Mexican Train, 1-4pm – p. 4
Poker, 1:15-4pm - p. 4
Open Pickleball Play for Beginners, 3-4pm - p. 11
Introduction to Pickleball, 4-5pm - Starts August 11 - p. 11

Thursdays

Exercise by Video, 9:00am - p. 7
Lunch To Go - p. 8-9
Bridge Lessons, 1:00pm - p. 4
Backgammon, Checkers, Chess, 1:15-4pm - p. 4
Wii Games - 1:15-3:45pm - p.4

Friday

Line Dancing, 9:30am - Starts August 13 - p. 6

Cribbage, 9am - p. 4
Lunch To Go - p. 8-9
Mahjong, 1-4pm - p. 4
Tai Chi, 1pm - p. 7

Special Events / One-Time Programs

Wednesday, August 4 – Dinner Club To Go - American Legion Burger Night [Order by Monday, August 2] - p. 11
Wednesday, August 11 - Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YSCA, 10:30-noon (appointment requested)
Thursday, August 12 - Introduction to Sensory & Meditation Activities, 10am - p. 10
Friday, August 13 - Portland Art Museum & Old Port/Waterfront - p. 5
Monday, August 16 - Stone Art, 1pm - p. 6
Wednesday, August 18 - BINGO Outdoors, 1:15pm - p. 10
Wednesday, August 18 - Dinner Club To Go - Foster's Clambake [Order by Monday, August 16] - p. 11
Thursday, August 19 - Sensory & Meditation Walk, 8:30am - p. 10
Friday, August 20 - Lobster Bake - p. 4
Wednesday, August 25 - Senior Safety and Fraud Information - 10:30am - p. 6
Wednesday, Sept. 1 - Book Club, 2:00pm - p. 10

Program Areas

- ◆ Board & Card Games - p. 4
- ◆ Bus Trips - 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 Event - p. 4
- ◆ 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. If you are not fully vaccinated, we request that you wear a mask indoors in accordance with Maine CDC recommendation. 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.

SPECIAL EVENT — LOBSTER BAKE

Friday, August 20

Drive Thru Pick-Up or Eat Outside (weather permitting)

The St. Aspinquid Masonic Lodge will again be providing us a lobster bake. Lobsters will be roughly 1 1/2 lbs. Due to the high cost of lobsters, this year we are only offering single lobster meals. Limit of one meal per person. **Cost: \$22.00. Deadline for registration: Wednesday, August 11. Menu:** Lobster, Corn Chowder, Corn on the Cob, Cole Slaw, Chips, and Dessert.



BOARD & CARD GAMES [Drop-In Programs EXCEPT Bridge Lessons]

All card and board games are drop-in, self-directed programs. There is no registration for any of these programs except for Bridge Lessons. 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! *Advanced registration preferred by Monday prior to Tuesday you plan to participate.*

BRIDGE LESSONS

Thursdays, 1:00pm - Card Room

If you've always wanted to learn to play bridge, now is your opportunity. Register by the Tuesday prior to the Thursday you desire to attend.

CRIBBAGE

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

Join in a game of cribbage and enjoy the camaraderie - the more the merrier 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 standing. It's tons of fun and can provide some exercise too.



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, whichever ever comes first. Wait List will 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 deadline date, if you cancel, the fee is 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 an 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. - Pine Grove.** Return location will be the same as departure location.

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. *You may also select to just walk around Portland and not go to the museum.* **Cost: \$25.00 (transportation) plus whatever you spend for lunch and shopping. Deadline to register, pay, and cancel with refund: Monday, August 2. Waitlist available until Thursday, August 12.**

JERSEY BOYS MUSICAL

Maine State Music Theater Production at
Westbrook Performing Arts Center

Tuesday, Sept. 14, 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 to register, pay, and cancel with refund: Friday, August 27 by noon.** [Show time: 7:30pm]

DINNER AT PATTY B's

Thursday, Sept. 30, 4:30-8:00pm

We will take the bus to Patty B's in Dover, NH for a great Italian dinner. Everyone will order off their regular menu. **Cost: \$4.00 (transportation) plus cost of your meal. Deadline to register, pay, and cancel with refund: Thursday, Sept. 23.**

FRYEBURG FAIR

Tuesday, Oct. 5, *8:00am - 6:30pm

We will be attending on Senior Day when adults 65+ years of age get in free. If you are not yet 65 years of age, ticket price will be \$12.00. **Cost: \$28.00 for persons age 65+ (cost for transportation only); \$40.00 for persons under 65 years of age (includes transportation + price of ticket); plus whatever you spend for food, crafts, etc. Deadline to register, pay, and cancel with refund: Tuesday, Sept. 21. *Time subject to modification once full program guide available.**

Battle for the Airfield WWII Re- Enactment and Lunch Afterwards

American Heritage Museum (Hudson, MA)
Saturday, October 9, 2021, 8:00am – 4:00pm

See next page (p. 6) for details.

Battle for the Airfield WWII Re-Enactment and Lunch Afterwards
American Heritage Museum (Hudson, MA)
Saturday, October 9, 2021, 8:00am – 4:00pm

The Battle for the Airfield World War II Re-Enactment is one of the premier events of its type in the United States. The event will include over 350 re-enactors representing all branches of the military and include fully restored military equipment. Additionally, there will be WWII Veterans present and the opportunity to visit the different museums and displays on site that feature rare aircraft, classic American automobiles, historic military vehicles, and historic military artifacts. This trip is a joint venture between York Community Service Association (YCSA) and the Center for Active Living. We will be traveling via Luxury Coach Bus (bathroom on board). Lunch will be at The Chateau Restaurant, a well-known Italian family restaurant. There will be a choice of one of three meals. We will check back with you before the trip to see which meal you want to order. Cost: \$25.00 (includes transportation, snacks, lunch, refreshments – partially covered by YCSA; scholarships available from YCSA). **Deadline to register, pay, and cancel with refund: Monday, September 20 by 4:00pm.**

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.**

STONE ART with Nancy

Monday, August 16, 1:00pm

Nancy will lead you through creating a stone art project of your own design in a frame. We will provide all supplies needed but feel free to bring any small natural items you'd like to incorporate into your project (e.g., twigs). **Cost: \$8.00. Deadline to register, pay, and request refund: Thursday, August 12. Program limited to 8 participants.**

UKULELE LESSONS AND CLUB

Instructor: Michele Boulanger

Program will begin in mid-September

Please call if you are interested to be on the list. Cost: \$40.00 for four 1 hour sessions.

EDUCATION

SENIOR SAFETY AND FRAUD INFORMATION

Presented by York Police

Detective Sergeant Cryan & Detective Robie
Wednesday, August 25, 10:30am

Unfortunately, scams are on the increase for older adults in Maine. Detectives Cryan and Robie will provide information on current scams to watch out for, what to do if you're approached with a scam or think you have been scammed, and how to freeze your credit report. They will provide handouts and opportunities for questions and answers. Consider making a reservation for lunch to dine-in after the presentation.

Cost: Free. Deadline to register: Tuesday, August 24, 4:00pm.

Computer/Tech Assistance

Help available for cell phones, tablets, and laptops plus Zoom. We have a wonderful high school student who is very tech savvy willing to provide assistance. She has received rave reviews from those who have consulted with her to date. Call for an appointment.

EXERCISE & WELLNESS

EXERCISE WITH JONNA

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

Jonna will be providing three different exercise programs on Tuesday mornings: Workouts, Balance Fun, and Sit & Be Fit. There is something for everyone. Jonna will individualize workouts to meet your specific needs. All programs work on keeping your body strong and your mind sharp! Programs will be in the shady parking lot or indoors based on weather. You may register for one or more of her programs. Each program has its own fee.

WORKOUTS with Jonna

Tuesdays, August 10, 17, 24, & 31
9:00-9:50am

Time to get moving! This program will be a combination of cardio, strengthening, fun, and balance. The workouts are designed to keep you strong and promote overall wellness. **Cost: \$32.00 (4 sessions). Deadline to register, pay, and request refund: Monday, August 9 by noon. If you miss a session, there will be no make-up or refund.**

BALANCE FUN with Jenna
Tuesdays, August 10, 17, 24, & 31
10:00-10:50am

*Would you like to have better balance but don't know where to start? Join Jenna for a fun program designed to keep you strong so you can perform your daily tasks independently and with proper form. She will introduce you to a series of gentle workouts that help improve balance and strengthen joints. Balance and strength go hand-in-hand. **Cost: \$32.00 (4 sessions).** **Deadline to register, pay, and request refund: Monday, August 9 by noon.** *If you miss a session, there will be no make-up or refund.**

SIT AND BE FIT with Jenna
Tuesdays, August 10, 17, 24, & 31
11:00-11:50am

*Would you like to be more active but are concerned about doing so on your feet? During this program we will be working on gentle sitting exercises and fun activities that aim to improve your mobility, increase strength, and prevent falls. This class builds not only strength but also community. **Cost: \$32.00 (4 sessions).** **Deadline to register, pay, and request refund: Monday, August 9 by noon.** *If you miss a session, there will be no make-up or refund.**

LINE DANCING

Wednesdays, August 11, 18, 25 & Sept. 1
and/or
Fridays, August 13, 20, 27 & Sept. 3
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 to register, pay, and refund if you cancel: Monday, August 9.** *If you miss a session, there will be no make-up or refund. Class limited to 10 participants so register early.*

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.**

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.**

WALKING CLUB

for All Levels of Walkers
Wednesdays, 8am

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. Walkers will meet on the sidewalk at the 30mph sign west of the parking lot. Please note that the parking lot is designated a 7/24 pay lot. We have passes for walkers that will allow you to park free in the lot from 8:45-10:00am. To obtain a pass, you need to register for the program and pick-up your pass at the Center. 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.**

A PEAK AT FUTURE PROGRAMS

- Estate Planning - Planning for the Uncertainties of Life - Wednesday, Sept. 22, 10:30am
- Ukulele Lessons & Club - September
- Hiking Club - September
- Pickleball Tournament for Individuals who participated in Pickleball Instruction for Beginners - September
- Bowling - will begin in September/October
- Cycling with Northeast Passage at Fort Foster - September/October
- Calligraph - September/October
- Medicare Basics - October
- Harvest Festival - October

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 **Lobster Bake - Friday, August 20 - Drive-Thru Pick-Up or Eat Outdoors, weather permitting; see p. 4 for details.** *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 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.

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 August 2021 - Lunch Menu

REGISTRATION BEGINS Thursday, August 5, 9:30am for York Residents 1:00pm for Non-York Residents. See p. 8 for additional information. Reservation required by noon the Friday prior to the meal you desire; call 207-363-1036, Monday – Friday, 9:30am-3:30pm. Lobster Bake – order by Wednesday, August 11 [if cancel, no refund after that date]. Order early as limited number of meals per day.

| Tuesday LUNCH TO-GO | Wednesday DINE-IN ONLY | Thursday LUNCH TO-GO | Friday LUNCH TO-GO |
|---|---|---|---|
| 10 Everyone's Favorite Meatloaf smashed potato, vegetable <i>Muffin: PB Choc. Chip</i> | 11 Chicken Cacciatore over Spaghetti, garden salad, garlic bread <i>Muffin: Hawaiian Muffin</i> | 12 Tomato Tortellini Soup, Turkey BLT Sub Sandwich, chips, crackers <i>Muffin: Pumpkin Strudel</i> | <u>CHOICE DAY</u> 13 Baked Haddock Florentine or Plain Haddock au gratin potato, vegetable <i>Muffin: Cherry Choc. Chip</i> |
| 17 Roast Pork Dinner mashed potato, vegetable, apple sauce <i>Muffin: Blueberry Corn</i> | 18 Italian Herbed Chicken, Pasta Primavera with White Sauce, vegetable <i>Muffin: Cranberry Walnut Muffin</i> | 19 Salisbury Steak with Peppers and Onions, mashed potato, vegetable <i>Muffin: Banana Walnut</i> | <u>LOBSTER BAKE - \$22.00</u> 20 Single 1.5 lb. Lobster, corn chowder, corn on the cob, cole slaw, chips] <i>Muffin: Wild Maine Blueberry</i> |
| 24 Country Breaded Chicken, potato & egg salad, cole slaw, corn muffin <i>Muffin: Mixed Berry</i> | 25 Homemade Soup, BBQ Pork Sandwich on a Bun, chips <i>Muffin: Apple Spice</i> | 26 Beef Stroganoff over Egg Noodles, vegetables <i>Muffin: Cranberry Corn</i> | 27 Corn Chowder, Fish Sandwich on a Bun, chips, crackers <i>Muffin: Banana Choc Chip</i> |
| 31 Minestrone Soup, Philly Cheese Sub, chips, crackers <i>Muffin: Lemon Raspberry</i> | Sept. 1 Chicken A La King over Egg Noodles, vegetable, corn muffin <i>Muffin: Peanut Butter & Jelly</i> | Sept. 2 Homemade Lasagna with Meatballs and Sausage, vegetable, garlic bread <i>Muffin: Honey Raisin Bran</i> | Sept. 3 No Lunch Today [Center Open] |
| Sept. 7 Center Closed | Sept. 8 Center Closed | Sept. 9 Stuffed Cabbage, mashed potato, vegetable <i>Muffin: Blueberry Bran</i> | <u>CHOICE DAY</u> Sept. 10 Baked Haddock with Shrimp Sauce or Plain Haddock, potato, vegetable <i>Muffin: Orange Cranberry</i> |

NATURE & OUTDOOR PROGRAMS

AWAKEN YOUR SENSES

Instructor: Julie Goldberg,
White Pine Program, Lead Educator

Julie will introduce you to activities that will heighten your awareness of nature and promote overall wellness. You may select to participate in one or both of the following programs. These programs 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.**

"The earth has music for those who listen." - William Shakespeare

INTRODUCTION TO SENSORY & MEDITATION ACTIVITIES

Thursday, August 12, 10:00-11:00am

Instructor: Julie Goldberg,
White Pine Program, Lead Educator

Julie will introduce you to a variety of sensory and meditation activities that you can later use independently to enjoy and relax with nature. **Cost: Free but advance registration required. Register by Monday, August 9.**

SENSORY & MEDITATION WALK

Thursday, August 19, 8:30-10:00am

Fuller Forest

Julie will lead you on a walk through Fuller Forest that uses your senses and introduces you to meditation in the outdoors. She will guide you in using all your senses to connect with nature. **Cost: Free but advance registration required. Register by Monday, August 16.**

HIKING CLUB



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. The first hike will be this fall. **If you are interested in being part of this group, please call the Center.**

LAWN GAMES SHUFFLEBOARD & CORN HOLE Mondays, 10:00-11:30am Drop-In Program

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, August 18, 1:15pm

We will play BINGO outdoors, weather permitting. **Cost: Free. Deadline to register: Tuesday, August 17. Consider having dine-in lunch before BINGO but be sure to register the week before.**

BOOK CLUB

Book: *Before We Were Yours* (2017)
by Lisa Wingate

Discussion on Wednesday, Sept. 1, 2:00pm

This is a novel that was a New York Times Best Seller. It is about how a family is divided and then somewhat re-united. 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, August 23.**

PEACE OF MIND

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

Wednesdays, August 11,
10:30am-noon

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, contact Jo at the Center for Active Living (207-363-1036 or jross@yorkmaine.org) or 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!

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

OPEN PICKLEBALL TIME FOR BEGINNER PLAYERS

Wednesdays - 3:00-4:00pm

Center for Active Living Parking Lot

This is a great opportunity for you to gain more confidence and practice so that you can advance to playing with more experienced players. An experienced pickleball player will be on-hand to assist you in improving your skills. Paddles and balls will be available. **Cost: Free but please call by noon that day so we know who is coming.**

Introduction to Pickleball with Andy

Wednesdays, 4:00-5:00pm

Center Parking Lot

August 11, 18, & 25 [Rain Date Sept. 1]

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 to register, pay, and request refund if you cancel: Monday, August 9. Class limited to 12 participants so register early.**

TOWN OF YORK EVENTS

YORK PARKS & RECREATION

See the *York Parks & Recreation Summer Brochure* 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, Family Film Night, and York Days. Below are highlights for upcoming York Days (July 30 - August 8).

- **Nubble Lighthouse Lite** from Sunday, August 1—Sunday, August 8
- **Craft Fair:** Saturday, August 7, 10:00am-5:00pm and Sunday, August 8, 10:00am-4pm - 50+ local handcrafted artists & artisans on York Beach Ballfield
- **Fireworks:** Sunday, August 8, 9:00pm at Short Sands Beach



YORK VILLAGE FIRE DEPARTMENT ANNUAL PARADE & MUSTER

SATURDAY, August 21, 11:00am

Moulton Park

ELLIS PARK FIREWORKS

Labor Day Weekend - Sunday, Sept. 5, 8:30pm

This is a re-schedule of the July 4th Fireworks.

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

YORK PUBLIC LIBRARY

The library is now 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

MESSAGE FROM THE PARKS AND RECREATION DIRECTOR

I am very happy to report that the Board of Selectmen, at their meeting on June 28th, unanimously approved a request to move forward with the exploration of a renovation at 36 Main Street (current Center for Active Living and old Police Department) specifically for the expansion of the Center for Active Living and recreation and community space.

As part of this exploration, we have contracted with the University of New Hampshire to conduct an indoor space assessment. This information can then be brought forward to the design and engineering phase. The team from UNH has expertise in community planning and parks and recreation administration, and team members have conducted similar community planning studies in Maine, Massachusetts, New Hampshire, Vermont, and South Carolina. The scope of the project will include the following, with an anticipated completion date of September: background research and level of service analysis, meetings with town staff, stakeholder survey, scheduled focus groups, pop-up events, and final report and presentation.

I am very excited to be moving forward with the development of a plan for improved and additional Center for Active Living, recreation and community spaces at 36 Main Street. Public input will be a critical component to this process. Focus groups are underway and pop-ups are being planned. Additionally, please be on the look-out for a survey coming soon. We welcome everyone’s feedback, and hope that you will take the time to assist us in this phase of the project. We look forward to sharing the results of UNH’s work with you this fall.

Robin

Robin Cogger, York Parks and Recreation Director

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:

August 2021

Registration for Meals: Thursday, August 5 - York Residents begin at 9:30am, Non-York Residents begin at 1:00pm; all registration ends at 4:00pm.

Program Registration (not meals): Friday, August 6 - York Residents begin at 9:30am, Non-York Residents begin at 1:00pm (No meal registration this day).

You may register in-person, by phone, online (except meals) during the above times and thereafter, Monday-Friday, 9:00am-4:00pm except during lunch 11:30am-1:00pm.

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.



**Come Experience
 Some Summer Fun
 with Us!**