

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

September 2021



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

Vol. 41 Issue 3 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi Everyone!

The Town of York is busily planning for its future and wants your involvement. During the month of September, we will have a presentation on the town's Comprehensive Plan and another presentation on its Climate Action Plan. Additionally, York Parks and Recreation will be mailing you a survey in the first part of September to gather your input regarding the renovation of the Center for Active Living building and the "old police station." This is your chance to have input. I hope each and everyone of you will take the time to participate via the following means:

- ⇒ Comprehensive Plan Presentation - Wednesday, Sept. 1, 10:45-11:45am (p. 7) - REGISTER NOW!
- ⇒ Climate Action Plan Presentation - Wednesday, Sept. 15, 11:15am (p. 7)
- ⇒ Survey re: renovation of Center for Active Living - coming your way via mail in September

A few highlights of programs happening this September include:

- Cycling with Northeast Passage - Monday, Sept. 13 (p. 11)
- York Police Department "Steakout" Lunch - Wednesday, Sept. 15 (p. 3)
- Fall Foliage Boat Cruise - Monday, Sept. 27 (p. 5)
- Ukulele Lessons and Club - Starts Tuesdays, Sept. 14 (p. 7)
- Candlepin Bowling is back on a monthly basis starting this month - Starts Thursday, Sept. 23 (p. 12)

Looking forward to late fall / early winter, we have planned a variety of holiday bus trips that you can begin to sign-up for this month. Many of you have asked about Swim Passes at Anchorage Inn. The Inn remains unsure if they will be able to offer the community swim passes this year due to COVID-19. Typically, passes are usable from November through mid-May. Starting this month, we will begin to take names for swim passes with no promise the program will happen; see p. 8. Swim passes are available for York residents only.

When signing up for programs, please pay attention to deadline dates. After the deadline date, we are unable to provide a refund, except in medical/family emergencies, due to the fact that we have already incurred the program expense. We may still be able to register you for a program after the deadline date based on space, but you will not be able to get a refund if you cancel. The deadline date for the meal program is the Friday (noon) prior to the week for which you desire the meal. Payment for all meals and programs is by credit/debit card or check, no cash. 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. Please contact me, if you need assistance with a program fee.

Enjoy,
 Jo, Director

Important Information

Meal Registration: Thursday, Sept. 2 - York residents starting at 9:30am, non-York residents starting at 1:00pm

Program Registration: Friday, Sept. 3 - York residents starting at 9:30am, non-York residents starting at 1:00pm

No lunch on Friday, Sept. 3

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

With the coming of fall, consider getting the Flu Shot near the end of Sept or in October !

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. At this time, masks are required indoors if you are not fully vaccinated and appreciated for everyone else. For bus trips, masks are required on the bus. Additionally, many of the bus trip venues have their own COVID requirements that we must follow; please see individual trips for details. We 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.

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. You only need to register once a year, between May - Sept.



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. 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 the 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 September 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, Sept. 2 - York Residents at 9:30am and Non-York Residents at 1:00pm. Registration for programs (not meals) begins Friday, Sept. 3 at 9:30am for York Residents and at 1:00pm for Non-York Residents. Registration is available in-person, by phone, or online (meals not online). 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. 8

Cribbage, 9-11am – p. 4

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

Poker, noon-4pm – p. 4

Scrabble, 1-4pm – p. 4

Tuesday

Workouts, 9:30am - Starts Sept. 14 – p. 8

Balance Fun - Starts Sept. 14, 10am - p. 8

Lunch To Go – p. 9-10

Hand & Foot, 1-4pm – p. 4

Crafters Gathering, 1:30-3pm – p. 7

Bridge, 1:15-4 pm – p. 4

Ukulele Lessons & Club, 3:30pm - Starts Sept. 14

Wednesdays

Line Dancing, 9:30am - Starts Sept. 15 - p. 8

Cribbage, 9-11am – p. 4

Walking Club, 8am - p. 8

Dine-In Lunch, noon – p. 9-10

Dominos/Mexican Train, 1-4pm – p. 4

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

Open Pickleball Play for Beginners, 3-4pm - p. 12

Thursdays

Exercise by Video, 9:00am - p. 8

Sit and Be Fit - Starts Sept. 9, 11am - p. 8

Lunch To Go - p. 9-10

Bridge Lessons, 1:15pm - p. 4

Backgammon, Checkers, Chess, 1:15-4pm - p. 4

Mahjong Lessons, 1:00pm - p. 4

Wii Games, 1:15-3:45pm - p.4

Friday

Line Dancing, 9:30am - Starts Sept. 10 - p. 8

Cribbage, 9am - p. 4

Lunch To Go - p. 9-10

Mahjong, 1-4pm - p. 4

Tai Chi, 1pm - p. 8

Special Events / One-Time Programs

Wednesday, Sept 1

- York Comp Plan Presentation, 10:45am - p. 7
- Dinner Club To Go - American Legion Burger Night [Order by Monday, August 30] - p. 11

Friday, Sept. 10 - Bus Trip - Portland Art Museum & Old Port/Waterfront - p. 5

Monday, Sept. 13

- Cycling, 10am - p. 11
- Craft: Dot Art Masks, 1pm - p. 6

Tuesday, Sept. 14 - Bus Trip - Jersey Boys - p. 5

Wednesday, Sept. 15

- Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YSCA, 10:30-noon (appointment requested)
- York Climate Action Plan - p. 7
- Lunch: "Steakout" - p. 4
- BINGO Outdoors, 1:15pm - p. 10

Monday, Sept. 20 - Foliage and Flora Walk at Mt. Agamenticus, 10am - p. 11

Wednesday, Sept. 22

- Estate Planning Presentation - p. 7
- Dinner Club To Go - Fat Tomato Grill [Order by Monday, Sept. 20] - p. 11

Thursday, Sept. 23 - Candlestick Bowling - p. 12

Monday, Sept. 27 - Fall Foliage Boat Cruise - p. 5

Wednesday, August 25 - Senior Safety and Fraud Information - 10:30am - p. 6

Wednesday, Sept. 29

- Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YSCA, 10:30-noon (appointment requested)
- Book Club, 2:00pm - p. 10

Thursday, Sept. 30 - Dinner at Patty B's - p. 5

Tuesday, Oct. 5 - Fryeburg Fair - p. 6

Wednesday, Oct. 6 - Medicare Basics Presentation - p. 7

Saturday, Oct. 9 - Bus Trip - American Heritage Museum - Battle for the Airfield WWII Re-Enactment - p. 6

Program Areas

- ♦ Board & Card Games - p. 4
- ♦ Bus Trips - p. 5-6
- ♦ Creative Arts - p. 7
- ♦ Education - p. 7
- ♦ Exercise & Wellness - p. 8
- ♦ Meals - p. 9-10
- ♦ Nature and Outdoor Recreation - p. 11
- ♦ Other Programs - p. 10
- ♦ Sports - p. 12

SPECIAL EVENT - "STEAKOUT"

presented by York Police - Wednesday, Sept. 15 - Lunch - Dine-In or Eat Outside

Menu: Strip Steak (\$9.00) or Chicken (\$6.00), potato salad, corn-on-the-cob, and more plus dessert.

The police will BBQ your steak or chicken and serve you. **Reservation deadline: Friday, Sept. 10.**



BOARD & CARD GAMES

[Drop-In Programs EXCEPT Bridge & Mahjong 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 and Mahjong 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, 1:15 - 4:00pm - Dining 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, 1:15pm - Dining 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 - Activity 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 LESSONS

Thursdays, 1:15pm - Card Room

Here's your opportunity to learn how to play Mahjong. It is not the same game you may have played on the computer! **Register by the Tuesday prior to the Thursday you desire to attend.**

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, 1:15-3:45pm - Activity Room

Want to bowl, play a game of tennis, box, or golf, but don't have the time, equipment, or energy then give 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 the program is listed in *The Scoop* and continues until program is full or registration deadline date, which ever comes first. Waitlist will be available should the trip sell out.
- You may only register yourself, your spouse, and/or your 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. **Masks are required on the bus.**

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.

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 (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] Waitlist available until Monday, Sept. 13. **Waitlist only. Proof of vaccination or negative COVID-19 test within 48 hours of performance required plus will need to wear mask the entire time you are inside the Westbrook Performing Arts Center.**

PORTLAND ART MUSEUM AND OLD PORT/WATERFRONT

Friday, Sept. 10, 8:30am - 4:30pm

Re-scheduled from Friday, August 13 due to **weather**. 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, Sept. 23. **Masks required in the museum and some restaurants are requiring proof of vaccination to eat indoors. Waitlist only.**

CANDLESTICK BOWLING

Thursday, Sept. 23, 1:30-5:30pm

See p. 12

FALL FOLIAGE BOAT CRUISE

Monday, Sept. 27, 10:30am - 3:30pm

Fall foliage in New England is world renown. This is your opportunity to view the foliage and wildlife. We will take a narrated 2.5 hour cruise through the Great Bay area (NH). Nancy, our chef, will make a brown bag lunch for everyone to enjoy on the cruise. *Please note, you will not be able to take a walker on the boat and the restroom has no grab bars. You can use a cane and there are hand railings throughout the boat.* **Cost: \$43.00 (ticket, brown bag lunch, and transportation) Deadline to register, pay, and cancel with refund: Monday, Sept. 20. Masks are required inside the cabin, and at all times for anyone not fully vaccinated.**

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. Waitlist only.**

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.**

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 reenactors 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 (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.**

DINNER AT THE STEAKHOUSE

Thursday, Oct. 28, 3:00-7:00pm

We will take the bus to The Steakhouse in Wells, ME. Although the restaurant is well-known for its steak, it does offer a variety of seafood, chicken, and vegetarian dishes. Dinner will be at 4:00pm. **Cost: \$4.00 (transportation) plus cost of your meal. Deadline to register, pay, and cancel with refund: Thursday, Oct. 21.**



*Coming in November
Dinner Club at
Fogarty's
(South Berwick, ME)
Details in October Scoop*

HOLIDAY HAPPENINGS



IRVING BERLIN'S WHITE CHRISTMAS

A Production of the Ogunquit Playhouse
Portsmouth Music Hall

Wednesday, Dec. 1, 10:30am- 5:30pm

We will stop for late lunch/early dinner at RoundAbout Diner after the musical. **Cost: \$85.00 (transportation and ticket) plus the cost of your dinner. Deadline to register, pay, and cancel with refund: Thursday, October 28.** [Showtime: noon] *For entrance to the Music Hall you will need to show proof of full vaccination (14 days past your final vaccination shot) or proof of a negative COVID-19 test within three days of the event. Masks are encouraged for everyone. Masks are highly-encouraged for those who are unvaccinated.*

MAGIC OF CHRISTMAS & DINNER

Portland Symphony Orchestra
Merrill Auditorium (Portland)

Friday, Dec. 10, noon - 7:30pm

We will be attending the preview show and then having dinner after the performance. **Cost: \$62.00 (transportation and ticket) plus the cost of your meal. Deadline to register, pay, and cancel with refund: Monday, Nov. 8.** [Showtime: 2:00pm] *Please note that you will be required to show proof of COVID-19 vaccination or negative COVID-19 test within 48 hrs. of performance and wear a mask the entire time you are in the auditorium.*

BOSTON POPS HOLIDAY SPECIAL & DINNER

Lowell Memorial Auditorium

Sunday, Dec. 19, 2021, 12:30 – 7:30pm

After the show, we will stop for dinner. **Cost: \$105.00 (transportation and ticket) plus the cost of your dinner. Deadline to register, pay, and cancel with refund: Thursday, October 28.** [Showtime: noon] *Please note that you will be required to wear a mask for the entire time you are in the Lowell Memorial Auditorium.* [Showtime: 2:30-4:30pm]

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.**

UKULELE LESSONS AND CLUB

Instructor: Michele Boulanger
Tuesdays, Sept. 14, 21, & 28 and Oct. 5
3:30-4:30pm

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. All levels of players, from non-players to experienced players, encouraged to participate. 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 for four 1 hour sessions. Deadline to register, pay, and request refund: Thursday, Sept. 9. Minimum number of participants - 5; maximum number of participants - 10.**

DOT ART MASKS with Maxine

Monday, Sept. 13, 1:00pm

Time to mask up again especially if you're going on any bus trips with the Center. Now is your chance to express yourself by making your own decorative mask using dot art. **Cost: \$10.00 (one mask per person). Deadline to register, pay, and request refund: Thursday, Sept. 9.**

EDUCATION

YORK COMP PLAN

Wednesday, Sept. 1, 10:45-11:45am

Don't miss this opportunity to learn about the Town of York's Comprehensive Plan and provide your input! The town's Comprehensive Planning Committee will provide a short presentation on the plan that will involve Q&A and a very short opinion survey. *If you attend the full program and desire to stay for dine-in lunch, you will receive a \$1.00 discount on your lunch (lunch \$4.00 rather than \$5.00). You do need to make a reservation for lunch by Monday, August 30.* **Cost: Free but advanced registration requested. Deadline to register: Tuesday, August 31.**

YORK'S CLIMATE ACTION PLAN

Wednesday, Sept. 15, 11:15am

Join the Town of York's Climate Plan Committee to learn about their work and have an opportunity to provide your input. **Cost: Free but advanced registration requested. Deadline to register: Tuesday, Sept. 14.**

ESTATE PLANNING

Prepare for the Uncertainties of Life

Presenter: Kathryn Bedell, Esq.

Wednesday, Sept. 22, 10:30am

Kathryn will provide an overview of basic estate planning, including Wills, Powers of Attorney, and Health Care Directives. Kathryn Bedell is a law partner at Ballou & Bedell in York and has been practicing for 30 years. Her practice focuses on estate planning, asset preservation, and probate matters. **Cost: Free but advanced registration requested: Monday, Sept. 20.**

MEDICARE BASICS

Presenter: Kimberly Lontine, Medicare Broker

KLK Benefits & Insurance

Wednesday, Oct. 6 - 10:45am

Open enrollment for Medicare is October 15 - December 7. This is your opportunity to learn more about enrollment and your Medicare options and ask your questions. **Cost: Free but advanced registration requested: Monday, Oct. 4.**

Computer/Tech Assistance

Need help with your cell phone, tablet, laptop, computer, or 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. Due to school re-starting, she is only available in the very late afternoon or on a Saturday. Call for an appointment.



WEDNESDAY, SEPTEMBER 1 10:45 AM

YORK COMPREHENSIVE PLAN

For more information visit the project website:
CompPlan.net
 or **www.yorkmaine.org**



EXERCISE & WELLNESS

EXERCISE WITH JONNA

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

Jonna will be providing three different exercise programs: Workouts, Balance Fun, and Sit & Be Fit. All programs work on keeping your body strong and your mind sharp and be individualized to meet your specific needs! 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, Sept. 14, 21, & 28 and Oct. 5
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, Sept. 13 by noon.** *If you miss a session, there will be no make-up or refund.*

BALANCE FUN with Jonna

**Tuesdays, Sept. 14, 21, & 28 and Oct. 5
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. 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, Sept. 13 by noon.** *If you miss a session, there will be no make-up or refund.*

SIT AND BE FIT with Jonna

**Thursdays, Sept. 9, 16, 23, & 30 and Oct. 7
10:00-10:50am**

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: \$40.00 (5sessions). Deadline to register, pay, and request refund: Friday, Sept. 3 by noon.** *If you miss a session, there will be no make-up or refund.*

LINE DANCING

Instructor: Diane Anderson

**Wednesdays, Sept. 15, 22, & 29 and Oct. 6
and/or**

**Fridays, Sept. 10 & 17 and Oct. 1 & 8
9:30-10:30am**

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, Sept. 13.** *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 & Thursdays, 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.**

INTERESTED IN SWIMMING AT ANCHORAGE INN

**Limited to York Residents
Weekdays, November - May**

We do not know if this program will happen due to COVID-19. At this time, you can sign-up for the program. As soon as we know if the program is going to happen, we will contact you with the details.

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

WALKING CLUB

**Two Groups: Easy Walkers & Distant Walkers
Wednesday Mornings**

The Senior Citizens Advisory Board in conjunction with the Center for Active Living is leading older adults in the community in a flat/low impact walking either at Short Sands Beach or Short Sands Rd. This program is FREE to all participants. Please contact Elizabeth Maziarz at email: elizmaziarz@gmail.com or call her at 207-606-0274; please leave a message if no answer. Liz will return calls ASAP and provide details. Let's get out enjoy and smell the fresh air!

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 meal this month is "Steakout" - see p. 4 for details. 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 noon the week prior. Please note that there are a limited number of lunches available each day so order early. If for any reason, you are unable to pay for a meal, please reach out to Jo, Director (207-363-1036/jross@yorkmaine.org).**

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 fewer 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 September 2021 - Lunch Menu

REGISTRATION BEGINS Thursday, September 2, 9:30am for York Residents and 1:00pm for Non-York Residents. See p. 9 for additional information. Reservation required by noon the Friday prior to the meal you would like; call 207-363-1036, Monday – Friday, 9:30am-3:30pm. Special Meal only one per person. 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
14 Spaghetti with Meat Sauce, Meatball/Sausage, Vegetable, Garlic Bread <i>Muffin: Hawaiian</i>	ANNUAL "STEAKOUT" 15 Choice of Strip Steak (\$9.00) or Chicken (\$6.00), Potato Salad, Corn on the Cob and More <i>Muffin: Pumpkin Streusel</i>	16 Beef Barley Soup, Grilled Herb Chicken Sandwich on a Bun with Lettuce and Tomato, Chips, Crackers <i>Muffin: Banana Choc Chip</i>	CHOICE DAY 17 Baked Haddock with Seafood Crumb Topping or Plain Haddock, Rice Pilaf, Vegetable <i>Muffin: Cranberry Corn</i>
21 Spiral Sliced Ham with Pineapple, Mac & Cheese, Vegetable <i>Muffin: Mixed Berry</i>	22 Mini Meatloaf Smashed Red Potato, Vegetable, Corn Muffin <i>Muffin: Apple Spice</i>	23 Stuffed Pepper with Red Sauce, Mashed Potato, Vegetable <i>Muffin: Blueberry Bran</i>	CHOICE DAY 24 Baked Haddock with Florentine or Plain Baked Haddock Au Gratin Potato, Vegetable <i>Muffin: Peanut Butter & Jelly</i>
28 Stuffed Shells Topped with Cheese, Meatball/Sausage, Vegetable, Garlic Bread <i>Muffin: Sweet Georgia</i>	BRUNCH AT LUNCH 29 Bacon N'Ham Quiche or Broccoli N'Spinach Quiche Side of Pancakes, Sausage, Muffin <i>Muffin: Banana Walnut</i>	30 Pork Chop with Pepper and Onion, Mashed Potato, Gravy <i>Muffin: Maine Wild Blueberry</i>	October 1 Corn Chowder, Fish Sandwich on a Bun, Chips, Crackers, Coleslaw <i>Muffin: Cranberry Orange</i>
October 5 Homemade Soup, Grilled Reuben Sandwich, Chips, Crackers <i>Muffin: Cranberry Corn</i>	October 6 Salisbury Steak with Peppers, Onions, and Mushrooms, Mashed Potato, Vegetable <i>Muffin: Lemon Blueberry</i>	October 7 Shepherd's Pie, Vegetable, Corn Muffin <i>Muffin: Cherry Choc Chip</i>	October 8 Baked Haddock with Crumb Topping, Rice Pilaf, Vegetable <i>Muffin: Mixed Berry</i>

We appreciate your patience, as menu items may change due to staffing & stock availability.

NATURE & OUTDOOR PROGRAMS

CYCLING AT FORT FOSTER

with Northeast Passage

Monday, Sept. 13, 10:00am-noon

[Rain date: Wed., Sept. 22 or Friday, Sept. 24]

Fort Foster Park - Kittery

We have again partnered with Northeast Passage, an affiliate of the University of New Hampshire, that specializes in making outdoor recreation accessible to all to provide cycling. Northeast Passage will bring a variety of bikes and trikes for all to ride. You may also bring your own bike provided it is in good condition and you have ridden it recently. Northeast Passage will also bring helmets; all riders are required to wear a helmet. Please note, park restrooms may be closed. **Cost: Free (grant funded program of Northeast Passage). Deadline to register: Thursday, Sept. 9 by noon.**

FOLIAGE AND FLORA WALK AT MT. AGAMENTICUS

with Naomi, Mt. A Education Coordinator

Monday, Sept. 20, 10:00am

[Rain date: Wed., Sept. 22 - 1st day of Fall]

With the view from Mt. A, you should be able to witness the arrival of fall. Naomi will incorporate tree, plant, and flower identification into the walk. For the most part, the walk will be on the universal access trail. **Cost: Free but advance registration required. Register by Thursday, Sept. 9.**



HIKING CLUB

A small group is planning a hike and picnic in October. Information will be in The Scoop for October. The hiking club is planning walks that will be in the easy to moderate level but not involving rock climbing. If you are interested, please register for the group.

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, Sept. 15, 1:15pm

We will play BINGO outdoors, weather permitting. **Cost: Free but advanced registration appreciated. Deadline to register: Tuesday, Sept. 14.** Consider attending the "Steakout" lunch (dine-in or eat outdoors) with the York Police Dept. before BINGO but be sure to register for the meal by Friday, Sept. 10.

BOOK CLUB

Book: Lillian Boxfish Takes a Walk (2016) by Kathleen Rooney

Discussion on Wednesday, Sept. 29, 2:00pm

This is a novel about an 85 year old woman who worked for Macy's and was the highest paid woman in the advertising business in the country. Living in New York City, she takes a walk on New Years Eve 1984 and recalls her life in the city in the 1930's. Very funny and witty novel. **Cost: Free. Deadline to register: Wednesday, Sept. 15.**

PEACE OF MIND

Meet 1:1 with Janie Sweeney, Family Service Manager, York Community Service Association (YCSA) at the Center
Wednesdays, Sept. 15 & 29
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. If you are unable to make an appointment during the time Janie is at the Center, please call and we will try to make other arrangements for you to meet with Janie.**

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

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, Sept. 1

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

Choice of medium rare, medium, or well done.

Deadline for Ordering: Monday, August 30, 4:00pm.

Fat Tomato Grill

Wednesday, Sept. 22

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, Sept. 20, 4:00pm.

SPORTS

CANDLEPIN BOWLING

Bowl-O-Rama - Portsmouth, NH

Thursday, Sept. 23, 1:30 – 5:30pm

Join us for a fun afternoon of bowling. Cost: \$22.00 (transportation, bowling, bowling shoes) *plus any food or beverage you choose to purchase*. Deadline date for registration and refund if you cancel: Friday, Sept. 17.

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.**

YORK PARKS & RECREATION

- **Pumpkin Hunt from Sept. 20 - Oct. 19** - A free hunt at local businesses to win amazing prizes! Entry forms and event details will be available at the Center for Active Living and on the York Parks & Recreation website (<https://www.yorkparksandrec.org/>) and on the York Parks & Recreation facebook page (<https://www.facebook.com/YorkMaine>)
- **5th Annual Mt. A Trail Challenge - Virtual: Sept. 1-18 or Live: Saturday, Sept. 18**
 - **Virtual Option:** Participating virtually means you run the 5K course of your choice and self-report your time. You'll have from Sept. 1-18 to complete your run virtually. Parks & Recreation will ship you your t-shirt or make it available for local pick-up. Be sure to register by Sept. 6 to receive a t-shirt.
 - **In-Person Option:** 5 K begins at 9:00am and 1 mile starts at 9:15am. There is no traditional age category prizes; instead, there will be a prize raffle for all participants.

ELLIS PARK FIREWORKS

TOWN OF YORK EVENTS

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

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

36th ANNUAL HARVESTFEST

Saturday, Oct. 16, 9:00am - 4:00pm at Short Sands Beach

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@ycsame.org. For other assistance, call Janie at 207-336-5504 ext. 2 or email: jsweeney@ycsame.org.

YORK PUBLIC LIBRARY

The library offers a delivery service on a monthly basis for individuals who are unable to drive regardless of reason. For details including library hours, see <https://yorkpubliclibrary.org/> or call (207) 363-2818. Also, for anyone who wants to read but doesn’t know what you want to read, the librarians will gladly recommend books to match your interests; either call or stop by the library for reading suggestions.

BOSTON POST CANE

The Boston Post Cane was established as a New England tradition that began in 1909. The Boston Post Cane was created by the Boston Post Newspaper as a feature for Towns to identify and honor their oldest resident, in a bid to increase readership. York was one of approximately 700 towns to receive a cane, made of ebony and topped with a 14-karat gold knob engraved with the Towns name. Enclosed in a glass case, the cane will be on permanent display at the York Public Library and the honorees will be given a framed certificate to commemorate the day they were named to the cane’s recipient.

The Senior Citizens Advisory Committee is seeking nominations of residents to receive this honor. The nominee must live or have lived in the Town of York for a minimum of at least 1 year, prior to being eligible. Final determination is conducted under a case-by-case basis and any other extenuating circumstances. All honorees identified in the community will be honored during a yearly event. The committee will be accepting submissions for new recipients of this honor, throughout the year.

If you know someone who meets the criteria, please consider nominating the person by submitting to the Senior Citizen Advisory Board Chair, Deborah Meyers, at 186 York Street, York, Maine. 03909, the following information:

Name of Nominee:

Nominee’s Address:

Nominee’s Contact number:

Nominee’s Date of Birth:

Submitted by:

Phone Number:

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:

September 2021

Registration for Meals: Thursday, Sept. 2 - York Residents begin at 9:30am, Non-York Residents begin at 1:00pm; all registration ends at 4:00pm.

Program Registration (not meals): Friday, Sept. 3 - 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.

September 22 - 1st Day of Fall