

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

November 2021



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

Vol. 41 Issue 5 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi Everyone!

Fall is here, the winter weather is coming, and the holiday season is upon us. Don't forget to take care of yourself during this time of year. Recreation activities are an important means to staying healthy. Highlights for November and early December include:

- Craft: Card Making - Wednesday, Nov. 10 (p. 5)
- Craft: Holiday Ornaments from Spools - Wednesday, Dec. 1 (p. 5)
- Craft: Create a Boxwood Tree - Monday, Dec. 6 (p. 5)
- Exercise/Nature: Nordic Walking Sticks - Thursdays, Dec. 2, 9, & 16 (p. 6)
- Education Session: Enjoying Nature from Indoors and Outdoors - Wednesday, Nov. 17 (p. 9)
- Education Session: Introduction to Zoom - Wednesday, Nov. 17 (p. 5)

This year our annual Thanksgiving Prelude Luncheon will be offered on Thursday, Nov. 18 as a "drive thru pick-up meal." Nancy is planning a Turkey Dinner with all the fixins and dessert. Do register early as there are limited meals available. You may order only one meal per person.

An important part of maintaining your overall wellness is socializing, cognitive stimulation, and physical activity. Consider stopping by the Center Monday-Friday mornings between 9:00-11:00am for café (free coffee/tea/hot chocolate and muffins) to meet with others as well as participate in board and card games in mornings and afternoons (drop-in programs, see p. 4). All levels of players including beginners always welcomed. Additionally, there are a variety of on-going exercise programs (see p. 6), craft programs, and nature programs, which contribute to overall wellness.

The Town of York Parks and Recreation Department is offering some exciting programs in November and December. See p. 10-11 for details. Highlights include:

- Annual Veterans Breakfast - Thursday, Nov. 11 at Norma's Restaurant - Free special breakfast for all Veterans; others may order off the regular menu and pay accordingly. The Veterans' breakfasts are funded by the Town of York's Committee for Veterans' Affairs
- Candy Cane Hunt - Dec. 1-17
- Winter Community Concert - Seacoast Wind Ensemble - Sunday, Dec. 12 (Purchase tickets between Nov. 1 - Dec. 10)

If you need assistance with the cost of fuel this winter, please contact York Community Service Association (YCSA) at 207-363-5504 or make an appointment to meet with Janie, YCSA Family Services and General Assistance Manager, when she comes to the Center on Wednesday, Nov. 10 (see p. 9). YCSA also offers a weekly food pantry program, a grocery shopping service, and assistance with planning for aging in place.

Medicare Open Enrollment ends on December 7th. If you desire to make a change in your Medicare, have questions about Medicare, or need to enroll in Medicare, check out the resources on p. 11.

Enjoy,

Jo, Director

Important Information

Meal Registration: Wednesday, Nov. 3 - York residents starting at 9:30am, non-York residents starting at 1:00pm

Program Registration: Thursday, Nov. 4 - York residents starting at 9:30am, non-York residents starting at 1:00pm

Tuesday, Nov. 2 - Election Day

Closed Thursday, Nov. 11 - Veterans Day (state and federal holiday)

Closed Wednesday, Nov. 24 - Friday, Nov. 26 (re-open, Monday, Nov. 29 - Thanksgiving Break)

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. ***As of Monday, Sept. 27, masks are required indoors regardless of vaccination status until further notice; thank you for helping to keep yourself and everyone else safe.*** Additionally, masks are required on the bus and many of the trip venues have their own COVID requirements that we must follow; see individual trips for details. ***Let's work to keep us all safe: get vaccinated, wear a mask, stay 6 ft. from others and avoid crowds, and wash hands often (there is plenty of hand sanitizer around the building).***

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 November Programs

All activities except Café, Card and Board Games, Crafters Gathering, Exercise by Video, and Tai Chi require advance registration. Registration for meals begins on Wednesday, Nov. 3 - York Residents at 9:30am and Non-York Residents at 1:00pm. Registration for programs (not meals) begins Thursday, Nov. 4 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.



Sunday, November 7

By Day and Time

Daily (Monday - Friday)

Center open 9am – 4pm

Café, 9-11am – p. 2

Monday

Exercise via Video, 9am – p. 6

Cribbage, 9-11am – p. 4

Poker, noon-4pm – p. 4

Scrabble, 1-4pm – p. 4

Tuesday

Workouts, 9:00am - Starts Nov. 9 – p. 6

Balance Fun, 10:00am - Starts Nov. 9 - p. 6

Lunch To Go – p. 7-8

Hand & Foot, 1-4pm – p. 4

Crafters Gathering, 1:30-3pm – p. 5

Bridge, 1:15-4 pm – p. 4

Wednesdays

Line Dancing, 9:30am - Starts Nov. 10 - p. 6

Cribbage, 9-11am – p. 4

Walking Club - p. 6

Dine-In Lunch, noon – p. 7-8

Dominos/Mexican Train, 1-4pm – p. 4

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

Thursdays

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

Lunch To Go - p. 8-9

Bridge Lessons, 1:15pm - p. 4

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

Mahjong Lessons, 1:15pm - p. 4

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

Friday

Line Dancing, 9:30am - Starts Oct. 15 - p. 6

Exercise via Video, 10:45am - p.6

Cribbage, 9am - p. 4

Lunch To Go - p. 7-8

Mahjong, 1-4pm - p. 4

Tai Chi, 1pm - p. 6

Special Events / One-Time Programs

Wednesday, Nov. 3

- Dinner Club To Go - Fat Tomato Grill (Order by Monday, Nov. 1) - p. 10
- Book Club, 2:00pm (book from Oct.)

Wednesday, Nov. 10

- Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YSCA, 10:30am-noon (appointment requested) - p. 9
- Craft: Card Making, 1pm - p. 5

Monday, Nov. 15 - Bingo, 1:15pm - p. 9

Wednesday, Nov. 17

- Enjoying Nature from Indoors and Outdoors, 10:45am - p. 9
- Introduction to Zoom, 1:00pm - p. 5
- Dinner Club To Go - The York River Landing (Order by Monday, Nov. 15) - p. 10

Thursday, Nov. 18 - Bowling, 2-4pm - p. 10

Program Areas

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

York Parks and Recreation Programs

- ◆ Annual Veterans Breakfast - Thursday, Nov., 11, 6:00am - 2:00pm at Norma's Restaurant
- ◆ Nubble Holiday Lights - begins Saturday, Nov. 27
- ◆ 8 Days of Hanukkah Giveaway starts Monday, Nov. 29

No Programs on:

- Thursday, Nov. 11
- Wednesday, Nov. 24
- Thursday, Nov. 25
- Friday, Nov. 26

The Center will be closed these days.

Consider purchasing a Center for Active Living long sleeve t-shirt; see p. 9 for details. Orders and payment due by Friday, Nov. 5.

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

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.

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

- Café (free) - Mondays - Fridays, 9:00-11:00am - coffee/tea and muffins and socialize
- Drop-In Card and Board Games - something most days
- Dine-In Lunch on Wednesdays - see menu p. 8

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.**

CARD MAKING with Maxine Wednesday, Nov. 10, 1:00pm

With the holidays coming, this is your opportunity to make a few cards to send to family and friends. You can make holiday cards, thank you cards, or any other greeting cards you desire. **Cost: \$6.00. Deadline to register, pay, and request refund: Monday, Nov. 8.**

HOLIDAY ORNAMENTS FROM SPOOLS with Maxine

Wednesday, Dec. 1, 1:00pm

Turn a simple sewing thread spool into a beautiful holiday ornament such as a tree or wreath.. All supplies provided. **Cost: \$6.00. Deadline to register, pay, and request refund: Monday, Nov. 29**



CREATE A BOXWOOD TREE with Nancy

Monday, Dec. 6, 10:15am

Boxwood greens are long-lasting and add beauty, spirit, and scent to your home or that of the person to whom you gift it. Nancy will lead you in creating a small boxwood tree and instruct you on its care so that it lasts beyond the holiday season. **Cost: \$22.00** (price includes balsam fir and materials for creating and decorating tree). **Deadline to register, pay, and request refund: Monday, Nov. 22. Register early as supplies are limited.**



EDUCATION

SAFETY AND FRAUD INFORMATION & PREVENTION

Presented by York Police

Detective Sergeant Cryan & Detective Robie
Wednesday, Dec. 8, 10:45am

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: Monday, Dec. 6, 4:00pm.**

INTRODUCTION TO ZOOM

Presented by Devin Burritt,
York Public Library,

Reference and Technology Librarian
Wednesday, Nov. 17, 1:15pm

With winter and the holidays approaching, Zoom offers a way to be in touch with others face-to-face over technology. This workshop will introduce you to the basics of Zoom including how to respond to an invitation, how to turn your microphone and video on and off, and how to use chat. Please bring the device you plan to use for Zoom such as smart phone or tablet (e.g., iPad) to the session; be sure it is fully charged. It is important that you have an email account that you know how to use and can access during the session and have Zoom installed on your device. **If you do not have an email account or need help installing Zoom, please arrive 30 mins. early with your device and we will help you establish an email account. Cost: Free. Deadline to register: Monday, Nov. 15.**

Computer/Tech Assistance By Appointment

Need help with your cell phone, tablet, laptop, computer, or Zoom? We have a wonderful high school student who is very tech savvy and willing to provide assistance. She has received rave reviews from those who have consulted with her to date. Due to her school schedule, she has very limited availability. Call for an appointment. Appointments will be late on a weekday or on Saturday.

“Any sufficiently advanced technology is indistinguishable from magic.”

— Arthur C. Clarke

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 Nordic Walking Sticks. All programs work on keeping your body strong and your mind sharp and will be individualized to meet your specific needs! You may register for one or more of her programs. Each program has its own fee.

WORKOUTS with Jonna

Tuesdays, Nov. 9, 16, 23, & 30

9:00-9:45am

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. Weather permitting, program will be outdoors in the parking lot. **Cost: \$32.00 (4 sessions). Deadline to register, pay, and request refund: Friday, Nov. 5. If you miss a session, there will be no make-up or refund.**

BALANCE FUN with Jonna

Tuesdays, Nov. 9, 16, 23, & 30

10:00-10:45am

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: Friday, Nov. 5. If you miss a session, there will be no make-up or refund.**

NORDIC WALKING STICKS with Jonna

Thursdays, December 2, 9, & 16

9:30-10:30am

This is a great exercise and way to be outdoors among nature. Each session will explore a different area of York. Session will start with warm-up exercises. You should be able to walk a mile at a reasonable pace on slightly variable terrain. **Cost: \$24.00 (3 sessions; price includes use of equipment). Deadline to register, pay, and request refund: Monday, Nov. 29. If you miss a session, there will be no make-up or refund.**

LINE DANCING

Instructor: Diane Anderson

**Wednesdays, Nov. 10 & 17 and Dec. 1
and/or**

Fridays, Nov. 12 & 19 and Dec. 3

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: \$6.00 for once a week (3 sessions) or \$12.00 for both Wednesday and Friday sessions (6 sessions). Deadline to register, pay, and refund if you cancel: Tuesday, Nov. 9. If you miss a session, there will be no make-up, refund, or date exchange.**

EXERCISE BY VIDEO

Mondays & Thursdays, 9:00-10:00am and

Friday, 10:45-11:15am

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. 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.

"Exercise not only changes your body, it changes your mind, your attitude and your mood."

- Author Unknown

LUNCH PROGRAM

LUNCH PROGRAM DETAILS

Lunch is available Tuesdays, Wednesdays, Thursdays, and Fridays; Tuesdays, Thursdays, and Fridays are drive-thru and Wednesdays are dine-in. **Please see the next page for the menu.** All meals come with dessert. **The special meal this month is Thanksgiving Prelude Luncheon - Turkey Dinner (\$5.00) - Thursday, Nov. 18. Each meal, except some special meals, is \$5.** *If for any reason, you are unable to pay for a meal, please reach out to Jo, Director (207-363-1036/ jross@yorkmaine.org).*

Reservation required by noon the Friday prior to the meal you would like; call 207-363-1036 or stop by the Center, Monday – Friday, 9:30am-3:30pm (please don't try ordering 11:45am - 1:00pm). 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 is available if requested at time of ordering meal. **If you need to cancel a meal** so as not to be charged, please do so 48 hours in advance. You may not re-assign your meal to someone else as we often have a waiting list. ***Please note that there are a limited number of meals available each day, so order early.***

Payment Options: Please select one of the options below and let us know when you order your meal how you will be paying. ***No cash will be accepted.***

- ⇒ Credit/debit card or check at time of ordering meal
- ⇒ At time of pick-up or dine-in, provide a check made out to Town of York with CAL meal in memo area

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.

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. Remember, you need to make a reservation by the Friday prior to the Wednesday you desire to dine-in. 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 than we serve in the "Lunch To Go" program, so make your reservation early. There will be no takeout or delivery on Wednesdays. You may bring your own container and take home what you don't finish here.

PICNICKING OUTDOORS

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

MUFFINS FOR SALE

Muffins are not part of the meal. Nancy will have muffins available for purchase (not part of your meal); 5 muffins for \$2.00 or 10 muffins for \$4.00. when ordering. You can order muffins without ordering a meal. **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. Pick-up options: If having a meal that day, then pick-up muffins with your meal; otherwise, muffins are available for pick-up by 11:00am. Please come to the dining room to pick-up your muffins if you are coming before noon.



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

Registration begins Wednesday, November 3 at 9:30am for York Residents and 1:00pm for Non-York Residents. See p. 7 of *The Scoop* 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. Meals: \$5.00 each.

Special Meal only one per person. Order early as there are a limited number of meals per day. Muffins are not part of the meal; order muffins separately (5 muffins for \$2.00; 10 muffins for \$4.00)



Tuesday LUNCH TO-GO	Wednesday DINE-IN ONLY	Thursday LUNCH TO-GO	Friday LUNCH TO-GO
9 Spiral Baked Ham, Mac & Cheese, Vegetable <i>Muffin: Cranberry Walnut</i>	<u>CHOICE DAY</u> 10 Chicken Rice Veg Soup, Hamburger on a Bun <u>OR</u> Cheeseburger on a Bun, Chips & Crackers <i>Muffin: Apple Spice</i>	11 CENTER CLOSED FOR VETERANS DAY	12 Baked Haddock with Crumb Topping, Rice Pilaf, Vegetable <i>Muffin: Blueberry Bran</i>
16 Minestrone Soup, Our Own Italian Sub Sandwich, Chips & Crackers <i>Muffin: Peanut Butter & Jelly</i>	17 Pork Chops with Peppers & Onions, Mashed Potato, Gravy, Vegetable <i>Muffin: Lemon Blueberry</i>	<u>THANKSGIVING PRELUDE</u> 18 Special Meal: Turkey Dinner with all the Fixings <i>Muffin: Honey Raisin Bran</i>	<u>CHOICE DAY</u> 19 Haddock Fish Chowder & Seafood Salad Sandwich <u>OR</u> Two Chowders, Crackers & Coleslaw <i>Muffin: Cranberry Orange</i>
23 Stuffed Pepper with Red Sauce, Mashed Potato, Vegetable <i>Muffin: Blueberry Corn</i>	24 CENTER CLOSED FOR THANKSGIVING BREAK	25 CENTER CLOSED FOR THANKSGIVING	26 CENTER CLOSED FOR THANKSGIVING BREAK
30 Chunky Beef Stew Over Rice, Vegetable, Corn Muffin <i>Muffin: Mixed Berry</i>	December 1 Country Breaded Chicken, Potato & Egg Salad, Cole Slaw, & Strawberry Shortcake <i>Muffin: Peanut Butter Choc. Chip</i>	December 2 Nancy's Homemade Lasagna, Meatball/Sausage, Garlic Bread <i>Muffin: Maine Wild Blueberry</i>	<u>CHOICE DAY</u> December 3 Baked Haddock with Shrimp Sauce <u>OR</u> Plain Baked Haddock, Roasted Potato, Vegetable <i>Muffin: Peach Cinnamon</i>

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

Please do not arrive in the parking lot early for lunch pick-up. Please arrive at your assigned time; thank you!

NATURE & OUTDOOR PROGRAMS

“We can never have enough of nature.”
— Henry David Thoreau

ENJOYING NATURE FROM INDOORS AND OUTDOORS

Presenter: Naomi, Mt. Agamenticus Education Coordinator
Wednesday, November 17, 10:45am at Center for Active Living

Connecting with nature, whether from indoors or outdoors, promotes overall wellness and increases positive mood, cognition, and energy while decreasing stress and boredom. Nature is always evolving even in winter. Naomi will introduce you to various ways to engage with and observe nature during the winter months including via journaling and sit spots. **Cost: Free. Registration required; registration deadline: Monday, November 15.**

NORDIC WALKING STICKS

See Exercise & Wellness p. 6

OTHER PROGRAMS

BINGO

Monday, Nov. 15, 1:15pm

We will play BINGO outdoors, weather permitting. Otherwise, we will play in the Activity Room. **Cost: Free but advanced registration appreciated. Deadline to register: Friday, Nov. 12.**

BOOK CLUB

Book: *Before and After*
by Judy Christie and Lisa Wingate

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

The full name of the book is *Before and After: the incredible real-life stories of the children who survived the Tennessee Children's Home Society*. This is the nonfiction follow-up to the book we read this fall, *Before We Were Yours*. Please note, book club is designed for people who plan to attend the book discussion. **Cost: Free. Deadline to register: Monday, Nov. 22.**

PEACE OF MIND

Meet 1:1 with Janie Sweeney, Family Service Manager, York Community Service Association (YCSA) at the Center
Wednesdays, Nov. 10
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. *If you need assistance with fuel payments, now is the time to apply. Janie can help you! 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.*

CENTER FOR ACTIVE LIVING LONG SLEEVE T-SHIRTS FOR PURCHASE



Imagine this shirt is long sleeve

Choose between blue or grey; blue shirts are 100% cotton and grey shirts are 90% cotton. Logo is in blue. Sizes are adult unisex. Shirts available in small, medium, large, x-large, and xx-large. **Cost: \$15.00 per t-shirt.** Payment due at time of ordering. **Deadline to order and pay for t-shirt: Friday, November 5.** T-shirts will be delivered to the Center before Thanksgiving.

DINNER CLUB TO GO

[Limited to York Residents]

If you aren't ready to go out to eat at a local restaurant, are tired of cooking, unable to drive, or wanting to relax at home, then this program is for you. The Center for Active Living has partnered with a few local restaurants to provide a limited choice menu for delivery. Volunteers will deliver your meal to you in a contact free manner. To order, call the Center for Active Living (207-363-1036) by the deadline date and time.

When ordering, you need to pay by credit/debit card. If you desire to give a tip to the restaurant, please let us know to put a tip on your credit/debit card. On the set date, a volunteer will deliver your meal between 5:00-5:30pm. When the volunteer arrives at your home, s/he will call you on your phone and then leave your meal by your door. Please be sure to be home before 5pm on the day of the delivery!

Fat Tomato Grill

Wednesday, Nov. 3

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
- *Harvest Salad* (sliced apples, goat cheese, grilled chicken, sunflower seeds, dried cranberries, cucumbers, red onion on a bed of mixed greens served with apple cider vinaigrette) with side of bread
- *Rachel Sandwich* (their own turkey, cheddar cheese, lettuce, tomato, and mayo) with fries

Deadline for Ordering: Monday, Nov. 1, 4:00pm.

THE YORK RIVER LANDING

Wednesday, Nov. 17

Menu:

- *Grilled Chicken Caesar Wrap with fries* (grilled chicken, romaine, shaved asiago, Caesar dressing) - \$14.04
- *Salmon Wrap with fries* (grilled salmon, mixed greens, red onion, capers, tomato, dill goat cheese spread) - \$14.04
- *Baked Haddock Sandwich with fries* (potato bun, Bibb lettuce, plain mayo or warm butter, local haddock, parmesan crumble, lettuce and tomato) - \$15.12
- *Beer Battered Haddock Sandwich with fries* (lettuce, tomato, tartar sauce) - \$15.12
- *Pulled Pork Sandwich with fries* (spiced rub pork, coleslaw, cheddar and bbq sauce) - \$14.04

When ordering, indicate if you want plain fries (no seasoning or salt) or fries with seasoning.

Deadline for Ordering: Monday, Nov. 15, 4:00pm.

American Legion Burger Night

Wednesday, Dec. 1

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

Choice of medium rare, medium, or well done.

Deadline for Ordering: Monday, Nov. 29, 4:00pm.

SPORTS

CANDLEPIN BOWLING

Own Transportation

Bowl-O-Rama - Portsmouth, NH

Thursday, Nov. 18, 2:00 – 4:00pm

Join in for a fun afternoon of bowling. Transportation will be on your own. Cost: \$12.00 (bowling and bowling shoes) plus any food or beverage you choose to purchase. Deadline date for registration and refund if you cancel: Monday, Nov. 15.

YORK PARKS & RECREATION

- **Annual Veterans Breakfast - Thursday, Nov. 11, 6:00am - 2:00pm at Norma's Restaurant.** Join us for our Annual Veterans Breakfast! Held on Thursday, November 11th from 6:00am-2:00pm at Norma's Restaurant. **Free special breakfast for Veterans**, generously sponsored by the Town of York Committee for Veterans' Affairs. Non-veterans may purchase any meal of their choosing. Reservations not needed.



- **Nubble Holiday Lights - Saturday, Nov. 27, 2021 - Jan. 1, 2022.** Visit Sohler Park to see the Nubble Lighthouse dressed in its holiday best. Lights will be on daily from 4:00pm to midnight from Saturday, November 27th through New Year's Day. There will be no live festivities this year, so visit any night for a bit of holiday spirit!
- **8 Days of Hanukkah Giveaway - Monday, Nov. 29 – Monday, Dec. 6.** Returning for another year, our online giveaway featuring gift certificates and items from local businesses. Watch York Parks & Recreation's Facebook and Instagram pages for giveaway details! Note, Hanukkah begins at sundown on Sunday, Nov. 28 and giveaways begin the first day, on Monday, Nov. 29.

- **Candy Cane Hunt - Wednesday, Dec. 1 – Friday, Dec. 17.** Join this scavenger hunt and visit local businesses for a chance to win amazing prizes. Entry forms and details will be available on York Parks & Recreation website and at the Center for Active Living.
- **Festival of Lights Finale - Winter Community Concert - Sunday, Dec. 12 at York Community Auditorium, York High School - 3:00-4:00pm (doors open at 2:30pm).** The Seacoast Wind Ensemble will be performing many holiday favorites to delight audiences. Register and purchase tickets between Nov. 1 - Dec. 10 by calling York Parks and Recreation, 207-363-1040. **Cost: Older Adults (50+ yrs. of age) - \$13.00, Adults under 50 yrs. of age - \$15.00, Children 12 yrs. of age and younger - \$13.00.**
- **View Wreaths Across America Convoy from York Parks & Recreation Dept.'s front lawn - Monday, Dec. 13.** Cheer the annual tour from northern Maine to Arlington National Cemetery. The convoy typically passes through York mid-morning. Note, date and time tentative. York Parks & Recreation will publish on social media sites details and at the Center for Active Living closer to event. There is ample parking at York Parks & Recreation (Goodrich Park, Rt. 1).



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!

INFORMATION YOU CAN USE

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. Consider calling this organization for transportation to/from one of the Center’s programs!

**No act of kindness, no matter how small,
is ever wasted! - Aesop**

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, including Heating Assistance (HEAP - Home Energy Assistance Program) 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. The library also provides technical assistance for use of smart phones, tablets, and computers as well as research help.

Medicare Open Enrollment: Oct. 15 - Dec. 7.

For assistance, consult:

- Health Care Help Center at York Hospital, 207-351-2345; <https://www.yorkhospital.com/health-care-help-center/>
- Southern Maine Area on Aging, (207) 396-6500; (800) 427-7411
- Medicare online: www.medicare.gov
- Kimberly Lontine, Medicare Broker & Educator, KLLK Benefits & Insurance, 207-363-7500

Planning for Winter Weather S.O.S. SAND BUCKET BRIGADE

If you are a York resident and unable to obtain a sand bucket on your own and have no one to help you get a sand bucket and need to have sand for your steps, sidewalk, and/or driveway to be safe, then this program is for you. This program is a collaboration among S.O.S., (Serving Our Seniors), York Dept. of Parks and Recreation, and York Police Department. To participate, please call the Center for Active Living (207-363-1036) to have a bucket delivered to your home in early November. **Deadline to register: Friday, Oct. 29.** Cost: Free! *Even if you were part of this program in the past and still have a bucket, if you want it re-filled at anytime, you need to re-register*

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:

November 2021

Registration for Meals: Wednesday, Nov. 3 - York Residents begin at 9:30am, Non-York Residents begin at 1:00pm; all registration ends at 4:00pm.

Program Registration (not meals): Thursday, Nov. 4 - York Residents begin at 9:30am, Non-York Residents begin at 1:00pm.

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 for programs or meals. 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.

Center closed Nov. 11 for Veterans Day and Nov. 24 - 26 for Thanksgiving Break

