

The Scoop

October 2021



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

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

Hi Everyone!

I know all of us would like to see COVID disappear but unfortunately it is not and recently it has been on the rise in Maine with even break through cases happening among fully vaccinated individuals. Therefore, **effective Monday, Sept. 27, we are requiring everyone entering and in the building to wear masks** except when eating. This is being done in an effort to keep everyone safe- participants, volunteers, and staff. Thank you very much for your cooperation. To keep safe: get vaccinated, mask, wash hands, and maintain safe distance from others. Also, don't forget to get your flu shot (see p. 12).

We are excited to share that as of September, we began composting food scraps from the kitchen. Come learn more about composting your home food waste at the education program "Introduction to Composting" on Wednesday, Oct. 27th at 10:45am.

Fall is here and it's an excellent time to enjoy the outdoors. Below are some opportunities to do so:

- ⇒ Cycling - Wednesday, Oct. 13, 10:00am (p. 10)
- ⇒ Nordic Walking Sticks (3 sessions) - Starts Thursday, Oct. 14 - rotating locations (p. 7)
- ⇒ Hiking Club - Tuesday, Oct. 12 (p. 10)
- ⇒ Nature Walk on Mt. Agamenticus - Wednesday, Oct. 20, 10:30am (p. 10)

A few highlights of other programs happening this October include:

- Medicare Basics - Wednesday, Oct. 6 - REGISTER NOW - Before Oct. Registration Begins! (p. 6)
- Ukulele Lessons and Club - Starts Tuesdays, Oct. 12 (p. 6)
- Book Club - Wednesday, Nov. 3 (p. 10)
- Diabetic Shoe Clinic - Friday, Oct. 18 (p. 10)
- Craft: Owl Hanging - Wednesday, Oct. 20 (p. 6)
- Candlepin Bowling - Thursday, Oct. 21 (p. 11)

If you're looking to socialize with others, consider dropping by the center for muffins and coffee/tea Monday - Fridays, 9:00-11:00am (café in dining room), dine-in lunch on Wednesdays, and/or participating in one of the card and board games. These programs are drop-in so there is no registration, fee, or advance planning.

S.O.S. (Serving our Seniors) will again be providing sand buckets for individuals who are unable to get their own buckets. Even if you participated in this program in the past, you must re-register. See p. 12 for details.

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, as 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.

If you call the Center and no one answers, please leave a detailed message and someone will get back to you during our working hours. You can always leave a message 24 hrs. a day, and I'll see it in my email.

Enjoy,

Jo, Director

Important Information

Meal Registration: Wednesday, Oct. 6 - York residents starting at 9:30am, non-York residents starting at 1:00pm

Program Registration: Thursday, Oct. 7 - York residents starting at 9:30am, non-York residents starting at 1:00pm

Closed Monday, Oct. 11 - Indigenous People's Day [State of Maine holiday]

Basic Information

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

Eligibility: Adults 50 years of age and older are invited to participate. York residents will be given priority for programs. Non-residents pay an annual user fee of \$25 (July 1st - June 30th).

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

Program Fees: Some programs have a fee. The fee is listed in the program description. It is the same whether you are a York resident or not. The fee is payable at the time of registration unless noted otherwise in the program description. Payment may be made by credit card or check; no cash payments. If paying by check, please make check payable to Town of York and in the memo part of check, put CAL. If you pay and need to cancel, in order to receive a refund you must cancel by the refund date listed in the program description.

Not Getting Emails from the Center for Active Living? Be sure to check your spam. To keep the Center's emails from going to spam, be sure to enter the Center for Active Living in your email contact list.

Center for Active Living Conduct Policy: All participants in Parks and Recreation Department programs, including the Center for Active Living, are expected to behave in a proper and respectful manner. We will not tolerate any inappropriate behavior or language, harassment of any kind, destruction of property, or any other behavior deemed inappropriate by the staff. In accordance with the severity and frequency of the behavior, the Parks and Recreation Department reserves the right to dismiss participants from the Center and any programs sponsored by the Center. No refund will be given.

COVID-19 Precautions: We are following all State of Maine CDC recommendations, which are subject to change at anytime. ***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.

HALLOWEEN SPECIAL - Friday, Oct. 29

Lunch (drive thru, pick-up): Lobster Roll plus corn chowder, coleslaw, chips, dessert (\$16.00) - Reservation by Friday, Oct. 22. **Come dressed up for Halloween and be entered in a drawing for a prize!**



Summary of October 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, Oct. 6 - York Residents at 9:30am and Non-York Residents at 1:00pm. Registration for programs (not meals) begins Thursday, Oct. 7 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. 7

Cribbage, 9-11am - p. 4

Poker, noon-4pm - p. 4

Scrabble, 1-4pm - p. 4

Tuesday

Workouts, 9:30am - Starts Oct. 12 - p. 7

Balance Fun - Starts Oct. 12, 10am - 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

Ukulele, 3:30pm - Starts Oct. 12 - p. 6

Wednesdays

Line Dancing, 9:30am - Starts Oct. 13 - p. 7

Cribbage, 9-11am - p. 4

Walking Club - 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

Thursdays

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

Nordic Walking Sticks, 10:30am - Starts Oct. 14 - p. 7

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. 7

Exercise via Video, 10:45am - p. 7

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, Oct. 6 - REGISTER NOW!

- Medicare Basics Presentation - p. 7
- Dinner Club To Go - Am. Legion Burger Night (Order by Monday, Oct. 4) - p. 11

Tuesday, Oct. 12 - Hiking Club - p. 10

Wednesday, Oct. 13

- Cycling, Picnic, & Mt. Agamenticus talk, 10:00am - 1:00pm - p. 10
- Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YSCA, 10:30am-noon (appointment requested) - p. 10

Monday, Oct. 18 - Diabetic Shoe Clinic

(appointment required) - p. 10

Wednesday, Oct. 20

- Nature Walk at Mt. Agamenticus, 10:30am - p. 10
- Craft Owl Hanging, 1:00pm - p. 6
- Dinner Club To Go - Foster's Clambake (Order by Monday, Oct. 18) - p. 11

Thursday, Oct. 21 - Candlestick Bowling - p. 11

Wednesday, Oct. 27

- Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YSCA, 10:30am - noon (appointment requested) - p. 10
- Intro. to Composting, 10:45am - p. 6
- BINGO Outdoors, 1:15pm - p. 10

Thursday, Oct. 28 - Dinner Club Bus Trip - p. 5

Wednesday, Nov. 3

- Dinner Club To Go - Fat Tomato Grill (Order by Monday, Nov. 1) - p. 11
- Book Club, 2:00pm - p. 10

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

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.

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. 9



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.

IRVING BERLIN'S WHITE CHRISTMAS & DINNER



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 (MA)
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: 2:30-4:30pm] *Please note that you will be required to wear a mask for the entire time you are in the Lowell Memorial Auditorium.*

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, Oct. 12, 19, 26 and Nov. 1
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 your own ukulele; ask for suggestion on how to obtain when you register.* **Cost: \$40.00 for four 1 hour sessions. Deadline to register, pay, and request refund: Friday, Oct. 8. Minimum number of participants - 5; maximum number of participants - 10.**

OWL HANGING with Maxine

Wednesday, Oct. 20,
1:00pm

With some burlap and buttons plus a few extra items, make an owl hanging that will be a nice fall decoration. **Cost: \$6.00. Deadline to register, pay, and request refund: Friday, Oct 15.**



EDUCATION

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.**

INTRODUCTION TO COMPOSTING

Presenter: Carrie Mayo
Town of York WRAD (Waste Reduction and Diversion) Committee Chair
Wednesday, Oct. 27,
10:45am



Composting is one way we can put food waste in the right place, reduce landfills, and help the environment. Come learn the basics of composting and your options for doing so at home. **Cost: Free but advanced registration requested: Monday, Oct. 25.**

Computer/Tech Assistance

Saturday, Oct. 16, 10:00-11:30am

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 has very limited availability. Call for an appointment.

“Any sufficiently advanced technology is indistinguishable from magic.”— Arthur C. Clarke

THANK YOU VERY MUCH . . .

- ◆ York Community Service Association (YCSA) for sponsoring music for spring, summer, and fall outdoor events
- ◆ St. Aspinquid Masonic Lodge for August Lobster Bake
- ◆ York Police Department for September “Steakout” meal
- ◆ York Community Service Association for funding live music for our Spring Fling, Ice Cream Social, and Fall Fest
- ◆ Dinner Club To Go Restaurants: American Legion, Fat Tomato Grill, Foster’s Clambake, and The York River Landing
- ◆ **Our GREAT volunteers!!!**

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 both of her programs. Each program has its own fee.

WORKOUTS with Jonna

**Tuesdays, Oct. 12, 19, 26 & Nov. 2
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. **Cost: \$32.00 (4 sessions). Deadline to register, pay, and request refund: Friday, Oct. 8 [If register on line, can register until Monday, Oct. 11.]. If you miss a session, there will be no make-up or refund.**

BALANCE FUN with Jonna

**Tuesdays, Oct. 12, 19, 26, & Nov. 2
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, Oct 8 [If register online, can register until Monday, Oct. 11]. If you miss a session, there will be no make-up or refund.**

LINE DANCING

Instructor: Diane Anderson

**Wednesdays, Oct. 13, 20, 27 & Nov. 3
and/or
Fridays, Oct. 15, 22, 29 & Nov. 5
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). Deadline to register, pay, and refund if you cancel: Tuesday, Oct. 12. 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.**

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. *We will contact you near the end of October to update you on the program.*

NORDIC WALKING STICKS

**Instructor: Lauren DeLong, Certified Nordic Walking Instructor, YorkNordic
Thursdays, October 14, 21, & 28
10:30-11:30am**

This is a great exercise and way to be outdoors among nature. Each session will explore a different area of York. Lauren will provide instruction and equipment. You should be able to walk a mile at a reasonable pace on slightly variable terrain. **Cost: \$30.00 (3 sessions; price includes use of equipment). Deadline to register, pay, and request refund: Tuesday, Oct. 12. If you miss a session, there will be no make-up or refund.**

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.

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 Turkey Dinner (\$5.00) - Tuesday, Oct. 26 and Lobster Roll (\$16.00) - Friday, Oct. 29. 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 than we serve in the "Lunch To Go" program, so make your reservation early. There will be no takeout or delivery on Wednesdays. You may bring your own container and take home what you don't finish here. **Reservation deadline: Friday prior to the Wednesday you desire to dine-in. Limited to 36 people.**

PICNICKING OUTDOORS

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

MUFFINS FOR SALE

Muffins are not part of the meal. Nancy will have muffins available for purchase (not part of your meal); 5 muffins for \$2.00. when ordering. You can order muffins without ordering a meal; you can also order multiples of 5 muffins. **Deadline 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 October 2021 - Lunch Menu



REGISTRATION BEGINS Wednesday, October 6 for York at 9:30am Residents and at

1:00pm for Non-York Residents. See p. 8 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. If you need to cancel, to receive credit, please call at least 2 days in

advance. Special Meals limited to 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 |
|---|--|--|--|
| 12 Chunky Tomato Tortellini Soup, Melty Ham & Cheese Sub with Tomato Chips & Crackers Muffin: Maine Wild Blueberry | 13 Lasagna Rollups with Red Sauce, Meatball/Sausage & Vegetable Muffin: Banana Cranberry | 14 Meatball Stroganoff Over Egg Noodles, Vegetable & Corn Muffin Muffin: Sweet Georgia | <u>CHOICE DAY</u> 15 Seafood Pie <u>OR</u> Baked Haddock, Rice Pilaf & Vegetable Muffin: Hawaiian |
| 19 Chicken A LA King Over Rice & Vegetable Muffin: Peanut Butter & Jelly | 20 Broccoli Cheese Soup, Philly Cheese Steak Sub, Chips & Crackers Muffin: Cinnamon Peach | 21 Everyone's Favorite Meatloaf, Mashed Potato & Vegetable Muffin: Banana Chocolate Chip | <u>CHOICE DAY</u> 22 Baked Haddock Florentine <u>OR</u> Plain Crumb Haddock Au Gratin Potatoes, & Vegetable Muffin: Pumpkin Streusel |
| <u>SPECIAL MEAL</u> 26 Roast Turkey Dinner with All the Fixings Muffin: Apple Bacon Corn | <u>CHOICE DAY</u> 27 Grilled Liver and Onions <u>OR</u> Spiral Baked Ham, Mashed Potato & Vegetable Muffin: Blueberry Bran | 28 Herbed Boneless Chicken Breast, Pasta Primavera in Light Alfredo Sauce & Garlic Bread Muffin: Cranberry Corn | <u>SPECIAL MEAL</u> 29 LOBSTER ROLL (\$16.00) <i>plus</i> Creamy Corn Chowder, Chips & Coleslaw Muffin: Pumpkin Chocolate Chip |
| November 2 Chicken Cacciatore Over Spaghetti, Vegetable & Garlic Bread Muffin: Sweet Georgia | November 3 Yankee Pot Roast with Vegetable Garnish, Masked Potato & Vegetable Muffin: Mixed Berry | November 4 Stuffed Cabbage with Red Sauce Mashed Potato & Vegetable Muffin: Blueberry Corn | <u>CHOICE DAY</u> November 5 Baked Haddock with Shrimp Sauce <u>OR</u> Plain Crumb Potato & Vegetable Muffin: Honey Raisin Bran |

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

NATURE & OUTDOOR PROGRAMS

CYCLING AT MT. AGAMENTICUS

with Northeast Passage followed by a picnic lunch and talk about Mt. A's resources
Wednesday, Oct. 13, 10:00am-1:00pm

This is a great time of year to visit Mt. A amidst the fall foliage. We have again partnered with Northeast Passage, an affiliate of the University of New Hampshire, that specializes in making outdoor recreation accessible to all. 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 bring helmets; all riders are required to wear a helmet. After the ride, we will have a picnic made by Nancy (CAL chef) and Naomi, Mt. A Education Coordinator will give a brief talk about Mt. A including its trail system and wildlife. **Cost: \$13.00. Deadline to register: Friday, Oct. 8.**

NATURE WALK AT MT. AGAMENTICUS

with Naomi, Mt. A Education Coordinator
Wednesday, October 20, 10:30am
[Rain date: Friday, Oct. 29]

This will be a great time to observe nature's transition from early to late fall and enjoy the natural environment. For the most part, the walk will be on the universal access trail, which has benches and is a hard surface. **Cost: Free but advance registration required. Register by Monday, Oct. 18.**



HIKING CLUB

Highland Farm Preserve & Smelt Brook Preserve
Tuesday, Oct. 12, 10:00am

This will be an easy hike of roughly 3 miles that combines trails at Highland Farm Preserve and Smelt

Brook Preserve. After the hike, for those who want to, we're stop at the local café for a snack, lunch, or and ice cream. **Cost: Free but advance registration required. Register by Friday, Oct. 8. Please note that this is a self-directed program rather than a staffed program.**

NORDIC WALKING STICKS

See Exercise & Wellness p. 8

OTHER PROGRAMS

BINGO OUTDOORS

Wednesday, Oct. 27, 1:15pm

We will play BINGO outdoors, weather permitting. **Cost: Free but advanced registration appreciated. Deadline to register: Tuesday, Oct. 25.**

BOOK CLUB

Book: *The Imperfectionists (2010)*
by Tom Rachman

Discussion on Wednesday, Nov. 3, 2:00pm

Rachman's novel focuses on an English-language newspaper in Rome. Each chapter is centered on a different employee. The book in its totality portrays a culture that may soon be obsolete. **Cost: Free. Deadline to register: Monday, Oct. 25.**

DIABETIC SHOE CLINIC

Monday, Oct. 18, 10:00am-noon

Clinician: Leanne Gray,
Diabetic Care Specialist

If you have diabetes and are on Medicare, you may receive one pair of therapeutic shoes and inserts each calendar year, paid for by Medicare. Come and pick a shoe style and get measured for shoes at this clinic. All widths available. Do bring your Medicare card, insurance information, and your doctor's name, address, and phone #. Appointments will be every 15 mins. **Call for an appointment by Friday, Oct. 15.**

PEACE OF MIND

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

Wednesdays, Oct. 13 & 27
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.**

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, Oct. 6

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

Choice of medium rare, medium, or well done.

Deadline for Ordering: Monday, Oct. 4, 4:00pm.

Foster's Clambake

Wednesday, Oct. 20

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
- *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, October 18, 4:00pm.

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.

SPORTS

CANDLEPIN BOWLING

Own Transportation

Bowl-O-Rama - Portsmouth, NH

Thursday, Oct. 21, 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, Oct. 18.

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 are on p. 13 and also 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>)
- **Fall Vendor Fair, Saturday, Oct. 23 at York High School from 9am-2pm** – featuring 20 local vendors and artisans, perfect for finding gifts for friends, family or yourself!
- **Veterans Breakfast - Thursday, Nov. 11, 6:00am-2:00pm at Norma's Restaurant** (529 U.S. Rt. 1) - Special Breakfast free to Veterans thanks to York Committee for Veterans Affairs

TOWN OF YORK EVENTS

36th ANNUAL HARVEST FEST

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!

FLU VACCINE CLINIC at YORK HOSPITAL DRIVE-THRU

343 U.S. Rt.1 (adjacent to York Walk-In Care)
No Appointment or Pre-Registration Needed

Below are dates for upcoming Flu Clinics. For details, check their website (<https://www.yorkhospital.com/flu-vaccine-information/>) or call 207-351-2600. You will need to bring your picture ID, insurance card, and completed flu consent form, which can either be downloaded and printed from computer or obtained and completed when you arrive at the clinic.

Friday, October 1, 12 pm – 6 pm
Thursday, October 21, 1:30 pm – 6 pm
Friday, October 22, 1:30 pm – 6 pm
Thursday, October 28, 1:30 pm – 6 pm
Friday, October 29, 1:30 pm – 6 pm

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 email-

ing Jud@hearttoheartagelesslove.org. Volunteers are also welcome. 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.

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

Are you unable to obtain a sand bucket on your own and have no one to help you get a sand bucket but need to have sand for your steps, sidewalk, and/or driveway to be safe, then this program is for you. S.O.S. (Serving Our Seniors), is again offering York adults who meet the criteria, the opportunity to obtain a 5 gallon pail filled with a sand-salt mixture for your steps and walkways. This program is a collaboration among S.O.S., the York Parks & Recreation Dept., and the Town of York Police Department. If you meet the criteria to participate and are interested, please call the Center for Active Living (207-363-1036) to have a bucket delivered to your home in early November. **Deadline date for registration: Friday, Oct. 29 by 3:30pm. Cost: Free!** *Please note, that even if you were part of this program in the past, you must call to re-register if you want to continue with the program. All we ask of you is that when your bucket gets to half fill, you call again for a refill. Please note that it can take several days to deliver the refill, so advance notice is strongly encouraged. Additionally, we cannot give you a specific day and time for delivery. Your safety is important to us. Call now to get your name on the list.*



The Pumpkin Hunt



What you need to do...Print this answer sheet, drive around our community to visit the listed places below and write down the number that's shown on the pumpkin sign displayed in their window. The hunt runs from September 20th at 12pm until Monday, October 11th at 5pm. Bring this completed sheet to the submission box located on the York Parks & Recreation's office porch, 200 US Route 1. Smaller prizes will be drawn from the sheets that have half (20)pumpkins listed & BIG prizes will be drawn from sheets containing ALL (41) pumpkins! Prizes will be drawn on Friday, October 15th. Reach out to Liz Cooper with any questions, lcooper@yorkmaine.org

| | |
|-------|--|
| _____ | Ann-imals Pet Supply |
| _____ | Anthony's Food Shop |
| _____ | Arrowheads Estate |
| _____ | Bell Farm Shops |
| _____ | Chalmers Insurance Group |
| _____ | Choose to Be Heathy Coalition of YH* |
| _____ | Circa Home Living <small>*Drive over and past the YH helipad</small> |
| _____ | Classic Compounding Pharmacy |
| _____ | Cliff House |
| _____ | Daisy Jane's |
| _____ | Daisy Trading Co. |
| _____ | Divine Chocolate |
| _____ | Dunne's Ice Cream |
| _____ | Fox's Lobster House |
| _____ | Great Beginnings Nursery School |
| _____ | Hannaford |
| _____ | Harbor Hair Co. |
| _____ | Henry VIII Carvery* <small>*Just beyond York border</small> |
| _____ | Island Spice Corner |
| _____ | Joyride |
| _____ | Kennebunk Savings <small>*Near Hannaford</small> |

| | |
|-------|---|
| _____ | Nola & Associates of KWCR |
| _____ | Norma's Restaurant |
| _____ | Ocean Fire Pottery |
| _____ | Rick's Restaurant |
| _____ | Santini Family Chiropractic |
| _____ | Shoreline Construction |
| _____ | SoMe Brewing Company |
| _____ | Stonewall Kitchen |
| _____ | Sweet Josie's Candy Shop <small>*Sign will be up after 9/23</small> |
| _____ | The Central Bean & Bakery |
| _____ | The Central Restaurant & Bar |
| _____ | The Yarn Sellar |
| _____ | Walgreens |
| _____ | Woody's Brick Oven Pizza |
| _____ | York Bark & Play |
| _____ | York Beach Beer Co. |
| _____ | York Family Dental |
| _____ | York Public Library |
| _____ | York Region Chamber of Commerce |
| _____ | York River Landing |

Check all that apply to help us match prizes to participants. Answer for yourself

[] I have a Dog

[] I'm under 12 Yrs Old

[] I'm 21+

[] I'm 50+

I wear a _____ adult unisex sized t-shirt (Small- 2XL)

First Name: _____

Last Name: _____

Email: _____

Phone Number: _____

How I heard about the Pumpkin Hunt: [] York P&R Enewsletter

[] Newspaper [] Center for Active Living Scoop/Email

[] FB [] Other, Please explain _____

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:

October 2021

Registration for Meals: Wednesday, Oct. 6 - York Residents begin at 9:30am, Non-York Residents begin at 1:00pm; all registration ends at 4:00pm.

Program Registration (not meals): Thursday, Oct. 7 - 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.

**Standard Time Begins Sunday,
 Nov. 7 -
 turn clocks
 back 1 hr.**

