

The Scoop

January 2022



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

Robin Cogger, Parks & Recreation Director
Jo-Ellen Ross, Center for Active Living Director
Janis Marshall-Colby, Program Coordinator
Nancy Garfield, Chef
Sydney Wakefield, Custodian

Vol. 41 Issue 7 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

It is with deep sadness that we inform you of the passing of Center for Active Living Program Coordinator, Janis Marshall Colby. Janis died in the early morning hours of December 20th, with her son Jeffrey by her side, following a short but courageous battle with Cancer.

A true advocate for our older community, Janis' impact at the Center for Active Living has been great. For eighteen years, she worked to make the Center feel like "home" to many. She considered you family, she loved deeply, she gave willingly, and she will be greatly missed.

At the time of print, Funeral/Service information is not yet available.

If you wish to express your condolences by mail:

Jeffrey Marshall, 36 Dragonfly Drive, Eliot, Maine, 03903

Hi Everyone!

Happy New Year! Winter is here so let's enjoy it! This month there will be opportunities for both indoor and outdoor activities; highlights include:

- BINGO - Wednesday, Jan. 19 - p. 9
- Candlestick Bowling at Bowl-O-Rama - Thursday, Jan. 20 - p. 10
- Education/Exercise & Wellness: Nutrition Tips for Older Adults - Wednesday, Jan. 12 and Introduction to Qigong - Monday, Jan. 10 - p. 5
- Ice Skating to Music with Nancy (our very own chef) and/or socialize by the bonfire - Jan. 24 - p. 10
- Knitting for Beginners and Beyond - Wednesday, Jan. 12 and 26 - p. 5
- Qigong - NEW PROGRAM - Starts, Monday, Jan. 24 - p. 6
- Winter Walks and Snowshoeing with Jonna - Series, starts Jan. 13 - p. 9

I'd like to share that **Bob Ford**, our Kitchen Utility Worker, has resigned after being with us for 5 years. During his tenure with us, he has contributed much to our meal program and the overall agency, including his sense of humor. We appreciate everything that Bob has done over the past several years and thank him for his service. Further, we wish him a good second retirement and look forward to seeing him at the Center in the future.

AARP Tax-Aide will be returning on Tuesdays in February and March, 2022. Due to the uncertainty of COVID-19, we are unsure at this time what the process will be. We will begin taking reservations for AARP Tax-Aide as of Tuesday, January 18, 2022. At that time, we should know the details of how the AARP Tax-Aide volunteers will be doing your tax return. To make an appointment to have your taxes done, call the Center (207-363-1036), Monday – Friday, 9:00-11:30am or 1:00-3:30pm beginning Tuesday, January 18.

We are making a change in our **lunch program**. Due to the rising costs of both food and packaging, and our strong desire to keep the meal price at \$5.00 (except for an occasional special meal), as of January 1, 2022, we are eliminating the complementary meal once you purchase 10 meals. To help us maintain the \$5.00 meal program, we would appreciate it, if you are 60+ years of age, that you complete the Southern Maine Agency on Aging (SMAAA) Catered/Traditional Congregate Meals Admission Form and return it to the Center. This will provide the Center with a small reimbursement for each meal you consume. Details and the form for registering will be in your lunch bag in January.

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, Jan. 12 and 26 (see p. 10).

Enjoy,

Jo, Director

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. ***We continue to require masks indoors regardless of vaccination status; 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. ***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.*

WINTER WEATHER INFORMATION

Due to winter weather, the Center may be closed, open late, or close early. The Center does not necessarily follow the school closing schedule. To find out if the Center is closed, call the Town of York Emergency Management Hotline: 877-363-YORK (9675). Announcements will also be made on local television stations. If you have email, when possible, you will receive an email informing you of the change to our hours.

Summary of January 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, Jan. 5 - York Residents at 9:30am and Non-York Residents at 1:00pm. Registration for programs (not meals) begins Thursday, Jan. 6 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. 6

Cribbage, 9-11am – p. 4

Poker, noon-4pm – p. 4

Scrabble, 1-4pm – p. 4

Qigong, 1:15-2:00pm - Starts Jan. 24 - p. 6

Tuesday

Workouts, 9:00am - Starts Jan. 11 – p. 6

Balance Fun, 10:00am - Starts Jan. 11 - p. 5

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 Jan. 12 - p. 6

Dine-In Lunch, noon – p. 7-8 (Jan. 12 & 26)

Dominos/Mexican Train, 1-4pm – p. 4

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

Thursdays

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

Scrabble, 9:00-11:30am - p. 4

Winter Walks/Snowshoeing, 10:00-11:00am -
Starts Jan. 13 - p. 9

Lunch To Go - p. 7-8

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 Jan. 14 - 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

Monday, Jan. 10 - Education: Intro to Qigong,
1:15pm - p. 5

Wednesday, Jan. 12

- Education: Nutrition Tips for Older Adults, 10:45am - p. 5
- Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YCSA, 10:30am-noon (appointment requested) - p. 10
- Knitting, 1:15pm - p. 5
- Book Club, 2:00pm (book from Dec.)

Wednesday, Jan. 19 - Dinner Club To Go - American Legion Burger Night (Order by Friday, Jan. 14) - p. 9

Thursday, Jan. 20 - Bowling, 2-4pm - p. 10

Monday, Jan. 24, 10:45am - Ice Skating with Nancy and/or relax & socialize by bonfire - p. 10

Wednesday, Jan. 26 - Knitting, 1:15pm - p. 5

Wednesday, Feb. 2 - Dinner Club To Go - American Legion Burger Night (Order by Monday, Jan. 31) - p. 9

Program Areas

- ♦ Board & Card Games - p. 4
- ♦ Creative Arts - p. 5
- ♦ Education - p. 5
- ♦ Exercise & Wellness - p. 6
- ♦ Meals - p. 7-8
- ♦ Other Programs - p. 9-10
- ♦ Sports - p. 10

Center of Active Living will be closed Monday, January 17 for Martin Luther King Jr. Day.

Town of York now has an Emergency Management Hotline: 877-363-YORK (9675).

Call for up-to-date information about unplanned town happenings (e.g., road closings, last minute changes to public events, upcoming storms, Center of Active Living closures).

LOOKING AHEAD TO Feb. 2022

- Book Club - Wed., Feb. 9 with the author (Register by Jan. 12, see p. 9)
- Candlepin Bowling - Thursday, Feb. 17
- AARP Tax-Aide begins in mid-Feb.
- Nature: An Eye on Nature from Indoors - Wednesday, Feb. 9
- Our own not so active Olympic Competition - Wii Bowling, Scrabble, Chess/Checkers, Candlepin Bowling - Prizes will be awarded

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 and 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 and

Thursdays, 9:00-11:30am - 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. Crafters include knitters, crocheters, sewists, quilters, and embroiders. A sewing machine is available as well as some supplies. This is also an opportunity to learn from other crafters. **Cost: Free.**

KNITTING FOR BEGINNERS & ADVANCED KNITTERS with Sandy, Jo-Ann, and Maxine

Wednesday, Jan. 12 and 26,
1:15pm



If you always wanted to learn to knit or desire to advance your knitting skills, then give this program a try. It doesn't matter if you're right hand or left hand dominant, the instructors can teach you. Supplies, including a large assortment of knitting needles, will be available. **Cost: Free but advanced registration required. Deadline to register: Monday, Jan. 10.**

EDUCATION

TECH HELP

Computer/Tech Assistance
Saturday, Jan. 8, 10am-noon
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. **Cost: Free but appointment required. Appointments will be in half-hour intervals. Call for an appointment by Wednesday, Jan. 6.**

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

NUTRITION TIPS FOR OLDER ADULTS

Presented by Pam Stuppy, MS, RD, LD
Wednesday, Jan. 12, 10:45am



Pam Stuppy, a Registered, Licensed Dietitian, will share tips about the ways older adults can be at their best physically and mentally, and ideas for addressing certain medical concerns through a healthy diet and regular physical activity. She will include information about healthy eating on a tight budget, ideas for preparing meals for one person, and how to make healthy choices when eating away from home. The presentation will be interactive so bring along any questions you may have. **Cost: Free. Deadline to register: Monday, Jan. 10, 4:00pm.**

INTRODUCTION TO QIGONG

Instructor: Audrey Miller,
Certified Medical Qigong Instructor
Monday, Jan. 10, 1:15-2:15pm

Qigong is an ancient Chinese form of exercise focusing on moving energy throughout your body. It utilizes gentle, slow, purposeful movements with breathing techniques and meditation, while promoting overall wellness. It can be done in a standing, sitting, or a combination of standing and sitting position. There is no getting down on the ground as in Yoga. The practice of Qigong provides numerous physical, cognitive, and psychological benefits including increase range of movement (flexibility), relaxation, pain reduction, and concentration. Audrey will introduce you to the art and then take you through a shortened program. Starting on Monday, Jan. 24, 1:15-2:00pm, Audrey will be doing a class for three weeks for a fee; see information under Exercise and Wellness (p. 6). **Cost: Free but advanced registration required. Deadline date to register: Friday, Jan. 7.**

EXERCISE & WELLNESS



See Education Programs on proceeding page: Nutrition Tips for Older Adults and Introduction to Qigong

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, Jan. 11, 18, 25 and Feb. 1
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: Monday, Jan. 10. If you miss a session, there will be no make-up or refund.**

BALANCE FUN with Jonna

**Tuesdays, Jan. 11, 18, 25 and Feb. 1
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: Monday, Jan. 10. If you miss a session, there will be no make-up or refund.**

**WINTER WALKS AND SNOWSHOEING
with Jonna - See p. 9**

LINE DANCING

Instructor: Diane Anderson

**Wednesdays, Jan. 12, 19, 26 and Feb. 2
and/or**

**Fridays, Jan. 14, 21, 28, and Feb. 4
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, Jan. 11. If you miss a session, there will be no make-up, refund, or date exchange.**

QIGONG

**Instructor: Audrey Miller,
Certified Medical Qigong Instructor**

**Mondays, Jan. 24 & 31 and Feb. 7
1:15-2:00pm**

Qigong focuses on moving energy throughout your body via gentle, slow, purposeful movements with breathing techniques and meditation. It can be done in a standing, sitting, or a combination of standing and sitting position. There is no getting down on the ground as in Yoga. The practice of Qigong provides numerous physical, cognitive, and psychological benefits including increase range of movement (flexibility), relaxation, pain reduction, concentration, and overall wellness. To learn more about Qigong and sample it, attend the education session on Monday, Jan. 10; see p. 5. **Cost: \$24.00 (3 sessions). Deadline date to register: Wednesday, Jan. 19. If you miss a session, there will be no make-up or refund.**

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.**

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. For the January 2022 calendar, there will be no meal on Wednesday, Jan. 19 or Feb. 2. **Please see the next page for the menu.** All meals come with dessert; you may request regular dessert or a sugar-free dessert at the time you order your meal. **Each meal, except some special meals (none this month), 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 between 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

January 12 & 26

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.

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. Muffins are available on Tuesdays, Wednesdays, Thursdays, and Fridays. Deadline for ordering muffins: Friday prior to the day you desire muffins. You can order muffins without ordering a meal. **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 10:30am. Please come to the dining room to pick-up you muffins if you are coming before noon. **Keep in mind, muffins freeze well so order extra and freeze so you have when we're closed.**



Town of York - Center for Active Living - January 2022 - Lunch Menu

REGISTRATION BEGINS Wednesday, January 5 at 9:30am for York Residents and 1:00pm for Non-York Residents. See p. 6 for additional information. Reservation required by noon the Friday prior to the meal you would like. Muffins are extra and need to be ordered separately. To register, call 207-363-1036 or stop by, Monday – Friday, 9:30am-3:30pm.



Tuesday LUNCH TO-GO	Wednesday DINE-IN ONLY	Thursday LUNCH TO-GO	Friday LUNCH TO-GO
11 Mini-Meatloaf, Mashed Potato, Vegetable Muffin: Maine Wild Blueberry	12 Chunky Beef Stew, Over Rice or Biscuit, Vegetable Muffin: Sweet Georgia	13 Chunky Tomato Soup, Grilled Chicken Sandwich on a Bun with lettuce and tomato, chips Muffin: Cinnamon Peach	14 CHOICE DAY Baked Haddock Florentine or Plain Baked Haddock with Crumbs, Vegetable, Rice Pilaf Muffin: Blueberry Bran
18 Chicken A La King over rice, Vegetable Muffin: Blueberry Corn	19 No Lunch Today	20 American Chop Suey with cheese, Vegetable, Corn Muffin Muffin: Pumpkin Streusel	21 Corn Chowder, Haddock Fish Sandwich on a Bun, Roasted Potato, Cole Slaw Muffin: Orange Cranberry
25 Spaghetti with Meat Sauce, Meatball/Sausage, Vegetable, Garlic Bread Muffin: Honey Raisin Bran	26 Turkey Barley Vegetable Soup, Philly Cheese Steak Sandwich, Chips, Pickle Muffin: Mixed Berry	27 Spiral Sliced Ham with Pineapple, Mac & Cheese, Vegetable Muffin: Peanut Butter & Jelly	28 CHOICE DAY Seafood Newburgh or Baked Haddock with Crumb Topping, Rice, Vegetable Muffin: Banana Walnut
February 1 Open Face Hot Turkey Sandwich with stuffing and gravy, cranberry sauce, Potato, Vegetable Muffin: Cranberry Corn	February 2 No Lunch Today	February 3 Homemade Chili with Hot Dog, Corn Chips, Pickled Beets Muffin: Sweet Georgia	February 4 CHOICE DAY Baked Haddock with Shrimp Sauce or Plain Baked Haddock with Crumb Topping, Rice Pilaf & Vegetable Muffin: Hawaiian

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

NATURE & OUTDOOR PROGRAMS

ENJOY THE WINTER WITH SNOWSHOES AND WALKS



Instructor: Jonna Dijkstra, CPT
Thursday, Jan. 13, 20, 27, and Feb. 3
Location to be determined based on weather
10:00 - 11:00am

Jonna will start you off with a group of warm-up exercises to get you moving and help with balance, coordination, and strength. Then, its off on one of the trails for a winter walk. Snow permitting, walk will be on snowshoes with poles. No prior experience with snowshoes is necessary. This is a great way to get exercise and enjoy the outdoors with others; fresh air and exercise are great for the mind, body, and spirit. Participants should be able to walk one mile comfortably outdoors and be able to tolerate colder weather. Be sure to dress in layers (think onion) and wear boots, gloves/mittens, hat/ear coverings, and if sunny, consider sunglasses. Masks required. **Cost: \$32.00 for the 4 sessions (includes use of snowshoes and poles). Deadline to register, pay, and request refund: Monday, Jan. 10.**

ICE SKATING WITH NANCY and/or SOCIALIZE BY BONFIRE See Sports (p. 10)

OTHER PROGRAMS

BINGO FOR FUN

Wednesday, Jan. 19, 1:15pm

Join in a fun afternoon of BINGO. **Cost: Free. Deadline to register: Tuesday, Jan. 18 by 4pm.**

BOOK CLUB

**Book: *Hope for Daffodils* (2019)
 by Karen Coulter**

Discussion on Wednesday, Feb. 9, 2:00pm

Hope from Daffodils is a romantic novel that deals with friendship, loss, and a fight for justice. It takes place in York, ME and the surrounding area. Karen

Coulter, the author, will be joining us to discuss the book. We only have two books to share among readers but a few participants have books they are willing to share. Additionally, the author is willing to sell us books at the reduced rate of \$11.19. The book is also available as an E-book/Kindle for roughly \$8.00.

Cost: Free to participate. Deadline to register: Wednesday, Jan. 12. *When registering, please let us know if you have a book or need a book. If you have a book, are you willing to share it? If you don't have a book, do you want to go on the share list or do you want to purchase the book?*

DINNER CLUB TO GO

[Limited to York Residents]

If you are tired of cooking, don't like to drive at night or are unable to drive, or wanting to relax at home with a restaurant meal, 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, Jan. 19

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

Choice of medium rare, medium, or well done.

Deadline for Ordering: Friday, Jan. 14, 4:00pm.

Fat Tomato Grill

Wednesday, Feb. 2

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, Jan. 31, 4:00pm.

PEACE OF MIND

Meet 1:1 with Janie Sweeney, Family Service Manager, York Community Service Association (YCSA) at the Center
Wednesdays, Jan. 12 & 26, 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.*

SPORTS

CANDLEPIN BOWLING

Own Transportation

Bowl-O-Rama - Portsmouth, NH
Thursday, Jan. 20, 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: Tuesday, Jan. 18.**

ICE SKATING WITH MUSIC OF THE 70'S AND NANCY

or

Just enjoy the Bonfire & Socialize

Mondays, Jan. 24, 10:45am - noon
at Goodrich Park (200 U.S. Rt. 1)

Join Nancy, our very own chef, on the ice and skate to music of the 70's with Andy, York Parks & Recreation Recreation Coordinator as our DJ. There will also be a bonfire nearby to warm up and socialize. No reservation needed; just show up with skates (you need your own) and dress warmly in layers. Check before going to be sure the ice conditions are positive for skating. There are skate aids (walkers) available for use on the ice. If you need skates, check the Skate Exchange on the porch of Grant House at Goodrich Park to see what's available. You should do this in advance of Jan.

24 as there are limited skates in the skate exchange. If you have skates that no longer fit or being used, please add those skates to the Skate Exchange for others. **Cost: Free. Registration optional; if you register by Friday, Jan. 21, then we will notify you if the date changes due to weather/ice conditions.**

YORK PARKS & RECREATION

Adult Swim Lessons for Adults Ages 18+

Tuesdays, Jan. 11 - March 1, 3:45-4:30pm
At Anchorage Inn (York)

Through the generosity of the Anchorage Inn on Long Sands Beach in York, York Parks & Recreation is able to offer adult swimming lessons for the first time. Thank you!! Instruction will be by an American Red Cross Swim Instructor. These swimming lessons will be geared toward swimmers who are not confident in the water. The goal will be to increase confidence and basic water skills, including breath control, floating, swimming front and back, treading water, and water safety. **Cost: \$60.00 York Resident/\$70.00 Non-York Resident. Program registration and payment: December 1, 2021 - January 7, 2021. Registration can be done online at <https://secure.rec1.com/ME/york-parks-recreation/catalog> or you call the York Parks & Recreation office at 207-363-1040. All participants must show proof of full vaccination status.**

RINK BY THE RIVER

At Goodrich Park (200 U.S. Rt. 1)



Join in some winter fun. The rink will be opening this winter once the weather gets colder and remains cold. Keep an eye on York Parks and Recreation Facebook page (<https://www.facebook.com/YorkMaine>) for information. The Center for Active Living will also have information once the rink opens. There will be times set aside for older adult skating plus all ages can skate during open skate times.

INFORMATION YOU CAN USE



COVID-19 INFORMATION

COVID-19 SHOTS

The easiest option is **York County Emergency Management is offering walk-in clinics in Sanford** at the “old Marshalls” by Dollar Store and Shaws Grocery Store (1364 Main St.): Tuesdays and Thursdays, 1-7pm, Fridays, 3-7pm, and Saturdays and Sundays, 8am-4pm. They are providing both the vaccine and the boosters of all types to individuals 5+ years of age. COVID-19 vaccines and boosters are also available by appointment at CVS (Rt. 1, Kennebunk), Hannaford, Walgreens, and Walmart. At this time, York Hospital Walk-In and Clinics are not providing shots; you can check with them in early January. *Keep in mind you do not need to go to the same site that you received your original vaccination. Do remember to take your vaccination card with you.*

CAN'T FIND YOUR VACCINATION CARD - Request a new one at <https://www.maine.gov/dhhs/forms/impact-immunization-record-request>

COVID-19 TESTING

There are different options and a variety of locations for testing including tests for use at home. Consult with your pharmacy and physician.

RECYCLING

DO YOU “CLYNK”? WE DO!

You can pick-up CLYNK bags with our sticker at the Center. Bags are available at the Center. When you turn the bag in at Hannaford collection station, the Center benefits. Please do not return your fill bag to the Center. This is our year-round bottle drive; help support the Center! Thanks!

FOOD COMPOSTING

Food scraps make up roughly 28% York’s trash pick-up. Help our environment and consider composting. You can drop food scraps off at Witchtrot Rd. Recycling and Composting Facility for free, home compost (see: <https://yorkreadyforclimateaction.org/ecohomes/love-food-recycle-food-waste/>), or use Mr. Fox service for a fee; call 855-673-6926 or visit <https://mrfocomposting.com/>. To learn more about composting in York, visit <https://yorkreadyforclimateaction.org/ecohomes/love-food-recycle-food-waste/>.

HEART TO HEART

Heart to Heart, Ageless Love is non-profit organization offering free services to Older Adults in the Greater York Area. **Transportation, “Special Deliveries” and pick-ups, Phone Friend companionship, and other services** can be requested by calling 207-361-7311 or emailing Jud@hearttoheartagelesslove.org. Consider calling this organization for transportation to/from one of the Center’s programs!

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. Also, see Janie at the Center for Active Living on Wednesday, Jan. 12 or 26 (See p. 10).

YORK PUBLIC LIBRARY

The library offers a delivery service on a monthly basis for individuals who are unable to drive regardless of reason. 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. **Additionally, the library also provides technical assistance for use of smart phones, tablets, and computers as well as research help.** See <https://yorkpubliclibrary.org/> or call (207) 363-2818.

SCAMS

Unfortunately, Scams are on the increase especially those aimed at older adults. If you think you’ve been scammed/are a victim of fraud, contact York Police Department (207-363-4444) and speak with an officer and the Federal Trade Commission: 877-382-4357.

Town of York Emergency Management Hotline 877-363-YORK (9675)

Call for up-to-date information about unplanned events such as power outages, road closings, incoming storms, and last minute changes to public events.

Town of York - Center for Active Living
 Parks and Recreation Department
 36 Main Street
 York, ME 03909

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

Deliver to following person or current resident:

January 2022

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

Program Registration (beyond meals): Thursday, Jan. 6 - York Residents begin at 9:30am, Non-York Residents begin at 1:00pm.

You may register in-person, by phone, or 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 some special meals/frozen 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 (207-363-1036).

Center closed Monday, Jan. 17 for Martin Luther King Jr. Day