

The Scoop

February 2022



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

Vol. 41 Issue 8 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

Hi Everyone!

With the start of the New Year, did you made a resolution to eat healthier, be more social, learn something new, or be more active? If so, the Center for Active Living can help you reach your goal(s). Check out these programs:

- ◆ To eat healthier and/or for tips for cooking for one, consider Nutrition Tips for Older Adults (p. 5).
- ◆ To get out of the house, socialize, and challenge your brain, consider the Board and Card Game groups (p. 4), the Creative Arts programs (p. 5), Book Club (p. 9), BINGO for FUN (p. 9), and/or the Nature Program: *An Eye on Nature from Indoors* (p. 9).
- ◆ To stay physically active, consider one or more of the Exercise Programs (p. 6), Bowling (p. 10), and/or if you can ice skate, “Skating with Nancy, our chef” (p. 10) or on your own at Goodrich Park (p. 11).
- ◆ And, for those of you wanting to be creative about your new year’s resolutions, Nancy is providing Cookie Decorating on Friday, Feb. 11 at 1:15pm (yummy for yourself or to give to others or both) (p. 5).

The **Café is open Mondays - Fridays, 9:00-11:00am** so come in for one of Nancy’s muffins and coffee/tea/hot cocoa. Meet your friends here or make new friends. You are also welcome to play a board or card game or read a magazine or book while you’re here. Most Wednesdays we have *The York Weekly* newspaper available. We do ask that you physically distance when you take your mask off to eat or drink. If you are not eating or drinking, and just socializing, reading, or playing a game, please keep your mask on over your mouth and nose and maintain a comfortable distance from others.

AARP Tax-Aide will be returning Tuesdays, Feb. 8 - March 29. This year, we are giving preference to York residents and non-York residents affiliated with the Center of Active Living. For an appointment, call the Center (207-363-1036), Monday – Friday, 9:00-11:30am. ***Please remember that the AARP Tax-Aide preparers are all volunteers!*** The card room and adjacent hallway will be reserved for this program on Tuesdays. If you are coming to have your taxes done, please enter and exit through the card room door.

For those of you looking to venture out on **trips**, as usual, during the winter months, trips are on hold given the unpredictability of the weather. We are, however, planning day trips for April and beyond, and hope that COVID will not interfere. If you are looking for a travel experience, York Regional Chamber of Commerce is offering a variety of excursions (p. 12).

If you need **assistance with the cost of fuel** this winter, please contact York Community Service Association (YCSA) at 207-363-5504 - ext.2 and speak with Janie, Family Services and General Assistance Manager.

Finally, **we could use a few more volunteers** to be afternoon receptionists (typical hours, 12:00-3:30pm). You need to be comfortable answering the phone and taking messages, dealing with the public, and willing to help out in other areas. Typically, we ask you to volunteer on a regular weekly basis. We also have opportunities for occasional volunteers for special one-time or short-term events, so if that fits you better let me know. If you are interested in volunteering at the Center, please contact me directly (207-363-1036 or jross@yorkmaine.org).

Enjoy,
Jo, Director

Important Information

Meal and Program Registration starts Thursday, Feb. 3 - York residents starting at 9:00am and non-York residents starting at 1:00pm; ends at 4:00pm. Thereafter, you may register Monday-Friday, 9:00am-4:00pm except during lunch 11:30am-1:00pm. You may register in-person, by phone, or online (except meals).

Closed Monday, Feb. 21 - Presidents Day (state and federal holiday)

Center will closing on Friday, Feb. 25 at 3pm

If you change your phone #, email address, or mailing address, please notify the Center; thanks!

COVID Up-Date: Masks required covering mouth & nose, preferably not cloth mask. When possible, please physically distance. No eating in programs (eating restricted to Café program & Dine-In lunch on Weds.).

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). Come alone, with friends, and/or make plans with friends to meet them here. Enjoy your snack, socialize with others, play a card or board game, or read a magazine. **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 February Programs

All activities except Café, Card and Board Games, Crafters Gathering, Exercise by Video, and Tai Chi require advance registration. Registration for meals and programs begins on Thursday, Feb. 3 - York Residents at 9:00am and Non-York Residents at 1:00pm. Thereafter, you may register Monday-Friday, 9:00am-4:00pm except during lunch 11:30am-1:00pm. 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, 1:15-2pm - Starts Feb. 14 - p. 6

Tuesday

Balance Fun & Workouts, 10am - Starts Feb. 8 - 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, 9:15am - Starts Feb. 9 - 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, 9am - p. 6

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

Winter Fitness Walks/Snowshoeing, 10-11am - Starts Feb. 10 - p. 6

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 Feb. 11 - 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, Feb. 2 - Dinner Club To Go: Fat Tomato Grill (order by Monday, Jan. 31) - p. 10

Saturday, Feb. 5 - Tech Help, 9:30am - noon, p. 5

Wednesday, Feb. 9

- Education: Nutrition Tips for Older Adults, 10:30am - p. 5
- Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YCSA, 10:30am-noon (appointment requested) - p. 9
- Book Club, 2:00pm - p. 9

Friday, Feb. 11 - Cookie Decorating with Nancy, 1:15pm - p. 5

Wednesday, Feb. 16

- An Eye on Nature From Indoors, 10:30am - p. 9
- Knitting for Beginners and Beyond, 1:15pm - p. 5
- Dinner Club To Go - The York River Landing (Order by Monday, Feb. 14) - p. 10

Wednesday, Feb. 23

- Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YCSA, 10:30am-noon (appointment requested) - p. 9
- BINGO for Fun, 1:15pm - p. 9

Friday, Feb. 25 - Bowling, 2-4pm - p. 10

Monday, Feb. 28, 10:45am - Ice Skating with Nancy and/or relax/socialize by bonfire - p. 10

Wednesday, March. 2 - Dinner Club To Go: American Legion Burger Night (Order by Monday, Feb. 28) - 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 & Outdoor Programs - p. 9
- ♦ Other Programs - p. 9-10
- ♦ Sports - p. 10

Center of Active Living will be closed Monday, February 21 for Presidents Day

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

- Café (free) - Mondays - Fridays, 9-11am - coffee/tea/cocoa, muffins, and socialize - p. 2)
- Drop-In Card and Board Games - most days (or as you desire during Café, p.2) - p. 4

Town of York 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).

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.

CENTER'S LIBRARY

The Center's library, located in the Activity Room, has a large selection of books, jigsaw puzzles, and CD movies you can borrow. You may visit the library during Center hours when there is no organized program happening in the activity room. Borrowing is on the honor system. We also have some knitting supplies that you may request to have or borrow.

CREATIVE ARTS

COOKIE DECORATING

with NANCY

Friday, Feb. 11, 1:15pm



Valentine's Day and cookies go together. Nancy will make an assortment of sugar cookies and you get to do the decorating. Treat yourself to some cookies, share with others, or gift to those special person(s). Cost: \$5.00. Deadline to register, pay, and request refund: Friday, Feb. 4.

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 & BEYOND

with Sandy, Jo-Ann, and Maxine

Wednesday, Feb. 9 & 16,
1:15pm

If you always wanted to learn to knit or desire to advance your knitting skills, then give this program a try. All levels of knitters welcomed! 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 advance registration required. Deadline to register: Monday, Feb. 6.



EDUCATION

TECH HELP

Computer/Tech Assistance

Saturday, Feb. 5, 9:30am-noon

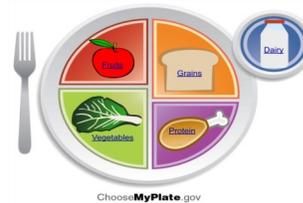
By Appointment

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 Thursday, Feb. 3.

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

NUTRITION TIPS FOR OLDER ADULTS

Presented by Pam Stuppy, MS, RD, LD
Wednesday, Feb. 9, 10:30am



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 but advance registration required. Deadline to register: Monday, Feb. 7, 4:00pm.

Happy Valentine's Day

Monday, Feb. 14

Do Something Special for Yourself!!!

EXERCISE & WELLNESS



See Education Programs on proceeding page: *Nutrition Tips for Older Adults*

BALANCE FUN & WORKOUTS

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

Tuesdays, Feb. 8, 15, & March 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. This program will be a combination of balance, strengthening, cardio, and of course, FUN! The program is designed to keep your body strong, your mind sharp, and meet your individual needs. **Mask required. Cost: \$24.00 (3 sessions). Deadline to register, pay, and request refund: Monday, Feb. 7. If you miss a session, there will be no make-up or refund.**

LINE DANCING

Instructor: Diane Anderson

Wednesdays, Feb. 9, 16, 23, & March 2,

9:15-10:15am and/or

Fridays, Feb. 11, 18, 25, & March 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). Mask required. Deadline to register, pay, and refund if you cancel: Monday, Feb. 7. If you miss a session, there will be no make-up, refund, or date exchange.**

QIGONG

Instructor: Audrey Miller,
Certified Medical Qigong Instructor

Mondays, Feb. 14, 28, & March 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. **Mask required. Cost: \$24.00 (3 sessions). Deadline date to register: Wednesday, Feb. 9. If you miss a session, there will be no make-up or refund.**

WINTER FITNESS WALKS AND SNOWSHOES (when possible)

Instructor: Jonna Dijkstra, CPT

Thursday, Feb. 10, 17, 24 & March 3

10:00 - 11:00am

Location to be

determined based on weather

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. ***When there is no snow, Nordic walking sticks will be available for those who desire to use the sticks.*** Jonna will instruct you on the use of snowshoes and the use of Nordic walking sticks, as needed. 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. **Cost: \$32.00 for the 4 sessions (includes use of snowshoes and poles). Deadline to register, pay, and request refund: Monday, Feb. 7. 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

Ongoing 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. **Mask required. Cost: Free. Deadline to register: Drop-In program - no registration.**

TAI CHI

Fridays, 1:00pm - Activity Room

Self-Directed, Ongoing, 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 - 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. **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

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. Muffins are 5 muffins for \$2.00 or 10 muffins for \$4.00. Muffins are available on Tuesdays, Wednesdays, Thursdays, and Fridays. There is a different muffin each day; see menu for muffin of the day. Deadline for ordering muffins: Friday prior to the day you desire muffins. You can order muffins without ordering a meal. 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 your muffins if you are coming before noon. ***Keep in mind, muffins freeze well so order extra and freeze so you have your favorite muffin when you want it.***



Town of York - Center for Active Living - Lunch Menu – February 2022

Registration begins Thursday, February 3 at 9:00am 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, 9:00am-3:30pm. Meals: \$5.00 each. 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
8 Stuffed Shells with Meat Sauce, Meatball/Sausage, Vegetable, Garlic Bread <i>Muffin: Banana Choc Chip</i>	9 Turkey Barley Soup, Philly Cheesesteak Sub, Chips & Crackers <i>Muffin: Mixed Berry</i>	10 Shepherd's Pie, Vegetable, Corn Muffin <i>Muffin: Blueberry Corn</i>	<u>CHOICE DAY</u> 11 Seafood Pie <u>OR</u> Baked Haddock, Rice Pilaf, Vegetable <i>Muffin: Peanut Butter & Jelly</i>
15 Chunky Beef Stew over Rice, Vegetable, Corn Muffin <i>Muffin: Peanut Butter & Jelly</i>	16 Broccoli Cheese Soup, Grilled Ryebe on Rye, Chips, Crackers <i>Muffin: Cinnamon Peach</i>	17 Baked Chicken with Mushroom Sauce, Potato, Vegetable <i>Muffin: Honey Raisin Bran</i>	<u>CHOICE DAY</u> 18 Baked Haddock Florentine <u>OR</u> Plain Baked Haddock, Au Gratin Potato, Vegetable <i>Muffin: Maine Wild Blueberry</i>
22 Chicken Parmesan over Spaghetti, Vegetable, Garlic Bread <i>Muffin: Cranberry Corn</i>	23 Baked Ham, Mac & Cheese, Vegetable <i>Muffin: Banana Walnut</i>	24 Cream of Mushroom Soup, BBQ Pulled Pork on Bun, Chips, Cole Slaw <i>Muffin: Cherry Choc Chip</i>	<u>CHOICE DAY</u> 25 Seafood Newburgh over Rice <u>OR</u> Plain Baked Haddock, Rice Pilaf, Vegetable <i>Muffin: Mixed Berry</i>
March 1 Roast Pork, Stuffing, Mashed Potato, Vegetable <i>Muffin: Pumpkin Streusel</i>	March 2 "Cheese Steak" Stuffed Pepper, Rice, Pilaf, Vegetable <i>Muffin: Peanut Butter Choc. Chip</i>	March 3 Minestrone Soup, Our Own Italian Sub Sandwich, Chips <i>Muffin: Cranberry Walnut</i>	<u>CHOICE DAY</u> March 4 Baked Haddock with Shrimp Sauce <u>OR</u> Plain Baked Haddock, Potato, Vegetable <i>Muffin: Peach Cinnamon</i>

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

For "Lunch To Go," please do not arrive in the parking lot early; please arrive at your assigned time; thank you!

NATURE & OUTDOOR PROGRAMS

AN EYE ON NATURE FROM INDOORS

with Naomi, Mt. Agamenticus
Education Coordinator

**Wednesday, Feb. 16, 10:30-11:30am at the
Center for Active Living**

Connecting with nature, whether directly or even through your window, promotes overall wellness and increases positive mood, cognition, and energy while decreasing stress and boredom. The world around us is constantly changing, even in the cold months of winter! Make a connection with the species in your own backyard (or even right at CAL!) with some very basic Tree ID skills and an introduction to nature journaling and sit spots. If you have your own journal, please bring it with you! Additional journaling supplies will be available. **Cost: Free but advanced registration required. Deadline to register: Thursday, Feb. 10.**

**ICE SKATING WITH NANCY and/or
SOCIALIZE BY BONFIRE - See p. 10.**

**WINTER FITNESS WALKS AND, when
possible, SNOWSHOEING with Jonna
See p. 6.**

OTHER PROGRAMS

BINGO FOR FUN

Wednesday, Feb. 23, 1:15pm

Join in a fun afternoon of BINGO. **Cost: Free. Deadline to register: Tuesday, Feb. 22 by 4pm.**

BOOK CLUB

**Book for Discussion Wed., Feb. 9, 2:00pm
The Giver of Stars by Jojo Meyes
Register by Monday, Jan. 31**

Historical fiction about women pack horse librarians traveling through Kentucky in the Depression era.

**Book for Discussion Wed., March 9, 2:00pm
Light on Snow by Anita Shreve
Register by Feb. 28**

Novel that takes place in New Hampshire that deals with grief, loss, and family.

**Book for Discussion Wed., April 13, 2:00pm
Hope for Daffodils by Karen Coulters
Register by March 4**

Romantic novel set in the greater York, Maine area

that deals with friendship, loss, and a fight for justice. Karen Coulters, the author, will be joining us for the book discussion.

We can only get two copies of this book so people will need to share among those registered for the program or purchase your own copy. The book can be purchased online as a used book fairly cheaply, is available on kindle, or the author is willing to sell hard copies through the Center at \$11.19 each. When you register, 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?

General Information: Book Club provides an enjoyable and stimulating opportunity to share and discuss books with others. Typically, we are able to get the books free from York Public Library. Please only register for this program if you intend to participate in the group discussion. Also, we ask that you not share the library books with others. If you or others are interested in reading the book but not being part of the book discussion, please reach out to York Public Library to obtain a copy for your reading pleasure. **Cost: Free. Deadline to register: Listed above with the book. Please try to register early so we can get the appropriate number of books. If you wait until the deadline, there may not be a book available for you.**

DINNER CLUB TO GO

[Limited to York Residents]

See next page

PEACE OF MIND

**Meet 1:1 with Janie Sweeney, Family Service
Manager, York Community Service
Association (YCSA) at the Center
Wednesdays, Feb. 9 & 23, 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. Please note that depending on the status of COVID in our area, Janie may need to meet with you via phone rather than in-person.***

DINNER CLUB TO GO

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 or ring your door bell, 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, 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.

The York River Landing Wednesday, Feb. 16

Menu:

- **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
- **Grilled Chicken Caesar Wrap with fries** (grilled chicken, romaine, shaved asiago, Caesar dressing) - \$14.04
- **Pulled Pork Sandwich with fries** (spiced rub pork, coleslaw, cheddar and bbq sauce) - \$14.04
- **Salmon Wrap with fries** (grilled salmon, mixed greens, red onion, capers, tomato, dill goat cheese spread) - \$14.04

Deadline for Ordering: Monday, Feb. 14, 4:00pm.

When ordering, please specify if you want your fries plain (no salt or seasoning) or want your fries with salt/seasoning.

American Legion Burger Night Wednesday, March 2

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

Choice of medium rare, medium, or well done.

Deadline for Ordering: Monday, Feb. 28, 4:00pm.

SPORTS

CANDLEPIN BOWLING



Bowl-O-Rama - Portsmouth, NH
Own Transportation
Friday, Feb. 25, 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, Feb. 22.

ICE SKATING WITH MUSIC OF THE 70'S AND NANCY

or

Just enjoy the Bonfire & Socialize

Monday, Feb. 28,
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, see Ice Skate Swap on the next page. You should do this in advance of Feb. 28 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 Swap for others to benefit. **Cost: Free. Registration optional; if you register by Friday, Feb. 25 by 3:30pm, then we will notify you if the date changes due to weather/ice conditions.**

YORK PARKS & RECREATION

RINK BY THE RIVER

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



Join in some winter fun. The rink is now open daily, weather permitting. Keep an eye on York Parks and Recreation Facebook page (<https://www.facebook.com/YorkMaine>) or call 207-363-1040

for information. You may skate during any open skate time but the following times are reserved for adults 50+ years of age: Monday and Wednesdays, 10:00-11:00am. Typically, there is music playing during the skate time and there may be a bonfire going.

ICE SKATE SWAP IS BACK!

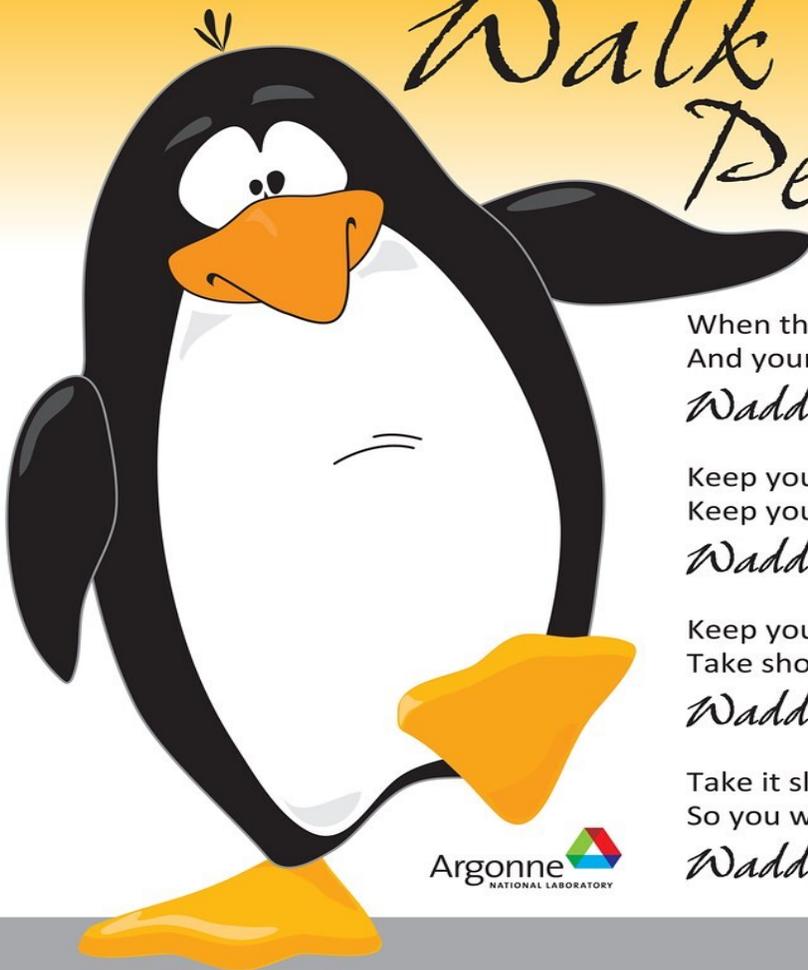
Have an old pair of skates that don't fit or you just don't use anymore? Drop them off here at the Grant House (at Goodrich Park, 200 U.S. Rt. 1 - York Parks & Recreation Main Office) in the skate bin on the porch. See a pair in the bin that might fit you when you drop off your pair? Go ahead and take them.

THE HEART HUNT

See p. 13

This is a fun opportunity to get out and about town in a car and possibly win a prize. The program is open to all ages (but you do need a driver) and can be done in parts or all at once, alone or with others. Give it a try!

BE SAFE THIS WINTER – BEWARE OF ICE & WALK SAFELY



*Walk like a
Penguin!*

When things get cold and icy,
And your path looks kind of dicey,
Waddle on!

Keep your toes all pointed out-y,
Keep your knees all loosey-goosey,
Waddle on!

Keep your hands outside your pockets,
Take short steps so you won't rocket,
Waddle on!

Take it slowly. Holey-moley,
So you won't fall down and roll-y,
Waddle on!

INFORMATION YOU CAN USE

COVID-19 INFORMATION

COVID-19 VACCINES - For a listing of locations in Maine, see <https://www.maine.gov/covid19/vaccines/vaccination-sites>.

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. Your health insurance will now reimburse you for 8 home tests per month, which if available, can be obtained from local pharmacies. You can request 4 free home tests per household to be mailed to you at [COVIDtests.gov](https://www.covidtests.gov) - Free at-home COVID-19 tests.

MASKS - Given the current variants of COVID, the United States Centers for Disease Control and Prevention (CDC) is now recommending that if you are wearing a cloth mask, you double mask with preferably one of the masks being a surgical mask. The key is that the *mask fits you tightly on all sides*. By the end of January, some of the local pharmacies will have free N95 masks for distribution.

HEART TO HEART Transportation and More

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!

PUBLIC LIBRARY

The library offers a delivery service on a monthly basis for individuals who are unable to drive regardless of reason. Also, if you don't know what you want to read, the librarians will gladly recommend books to match your interests. **Additionally, the library also provides technical assistance for use of smart phones, tablets, and computers as well as research help.** See any of these services, see <https://yorkpubliclibrary.org/> or call (207) 363-2818.

RECYCLING

DO YOU "CLYNK"? WE DO! - You can pick-up CLYNK bags with our sticker on it at the Center. When you turn the bag in at Hannaford collection station, the Center benefits. Please do not return your

filled 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, or use Mr. Fox service for a fee; call 855-673-6926 or visit <https://mrfoxcomposting.com/>. To learn more about composting in York including where and how, visit <https://yorkreadyforclimateaction.org/ecohomes/love-food-recycle-food-waste/>.

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.

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 assistance, including Heating Assistance (HEAP - Home Energy Assistance Program) call 207-336-5504. Also, Janie Sweeney, Family and General Assistance Manager, is at Center for Active Living on Wed., Feb. 9 & 23 (See p. 10).

YORK REGIONAL CHAMBER OF COMMERCE

York Regional Chamber of Commerce announces its 2022 trips; see below. For more information, please contact Linda at 207-363-4422 or lind@yorkme.org.

- Utah's Mighty National Parks - 7 day trip in June 2022
- Wanders of the Danube River Cruise featuring Budapest & Vienna - 9 day trip in October 2022
- Highlights of Italy's Amalfi Coast - 8 day trip in Nov. 2022

The Heart Hunt



Print this answer sheet, drive around our community to visit the listed places below and write down the number that's shown on the heart sign displayed in their window. The hunt runs from Tuesday, February 1st until Monday, February 21st at 5pm. Bring this completed sheet to the submission box located on the York Parks & Recreation's office porch, 200 US Route 1.

Note: not everyone wins a prize! Prizes will be drawn on/by Friday, February 25th.

Winners are announced on our Facebook page and will be emailed.

Reach out to Liz Cooper with any questions, lcooper@yorkmaine.org

GOOD LUCK AND THANKS FOR HUNTING!

<input type="text"/> Ann-imals Pet Supply Store	<input type="text"/> Norma's Restaurant
<input type="text"/> Ballou & Bedell	<input type="text"/> Ocean Fire Pottery
<input type="text"/> Bell Farm Shops	<input type="text"/> SoMe Brewing Company
<input type="text"/> Chalmers Insurance Group	<input type="text"/> Stonewall Kitchen
<input type="text"/> Clark & Howell	<input type="text"/> Village Laundry
<input type="text"/> Coldwell Banker Yorke Realty	<input type="text"/> Walgreens
<input type="text"/> Daisy Jane's	<input type="text"/> York Bark & Play
<input type="text"/> Daisy Trading Co.	<input type="text"/> York Beach Beer Co.
<input type="text"/> Harbor Hair Co.	<input type="text"/> York Community Service Assoc.
<input type="text"/> Homespun Sweets, LLC *	<input type="text"/> York Family Dental
<input type="text"/> * 3 Mill Ridge Farm Lane	<input type="text"/> York Public Library
<input type="text"/> Nola & Associates of KWCR	

Check all that apply to help us match prizes to participants.

Answer for yourself

- I have a Dog
 I'm under 21
 I'm 21-49
 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 Hunt:

- Newspaper FB
 York P&R Brochure Newspaper
 Center for Active Living Scoop/Email
 Other, Please explain _____

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:

February 2022

Registration for Meals and Programs: Thursday, Feb. 3 - York Residents begin at 9:00am, Non-York Residents begin at 1:00pm; all registration ends at 4:00pm.

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.

The Center will be closed on Monday, Feb. 21 for Presidents Day.

If you need *The Scoop* in an alternative form such as large print or audio, please contact the Center (207-363-1036).

