

The Scoop

March 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
Nancy Garfield, Chef
Sydney Wakefield, Custodian
Rebecca Osgood, Kitchen Utility Associate

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

We are excited to welcome new staff members in the month of March!

Rebecca (Becky) Osgood will be joining the team as the Kitchen Utility Associate (part-time) and helping Nancy in the kitchen. She begins Tuesday, March 1st so please welcome her.

We are in the final stage of hiring the Program Coordinator (full-time). We were very fortunate to have had an outstanding pool of applicants. As soon as we hire someone, we will announce it in multiple ways. Our new staff will introduce themselves to you in *The Scoop* in April.

Happy Green Month - St. Patrick's Day (Thursday, March 17) & 1st day of Spring (Sunday, March 20)!

To welcome in Spring, come enjoy the *Music of Motown* performed by the Portland Symphony Orchestra on **Wednesday, March 23 at 1:30pm**. This will be a **digital performance**. The event is free but we do ask that you register by Wednesday, March 16 so that we have appropriate seating and refreshments. See p. 5 for details.

Book Club for March (discussion Wed., April 13) will have the author as part of the discussion. If you have yet to register, you may do so now. You do not need to wait for March registration to open. See p. 10.

The **results of the space survey done by the University of New Hampshire** this past summer that many of you participated in will be presented at the Town of York Selectmen's meeting on Monday, March 28 at 7:00pm. See p. 5 for details including information on how to view the presentation.

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.

If you need **assistance with the cost of fuel** this winter and/or need to file for **Maine Property Tax Fairness Credit**, please contact York Community Service Association (YCSA) at 207-363-5504 - ext.2 and speak with Janie Sweeney, Family Services and General Assistance Manager or make an appointment to meet with Janie when she's at the Center (See "Peace of Mind," p. 10)

If you have any large print books that you would like to donate to our lending library, we will gladly take these. Please just leave any large print books in the book return box on the stage in the Activity Room; thanks!

If there is a program you would really like to participate in and are short on funds, please see me regarding the opportunity for either a scholarship or payment plan.

Enjoy,
Jo, Director

Important Information

Meal and Program Registration starts Thursday, March 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).

Daylight Savings Time begins Sunday, March 13th. Don't forget to turn your clocks ahead one hour before going to bed on Saturday night, March 12th

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

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. If there is a program you want to participate in but can't afford at the time, please see Jo, Director regarding a payment plan or scholarship.

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 March 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, March 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. 7

Cribbage, 9-11am – p. 4

Poker, noon-4pm – p. 4

Scrabble, 1-4pm – p. 4

Qigong, 10-10:45am - Starts March 14 - p. 7

Tuesday

Balance Fun & Workouts, 10am - Starts March 8 - 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

Wednesdays

Line Dancing, 9:15am - Starts March 9 - p. 7

Dine-In Lunch, noon – p. 8-9

Dominos/Mexican Train, 1-4pm – p. 4

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

Thursdays

Exercise by Video, 9am - p. 7

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

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

Special Events / One-Time Programs

Wednesday, March 2 - Dinner Club To Go: American Legion - Burger Night (order by Monday, Feb. 28) - p. 11

Wednesday, March. 9

- Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YCSA, 10:30am-noon (appointment requested) - p. 10
- Knitting for Beginners and Beyond, 1:15pm - 6
- Book Club, 2:00pm - p. 10

Monday, March 14 - Cookie Decorating with Nancy, 1:15pm - p. 6

Wednesday, March 16

- Knitting for Beginners and Beyond, 1:15pm - p. 5
- Dinner Club To Go - The York River Landing (Order by Monday, March 14) - p. 11

Thursday, March 17 - Special Meal for St. Patrick's Day - Corned Beef & Cabbage - p. 8-9

Saturday, March 19 - Tech Help, 10am - noon, p. 6

Wednesday, March. 23

- Peace of Mind - Meet with Janie Sweeney, Family Service Manager, YCSA, 10:30am-noon (appointment requested) - p. 10
- Mystery Walk To Celebrate Spring, 10:30-11:30am - p. 10
- Special Event: Music of Motown - 1:30pm - p. 5

Friday, March 25 - Bowling, 2-4pm - p. 11

Monday, March 28, 7pm - Presentation to Selectmen of Space Survey - p. 5

Wednesday, March 30 - Dinner Club To Go: Fat Tomato Grill (Order by Monday, March 28) - p. 11

Program Areas

- ◆ Board & Card Games - p. 4
- ◆ Bus Trips & Special Event - p. 5
- ◆ Creative Arts - p. 6
- ◆ Education - p. 6
- ◆ Exercise & Wellness - p. 7
- ◆ Lunch Program - p. 8-9
- ◆ Nature & Outdoor Programs - p. 10
- ◆ Other Programs - p. 10
- ◆ Sports - p. 10

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

- Café (free) - Mondays - Fridays, 9-11am - coffee/tea/cocoa, muffins, & 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 including 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.

SPECIAL EVENT
Welcome in Spring with
MUSIC OF MOTOWN - Digital Performance
 by **PORTLAND SYMPHONY ORCHESTRA**
 at the **Center for Active Living**
Wednesday, March 23, 1:30pm

The program features smash hits made famous by artists like Marvin Gaye, James Brown, Diana Ross, The Temptations, and Stevie Wonder.

Refreshments will be served. The digital performance is the live performance taped.

Cost: Free but advanced registration required.

Deadline to register: Wednesday, March 16.

SURVEY RESULTS
TO BE PRESENTED
MONDAY, MARCH 28
at Board of Selectmen's
Meeting at 7:00pm

You may remember participating in University of New Hampshire (UNH) Space Survey for the Center of Active Living during this past summer. UNH has completed their report and will present their findings to the York Board of Selectmen on Monday, March 28th at 7:00pm. Note, the report may not start right at 7:00pm based on the Selectmen's other business. We thank everyone who took the time to provide input about the Center's space. You may hear the report in one of the following ways:

- ⇒ Attend the Board of Selectmen meeting in person at the York Public Library meeting room;
- ⇒ Listen to the report on either Spectrum-Cable Channel 3 or over the Internet - Town Hall Streams (<https://townhallstreams.com/>); or
- ⇒ Listen to the report presentation at a later date on Town Hall Streams (<https://townhallstreams.com/>)

BUS TRIPS

"ROLLING OUT OF YORK"



We are busily planning a variety of exciting day trips for this Spring and Summer. Watch for a listing of trips in *The Scoop* for April.

Happy St. Patrick's Day
Thursday, March 17th
Do Something Fun even
if you're not Irish!!!



CREATIVE ARTS

ST. PAT'S COOKIE DECORATING

with NANCY

Monday, March 14, 1:15pm

Whether you're Irish or "Honorary Irish," come decorate some cookies with Nancy. **Cost: \$5.00. Deadline to register, pay, and request refund: Thursday, March 10.**



KNITTING FOR BEGINNERS & BEYOND

with Sandy, Jo-Ann, and Maxine

Wednesday, March 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, March 7.**

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.**

EDUCATION

TECH HELP

Computer/Tech Assistance

Saturday, March 19, 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 Tuesday, March 15,

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

AARP SMART DRIVER™ COURSE

Coming in May 2022



This is a 4 hour in-person course that will be taught at the Center for Active Living by an AARP trained volunteer. We will be offering more than one class to keep class size small. On successful completion of the course, you should be eligible for a multi-year discount on your automobile insurance. **Cost: \$20.00 if AARP member; \$25.00 if not an AARP member.** Details including dates, times, and registration information will be listed in *The Scoop* for April.



Did you go to school as a kid at the Center for Active Living? If so, please identify yourself to the person at the front desk. With your help, we are hoping to put together a little history of our building. Thanks in advance for your contribution!

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, March 8, 15, 22, & 29

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: \$32.00 (4 sessions). Deadline to register, pay, and request refund: Friday, March 4.** *If you miss a session, there will be no make-up or refund.*

LINE DANCING

Instructor: Diane Anderson

Wednesdays, March 9, 16, 23, & 30

9:15-10:15am and/or

Fridays, March 11, 18, 25, & April 1

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, March 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, March 14, 21, 28 & April 4

10:00-10:15am

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: \$32.00 (4 sessions). Deadline date to register: Thursday, March 10.** *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, March 10, 17, 24, & 31

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, March 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. **Meals, except some special meals, are \$5 each. This month the special meals are Turkey Special with all the trimmings on Thursday, March 10th (\$5.00) and Corn Beef & Cabbage on St. Patrick's Day (Thursday, March 17th - \$8.00). For special meals, you may only order one meal per person. 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 pro-

vided 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 – March 2022

Registration begins Thursday, March 3 at 9:00am for York Residents and 1:00pm for Non-York Residents. See p. 8 of *The Scoop* for additional information. Reservation required by noon the Friday prior to the meal you desire; call 207-363-1036, Monday – Friday, 9:00am-3:30pm. Meals: \$5.00 each except for St. Patrick's Day Special (March 17th) Corn Beef & Cabbage - \$8.00 (needs to be paid in advance) 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 Teriyaki Chicken Breast, Egg Roll, Fried Rice, Asian Mixed Vegetable <i>Muffin: Banana Walnut</i>	9 "Chicken Enchilada," Mexican Casserole, with Fresh Salad Toppings <i>Muffin: Cinnamon Peach</i>	10 Turkey Dinner with all the fixins – <i>Limited to one order per person</i> <i>Muffin: Cranberry Corn</i>	11 Corn Chowder, Haddock Fish Sandwich with Cheese, Cole Slaw, Chips <i>Muffin: Peanut Butter & Jelly</i>
15 Lasagna with Meat Sauce, Meatball/Sausage, Vegetable, Garlic Bread <i>Muffin: Peanut Butter Choc Chip</i>	16 Mini Meatloaf, Mashed Potato, Vegetable <i>Muffin: Mixed Berry</i>	17 St. Patrick's Day Special Corned Beef & Cabbage with Vegetables, Irish Soda Bread \$8.00 – pay in advance Limited to one meal per person <i>Muffin: Pumpkin Streusel</i>	18 <u>CHOICE DAY</u> Haddock Fish Chowder AND Seafood Salad Roll OR Two Haddock Fish Chowders (no seafood salad roll) Cole Slaw, Chips <i>Muffin: Apple Spice</i>
22 Stuffed Cabbage, Mashed Potato, Vegetable	23 NO LUNCH TODAY	24 Cream of Tomato Soup, Melty Ham Sub with Sliced Tomato, Chips	25 Baked Haddock with Crumb Topping, Spinach Rice Pilaf, Vegetable
29 Everyone's Favorite Meatloaf, Mashed Potato, Vegetable <i>Muffin: Cherry Chocolate Chip</i>	30 Baked Spiral Ham, Roasted Garlic Red Potato, Vegetable <i>Muffin: Blueberry Corn</i>	31 Chicken Cacciatore over Spaghetti, Vegetable, Garlic Bread <i>Muffin: Peanut Butter & Jelly</i>	<u>CHOICE DAY</u> April 1 Seafood Pie OR Baked Haddock, Rice Pilaf Vegetable <i>Muffin: Sweet Georgia</i>

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

NATURE & OUTDOOR PROGRAMS

MYSTERY WALK TO CELEBRATE THE ARRIVAL OF SPRING

with Naomi, Mt. Agamenticus
Education Coordinator

Wednesday, March 23, 10:30-11:30am

The first day of Spring is Sunday, March 20th. Take a walk with Naomi and observe the signs that Spring has arrived. Location of walk will be in York. Participants will be contacted on Tuesday, March 22 regarding location. **Cost: Free but advanced registration required. Deadline to register: Monday, March 21.**

WINTER FITNESS WALKS AND, when possible, SNOWSHOEING with Jonna
See p. 7.

OTHER PROGRAMS

BINGO FOR FUN

Wednesday, March 30, 1:15pm

Join in a fun afternoon of BINGO. **Cost: Free. Register by Tuesday, March 29 so we can plan accordingly. You may, however, come without registering.**

BOOK CLUB

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 Friday, March

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.

For *Hope for Daffodils*, 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. We have a few used books for sale for \$5.00 each. The book is also available on kindle and the author is willing to sell hard copies through the Center for \$11.19. When you register, please let us know: 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 from us, the author, or get it on you own?

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. 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, March 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!*

Janie is also handing the YORK'S PROPERTY TAX FAIRNESS CREDIT REFUND PROGRAM

If you are a Maine taxpayer, you may be eligible to receive a portion of the property tax or rent you paid on your Maine individual income tax return for 2021 whether you owed Maine income tax or not. YCSA handles this process for York property payers or renters. If you are a York property payer or renter, see the following instructions and form: <https://www.yorkmaine.org/DocumentCenter/View/4538/Property-Tax-Relief-Application-2021?bidId=>. If you do not have access to the Internet, have questions, or need assistance with the process, please talk with Janie. To meet with Janie, please make an appointment in advance if possible. To make an appointment, contact Jo, Director, Center for Active Living, at 207-363-1036 or jross@yorkmaine.org or contact Janie directly at 207-363-5504 ext. 2 or 207-337-1867. If you are unable to meet with Janie at the Center or prefer not to meet with her here, she can schedule you for an appointment at YCSA.

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!

American Legion Burger Night Wednesday, March 2

Menu: *Burger or Cheeseburger & Fries* - \$7.00

Choice of medium rare, medium, or well done.

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

The York River Landing Wednesday, March 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, March 14, 4:00pm. When ordering, please specify if you want your fries plain (no salt or seasoning) or want your fries with salt/seasoning.

Fat Tomato Grill Wednesday, March 30

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 slow roasted turkey breast, swiss cheese, 1000 Island dressing, cole slaw, pressed on marble rye) with fries

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

SPORTS



CANDLEPIN BOWLING
Bowl-O-Rama -
Portsmouth, NH
Own Transportation
Friday, March 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, March 22.



"Spring is when you feel like whistling, even with a shoe full of slush." — Doug Larson

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](https://www.covidtests.gov).

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*.

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. In addition not to giving out your social security number, credit card information, and other personal data be sure not to give out your Medicare number.

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) and Maine Property Tax Fairness Credit, call 207-336-5504. Also, Janie Sweeney, Family and General Assistance Manager, is at Center for Active Living on Wednesday, March 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

TIME FOR SOME FUN

MONTH OF MARCH WORDSEARCH

S	R	F	O	I	D	R	S	U	E	S	S	B	B
B	O	E	L	E	P	R	E	C	H	A	U	N	P
A	I	E	A	E	D	S	B	R	H	D	O	T	R
S	K	B	N	S	G	H	A	O	A	D	D	E	D
E	R	D	E	L	A	A	S	C	P	D	D	S	T
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B	F	C	H	A	B	O	A	A	I	G	M	O	I
P	O	M	I	C	I	C	L	A	C	H	R	H	G
G	T	H	S	B	R	S	L	E	A	T	O	T	R
S	O	S	L	I	D	O	F	F	A	D	C	O	A
L	P	P	H	R	S	P	R	I	N	G	K	P	S

POTOFGOLD
 DAYLIGHT
 CROCUSES
 SHAMROCK
 BIRDS
 IRISH
 CORNEDBEEF
 POTHOLES
 MUD
 BASKETBALL
 MARDIGRAS
 DRSUESS
 DAFFODILS
 BASEBALL
 LEPRECHAUN
 CABBAGE
 SPRING

Play this puzzle online at : <https://thewordsearch.com/puzzle/3348021/>

Directions: Find all the words in the right column in the grid. Words may be on a diagonal, up, down, forward, or backward. Some letters may be in more than one word. When you find a word, circle it and cross it off the list. When you've found all the words, congratulate yourself. In the meantime, have fun!

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:

March 2022

Registration for Meals and Programs: Thursday, March 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.

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



**Daylight Savings Time begins Sunday,
 March 13 - Turn clock ahead 1 hour
 First Day of Spring - Sunday, March 20**