

The Scoop

October 2022

Robin Cogger, Parks & Recreation Director
 Jo-Ellen Ross, Center for Active Living Director
 Art Jacobs, Program Coordinator
 Nancy Garfield, Chef
 Obie Murphy, Custodian
 Rebecca Osgood, Kitchen Utility Associate



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

Vol. 42 Issue 4 Phone 207-363-1036 www.yorkparksandrec.org Monday - Friday, 9am - 4pm

ANNOUNCEMENTS

- **Robin Cogger, York Parks & Recreation Director, retires Friday, October 14. Please read her message on p. 3.** We thank her for her service to York and its citizens including as Director for York Senior Center (now, Center for Active Living). We wish her well on her next adventures and hope that she remains active in York as an advocate for parks & recreation and older adults.
- **Sydney Wakefield resigned as our custodian** in September. We now welcome her as a full-time participant and volunteer. Her love and knowledge of games is a gift she readily shares with all interested older adults. Syd, thank you for your service and keeping the center clean for us to enjoy.
- **Obie Murphy has joined our staff as our new custodian.** She is already working hard keeping the center clean for all of us.
- **Our lunch program as of October, will return to Dine-In Meals, Tuesdays thru Fridays.** A limited number of pick-up meals will be available for individuals based on need and application. For details of our revised meal program, see p. 14.
- **Flu Shot Time is here.** York Hospital Walk-In Clinic on Rt. 1 will be offering drive-thru flu clinics on Thursday, October 20; Friday, October 21; Thursday, November 17; and Friday, November 18, 12:30-6:00pm. No appointment needed.
- **Hannaford's 'Fight Hunger' Bag Program has selected the Center for Active Living to be the recipient of money raised through this program during the month of October.** If you shop at Hannaford in York and would like to support the center, consider purchasing one of their "Fight Hunger" Reusable Grocery bags. The bags cost \$2.50. For the month of October 2022, if you purchase a bag, \$1.00 will be donated to the Center for Active Living. Thank you in advance for your support; and just think, you'll have a new reusable grocery bag to continue to use for a long time.
- **Sand buckets will once again be delivered to York older adults who qualify for the program and register for it. Even if you have participated in the program in the past, you must re-register. Registration begins Thursday, September 29.** See p. 12.
- **If you have yet to renew your annual registration, please do so before October 13 if you want to continue receiving *The Scoop* and emails.** You can re-register by stopping by or calling the center during open hours.
- **Check out all the special events in October on p. 5.**

Important Information

Meal and Program Registration: York Residents start Thursday, September 29 at 9am; non-residents start

Friday, September 30 at 9:00am. Thereafter, registration open Monday-Friday, 9am-4pm. You may register in-person, by phone, or online (except for meals).

Monday, October 10 - Indigenous People's Day - The Center for Active Living will be closed this day.

Friday, October 14 - Center will close at 1:30pm.

Basic Information

Location: 36 Main St., York Beach (main entrance - rear of building) [Mailing Address: 36 Main St., York, ME 03909].

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

Contact Information: Phone 207-363-1036; website <https://www.yorkparksandrec.org/> (click on Center for Active Living at the far right)

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.

Program Fees: Some programs have a fee. The fee is listed in the program description. It is the same for York residents or non-residents. 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 - CAL" and put in memo activity/lunch/trip. 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 you are a York Resident who may benefit from the assistance of a scholarship or payment plan for program participation, please see Jo, Director. We're happy to help.

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.

Programming Considerations in Light of COVID-19: All programs may be subject to change as a result of Covid-19.

ANNUAL CENTER REGISTRATION

Annual registration for the fiscal year 2022-2023 began May 1. If you have not yet re-registered, please stop by the Center or call (207-363-1036) to update your file. This will ensure that you continue to receive *The Scoop* and emails after October 2022.

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; just stop in!**

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.*



FAREWELL MESSAGE FROM ROBIN COGGER, DIRECTOR, YORK PARKS & RECREATION

Message from Robin

Recently, tennis great Serena Williams announced her retirement from the game that she loves. She has stated that she prefers to consider herself “evolving away from tennis” rather than retiring. This idea has resonated with me; the idea that retirement is simply an evolution, a continuation of one’s personal and professional change and growth. As my own retirement approaches in October, and I evolve away from York Parks and Recreation Department, I am looking forward to redirecting my focus introspectively and exploring other things that are important to me.

I’ve heard it said that if you do what you love, you’ll never work a day in your life. It’s true! I have loved almost every minute of the 30+ years that I have worked at York Parks and Recreation Department. It has been an honor and a pleasure to work for, and on behalf of, the place that I call home, and I thank this community for putting their trust in me. I am proud of the impact that the Parks and Recreation Department has had in consistently making York a great place to live, work, and visit. Team Parks and Recreation’s focus has always been to build community and enhance quality of life. How can you not love doing that?

I’ve had an opportunity to wear many hats, to do and be a part of some amazing things through my work here. From facilitating programs for every possible age group, climbing the Nubble’s tower, raising money for community initiatives alongside my husband, watching an estimated total of 75,000 runners cross the 4th of July finish line, the 350th Anniversary parade, bringing my children to work with me, escorting a trip to see the Red Sox play their final game in the old Yankee Stadium (a trip that my parents were able to join me on), receiving a phone call from an astronaut while he was on the International Space Station, being a steward of our incredible natural resources; the list is long and varied and I have been enriched by each and every experience. It’s quite possible that recreation has done more for me, than I for it.

I have met and worked with some incredible people. I am grateful for the meaningful relationships that I have built with many of them. These people and these relationships are what I will miss the most. Recreation is nothing without the relationships that make our programs better, our parks more beautiful, our beaches cleaner, our events successful, our centers livelier, and our hearts fuller!

Recreation will always be a part of me. As I evolve away from the oversight of York Parks and Recreation, I will become an active participant and supporter of its programs and places. If I could be so bold, in my parting message, to tell you that I wholeheartedly believe that recreation IS the essential non-essential department. I would encourage you to continue to support the work and efforts of the team that makes up York Parks and Recreation Department; the overall well-being of our community is dependent upon it.

Thank you, YPR, it’s been quite a ride!

Robin

Robin Cogger, Director



Summary of October Programs

All activities except Café, Card and Board Games, Crafters Gathering, Exercise by Video, Tai Chi, and Drop-In Pickleball require advance registration. Registration for York Residents begins Thursday, Sept. 29 at 9am and for Non-York Residents, Friday, Sept. 30 at 9am. Thereafter, you may register Monday-Friday, 9am-4pm. Register in-person, by phone, or online (meals not online). For details of a program, see page listed after the program.

By Day and Time

Daily (Monday - Friday)

Center open 9am – 4pm

Café, 9-11am – p. 2

Monday [Closed Monday, Oct. 10 - holiday]

Pickleball, 8:30-10:30am - p. 10

Exercise via Video, 9am – p. 9

Poker, noon-4pm – p. 6

Dominos/Mexican Train, 1-4pm – p. 6

Scrabble, 1-4pm – p. 6

Tuesday

Shake It Up, 8:30am - starts Oct. 4 - p. 8

Balance Fun & Workouts, 9:30am - starts Oct. 4 - p. 8

Chair Exercise, 10:30am - starts Oct. 4 - p. 8

Cribbage, 10am - p. 6

Lunch, noon (arrive at 11:30am) – p. 13-15

Hand & Foot, 1-4pm – p. 6

Bridge, 1:15-4 pm – p. 6

Crafters Gathering, 1-3:30pm – p. 7

Wednesdays

Walking Group, 9am - p. 9

Exercise by Video, 9am - p. 9

Line Dancing, 10am - starts Oct. 5 - p. 8

Lunch, noon (arrive at 11:30am) – p. 13-15

Dominos/Mexican Train, 1-4pm – p. 6

Poker, 1:15-4pm - p. 6

Thursdays

Shake It Up, 9:00am - starts Oct. 6 - p. 8

Cribbage, 10am - p. 4

Brain Games & Movement, 10am - p. 6

Lunch, noon (arrive at 11:30am) – p. 13-15

Mahjong - Chinese/Taiwan, 1pm - p. 6

Mahjong Lessons, 1pm - p. 6

Bridge Lessons, 1:15pm - p. 6

Backgammon, Checkers, Chess, 1:15-4pm - p. 6

Wii Bowling, 1:15-3:45pm - p. 6

Friday [Oct. 14 - Closing at 1:30pm]

Line Dancing, 9:30am - starts Oct. 7 - p. 8

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

Lunch, noon (arrive at 11:30am) – p. 13-15

Mahjong - American, 1-4pm - p. 4

Tai Chi, 1pm - p. 7

One-Time Programs

Special Events - See p. 5

Monday, Oct. 3: Cookie Decorating with Nancy

Tuesday, Oct. 4: Fryeburg Fair - p. 11

Wednesday, Oct. 5: Restaurant Dining at Home - The York River Landing (order by Monday, Oct. 1 by 3:30pm) - p. 9

Friday, Oct. 7: BINGO - p. 9

Wednesday, Oct. 12: Fall Fest - p. 5 & 7

Thursday, Oct. 13: Trip - Dinner Out - p. 11

Monday, Oct. 17: Trip - Salem, MA - p. 11

Wednesday, Oct. 19:

- Diamond Art Craft - p. 7

- Live Music & Dinner- p. 5

Thursday, Oct. 20: Trip - Breakfast Out - p. 11

Monday, Oct. 24:

- Book Club - p. 10

- Hearing Basics & Screening - p. 7

Tuesday, Oct. 25: Bowling - p. 10

Wednesday, Oct. 26: AARP Smart Driver™ Course - p. 7

Thursday, Oct. 27: Sing Along with Art - Elvis Edition - p. 10

Friday, Oct. 28: BINGO - Halloween Edition - p. 8

Monday, Oct. 31 - Halloween:

- Halloween Breakfast - p. 5

- Halloween Scavenger Hunt and Walk

Program Areas

- ◆ Board & Card Games - p. 6
- ◆ Creative Arts - p. 9
- ◆ Education - p. 7
- ◆ Exercise & Wellness - p. 8-9
- ◆ Lunch Program - p. 13-15
- ◆ Nature & Outdoor Recreation - p. 9
- ◆ Other Programs - p. 9-10
- ◆ Special Events - p. 5
- ◆ Sports - p. 10
- ◆ Trips - p. 11-12

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 - p. 6

If you or someone you know, needs help with purchasing or shopping for food, do contact York Community Service Association (YCSA) at 207-363-5504. YCSA is ready and willing to assist you. They even do home delivery if needed. For Food Pantry, call Maureen, ext. 3; for grocery shopping, call Don, ext. 4.



SPECIAL EVENTS

Annual Fall Fest - Wednesday, October 12

Join us for a full day of fun seasonal activities, a cookout, and great live music. All activities are free with the exception of lunch; lunch is \$5.00. Below is the schedule for the day.

Schedule:

- 10:00 - 10:45am - Create simple ghostly crafts indoors with Nancy
- 10:00-11:30am - Make a scarecrow and/or decorate a pumpkin outdoors with Art & Andy
- 11:30am - 1:00pm - Lunch (cookout): hamburger/cheeseburger or hot dog, seasonal salad, apple cake
- 1:00-2:30pm - Live Music by North River Band

Registration deadline: Wednesday, October 5 (lunch reservation by Friday, October 7 - 2pm). When registering, please indicate which activity(ies) you will be participating in.

Music & Dinner at the Center - Wednesday, October 19

Live Music: Old Time Dave Salvage (folk and bluegrass music) - 3:00-4:30pm.

Menu: Lasagna Dinner (meat sauce) with dessert. Dine-In only - 4:45pm

Cost: Entertainment is free. Dinner \$5.00.

Registration Deadline: Friday, October 14.

Halloween Breakfast Monday, October 31, 9:00am

Come enjoy our Halloween Costume breakfast! Nancy will be making a yummy breakfast for Halloween. Wear a costume and be eligible for a prize! Dine-In only. Please arrive and sign-in by 8:45am.

Menu: Scrambled Eggs, Blueberry Pancake, Sausage, and Muffin.

Cost: \$5.00.

Deadline to register, pay, and cancel with refund: Wednesday, October 26.

Halloween Scavenger Hunt and Walk with Art & Becky Monday, October 31, 10:15am - noon

Are you team Becky? Are you team Art? Put on your Halloween costume and join Art and Becky for a scavenger hunt and walk around downtown York Beach. Each team will follow clues, collect items, solve riddles, and complete tasks to win the hunt. Costumes are encouraged but optional; having a great time with a ton of laughs is required.

Cost: Free.

Registration Deadline: Friday, October 28.



BOARD & CARD GAMES

**[Drop-In Programs EXCEPT
Bridge & Mahjong Lessons]**

All card and board games are drop-in, self-directed programs. All levels of players are welcomed. 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 available space.

BACKGAMMON, CHECKERS, CHESS

Thursdays, 1:15 - 4:00pm - Dining Room

BRIDGE

Tuesdays, 1:15pm - Dining Room

BRIDGE LESSONS

Thursdays, 1:15pm - Dining Room

Register by the Tuesday prior to the Thursday you desire to attend.

CRIBBAGE

Tuesdays & Thursday, 10:00am - Card Room

DOMINOES/MEXICAN TRAIN

**Mondays & Wednesdays, 1:00 - 4:00pm -
Activity Room**

HAND AND FOOT

Tuesdays, 1:00 - 4:00pm - Card Room

MAHJONG - Chinese/Taiwan

Thursdays, 1:00pm - Card Room

MAHJONG LESSONS

Thursdays, 1:00pm - Card Room

Register by the Tuesday prior to the Thursday you desire to attend.

MAHJONG - American

Fridays, 1:00 - 4:00pm - Card Room

POKER

Mondays, noon - 4:00pm

Wednesdays, 1:15-4:00pm

Dining Room

SCRABBLE

Mondays, 1:00 - 4:00pm - Card Room

WII BOWLING

Thursdays, 1:15-3:45pm - Activity Room

Playing games is a great way to keep your brain active, meet new people, socialize, and have some fun.

If you are interested in learning to play chess or any of the other board or card games, please contact Art Jacobs, our program coordinator. Also, if there is a card or board game that you would like to organize a group to play, please reach out to Art. Art is typically at the center, Mondays-Fridays, 9am-4pm, when there are no trips. You can call 207-363-1036 or stop by. You can also meet friends at the center to play a board or card game when the café is open (M-F, 9-11am) and other times when the center is open (M-F, 9am-4pm) based on space availability.



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

FALL CRAFTS

Pumpkin Decorating
Scarecrow Making

Ghostly Crafts with Nancy

Wednesday, October 12, 10:00am

See Special Events, p. 5. You will need to identify which craft you want to do when you register so that we have the appropriate amount of supplies.

Cost: Free.

Deadline to register: Wednesday, October 5.

DIAMOND ART TOTE BAGS

with Maxine

Wednesday, October 19, 1:00-2:30pm

Join Maxine for an afternoon of fun designing a tote bag using Diamond Art techniques.

Cost: \$10.00.

Deadline to register, pay, and cancel with refund: Friday, October 14.

CRAFTERS GATHERING

Tuesdays, 1:00-3:30pm - Activity Room

Drop-In - No Registration Needed

Are you growing tired of crafting alone? Bring your craft to the center and share ideas and projects with others. This is also a chance to learn from others. Some supplies & a sewing machine are available.

Cost: Free.

EDUCATION

HEARING BASICS & FREE HEARING SCREENING

Presenter: Dr. Matt Lewandowski, Au.D,
CCC-A Audiologist, Infinity Hearing (Kittery)
Monday, October 24

Presentation: 12:30-1:30pm

Hearing Screenings: 1:30-3:00pm

Dr. Lewandowski will discuss basics of hearing and audiology. Topics will include hearing loss, hearing instruments, tinnitus and basic hearing anatomy.

Cost: Free

Registration deadline: Friday, October 14.

AARP SMART DRIVER™ COURSE

Instructor: Rich Stevens

Wednesday, October 26, 1:00 - 4:30pm



On successful completion of the course, you should be eligible for a multi-year discount on your automobile insurance. The course will be taught by Rich Stevens, an AARP trained volunteer.

Cost: \$20.00 if AARP member (bring your AARP membership card); \$25.00 if not an AARP member; payable by check to the instructor at start of course; no cash or credit card payments.

Registration deadline: Thursday, October 20.

Please note that this course is only for individuals with a Maine driver's license as each state has its own course requirements.

MEDICARE BASICS

Presenter: Kimberly Lontine,
Medicare Educator &
Broker KLK Benefits & Insurance
Monday, November 7, 10:30am



Open enrollment for Medicare is October 15 - December 7. This is a time when you can change your Medicare selection. Come learn more about enrollment and your Medicare options and ask your questions.

Cost: Free

Registration requested by Wednesday, November 2.

EXERCISE & WELLNESS

General Information: Most of the instructor led programs are on-going; you sign-up and pay each month. If you miss a session, there will be no make-up, refund, or date exchange unless the session is cancelled by the center. Note, some programs have changed time and/or day this month.

EXERCISE WITH JONNA

Jonna Dijkstra, ACE Certified Personal Trainer and Senior Fitness Consultant, offers a variety of exercise programs designed to provide a fun experience and promote overall wellness. Jonna will try to meet your individual goals and modify the program(s) to meet your needs.

BALANCE FUN & WORKOUTS

Tuesdays, October 4, 11, 18, & 25
9:30-10:15am

Would you like to have better balance but don't know where to start? Have some fun as you keep 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! Weather permitting, program will be outdoors.

Cost: \$32.00 (4 sessions).

Deadline to register, pay, and cancel with refund: Friday, September 30.

CHAIR EXERCISE

Tuesdays, October 4, 11, 18, & 25
10:30-11:15am

Have fun doing cardio, strengthening, and flexibility exercises from a seated position. This is a great way to get a good workout and gain cognitively as well as physically without the risk of falling. Jonna can adapt the program so all can participate.

Cost: \$32.00 (4 sessions).

Deadline to register, pay, and cancel with refund: Friday, September 30.

BRAIN GAMES & MOVEMENT FOR OVERALL WELLNESS

Thursdays, October 6, 20, & 27
10:15-11:00am

Combining thinking and moving is a terrific way to improve your cognitive skills. This class will focus on our body and mind connection while involving fun games to keep your mind sharp with the added bonus

of helping with fall prevention. **Prerequisite:** Able to walk independently without a device. Weather permitting, program will be outdoors.

Cost: \$24.00 (3 sessions).

Deadline to register, pay, and cancel with refund: Tuesday, October 4.

LINE DANCING

Instructor: Diane Anderson

Wednesdays, October 5, 12, 19, & 26

10:00-11:00am and/or

Fridays, October 7, 14, 21, & 28

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: \$12.00 for once a week (4 sessions) or \$24.00 for both Wednesday & Friday sessions (8 sessions).

Deadline to register, pay, and cancel with refund: Tuesday, October 4.

SHAKE IT UP

Instructor: Rhonda DiCarlo

Tuesdays, October 4, 11, 18, & 25

8:30-9:30am and/or

Thursdays, October 6, 13, 20, & 27

9:00-10:00am

Shake it Up is an exercise class in disguise! The class consists of age-appropriate workout moves with a strong focus on dancing. No dance experience or skills is necessary. Class will begin with a warm-up, end with a cool down, and include strategic stretching in different dance routines. The workout portion is broken down with different songs, each with a different dance routine. Routines are easy to follow for all FITNESS LEVELS with an upbeat mixture of American, Latin, and international music. If you can "shake it up" and like fun music, this is the class for you.

Cost: \$20.00 for one a week (4 sessions), \$40.00 for twice a week (8 sessions), or \$7.00 per session as a drop-in participant.

Drop-in procedure: *You may select to not register and participate on a drop-in basis.* Please come to the office before the class to pay. Drop-In participation based on space; maximum # participants = 12.

Deadline date to register, pay, and cancel with refund: Friday, September 30.

**~ ADDITIONAL EXERCISE PROGRAMS
NEXT PAGE ~**

EXERCISE BY VIDEO

**Mondays & Wednesdays, 9:00-9:45am and
Friday, 10:45-11:30am**

Ongoing Drop-In Program - Activity Room

Join in a self-directed, video-led program. Come ready to move with others and the video; dress appropriately; no sandals please. Participate any or all days.

Cost: Free.

Registration: Drop-In program - no registration.

SENIOR CITIZENS ADVISORY BOARD WALKING GROUP

Easy Walkers - Wednesdays, 10:00am

**Distant Walkers - Wednesdays, 9:00am
Ongoing Program**

Put on your walking shoes and join the Senior Citizens Advisory Board for some exercise and socializing. Set your own pace and goals. All levels of walkers are invited to participate including those using a cane, walking stick, or wheelchair as long as you are independent. The Easy Walkers group is geared to persons who might use a walking aid (e.g., cane, walker), have a condition that interferes with distance walking, and/or have low endurance. This group walks at Short Sands Beach. The Distant Walkers walk at Short Sands Road (off Ridge Rd. by York Beach Post Office). Bring a bottle of water and dress for the weather.

Cost: Free.

Registration: Easy Walkers - Contact Debbie Meyers at 603-508-9362. Distant Walkers - Contact Liz Maziarz at 207-606-0274.

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 but experienced participants are ready to guide less experienced participants. Dress comfortably.

Cost: Free.

Registration: Drop-In program - no registration.

Nature & Outdoor Recreation

**HALLOWEEN SCAVENGER HUNT
& WALK with Art & Becky - See p. 5.**

OTHER PROGRAMS

BINGO FOR FUN

Friday, October 7 & 28, 1:00-2:30pm

October 28: Halloween Edition of BINGO

Consider joining us for lunch before BINGO [If you want to have lunch at the Center before BINGO, be sure to register for lunch by Friday the week but earlier is better so you don't end up on the waitlist for lunch; cost: \$5.00]

Cost: Free.

BINGO Registration preferred by Thursday, October 6 for Friday October 7 and Thursday, October 27 for Friday, October 28.

RESTAURANT DINING AT HOME

Tired of cooking, not driving at night, 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 between 5:00-5:30pm. **To order**, call the Center (207-363-1036) by the deadline date and time. When ordering, please pay by credit/debit card. If you desire to give a tip to the restaurant, please let us know to put the tip on your credit/debit card.

The York River Landing

Wednesday, October 5

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 and Payment: Monday, October 3, 4:00pm. When ordering, please specify if you want fries with *or* without salt or seasoning.

PEACE OF MIND

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

Janie will not be available to meet with you this month. If you have immediate needs, please reach out to Jo at the Center (207-363-1036). Janie will be back in November.

BOOK CLUB

Monday, October 24 - 10:30am

Book: *Lilac Girls* (2016)

Author: Martha Hall Kelly

This is an historical novel about the journeys of four unsung women during and after World War II. This book was on the *New York Times* bestsellers list.

General Information: Book Club provides an enjoyable and stimulating opportunity to share and discuss books with others. Typically, we get the books free from York Public Library. Please only register for this program if you intend to participate in the group discussion. 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.

Registration deadline: Wednesday, October 12.

SING ALONG SONGS WITH ART

Elvis Edition

Thursday, October 27, 1:00-3:00pm



Join Art at the center for an afternoon of dancing, singing, and good old-fashioned fun. We will be singing along to Elvis hits. Elvis will be on hand to assist.

Cost: Free.

Registration preferred by Friday, October 21.

SPORTS

DROP-IN PICKLEBALL

Mondays, 8:30-10:30am

Center for Active Living Parking Lot

Come put your newly learned skills to the test and play pick-up games with your friends and family here at the center. Please bring your own equipment. We will provide the nets. If you do not have your own equipment, let Art know and he will provide you with the equipment from the center.

Cost: Free.

Registration: Drop-in, no registration.

CANDLEPIN BOWLING

Bowl-O-Rama - Portsmouth, NH

Own Transportation

Tuesday, October 25, 2:00 – 4:00pm

Join in for a fun afternoon of bowling. Transportation will be on your own.

Cost: \$14.00 (bowling and bowling shoes) *plus any food or beverage you choose to purchase.*

Deadline to register, pay, and to cancel with refund: Thursday, October 20.

YORK PARKS & RECREATION FALL VENDOR FAIR

Saturday, October 22, 9am - 2pm

York High School - Auditorium Entrance

Enjoy the crisp fall air and get a jump on holiday shopping. This fair will feature 20+ vendors of homemade goods, from fine art to carpentry, jewelry, and more! This is a free event. ***Be sure to stop by and see the Center for Active Living Crafters and their items! Below is a sampling of some of their items.*** All money from the selling of their crafts goes to support the Center.



TRIPS

"ROLLING OUT OF YORK"



TRIP REGISTRATION POLICIES

Registration for trips is as follows:

- ◆ Registration begins the month the program is listed in *The Scoop* and continues until the program is full or the registration deadline, whichever comes first. Waitlist will always be available should the trip sell out.
- ◆ You may only register for yourself, your spouse, and/or significant other.
- ◆ Payment is required at time of registration. If for some reason, you are unable to pay the full amount at time of registration, please discuss with Jo, Director, to see if a payment plan can be arranged.
- ◆ In order to provide great prices for trips, we must follow strict enrollment numbers and firm payment deadlines. In the event we must cancel a trip, you will receive a full refund. After the final payment deadline date, participant cancellations are not refundable.

Our bus does not have restroom facilities, but we'll make an effort to visit a rest stop, when available, should the ride to our destination be longer than 1 1/2 hours. We will call everyone who has registered for a trip 1-2 days in advance to confirm times. It is very important that you arrive at the pick-up location prior to the designated time so that we stay on schedule.

Pick-up and Drop-Off: All trips originate from and return to the Center. Pick-up and drop-off is also available at Pine Grove at Village Woods, York Housing. *When you make your reservation, please indicate your departure location; either the Center or York Housing. Return location will be the same as departure location.*

***Special Note:** We are excited to welcome back Ed Gove as one of our bus drivers! Ed, thanks for coming out of full-time retirement again. The bus, staff, and participants are glad your back in action at the Center!!!*



THE FOLLOWING TRIPS IN OCTOBER ARE FULL - WAITLIST ONLY

- **Road Trip to Fryeburg Fair** - Tuesday, October 4, 8:00am-6:00pm. Cost: \$28 if age 65+, \$40 if age under 65.
- **Salem Witch Museum & Trolley Tour** (Salem, MA) - Monday, October 17, 7:30am-5:00pm. Cost: \$75.00 plus money for lunch.

DINING OUT FOR DINNER

Townline Restaurant (Waterboro, ME) Thursday, October 13, 3:45-7:30pm

We'll take the Center's bus to Townline Restaurant and dine at 5:00pm. You order from their regular menu. The restaurant provides a variety of food and pricing.

Cost: \$4.00 for bus trip plus the cost of your meal.
Deadline to register, pay, and cancel with refund: Friday, October 7.

DINING OUT FOR BREAKFAST

Hebert's Restaurant (Portsmouth, NH) Thursday, October 20, 8:30-11:30am

We'll take the Center bus to Hebert's for a delicious breakfast. You order from their regular menu.

Cost: \$4.00 plus cost of your meal.
Deadline to register, pay, and cancel with refund: Friday, October 14.

LIGHTS, CAMERA, ACTION MOVIE DAY

Regal Cinema (Newington, NH) Tuesday, November 22, 9:00am-3:00pm (specific time to be determined based on movie schedule)

Join us for a relaxing ride, great company, and a movie (TBA). We will also stop at Crumble for an ice cream or cookie. Please bring money for food and snacks.

Cost: \$20 (includes transportation + movie ticket).
Deadline to register, pay, and cancel with refund: Thursday, November 10.

~ **ADDITIONAL TRIPS NEXT PAGE** ~

ELF THE MUSICAL & DINNER

by Oguinquit Playhouse at
The Music Hall (Portsmouth, NH) [7:30-10pm]
Wednesday, November 30, 4:00-10:30pm

This is a modern Christmas classic musical transformed from the film *Elf* (2003). It is the hilarious tale of Buddy, a young orphan, raised in the North Pole by Santa and his elves. Later, Elf journeys to New York City in search of his birth father. This is a great way to get in the Christmas spirit. We will have dinner in the York-Portsmouth area prior to the musical.

Cost: \$105.00 plus the cost of your meal.

Deadline to register, pay, and cancel with refund: Friday, October 21.

CHRISTMAS PRELUDE TROLLEY RIDE & MUSEUM TOUR



Seacoast Trolley Museum (Kennebunkport)
Friday, December 2, 9:00am-3:00pm

Come out to the Seacoast Trolley Museum for a special winter treat. Ride in a heated trolley decked out in live holiday greens on their private heritage railroad. Check out the world's first and largest museum of its kind. Shop in the museum store, enjoy delicious hot chocolate, and view a whimsical gingerbread scene of the museum made by one of our Center of Active Living participants. We will stop for a light lunch.

Cost: \$35 (includes transportation, ticket for museum, and ticket for trolley) plus money for lunch and shopping.

Deadline to register, pay, and cancel with refund: Friday, October 28.

S.O.S. SAND BUCKET BRIGADE PROGRAM



Program for York residents only

Registration begins on
Thursday, September 29

S.O.S. (Serving Our Seniors), is again offering York adults who meet the criteria (see below), the opportunity to have delivered to your home a 5 gallon pail filled with a sand-salt mixture for your steps and walkways. This program is a collaboration among S.O.S. (Serving our Seniors), the York Parks & Recreation Dept., and the Town of York Police Department.

Criteria to participant:

- York resident;
- You unable to obtain a sand bucket on your own and have no one to help you get a sand bucket; and
- You need to have sand for your steps, sidewalk, and/or driveway to be safe, then this program is for you.

Cost: Free. All we ask of you is that when your bucket gets to half fill, you call again for a refill. Please note that it can take several days to deliver the refill, so advance notice is strongly encouraged.

Deadline date for registration: Friday, October 28 by 3:30pm.

Please note, that even if you were part of this program in the past, you must call to re-register if you want to continue with the program. When calling to re-register for the program, please let us know if you still have your bucket, please let us know how much sand remains in the bucket. Additionally, we cannot give you a specific day and time for delivery. Your safety is important to us.

Answers to Word Scramble in *The Scoop* for September

WORD SCRAMBLE

Muunat = Autumn

Efl = Elf

Cwesocrra = Scarecrow

Seoutktat = Steakout

Wslslen - was to be wellness, but typo

Okoeic = Cookie

Aemsl = Salem

LUNCH PROGRAM

As of October 2022, we are returning to our pre-pandemic in-person meal program. Please see announcement on following page.

LUNCH PROGRAM DETAILS

Lunch is available Tuesdays, Wednesdays, Thursdays, and Fridays. All days are dine-in. Based on need and application, a limited number of meals will be available for pick-up at 12:30pm. **Please see the next page for the menu.** All meals come with dessert; please request regular dessert or a sugar-free dessert at the time you order your meal. **Meals, except some special meals, are \$5 each. The special meal for October is a Lobster Roll (10/28/22); cost: \$16.00.** *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 2:00pm the Friday prior to the meal you would like; call 207-363-1036 or stop by the Center, Monday – Friday, 9:30am-3:30pm. You can order for the entire month or multiple weeks at once if you'd like. You may only order one meal per person. *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. If you are assigned to the waitlist for a meal, you will not be charged. Please do not show up for a meal that you are on the waitlist unless we contact you that we have a meal available; thanks!*

Payment is due at time of ordering unless special arrangements are made with Jo or Art. Please pay with a credit/debit card or check; no cash accepted. If paying by check, please make check out to Town of York/Cal and put meal(s) in the memo area.

LUNCH PROCEDURES

Please arrive by 11:30am and sign-in at the reception desk. Once signed in, find a seat in the dining room and socialize while you wait for lunch. Seats cannot be reserved. Once you find a seat, if you are able, please get your silverware and beverage. If you need assistance, there will be volunteer ambassador to help

you find a seat, gather your silverware and beverage, and clean your setting at the end of the meal. If you are a small eater, feel free to bring your own container and take home what you don't finish here.

SPECIAL MEALS IN OCTOBER

- Lasagna Dinner Wednesday, October 19, 4:45pm (no lunch that day)
- Lobster Roll Lunch (\$16.00), Friday, October 28
- Halloween Breakfast, Monday, October 31, 9:00am

MUFFINS FOR SALE

Muffins are not part of the meal. Muffins are 5 muffins for \$2.50 or 10 muffins for \$5.00. 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 or check at time of ordering unless other arrangements made; no cash. Pick-up options: Muffins are available for pick-up from 10:00am - 3:00pm. To pick-up muffins, please come to the front reception desk and let the volunteer know you're here for your muffins. Then, you can go to the dining room to pick-up your muffins. *Keep in mind, muffins freeze well so order extra and freeze so you have your favorite muffin when you want it.*

**Thanks to
York Police Department for our
"steak-out" lunch on September 16.**
Also, thanks to Nancy and her kitchen crew for all the meal extras.





ANNOUNCEMENT!

CENTER FOR ACTIVE LIVING LUNCH PROGRAM RETURNING TO DINE-IN TUESDAYS - FRIDAYS

The Center for Active Living's drive through/ pick-up meal program was established soon after the onset of the global pandemic to ensure that older community members would have safe access to affordable meals. For more than two years, this model has met that need and then some.

With the elimination of pandemic-related restrictions, the Center has been gradually, and cautiously, resuming in-person programming and activities that resemble pre-pandemic normal. After careful consideration and in accordance with the mission of the Center, the Center for Active Living will resume in-person dining, Tuesday – Friday, beginning Tuesday, October 4th. A dedicated number of pick-up meals will be available daily, by request only, for those participants who have extenuating circumstances that prohibit them from in-person dining.

The Center for Active Living staff remain dedicated to providing individuals in our community with an opportunity to socialize, learn, recreate, and be well, through participation in programs and activities that are designed to enrich the mind, body, and soul. Much of that socialization is focused around the in-person meal program and we are very much looking forward to seeing you in the dining room soon!

We would be remiss if we did not take this opportunity to thank the wonderful volunteers who have generously given their time assisting the facilitation of the drive through meal program. Their commitment to serving the Center for Active Living community in this capacity has been very much appreciated. THANK YOU to each of them! Many of these volunteers have agreed to continue assisting with the dine-in meal program so be on the lookout for their familiar friendly faces in the dining room!

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

Registration: York Residents begin Thursday, Sept. 29, 9am and Non-Residents begin Friday Sept. 30, 9am. See p. 10 of *The Scoop* for lunch program details. Reservation deadline: *Friday by 2pm prior to the meal you desire*; call 207-363-1036, Monday – Friday, 9:00am-3:30pm. Meals are limited to one per person. Meals are \$5.00 each except for Lobster Roll (Friday, 10/28/22), \$16.00. Also, for Halloween (10/31/22), there will be Breakfast (scrambled eggs, blueberry pancake, sausage, and muffin) on Monday at 9am; see p. 5. Order early as there are a limited number of meals per day. Muffins are not part of the meal; order separately (5 muffins - \$2.50; 10 muffins - \$5.00).

Tuesday	Wednesday	Thursday	Friday CHOICE DAY
4 Everyone's Favorite Meatloaf, Mashed Potato, Vegetable <i>Muffin: Cranberry Corn</i>	5 Broccoli Cheese Soup, BBQ Pork Sandwich on a Bun, Chips, Crackers <i>Muffin: Wild Maine Blueberry</i>	6 Roast Pork Dinner, Stuffing, Potato, Vegetable, Applesauce <i>Muffin: Banana Bran</i>	7 Seafood Newburg or Plain Baked Haddock, Roasted Potato, Vegetable <i>Muffin: Pumpkin Streusel</i>
11 Beef Stroganoff over Egg Noodles, Vegetable <i>Muffin: Cherry Choc Chip</i>	12 <u>FALL FEST</u> Burgers & Dogs on The Grill, Side Salads and More <i>Muffin: Banana Walnut</i>	13 Mushroom Barley Soup, Our Own Italian Sub Sandwich, Chips, Crackers <i>Muffin: Cinnamon Peach</i>	14 Haddock Florentine or Plain Baked Haddock, Spanish Rice, Vegetable <i>Muffin: Honey Raisin Bran</i>
18 Chicken A La King over Rice, Vegetable, Corn Muffin <i>Muffin: Lemon Blueberry</i>	<u>Dinner 4:45</u> 19 Our Own Lasagna with Meat Sauce, Meatball/Sausage, Vegetable, Garlic Bread <i>Muffin: Pumpkin Streusel</i>	20 Spiral Baked Ham with Pineapple, Baked Beans, Vegetable <i>Muffin: Peanut Butter Choc Chip</i>	21 Haddock with Shrimp Sauce or Plain Baked Haddock, Spanish Rice Pilaf, Vegetable <i>Muffin: Blueberry Corn</i>
25 15 Bean Soup with Vegetables, Meatball Sub with Cheese, Chips, Crackers <i>Muffin: Banana Choc Chip</i>	26 Mini Meatloaf, Mashed Potato, Gravy, Vegetable <i>Muffin: Mixed Berry</i>	27 Country Breaded Chicken, Potato & Egg Salad, Cole Slaw, Corn Muffin <i>Muffin: Orange Cranberry</i>	28 Haddock Fish Chowder, Lobster Roll (\$16.00) or 2 Haddock Chowders (\$5.00), Cole Slaw, Chips, Crackers <i>Muffin: Pumpkin Cranberry</i>

MENU SUBJECT TO CHANGE BASED ON FOOD AVAILABILITY; Thank you for your understanding!

INFORMATION YOU CAN USE

HEART TO HEART

Transportation, Errands, and More

Heart to Heart, Ageless Love is a 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!*

MEDICAL EQUIPMENT FOR LOAN

York Community Service Association (YCSA) - Contact Donald at 207-363-5504 ext. 4 or dmar-tin@ycsame.org.

Kittery Lions Club - 207-439-3378 between 10 am and 12 pm Monday through Friday.

YORK 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**. For details of the 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% of 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 or 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. Do not give out your social security number, credit card information, and/or other personal data (e.g., your Medicare number), or send money to unknown people.

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.

DON'T MISS OUT ON GETTING THE SCOOP IN NOVEMBER

CENTER FOR ACTIVE LIVING ANNUAL REGISTRATION



If you have *not* re-registered for 2022-2023, please stop by the center and complete the form or call the center, Monday - Friday, 9:00 - 3:30pm. To ensure you continue to receive *The Scoop* and emails after this month, be sure to re-register by Thursday, October 13. If you are new to the Center since May 2022, then you are registered for 2022-2023 and do not need to do anything more. Thank you!!!

ALZHEIMER'S ASSOCIATION'S 2022 WALK TO END ALZHEIMER'S - YORK BEACH WALK

TEAM: TOWN OF YORK - CENTER FOR ACTIVE LIVING

Saturday, September 17, 2022

Thank you to our walkers and donors who helped raise over \$2,200 for Maine Chapter of the Alzheimer's Association. It was a great day and lots of fun!!!



Volunteer Coordinators: Jo Andres & Kathy Cawrse

Donors:

- **Estes Oil Burner Service**
- **Foster Clambakes**
- **The York River Landing**
- **Whispering Sands Gifts**

AND many individuals!!!

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:

OCTOBER 2022

Registration for Meals and Programs: York Residents starts Thursday, September 29 at 9:00am; for Non-York Residents begins Friday, September 30 at 9:00am; all registration ends at 4:00pm.

You may register in-person, by phone, or online during the above times and thereafter, Monday-Friday, 9:00am-4:00pm.

For programs and meals with a fee, the fee needs to be paid at time of registration via credit/debit card or check unless other arrangements are made. No cash payments will be 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).

