



Yorks Illustrated

Fall • Winter • Spring 2022-23



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*We wish a fond farewell to our friend and colleague Robin Cogger.
May your future endeavors fill you with as much joy in years to come
as you have provided for decades to the York community!*

- York Hospital



Message from the Director

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 Cogger, Director

York Parks and Recreation

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The Parks and Recreation Board
is seeking new members.
Applications available in the
Town Manager's office.

Registration Information and Program Policies

All programs that are listed as “ongoing” can be registered for now. Please pay close attention to the deadline dates as you review the programs!

You may register online at www.yorkparksandrec.org, or by calling our office at 207-363-1040. Office hours are Monday-Friday 8:30am-4:30pm. Each program session is considered a new class. All individuals must register for all sessions they wish to participate in. Please remember that you are not automatically registered into additional sessions until your registration is complete, including payment.

Online Registration Helpful Hints:

- When you are registering your child for a program and online registration will not allow you to select your child's name because they are ineligible by grade, you need to manually update their grade in your account. Ages automatically update, but not grades.
Try this:
 - Click on “Account” in the upper left hand corner
 - Click on the “Edit” button next to your child's name
 - Select their current grade from the drop down menu. Click “Save.”
- If you forgot your Parks and Recreation account password please do not create a new account. Instead:
 - Click on the “Login” button in the upper left hand corner
 - Click on the “Forgot Password” link
 - Enter your email address and a new password will be emailed to you (Please note that you may change your password once you are logged in by clicking on “Account”)
- Can't find the program you are looking for?
 - Visit www.yorkparksandrec.org and select the “Register Now” tab, a list of all current programs will appear.
 - Or go to the “Programs” drop down menu and choose “Register Now” for the programming list.
 - Type in the program or keyword that you are looking for and click the “Search Filter” button. This should bring up all programs that pertain to your search.
 - Are you still having problems with online registration? If so, please call the office during normal business hours and we would be happy to assist you!

Refunds

We do not send or call with confirmations for our programs. Consider yourself or your children enrolled in the program of your choice when you complete your registration and payment. Your online registration receipt will show your program details.

We will notify you if the class has been filled, canceled, or changed. The York Parks and Recreation Department reserves the right to cancel or consolidate any program that does not meet minimum registration numbers.

If you need to withdraw from a program, you must notify us no less than one week prior to the first day of the program. You will receive a full refund if we are notified at least one week in advance of the program start date.

We do not issue refunds after the start of a program!

If the Parks and Recreation Department cancels the program you will receive a full refund.

We would like all program participants to be advised that the York School Department has priority over all school facilities. This, on occasion, may cause recreation programs to be canceled. We will make every effort to avoid this, however, should it occur, we will do our best to notify program participants in advance. All canceled programs will be rescheduled if possible.

Non-residents are subject to an adjustment of fees.

All persons participating in Parks and Recreation Department sponsored programs and activities do so at their own risk and without recourse to the Town of York, its agents, officers or employees.

Programming Considerations in Light of COVID-19

While things have improved, please note that some programs may be modified and/or suspended due to Covid-19. All programs follow protocol that are designed to temper the risk of the community spread of Covid-19.

Behavior & Conduct Policy

All participants in York Parks and Recreation Department programs are expected to behave in a proper and respectful manner. We will not tolerate any hitting, name calling, foul language, destruction of property or any other behavior deemed inappropriate by the staff. In accordance with the severity and frequency of behavior, the Parks and Recreation Department reserves the right to dismiss participants from the program. No refund will be given.

Warning, dates in calendar are closer than they appear!

Nothing hurts a recreation program faster than participants who wait until the last minute to register. Please pay close attention to the registration dates.

Sportsmanship

The York Parks and Recreation Department sets high standards for good sportsmanship! We encourage fans, coaches and players to enthusiastically support their team, recognize the outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

ADA

If you have a disability or injury and need additional accommodations to participate in any of our programs, please contact our office. It is recommended that request for accommodation be made prior to two weeks before a program start date to insure that we can do our best to provide reasonable accommodation.

Pictures

We randomly choose pictures of adults and children who participate in our programs to be printed in our publications or posted on social media. Please notify us if you do not wish to have your picture published or posted.

Parking

Parks and Recreation Department program participants are not exempt from Town of York parking regulations. When participating in our programs please pay close attention to permit and/or other meter requirements.

Scholarship Assistance

Stonewall Kitchen and York Community Service Association, in conjunction with the York Parks and Recreation Department and York Hospital, offer a scholarship program for children in need. These scholarships are available to serve our core programs and do not include special events. Families needing assistance should pick up a scholarship application at the Parks and Recreation office. Proof of residency is required at the time of application. All requests are confidential. No child in our community is ever turned away from participating in our core programs; however, in recent years our scholarship program has tripled. If you would like to help support our Scholarship efforts by making a contribution, please contact the office at 363-1040.



Mike Sullivan Scholarship

The Mike Sullivan Scholarship has been established by the Parks and Recreation Staff, in honor of retired, long time Parks and Recreation Director, Mike Sullivan.

The scholarship is awarded annually to a York High School

Senior who has shown promise as a young leader through their commitment to building community.

Eligible applicants are York High School Seniors, planning to continue their education, who demonstrate the qualities of good character, leadership, and service. Application information, for any YHS Senior wishing to apply, can be found at the York High School Guidance Office

We are pleased to announce the 2022 recipient, Joseph Neal. Joe, a member of the York Beach Ocean Rescue Team, is attending the United States Air Force Academy Preparatory School this fall where he is studying and serving in the Air Force. Joe is a walk on member of the USAFA Prep. Wrestling Team. We know you will join us in congratulating Joe and wish him all the best. We are confident that Joe will continue to emerge as a community leader wherever life takes him, representing himself, his family, and the Town of York, well.



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Nubble Light / Sohier Park

Our community has one of the most beautiful lighthouse parks in the country. The preservation and upkeep of this historic landmark is extremely important and is largely dependent on community volunteers. Under the watchful eye of the Sohier Park Committee, the Parks and Recreation Department is responsible for maintenance and operations at the park. Funding is primarily derived from a small gift shop, which is located in the Welcome Center at the park. The Center is open daily from late April through mid-October. Your patronage and donations have doubled the size of the gift shop and bathroom facilities and have funded all phases of the Nubble historic restoration project.

Volunteers are the backbone of our success. We have outdoor park ambassadors and indoor gift shop volunteers. Minimum requirements are one, three hour shift per week May - mid October (weather dependant in some cases). To volunteer or learn more please contact Brian Ross: blross@live.com

Holiday Lights

We invite you to visit Sohier Park to view the Lighthouse, adorned in Holiday Lights, throughout the season, beginning Saturday, November 26th through the first of the year. Lights will be on each evening from dusk until midnight and again the hour before sunrise.

Gift Shop & Restroom Hours of Operation

Restrooms: End of April-Late October (7 days per week)
7:00am-7:00pm

Gift Shop: First of May-Mid-October (7 days per week)
9:00am-7:00pm (9:00am-5:00pm fall hours)

Online Gift Shop

Ongoing and stocked with one-of-a kind items, ideal for holiday gift giving. All proceeds go to the upkeep of Sohier Park and Nubble Light. www.nubblelightstore.com

**STAY CONNECTED WITH
YORK PARKS AND RECREATION
THROUGH OUR MONTHLY E-NEWSLETTER,
SOCIAL MEDIA AND THE WEB!**

Yorks Illustrated Monthly: Be sure to check our website each month for the most up to date issue of our newsletter, this is where we will post important information and new programs.

Web: www.yorkparksandrec.org

Facebook: www.facebook.com/yorkmaine

Instagram: [@yorkparksandrec](https://www.instagram.com/yorkparksandrec)



Under Construction

Mt. Agamenticus Parking and restroom construction expected to begin September 19th and continue thru June 2023. Expect road, parking, and trail closures during this time. Call ahead with questions or if you are planning a visit: **207-361-1102**



Base Parking Area



Summit Parking Area



Mount Agamenticus Conservation Program

Though many of us already knew what a great natural and economic resource Mount A is, and noticed that use was on the rise, the Covid-19 pandemic emphasized how essential the Mount Agamenticus region really is for the local community and beyond. Like other communities across the

country, the Mount A area saw a dramatic increase in visitation as people sought outdoor spaces where they could be active at a safe social distance. While most other activities were not available, visitation in the Mount A region surged.

This unprecedented demand underscores not only the value that this area has always had as a prominent attraction and community resource but also the work needed to improve safety and visitor infrastructure at Mount A. The most urgent needs to address this growth include expanded and safe off-street parking and upgraded restroom facilities.

The Mount Agamenticus Parking and Public Restroom project, in collaboration with the York Water District and approved by voters in 2020, began this fall and is anticipated to continue through June 2023. Road, parking, and trail closures are expected during this time.

The parking project includes the construction and expansion of both the summit and base parking lots in addition to a satellite lot along the summit access road. This will greatly improve public safety, congestion, and the flow of traffic. The public restroom upgrades include the construction of composting toilet facilities located at both the summit and base. These will replace the portable facilities that currently exist at these locations. Composting toilets were selected due to the limited water supply and flow impacting water capacity for a flush system at the summit and comes with added environmental benefits.



Please Note:

During construction visitors can expect the Mount Agamenticus Road (road to summit) to be closed to all public access, including pedestrian and bicycle traffic. Limited parking will be available at the base and visitors will be temporarily redirected around construction to a trailhead nearby.

Visitors are strongly encouraged to seek alternative places to recreate this fall. We are fortunate to have so many trails and conserved land in this region. Visit [Maine Trail Finder](#) for other trails to explore OR visit our partners at [Great Works Regional Land Trust](#) and [York Land Trust](#).

As we look ahead to 2023 with parking lot and restroom upgrades in place, we are excited to continue the valuable work that ensures Mount A will continue to be a safe place for all people to form a connection to the outdoors. Until then, we have some limited guided, self-guided and volunteer opportunities available at Mount A.

More information about the project timetable, planning documents, maps, program updates and more can be viewed on the Mount A website at: agamenticus.org

Things to Do at Mount A

Spend time exploring the Mount Agamenticus Conservation Region and strengthening connections with the outdoors. Here are some ways to experience Mount A through work and play!

StoryWalk® Year-Round

Temporarily suspended due to construction
Please check back in the spring for more information on the next book to be featured!

Summit Learning Lodge

The summit Learning Lodge will be closed for the winter months. We hope to see you back starting Memorial Day weekend when it will once again be open to the public from 12:00pm-4:00pm on Saturdays and Sundays. The Learning Lodge is home to educational displays and hands-on activities as well as our gift shop.

Gift Shop

Stay tuned for December "Pop Up" hours or contact the Conservation Office to schedule a special time to visit. All purchases made at the gift shop directly support the work at Mount A, from the upkeep of the trails and facilities to our educational outreach efforts in the Learning Lodge and beyond! In addition to locally designed and printed Mount A logo gear, we're also happy to support local artists as well as carry products made by companies that promote sustainable and environmentally friendly practices. Contact us with your ideas and thank you for helping us grow!

Groups

All organized groups and parties of ten or more people must fill out the online Group Registration form available at Agamenticus.org under "Planning Your Visit." The Learning Lodge is available May-October to school & camp group visits, and other pre-scheduled groups for educational programming. We'll work with you directly to customize your visit once we receive your form! We also have guided options for smaller groups (read below). Guided options are dependent on staff availability.



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AND THE WEB**

Please visit our website: www.NubbleLight.org
Facebook: www.facebook.com/capeneddick
Instagram: [@NubbleLighthouse](https://www.instagram.com/NubbleLighthouse)

Small Group Guided Program Offerings

(12 person maximum) Available starting spring 2023

Youth Intro to Hiking & Leave No Trace

This 2-hour program is for beginner and first-time youth hikers (with their grown-ups). Through a variety of fun games and hands-on activities in our summit Learning Lodge, participants will receive an overview of the 7 Principles of "Leave no Trace," learning how to properly "Plan Ahead and Prepare" for a hike. Youth participants will then work together with staff to plan our group's hike. We'll hit the First Hill trails at Mount A, kids in the lead, taking plenty of time to stop along the way! Hike may range from moderate to difficult. Each session is limited to 12 people; youth participants must be accompanied by at least one adult. Cost: \$10/person.

Watershed Model

This 1-hour program includes a Learning Lodge visit. We all live in a watershed! Learn about our local watershed and how human actions directly impact water quality. Participants will discover how water travels through a watershed through direct hands-on interaction with a 3D landscape model. By using everyday kitchen materials to represent chemicals and loose soil, participants can watch how pollutants travel through their community. This program emphasizes pollution prevention with a follow-up demonstration that shows how Mount A is working to reduce erosion and improve watershed health. Minimum 4/maximum 12 people for each session. Cost: \$10/person.

Tree ID Hike

Did you know that the Mount Agamenticus region is the most biologically diverse place in the state of Maine? For many species, this area is either in their northern or southern-most range! Join a Mount A staff member for a 1-hour hike along our First Hill Tree Identification loop and learn how to identify some of the unique tree species that live here. Minimum 4/maximum 12 people for each session. Cost: \$10/person. This hike is also available as a self-guided loop. You can find more information about the route and trail difficulty, as well as a PDF guide to download, on our website, under "Trails and Activities:" <http://agamenticus.org/planning-your-visit/trails>.

All small group offerings can be modified for physical accessibility! Please let us know when you fill out your form!

Attend Guided Programs with Mount A Partners!

Three Hill Hike

(with Great Works Regional Land Trust)

Tentatively scheduled for Sunday, November 6th, 9:00am-3:00pm

Meeting location TBD

Enjoy the last of the fall foliage season and explore Mt. A's vast trail network and habitats. Join Great Works Regional Land Trust and Mt. A guides for a full day of hiking as we ascend all three of the area's hills including the elusive Third Hill. Repaint the picture of the past by walking down old logging roads, ski trails and alongside stonewalls, foundations and rock piles. Moderate to difficult hike (~7 miles); \$5 suggested donation for non-members. To register, email info@gwrlt.org or call GWRLT at 207-646-3604.

Thanksgiving Leftovers

(with the Center for Wildlife)

Saturday, November 12th, 10:00am-11:00am

LOCATION TBD.

It's time to give thanks for our scavengers! Join Center for Wildlife's educators and non-releasable animal ambassadors to celebrate all the essential ways that our native scavengers keep our ecosystems clean and healthy. Often seen as gross and mean, our resident scavengers play an incredibly important role in the breakdown of dead plants and animals and leave their habitat more beautiful than they found it. Reservations required.

For more info & to register, visit <http://www.thecenterforwildlife.org/events>.

Making Tracks with Wildlife

(with the Center for Wildlife)

JANUARY – DATE TBD, 10:00am-12:00pm

What happened here? Whose footprint is that? Join us with the Center for Wildlife to answer these questions and more! Following an environmental education program including the Center's live animal ambassadors, we will take a walk and identify the tracks and sign of our local wildlife. By recognizing the wing-prints of an owl catching their prey, or the midden left over by a red squirrel's snack, we can learn so much about our wildlife's winter habits! We will also practice making our own tracks and seeing how our actions look in the fresh fallen snow! Open to all ages, moderate hike.

Seeking Sweethearts

(with the Center for Wildlife)

FEBRUARY – DATE TBD, 4:00pm-6:00pm



Join us for a fun owl courtship and nesting program followed by a snowshoe (or hike) owl prow! This is the perfect pre-Valentine's Day event connecting friends and families with Mt. A's natural world while promoting outdoor physical activity and good health during a time of year when we may all need extra motivation coming out of our own hibernation! Come meet Center for Wildlife's live owl education ambassadors and then see if we can hear their calls in the night. Open to all ages, moderate hike/snowshoe.

Natures Nesters

(with the Center for Wildlife)

MARCH – DATE TBD, 10:00am-12:00pm

Different species find mates, build nests, lay eggs, and raise their young in incredibly different ways. Join us at the summit with our friends at the Center for Wildlife to learn about our local nesters with live animal ambassadors and what you can do to help them. Then if you'd like, build your very own bird box to take home! Participants may also choose to take their unfinished kits home and build their boxes later. Instructions will be included. Open to all ages; parental guidance required for optional bird box building.

Wetland Walk

(with the Center for Wildlife)

APRIL - DATE TBD, 10:00am-12:00pm

The Mount Agamenticus region has the highest concentration of vernal pools in the state and is home to three threatened and endangered species. Join Mount A staff and the Center for Wildlife with live turtle ambassadors to learn about seasonal life cycles, critical habitats, and the difference between facultative and obligate species. This program will start at the Center for Wildlife, then we'll connect to Mount A's trail system for a hike to explore vernal pools, ephemeral streams, and wetlands.

Volunteer Community Workdays

Saturdays, 9:00am-12:30pm

Let's work together to take care of Mt. A! We are hosting one more community workday this fall to wrap up the season. Plus, we have scheduled new dates for spring 2023!

Fall Workday

November 5th - The focus of the day will be to maintain management of the 15-acre shrubland habitat at the summit. Specific sections are cut on a five-year rotation. Work will involve lopping and hauling brush to various locations for chipping.

Spring Workdays

April 22nd: Celebrate Earth Day by helping us pick up trash along trails and roadways at Mount A. If conditions allow, we will also remove debris and branches on area trails in preparation for the Big A 50K.

May 20th: Spring trails cleanup at Mount A includes cutting and clearing downed trees and branches, closing social or spider trails, blazing trails, pruning vegetation, and trash pick-up.

June 3rd: It's National Trails Day! Learn the ins-and-outs of being a Trail Adopter at Mount A. This workday serves as an orientation for anyone interested in adopting a section of trail and as a refresher for previous or existing trail adopters.

Please bring work gloves, sturdy shoes, water bottles, and snacks. We provide tools and post workday refreshments. To register for a work day, e-mail bjankowski@yorkmaine.org.



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Adopt A Trail

This program is an all-volunteer effort that provides community members and trail users with an opportunity to become involved in conserving and maintaining the many miles of multiple use trails threaded throughout the Mount Agamenticus Conservation Region. Volunteers can help by “adopting” a favorite trail and take responsibility for its upkeep. Adopters assist the Conservation Crew by monitoring, maintaining and enhancing trails and trailhead facilities. Once trained, Trail Adopters work at their own pace and on their own schedule with a minimum requirement of a trail visit once in the Spring, Summer & Fall.

Join the Friends of Mount A

The Friends of Mount Agamenticus, a non-profit volunteer group, are seeking engaged community members to help plan and advocate for the Mt. Agamenticus Conservation Program. Friends contribute by helping with the Summit View newsletter, special events, fundraising, and assist program staff in Learning Lodge activities.

To sign up for a program or workday, donate, or to learn more about the Mount Agamenticus Conservation Program please visit our website: www.agamenticus.org.

You can also connect with us on [facebook.com/MountAgamenticus](https://www.facebook.com/MountAgamenticus) and [instagram.com/mtagamenticus](https://www.instagram.com/mtagamenticus), or contact the Conservation Office at 207/361-1102.

Big A 50K

Saturday, May 6th, 2023

Check website for updates, as date may be subject to change. Join us for a day of stamina and fantastic views, all to benefit the Mount Agamenticus Conservation Region. Full write up in Road Race Section of this catalog.

The Center for Active Living



The Center for Active Living is located at 36 Main Street in York Beach and operated by the Town of York Parks and Recreation Department. The Center's staff is dedicated to providing individuals in our community, age 50 and over, with opportunities to socialize, learn, recreate, and be well, through participation in activities and programs that are designed to enrich the mind, body, and soul. The Center is in operation Monday-Friday, 9:00am-4:00pm, except holidays and between Christmas Eve and New Year's Day.

The Center publishes a monthly newsletter and program guide, The Scoop. If you would like to receive a copy of The Scoop in the mail, please call the Center for Active Living office and sign-up to be on the mailing list. The Scoop is available for pick-up at the Center's office and at the York Parks and Recreation office, as well as being posted on the York Parks and Recreation website. In order to receive the monthly newsletter and periodical emails, you need to register on a yearly basis. Registration for 2022-2023 began in May 2022 and continues year-round. To register, call the Center, 207-363-1036, or stop by during regular business hours.

Most programs are open to all area residents with priority given to York Residents. A few programs, however, are reserved for York Residents only. There is an annual Non-Resident User Fee of \$25 (year goes from July 1st-June 30th). Many programs, including meals, require pre-registration. Some programs are free while other programs have a fee. Program fees are payable at the time of registration. A few programs require a certain level of physical functioning (e.g., snowshoeing requires that you can comfortably walk a mile). To register for programs, including meals, call the Center at 207-363-1036, or stop by.

You may also register for most programs, but not meals, online via the York Parks and Recreation website.

Programs and activities change from month to month. Programs vary from a few times a week to once a season or year. Some programs are one time while other programs are done in a series or are on-going throughout the year or season. Please see The Scoop monthly for specific programs and details. We tend to program according to the following areas:

- Board and Card Games
- Creative Arts
- Education
- Exercise and Wellness
- Lunch Program
- Nature and Outdoor Recreation
- Special Events
- Sport
- Trips
- Other Programs

We always welcome program ideas from participants and potential participants. It is our goal to accommodate everyone 50+ years of age who would like to participate. If you have a special need, please let us know and we will do our best to accommodate you. Programs are subject to minimum and maximum participation numbers based on several factors. Please, register early to avoid disappointment of a cancellation or waitlist. Additionally, if you are a York resident, scholarship opportunities are available.

For pricing and registration for the following programs, please see The Scoop each month or contact the Center office at 207-363-1036.



Wayside Trailer Park
 P.O. Box 83
 York Beach, ME 03910
 Tel. (207) 363-3846

10

BOARD AND CARD GAMES

All card and board games are drop-in, self-directed programs. There is no registration for any of these programs, with the exception of Bridge Lessons and Mahjong Lessons. Players of all levels are welcome to participate. In addition to the 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. Please note that days and times are subject to change, consider checking with the Center or The Scoop to confirm.

Backgammon, Checkers, Chess

Thursdays, 1:15pm-4:00pm

Bridge

Tuesdays, 1:15pm; Lessons: Thursdays, 1:15pm

Cribbage

Tuesdays & Thursdays, 10:00am-noon

Dominoes / Mexican Train

Mondays & Wednesdays, 1:00pm-4:00pm

Hand and Foot

Tuesdays, 1:00pm-4:00pm

Mahjong – Chinese/Taiwan

Thursdays, 1:00pm

Mahjong – Lessons

Thursdays, 1:00pm

Mahjong – American

Fridays, 1:00pm-4:00pm

Poker

Mondays & Wednesdays, 1:15pm-4:00pm

Scrabble

Mondays, 1:00pm-4:00pm

Wii Bowling and other Wii Games

Thursdays, 1:15pm-3:45pm



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CREATIVE ARTS PROGRAMS

Craft Programs

Each month you will find one or two craft programs offered at the Center. Coming this winter look for some unique craft classes such as Acrylic Paint Pour Art, Candle Making, and Upcycling.

**Following are craft programs planned for
November and December 2022.
Check The Scoop for November
for date, time, and cost.**

Create a Boxwood Tree with Nancy

Boxwood greens are long lasting and add beauty, spirit, and scent to your home or that of the person to whom you gift it. Nancy will lead you in creating a small boxwood tree and instruct you on its care so that it lasts beyond the holiday season.

Diamond Greeting Cards with Maxine

Diamond Holiday Bag Making with Maxine

Crafters Gathering

Tuesdays, 1:00pm-3:30pm

Free Drop-In, No Registration Necessary

Do you knit, crochet, or do other needlework? Love to scrapbook? Maybe you make cards or jewelry? Are you tired of crafting at home alone? Whatever you enjoy doing, you are invited to pack it up and bring it to the Center on Tuesday afternoons for a gathering of similar minded, craft-loving adults. This is also an opportunity to socialize, share ideas, and learn a new craft from an experienced crafter.

EDUCATION PROGRAMS

Each month we provide 1-2 education programs covering a variety of topics including community agencies, elder law, local history, nature, and wellness. Most education programs are free, have limited number of spaces, and require advanced registration. Check The Scoop monthly, for up-to-date education program information.

Below are some of the education programs scheduled for winter and spring:

Medicare Basics (November, 2022)

AARP Smart Driver Course (Spring, 2023)

Hearing Basics and Assessment (Spring, 2023)

Tech Help

If you need help with your smart phone, tablet, laptop, or other device, or want to learn how to use Zoom, we have volunteers ready and willing to assist you. Check The Scoop under Education for upcoming days and times or give the Center a call.

Exercise with Jonna

Instructor: Jonna Dijkstra, ACE certified personal trainer and Senior Fitness Consultant
 Throughout the year, Jonna will be providing different exercise programs: Workouts, Balance Fun, Brain Games, Chair Exercise and Winter Fitness Walking/Snowshoeing. All programs work on keeping your body strong and your mind sharp and are individualized to meet your specific needs! Being fit is an excellent means to maintaining your independence as you age. The majority of Jonna’s programs are year-round. Each program has its own fee.

Brain Games & Movement for Overall Wellness

Thursdays, 10:00am-10:45am

Combining thinking and moving is a terrific way to improve your cognitive skills. This class will focus on our body and mind connection. Jonna will be introducing fun games to keep your mind sharp with the bonus of helping with fall prevention. We will use various equipment, chairs, and your body. Prerequisite: able to walk independently without a device. Weather permitting, program will be outdoors. Cost \$32, weekly, for 4 sessions.

Balance and Fun Workouts

Tuesdays, 10:00am-10:45am

Would you like to have better balance but don’t know where to start? Join Jonna for a fun program designed to keep you strong so you can perform your daily tasks independently and with proper form. She will introduce you to a series of gentle workouts that help improve balance and posture and strengthen joints. Balance and strength go hand-in-hand. Typically, class meets year-round once a week for 4 weeks and is held outdoors, weather permitting. Cost \$32, weekly, for 4 sessions.

Chair Exercise

Tuesdays, 10:30am-11:15am

This program is geared towards providing a fun cardio, strengthening, and flexibility exercise program for individuals who either are unable to exercise standing or prefer to exercise from a sitting position. This is a great way to get a good workout, gain cognitively as well as physically, and have fun without the risk of falling. Cost \$32, weekly, for 4 sessions.

EXERCISE AND WELLNESS PROGRAMS

**Pop up Programs with Jonna
 Winter/Spring**

Jonna will be doing an assortment of pop-up programs such as Snowshoeing and Fitness Walks. These programs will be dependent on weather and instructor availability. These programs will be announced via Email, Facebook, postings at the Center, and when possible, will be announced in The Scoop.

Exercise by Video

**Mondays & Wednesday, 9:00am-9:45am and
 Fridays, 10:45am-11:30am**

Drop-In Program

Join in a self-directed, video-led program. Come ready to move with others and the video. Appropriate dress and footwear recommended. Cost: Free.

Line Dancing

Instructor: Diane Anderson

Wednesdays, 10:00am-11:00am and/or Fridays, 9:30am-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: 4 sessions, once a week, \$12.00; 8 sessions, twice a week, \$24.00.

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Shake It Up

Instructor: Rhonda DiCarlo

Tuesdays 8:30am-9:30am and/or Thursdays, 9:00am-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. There is no dance experience or skills necessary to “shake it up”. Class will begin with a warm-up and end with a cool down. We will also include strategic stretching in different dance routines. The workout portion is broken down with different songs, each with a different dance routine. The 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, once a week for 4 weeks, \$40.00, twice a week (both Tuesdays & Thursdays), for 4 weeks, or \$7.00 per session as a drop-in participant.

Senior Citizens Advisory Board Walking Group

Easy Walkers - Wednesdays, 10:00am – Short Sands Beach
Distant Walkers - Wednesdays, 9:00am – Short Sands Road (off Ridge Rd. by York Beach Post Office)

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 if 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. Bring a bottle of water and dress for the weather. Cost: Free.

Fall / Winter 2022-2023

Tai Chi

Fridays, 1:00pm-2:00pm

Self-Directed, Drop-In Program

This is an ancient Chinese exercise that is beneficial for balance, memory, and meditation. There is no instructor for this program, but experienced participants are ready to guide less experienced participants. Often the group follows a video program. Wear comfortable clothing. Cost: Free.

LUNCH PROGRAM

We provide lunch four days a week (Tuesday thru Friday) for a donation of \$5.00 per meal. Periodically, we offer special meals that may have a higher price. All meals are dine-in. We will offer a limited number of delivery and take-out of meals for those individuals who are unable to participate in group dining at the center. Delivery of meals is limited to York residents. If you feel you need a delivery or take-out meal, please contact the center to see if you qualify. All meals come with dessert. When ordering your meal, please indicate if you would prefer a sugar-free dessert rather than a regular dessert. Our in-house chef, Nancy works to provide the very best in both the variety and quality of meals. Monthly menus may be found in The Scoop and on the York Parks and Recreation website under Center for Active Living/Programs.

Contact the Center to make your reservation
(207-363-1036).

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



NATURE AND OUTDOOR PROGRAMS

Throughout the year, we offer a variety of nature and outdoor programs that are a combination of education and activity. Programs are conducted at the Center, Mt. Agamenticus, and other nature areas in the Greater York area. Below are a few of the programs planned for this winter and spring. Some programs are free while other programs have a fee. All programs except for ice skating require advanced registration so we can plan accordingly.

Enjoying Nature from Indoors and Outdoors

Presenter: Naomi Densmore, Mt. Agamenticus Education Coordinator and Certified LNT (Leave No Trace) Trainer

Winter Nature Journaling (January 2023)

The world around us is constantly changing, even in the cold months of winter. We can observe those changes and connect with nature through a nature journal practice. A nature journal is a place to grow your thoughts, feelings, ideas, activities, observations, and relationship with the natural world. In this program, you'll learn about "Sit Spots," explore some different ways to keep a nature journal and start your own journal through practicing observation skills with some beginner drawing exercises. Please bring your own journal or notebook; additional supplies will be provided. Location: Center for Active Living (indoors). Cost: Free.

Introduction to "Leave no Trace" (February 2023)

"Leave no Trace" is a set of seven principles that help us to reduce the damage caused to our outdoor spaces by human recreation. You'll learn some practical ways to minimize your impact at Mount A, York's beaches, and parks, and beyond! Location: Center for Active Living (indoors). Cost: Free.

Early Spring Tree ID (March 2023)

The Mount Agamenticus region is the most biologically diverse place in the state of Maine, and that includes our wide variety of tree species! Many of us can recognize some of the trees around us by noticing the shape and color of their leaves, but what about in the winter and spring? In this program, we'll take a closer look at bark, buds, twigs, and seeds to learn how to identify some common tree species before their leaves emerge. Location: Mt. Agamenticus. Cost: Free.

Nature Walks

Throughout the year, we invite older adults to partake in nature walks at Mt. Agamenticus (Mt. A.) or other natural areas in York with different focuses (e.g., seasonal changes, bird watching). This is a great opportunity to enjoy the outdoors with other people and learn a bit about our natural environment. For the most part, the walks are on the universal access trail, which has benches and is a hard surface. Some of the walks will be on the Mt. A universal access trail, which has benches and is a hard dirt surface, enabling

most people to participate. Other walks will be more strenuous.

Ice Skating at Rink by the River, Goodrich Park (Rt. 1) December – March, weather permitting

There will be ice time designated, specifically, for adults 50 years of age and older. You will need to bring your own skates. If you are in need of skates, or have a pair that are no longer of use to you, a free Skate Exchange is available on the porch of the Grant House. This "take a pair or leave a pair" program is for anyone. Please, be aware that sizes and styles may be limited. Skate aids (walkers) are available for use on the ice for stability. Information available on the York Parks & Recreation website, our emails, and The Scoop. You may also skate at any of the open times at the rink. Cost: Free.

Ice Skating with Music and Chef Nancy at Rink by the River\Goodrich Park (Rt. 1) January – March, weather permitting – See The Scoop in January for dates and times

Join Nancy, our very own chef, on the ice, and skate to a variety of music. No reservation needed; just show up with your skates and dressed for the weather. Cost: Free. Registration optional; if you register in advance, then we will notify you if there are any changes in date and/or time date due to weather/ice conditions. Cost: Free.

Outdoor Games

Spring

Come try your hand at shuffleboard, horseshoes, corn hole and ladder ball. At times, other lawn games will also be available. There will be opportunities for drop-in as well as organized sessions. Cost: Free.

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OTHER PROGRAMS

AARP Tax Aide

February – March

This is a program of the AARP Foundation that provides free filing of state and federal tax returns by trained volunteers. To participate in this program, you must make an appointment. The Center for Active Living will begin taking appointments in mid-January. Keep your eyes on The Scoop in January for details. Cost: Free.

Book Club

Each month we read a different book and then, get together for a discussion. Books are provided by York Public Library, which you pick-up and return to the Center for Active Living. We are able to obtain books in regular print, large print, and audio versions so everyone can participate. Advanced registration required. Each month's reading will be announced in The Scoop. Cost: Free.

Café

Mondays–Fridays, 9:00am–11:00am

Dining Room

Start your day off, by coming to the Center for coffee/tea/hot cocoa and home-made muffins and other treats for free. This is a great way to meet other people. No reservation needed, just stop by and enjoy the treats and experience by yourself or with others. Cost: Free.



Restaurant Dining at Home (Limited to York Residents)

Wednesdays, 1-2 times per month

If you are looking for a restaurant meal but don't want to go out, 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. You order through the Center for Active Living. You can order for yourself, your family, and/or invite others to your home to dine together. Volunteers will deliver your meal in a contact-free manner. There is no delivery charge; you only pay the cost of your meal(s) and, if you desire, a gratuity to the restaurant. To order, call the Center for Active Living, 207-363-1036, by the deadline date and time. When ordering, you will need to pay by credit/debit card. On the set date, a volunteer will deliver your meal to your home between 5:00pm and 5:45pm. See The Scoop for the date, restaurant, menu, and deadline for ordering for that month.

Bingo For Fun

Fridays, 1:00pm-3:00pm (twice monthly)

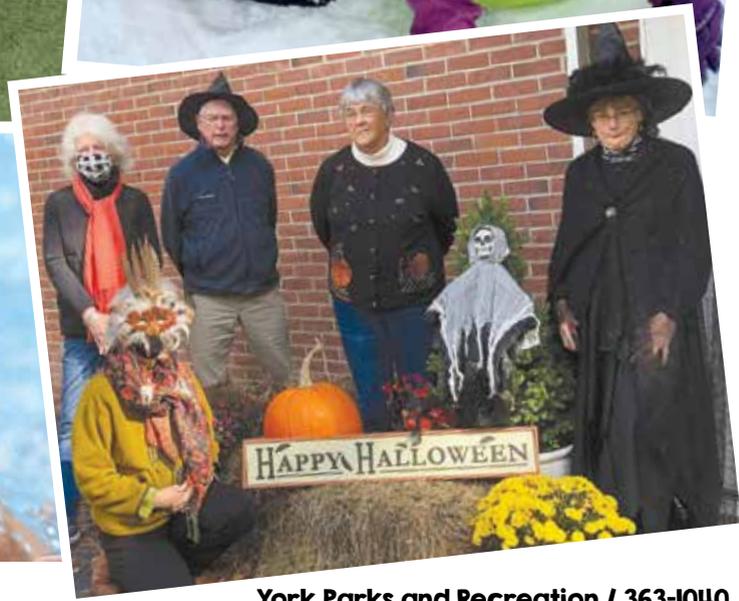
We play for Candy Bars each time with special Bingo themed prizes once each month. Consider joining us for lunch before BINGO. If you do want to enjoy lunch before BINGO, be sure to register for lunch by Friday the week before but earlier is better so you don't end up on the waitlist for lunch; cost for lunch: \$5.00 unless it is a special meal. Bingo Cost: Free

Peace of Mind

Twice a month, Janie Sweeney, Family Service Manager for the York Community Service Association (YCSA) is available at the Center to meet privately with you to discuss any concerns or needs you have, or about aging in place for yourself or a family member/significant other. Janie can help you with immediate needs such as grocery shopping, food pantry, financial assistance for home repairs, emergency funds for utilities and medical expenses as well as provide case management and planning for the future. Please make an appointment in advance, if possible. To make an appointment, contact Jo at the Center for Active Living (207-363-1036 or jross@yorkmaine.org) or call Janie at YCSA, 207-363-5504, ext. 2. If you are unable to make an appointment during the time Janie is at the Center, please call and we will try to make other arrangements for you to meet with Janie. See The Scoop each month or call the Center, to find out Janie's schedule for the month. All meetings are confidential.

Sing Along Songs with Art

Join Art at the Center for an afternoon of dancing, singing, and good old-fashioned fun. We will be singing along to hits of all decades.



S.O.S Sand Bucket Brigade Program

If you are in need of a sand bucket this winter for your steps, sidewalk, or driveway, but unable to obtain one on your own or have no one to help you get a sand bucket, this program is for you! S.O.S. (Serving Our Seniors), offers York adults who meet the criteria, the opportunity to obtain a 5-gallon bucket filled with a sand-salt mixture for your steps and walkways. This program is a collaboration among S.O.S., the York Parks & Recreation Dept., and the Town of York Police Department. If you meet the criteria to participate and are interested, please call the Center for Active Living (207-363-1036) to have a bucket delivered to your home in early November. Cost: Free! Please note, that even if you were part of this program in the past, you must call to re-register if you want to continue with the program. We ask that when your bucket gets to half empty, please, call again for a refill. Please note that it can take several days to deliver the refill, so advance notice is strongly encouraged. Additionally, we are unable to give you a specific day and time for delivery. Your safety is important to us. Call now to get your name on the list.

SPECIAL EVENTS

Periodically, we offer special events that frequently include activities and live entertainment. Keep an eye on The Scoop and York Parks and Recreation website for upcoming special events.

A few special events planned for this winter include:

Winter Community Concert

Sunday, December 11th at York Community Auditorium (York High School). The Seacoast Wind Ensemble will perform many holiday favorites to delight audiences. Tickets will be available in the fall. Note: This concert is open to the entire community so bring your friends and family of all ages to enjoy the event with you.

Digital performance of Portland Symphony's Magic of Christmas At the Center for Active Living with refreshments. Program will be free and be held in mid-December. Watch The Scoop for November and your email for announcement.

Lunch and Entertainment

Tired of those winter blues. Join us for lunch followed by entertainment (e.g., music, magicians, shows, movies, and themed events). Entertainment free; lunch: \$5.00 unless special meal, which may be more.

SPORTS

Candlepin Bowling

Monthly, 2:00pm-4:00pm at Bowl-A-Rama in Portsmouth, NH

Transportation is on your own.

Join in once a month for a fun afternoon of bowling. Cost: \$14.00

Fall / Winter 2022-2023

(bowling and bowling shoes) plus any food or beverage you choose to purchase. Consult The Scoop for each month's date.

Cycling with Northeast Passage

Spring

We have partnered with Northeast Passage, an affiliate of the University of New Hampshire that specializes in making outdoor recreation accessible to all. Northeast Passage provides a variety of bikes and trikes for all to ride plus expert instruction. You may also bring your own bike provided it is in good condition and you have ridden it recently. Northeast Passage provides helmets; all riders are required to wear a helmet. We hope you can join us in the spring! Cost: TBA.

Introduction to Pickleball

Spring

If you've always wanted to learn how to play pickleball or feel that you need to practice your skills before you're up for a full game, then this program is for you. We have 2 outdoor courts in our parking lot and provide the necessary equipment and instruction. The goal is fun and learning, in a recreational, non-competitive atmosphere.

Cost: \$24.00 per series of 3 lessons.

Drop-in Pickleball

Spring

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.



Address: 460 US Rte 1, Kittery ME 03904

OPEN DAILY

Retail Store Hours
10:00 am to Close

Pizza Hours
11:30am to Close

TRIPS

Come join us for a day/night out on the center's bus and leave the driving to us. We provide a variety of trips throughout the year. We typically offer 2-4 trips a month. During the winter months, January-March trips are limited due to weather conditions. Trips will be listed in The Scoop. Trips require early registration as we typically need to purchase tickets.

Here are some examples of the trips we offer:

Restaurants – monthly for Breakfast and Dinner
 Museums
 Sporting Events
 Concerts
 Seasonal Destinations
 Theatre
 Tours
 Shopping

Below are trips planned for November and December 2022:

Movie Days: We will be looking at doing a movie each month at a local theatre. We will take the Center's bus and enjoy a few hours out. Cost \$20.00 (includes transportation and cost of your movie ticket).

Elf the Musical (The Music Hall, Portsmouth, NH) & Dinner – **Wednesday, November 30, 4:00pm – 10:30pm.**

Cost: \$105.00 plus the cost of your dinner. Deadline for registration, payment, and cancellation with refund: Friday, October 21.

Christmas Prelude Trolley Ride and Seacoast Trolley Museum (Kennebunkport) – Friday, December 2, 9:00am-3:00pm.

We will stop for a light lunch. Cost: \$35.00 plus cost of light lunch. Deadline for registration, payment, and cancellation with refund: Friday, October 28.

BOSTON POST CANE

Under the direction of the Board of Selectmen, the Senior Citizen Advisory Board, on a yearly/or determined basis, will identify and honor the recipient of the Boston Post Cane.

The Boston Post Cane was established as a New England tradition that began in 1909. The Boston Post Cane was created by the Boston Post Newspaper as a feature for Towns to identify and honor their oldest resident, in a bid to increase readership. York was one of approximately 700 towns to receive a cane, made of ebony and topped with a 14-karat gold knob engraved with the Town's name. Enclosed in a glass case, York's cane will be on permanent display at the York Public Library and the honorees will be given a framed certificate to commemorate the day they were named as the cane's recipient.

The Senior Citizen Advisory Board is seeking the community's help in identifying the oldest resident of the Town of York for this honor, through a nomination process. The nominee must live, or have lived, in the Town of York for at least 1 year, prior to being eligible. Final determination is conducted under a case-by-case basis and any other extenuating circumstances. All honorees identified in the community will be honored during a yearly event. The committee will be accepting submissions for new recipients of this honor, throughout the year.

To nominate a resident to be considered for this honor, please submit a completed nomination form. Forms may be found on the Town's website, www.yorkmaine.org. If preferred, hard copy nomination forms can be made available by contacting Senior Citizen Advisory Board Chair, Deborah Meyers, djmeyers6666@yahoo.com or by calling Diana at the Town Manger's Office, 207-363-1000.

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Adult Programs For those ages 18+

Basketball - Men's Over 30 Open Gym

The York Parks and Recreation Department offers an opportunity for men to gather for several evenings each week for impromptu basketball. The schedule for open gym nights is shown below and players pay by the night or may purchase an annual pass.

REGISTRATION: Ongoing throughout the year or Drop In
 COST: \$150.00 for a one year unlimited pass or
 \$4.00 per player, per night

LOCATION: York Middle School

DAYS: Thursdays and Sundays

TIMES: 8:00pm (Time subject to change during school basketball season.)



Pickleball - Indoors at the Kittery Community Center

Pickleball is a racquet sport in which two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball over a net. The sport shares features of other racquet sports, the dimensions and layout of a Badminton court, and a net and rules similar to tennis, with a few modifications. Pickleball was invented in the mid-1960s as a children's backyard pastime but has quickly become popular among adults as a fun game for players of all skill levels. There are well over 2,000 locations on the USAPA's Places to Play map. The spread of the sport is attributed to its popularity within community centers, PE classes, YMCA facilities and retirement communities

We are excited that Pickleball is growing, and we are equally enthusiastic about collaborating with Kittery Recreation, again, for Indoor Fall/Winter Pickleball! If you haven't tried it, you should, it's a lot of fun. Pickleball can be played by all levels of players at the same time, so you should not feel intimidated if you are a beginner. We offer both staff facilitated sessions, as well as pick-up options. Each session will have equipment available

for your use, however those who have become hooked have preferred to purchase their own paddles.

REGISTRATION: Drop in, no pre-registration needed

STARTS: October 3rd

ENDS: Spring 2023 – date TBA, based on weather

COST: \$4.00 per person, per day
 (Monthly discount rates available, inquire at Kittery Community Center)

LOCATION: Kittery Community Center
 120 Rogers Road, Kittery

SCHEDULE: Monday: 3:00pm-5:00pm
 Beginner/Novice Levels
 & Beginner Lessons

Tuesday: 9:00am-12:00pm
 Open Play, All Levels

Tuesday: 5:30pm-7:00pm
 Intermediate to Advanced Levels

Thursday: 9:00am-12:00pm
 Open Play, All Levels

Friday: 1:00pm-2:30pm
 Intermediate to Advanced Levels

Friday: 5:00pm-6:30pm
 Open play, All SLevels

Pickleball Outdoors - Spring 2023

When Mother Nature allows, we'll be returning to the YHS courts for spring/summer Pickleball action. Be on the lookout for details in our monthly e-newsletters or give us a call to be added to our pickleball direct e-mail list.

Volleyball - Adult Co-Ed

Wednesdays – Year Round

This program is designed to meet the needs of the beginner, intermediate or advanced volleyball player. All are welcome to join in the fun. Teams will be chosen each session. Pick-up games will be played at the York Middle School, play emphasizes fun with a competitive edge. Players must be 18 years of age and older to participate.

REGISTRATION: Drop In, Year Round

COST: \$5.00 per person, per day

LOCATION: York Middle School Gym

DAY/TIME: Wednesdays - 7:00pm-9:00pm
 Subject to change during York Middle School Winter Sports season

Yoga On York - Beach Yoga & Mt. A Yoga

Returning to our line-up of programs in May 2023! Be on the lookout for details and start date.

Youth Athletic Programs

Programs listed in alphabetical order.

BASEBALL FOR BOYS & GIRLS

Lil' Sluggers

Ages 3 & 4

Lil' Sluggers is designed to prepare boys & girls ages 3 & 4 for their journey into organized team play. Our goal is to help our young athletes improve and continue to develop social and physical skills in a fun, relaxed atmosphere. Lil' Sluggers will help build confidence, reinforce team play, and foster the love for the game. Having FUN, building confidence, learning baseball, in that order. Parents are encouraged to participate with their children for some family fun. Baseball glove, sneakers or cleats required. All other equipment is provided.

REGISTRATION: Ongoing until April 13th

STARTS: April 29th (4 Week Program)

ENDS: May 20th

COST: \$50.00 Residents / \$60.00 Non-Residents

LOCATION: Bog Rd. Baseball Field

DAY: Saturdays

TIME: Mornings



T-Ball

Ages 5 & 6

This is an instructional league designed to help develop physical and social skills while learning the fundamentals of baseball. Volunteer Parent Coaches are needed for this program, please consider helping. Each team will play one game a week on either a Tuesday, Thursday, or Saturday. Baseball glove, sneakers or cleats required. All other equipment is provided.

REGISTRATION: Ongoing until April 7th

STARTS: League Begins Week of April 24th

ENDS: Week of May 29th

(no games on May 27th, last day June 3rd)

COST: \$60.00 Residents / \$70.00 Non-Residents

LOCATION: Bog Rd. Baseball Field

DAYS: Tuesday, Thursday, or Saturday

TIMES: Tuesday, Thursday 5:30pm or 6:30pm
or Saturday 8:30am

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Boys and Girls Ages 7 & Up

Come join York Little League!

York Little League (YLL) is committed to creating a fun, instructional and safe environment where children can enjoy the game of baseball or softball. They strive to provide a culture that encourages participation and makes each child feel like an important part of the team. All participants, players, coaches, umpires, parents and fans are required to practice healthy, sportsmanlike behavior. By offering a positive experience and friendly competition, they expect the players to learn life lessons that will extend well beyond the playing field.

Baseball Eligibility: Children must be 7 on or before 8/31/23 to be eligible to play.

Softball Eligibility: Girls must be 7 by 12/31/22

Mini Minors Softball Eligibility: Girls may be 6 if 7 by June 1, 2023 to qualify.

**BE ON THE LOOKOUT FOR REGISTRATION INFORMATION
STARTING IN JANUARY AT
WWW.YORKLITTLELEAGUE.NET**

Basketball 2022-2023

Basketball

Lil' Ballers - Ages 3 & 4 – Parent Involvement

We'll use a variety of fun games to develop balance, movement, and basketball skills as well as listening to instructions in this 4-week program. Participants will use a size 3 basketball and shoot on smaller hoops to slowly introduce them to competitive play. Parents will be encouraged to participate with their child to make this fun for the whole family.

REGISTRATION: Ongoing until January 19th

STARTS: February 4th (No basketball on 2/18 or 2/25)

ENDS: March 11th

COST: \$50.00 Resident / \$60.00 Non-Resident

LOCATION: Village Elementary School



For your best service call:

York House of Pizza

**274 York Street
York, Maine 03909
(207) 363-6171**

DAY: Saturdays

TIME: 8:00am-11:00am

(Each session will be 45 minutes)

Basketball

Kindergarten and 1st Grade

Our 5-week kindergarten and 1st grade basketball program is designed to introduce young players to the game of basketball. This program will allow the children to learn the basic skills in a fun, relaxed atmosphere. Volunteer Parent Coaches are needed for this program, please consider helping. Sneakers required; shorts recommended.

REGISTRATION: Ongoing until November 17th

STARTS: December 3rd

(No basketball December 24th & 31st)

ENDS: January 14th (make-up date, if necessary,
January 21st)

COST: \$55.00 Resident / \$65.00 Non-Resident

LOCATION: Village Elementary School

DAYS: Saturdays

TIMES: One-hour sessions between 8:00am-12:00pm

*** nOte ***

Please be advised that there is a deadline date for sign-ups on all programs to allow us the time to organize teams and league schedules.

There will be a \$10.00 late fee per child for our basketball programs. We hope this will encourage you to sign up early, as registrations will only be accepted, after the deadline date, if room permits.



York Insurance Agency, LLC

Deborah Lauersen

207-363-5024 Phone

207-363-3869 Fax

207-337-5024 Cell

484 US Route 1

York, ME 03909

Deb@yorkinsure.com

Basketball

2nd Grade Co-Ed

This 6-week program is designed to teach 2nd graders fundamental concepts of basketball. This program focuses on technique via clinics and scrimmages, helping players gradually increase their ability to do and understand a skill that will help them play basketball. Volunteer parent coaches may be needed for this program, please consider helping if you can. Sneakers required, shorts recommended.

REGISTRATION: Ongoing until November 17th

STARTS: December 3rd (No basketball
December 23rd & 31st)

ENDS: January 21st (Make-up date,
if necessary, January 28th)

COST: \$60.00 Resident / \$70.00 Non-Resident

LOCATION: Coastal Ridge Elementary

DAY: Saturdays

TIME: One-hour sessions, mornings
between 8:00am-12:00pm

Basketball - Preseason Full-Day Basketball Camp

Boys and Girls Grades 3-8

To change your game, you have to change your habits.

Join us on November 11th as we shake off the rust, poor shooting, and dribbling habits, and get back into playing shape. This full day basketball camp is open to boys and girls, grades 3-8 and will prep players for the upcoming basketball season. Sneakers required, shorts recommended.

Please be sure to bring plenty of water, snacks, and a lunch.

REGISTRATION: Ongoing until November 9th
(Register by October 31st and
receive a camp T-shirt)

DAY/DATE: Friday, November 11th

COST: \$50.00 Resident / \$60.00 Non-Resident

LOCATION: York Middle School

TIMES: 8:00am-4:00pm



Basketball

Boys and Girls Grades 3-4

Our 3rd & 4th grade league will take place at Coastal Ridge Elementary School and York Middle School beginning the week of November 28th. This league will focus on the development of individual skills, technical progression, and teamwork. Weeknight team practices will be one hour long and will be led by a volunteer coach. Team placement, and practice nights and times will be communicated once your player is placed on a team and rosters are finalized. Games will be played on Saturdays between 8:00am-3:00pm. If you are interested in coaching, please call our office at (207) 363-1040. Sneakers required, shorts recommended.

REGISTRATION: Ongoing until November 10th

STARTS: The week of November 28th

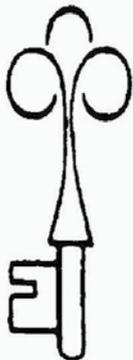
ENDS: February 4th (No basketball
December 24th-January 2nd)

COST: \$70.00 Resident / \$80.00 Non-Resident

LOCATION: Practices: Coastal Ridge Elementary
Games: York Middle School

DAYS: 1 weekday practice, game on Saturdays

TIMES: Practices in the evening, games on
Saturdays between 8:00am-3:00pm



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Wells, ME: (207) 646-9500
Fax: (207) 363-8410



York Golf & Tennis

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York, ME
03909

207-363-0130

yorkgolfandtennis.com



Basketball

Boys and Girls Grades 5-6

Our 5th and 6th grade league will take place at Coastal Ridge Elementary and York Middle School and will begin the week of November 28th. This league will focus on the development of individual skills, technical progression, and teamwork. Weeknight team practices will be one hour long and will be led by a volunteer coach. Team placement

and practice nights and times will be communicated once your player is placed on a team and rosters are finalized. Games will be played on Saturdays between 8:00am-3:00pm. If you are interested in coaching, please call our office at (207) 363-1040. Sneakers required, shorts recommended.

REGISTRATION: Ongoing until November 10th

STARTS: The week of November 28th

ENDS: February 4th (No basketball
December 24th-January 2nd)

COST: \$70.00 Resident / \$80.00 Non-Resident

LOCATION: Practices: Coastal Ridge Elementary
Games: York Middle School

DAYS: 1 weekday practice, game on Saturdays

TIMES: Practices in the evening, games on
Saturdays between 8:00am-3:00pm

Many programs are adversely affected due to participants waiting until the last minute to register. There is a point when a program must be cancelled or modified if there are insufficient registrations. All programs require a high level of coordination which includes facility scheduling, staffing, volunteer recruitment and the purchasing of supplies. You will notice many of our programs have registration deadlines. If there is room after a deadline, late registrations will be accepted with a late fee and if it is a youth program your child may not be guaranteed a t-shirt, hat, ball, etc. We appreciate your cooperation.

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Family Service Program and General Assistance for The Town of York

Janie Sweeny, Manager
Hours, 9-2, Monday - Friday
207-363-5504

Food Pantry

Maureen Monsen, Manager
Food Pantry hours, Wednesday - Thursday
11:00am - 3:00pm Please call for appointment.
Donation hours, Wednesday - Thursday
8:00am - 11:00am or by appointment.
207-363-5504

For more information please contact:

Michelle Surdoval, Executive Director
207-363-5504

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YCSA is a 501c3 serving the needs of
low income York residents

YCSA Mission:

To partner with York residents who are in need of support, services, and referrals during a difficult time in their lives with the help of our staff, volunteers and our community.

YCSA Thrift Store

Helps provide funds to support our Family Service and Food Pantry Programs.

Thrift Store

Donald Martin, Manager
Thrift Store Hours, Tuesday - Saturday
10:00am - 5:00pm
Donations by appointment
207-363-5504

855 US Route 1, York, ME 03909

Basketball - Travel Tryouts

Boys and Girls, Grades 5-6

Travel basketball is BACK!

We are excited to announce the return of 5th & 6th Grade Boys and 5th & 6th Grade Girls Travel Basketball. In order to be considered for a team, players must attend the mandatory tryout. Those who do not attend tryouts will not be eligible. 5th/6th Travel teams will practice twice a week, have a 10-12 game schedule, and play in a tournament, or two, to finish the season. Games will be played on Saturday afternoons and/or Sundays. There is a possibility for an occasional midweek game or scrimmage against a surrounding community. Registration for tryouts is free, but is required.

Please keep in mind travel basketball is more competitive than our recreation league and there will be an added commitment of time and travel from November-Late February (exact dates TBA). We encourage you to discuss this within your family to determine if this program is for you.

This is a CLOSED tryout. Tryouts will not begin until all parents have left the gym.

REGISTRATION: Ongoing until November 4th

DAY/DATE: Sunday, November 6th

COST: Tryouts are FREE (\$125.00 if chosen for a team)

LOCATION: York Middle School

TIMES: Girls Tryout: 9:00am-10:30am

Boys Tryout: 11:00am-12:30pm

Basketball - Travel Tryouts

Boys and Girls, Grades 3-4

This 3rd & 4th grade travel basketball program is an extension of our recreation league. Only those who participate in our 3rd & 4th grade recreation league will be eligible to tryout. In order to be considered for a team, players must attend the mandatory tryout. Those who do not attend tryouts will not be eligible. 3/4 travel teams will practice one day week (two practices if gym availability allows), have an 8-10 game schedule and play in a tournament, or two, to finish the season. Games will be played on either Saturday evenings or Sundays. An emphasis will be placed on skill development, court awareness, equal playing time & FUN! Please keep in mind travel basketball is more competitive than our recreation league and there will be an added commitment of time and travel from January-Late February (exact dates TBA). We encourage you to discuss this within your family to determine if this program is for you.

This is a CLOSED tryout. Tryouts will not begin until all parents have left the gym.

REGISTRATION: Ongoing until December 16th

DAY/DATE: Sunday, December 18th

COST: Tryouts are FREE (\$95.00 if chosen for a team)

LOCATION: York Middle School

TIMES: Girls Tryout: 9:00am-10:30am

Boys Tryout: 11:00am-12:30pm

Travel Basketball is BACK!!
Please pay close attention to tryout dates.



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Indoor Workout, Outdoor Games, & Snowshoeing

Grades 2-5

Come join us by exercising away the winter energy on Wednesdays, after school at York Middle School. We will be exploring exercise in various ways from workouts, to running around outside, to snowshoeing! This program will have a focus on making fitness fun with games being at the heart. The weekly classes will be focused on whole body strength, coordination, wellness, and fun!

REGISTRATION: Ongoing

STARTS: January 25th

ENDS: March 8th

COST: \$50.00 Resident / \$60.00 Non-Resident

LOCATION: York Middle School

DAY: Wednesdays

TIME: 3:30pm-4:30pm

Lacrosse Clinics - Preseason

Grades 3-6 - Boys & Girls,

To get your game ready for the season we will be offering lacrosse clinics at Bog Rd. The clinics will focus on developing individual skills, team concepts, improving lacrosse IQ, and promoting good sportsmanship. Instruction will cover passing catching, cradling, shooting, dodging, checking (boys only), defending, attacking, switching hands, and face offs/draw controls. Clinics will be led by York High School coaches and players. Players will be placed in grade, skill level, and gender appropriate groups to ensure a fun, yet challenging experience.

Dates and times will be determined by mid-March. Clinics will take place the first couple weeks in April.

Lacrosse

Grades K-2

K-2 Lacrosse is structured as a developmental program to introduce the game of lacrosse. No previous experience is necessary. Volunteer coaches will teach fundamentals, introduce game concepts, and provide instruction in a fun, non-competitive, enthusiastic environment. Players will be put into small groups to allow coaches to give more individual attention. T-shirt included. The only equipment necessary at this level of play is a mouth guard, and a lacrosse stick. Softer developmental lacrosse balls will be used for this program.

REGISTRATION: Ongoing until April 18th

STARTS: May 6th (no lacrosse May 27th)

ENDS: June 10th

COST: \$55.00 Resident / \$65.00/Non-Resident

LOCATION: Bog Rd. Recreation Complex

DAYS: Saturdays

TIME: TBD

Lacrosse

Grades 2-4 - Boys and Girls (Not Co-Ed)

This is a developmental program to introduce players to fundamental lacrosse skills while building on their knowledge of the game. The team will practice twice a week. Practice time will focus on rules, techniques, and skill development such as throwing, catching, cradling, and shooting along with the rules of the game. We have joined the Maine Youth Lacrosse League (MYL) for 2023. Game schedule is done by the MYL and will be released at the end of April.

If you are a 2nd grader and brand new to the sport, we recommend playing in the K-2 program.

Girls will need goggles, a mouth guard, gloves, and a stick.

Boys will need a helmet, arm and shoulder pads, athletic supporter, stick, gloves, and a mouth guard.

REGISTRATION: Ongoing until March 24th

STARTS: Week of April 10th (No games will be scheduled Memorial Day Weekend)

ENDS: June 11th

COST: \$100.00 Resident / \$110.00 Non-Resident (includes reversible jersey)

LOCATION: Practices & Home Games Played at Bog Road Fields

DAYS/TIMES: TBD by Maine Youth Lacrosse League (MYL)

Lacrosse

Grades 5-6 - Boys and Girls (Not Co-Ed)

This is a developmental program to introduce players to fundamental lacrosse skills while building on their knowledge of the game. The team will practice twice a week. Practice time will focus on rules, techniques and skill development such as throwing, catching, cradling and shooting along with the rules of the game. We have joined the Maine Youth Lacrosse League (MYL) for 2023. Game schedule is done by the MYL and will be released at the end of April.

Girls will need goggles, mouth guard, gloves, and a stick. Boys will need a helmet, arm and shoulder pads, athletic supporter, stick, gloves, and a mouth guard.

REGISTRATION: Ongoing until March 24th

STARTS: Week of April 10th (No games will be scheduled Memorial Day Weekend)

ENDS: June 11th

COST: \$100.00 Resident / \$110.00 Non-Resident (includes reversible jersey)

LOCATION: Bog Road Fields

DAYS/TIMES: TBD by Maine Youth Lacrosse League (MYL)

Outdoor Games with Jonna

Grades K-1

Let your child enjoy all the benefits of active outdoor playtime with friends after school on Mondays, this winter. We will be playing games, embracing whatever winter weather comes our way and exploring Goodrich Park Trails. In the event of rain, we will be able to use the barn, so our fun doesn't have to stop. Jonna, a certified personal trainer, and owner of InspiredMovement will be leading the group in their crazy adventures.

REGISTRATION: Ongoing
 STARTS: January 23rd
 ENDS: March 6th
 COST: \$50.00 Resident / \$60.00 Non-Resident
 LOCATION: York Middle School
 DAYS: Mondays
 TIME: 3:30pm-4:30pm

Run Club

Grades K-1

Run Club is designed to promote physical activity and gives boys and girls K-1st grade the opportunity to experience running in a fun, friendly, and safe environment. For this 7-week program participants will learn how to build endurance, running techniques/form, and nutrition. We are thrilled to have head coach Jonna Dijkstra, an ACE certified personal trainer and owner of InspiredMovement, lead this program. She is inspired by children and helping them find the joy in movement and outdoor activity. She is looking forward to sharing her passion for running with your children. It's time to get moving, SIGN UP TODAY! Registration includes a Run Club Tek Shirt.

REGISTRATION: Ongoing
 STARTS: April 24th
 ENDS: June 12th (no meeting on Memorial Day)
 COST: \$55.00 Resident / \$65.00 Non-Resident

LOCATION: Bog Rd. Upper Field
 DAYS: Mondays
 TIMES: 3:30pm-4:30pm

Run Club

Grades 2-5

Run Club is designed to promote physical activity and gives boys and girls grades 2-5 the opportunity to experience running in a fun, friendly and safe environment. For this 7-week program participants will learn how to build endurance, running techniques/form, and nutrition. We are thrilled to have head coach Jonna Dijkstra, an ACE certified personal trainer and owner of InspiredMovement, lead this program. She is inspired by children and helping them find the joy in movement and outdoor activity. She is looking forward to sharing her passion for running with your children. It's time to get moving, SIGN UP TODAY! Registration includes a Run Club Tek Shirt.

REGISTRATION: Ongoing
 STARTS: April 26th
 ENDS: June 7th
 COST: \$55.00 Resident / \$65.00 Non-Resident
 LOCATION: Bog Rd. Upper Field
 DAYS: Wednesdays
 TIMES: 3:30pm-4:30pm



SKI TRIPS!

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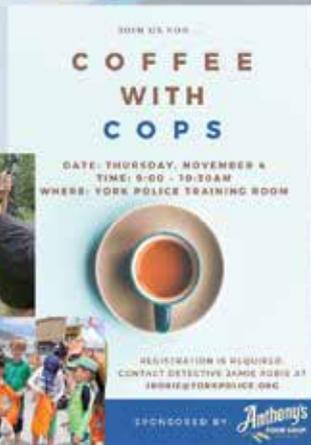
207.363.8053

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The York Police Department is committed to serving and getting to know our community!



Be on the lookout for the announcement of our next Coffee with Cops event!



Join us!

Some other events:

- Senior BBQ Steak Out – Fall 2022
- RAD Women's Self Defense – November / May
- Kickball with COPS – Dates TBD
- Christmas for the Elderly – December
- Christmas Family Program – December
- National Night Out – August 2023
- Online Safety Talks (Parents) – Dates TBD
- Online Safety/Fraud Talks (Seniors) – Dates TBD
- High School Safety Fair – March 2023



@yorkmainepd



@York Maine
Police Department

Soccer - Indoors

Ages 3-4 & Ages 5-7

This spring we're taking it to the gym! Join us for indoor gym soccer at York Middle School. Our "goal" (pun intended) will be on FUN! We'll be focusing on the skills of confidence, dexterity, coordination, endurance, positioning and rules. This program is designed for children ages 3-7 and will be offered on Saturdays, beginning March 18th. Sneakers required; shin guards recommended.

REGISTRATION: Ongoing through February 21st

STARTS: March 18th

ENDS: April 15th

COST: \$50.00 Resident / \$60.00 Non-Resident

LOCATION: York Middle School

DAY: Saturdays

TIME: Varies according to schedule and number of teams

SG United Foundation (Formerly Strong Girls)

Grades 2-4

See detailed write-up for this program in the Enrichment Section of this brochure.

Swimming Lessons at the Anchorage Inn

WINTER REGISTRATION BEGINS THURSDAY, JANUARY 5TH

Thanks to the generosity of the Anchorage Inn on Long Sands Beach in York, we are able to offer swimming lessons this fall and winter. These 30-minute Red Cross Certified swimming lessons will be geared toward levels 1, 2, 3, 4 swimmers. Classes are held once a week, for an 8-week session on Monday, Tuesday or Wednesday afternoon. These classes are limited and fill quickly, so don't hesitate to register. Please have your child ready to swim when you arrive. There is a small changing room for use after the class. Children ages 5 and up are eligible to register for swimming levels. To ensure maximum safety at all times, parents are asked to stay during swim lessons, so please plan accordingly.

Level 1-2 is a beginner level for students learning to float, adjust to the deep end and rudimentary strokes.

Level 3 students need to have a strong back float and be able to comfortably swim the length of the pool on their back and front.

Level 4 is for students who can swim front crawl, elementary back stroke and side stroke and breaststroke kicks

Registration Information: York Residents may register online or at the York Parks and Recreation Office, Route 1, Grant House/ Goodrich Park, York, starting Thursday, January 5th for the Winter Session.

Telephone registrations will be accepted beginning January 6th Non-Resident registrations will be accepted the following Monday, January 9th.

Winter Schedule:

Monday:

3:30pm-4:00pm Level 1 & 2

4:10pm-4:40pm Level 1 & 2

4:50pm-5:20pm Level 1 & 2

5:30pm-6:00pm Level 3

Tuesday:

3:30pm-4:00pm Level 1 & 2

4:10pm-4:40pm Level 1 & 2

4:50pm-5:20pm Level 3

5:30pm-6:00pm Level 4

Wednesday:

3:30pm-4:00pm Level 1 & 2

4:10pm-4:40pm Level 1 & 2

4:50pm-5:20pm Level 3

5:30pm-6:00pm Level 4

REGISTRATION: Online Winter Session Registration begins
Thursday, January 5th

STARTS/ENDS: Winter Session Starts Week of January 23rd, 2023
Winter Session Ends Week of March 20th, 2023
(No classes February vacation)

COST: \$55.00 Resident / \$65.00 Non-resident

LOCATION: Anchorage Inn, Long Beach Avenue

DAYS: Monday, Tuesday, or Wednesday

TIMES: See schedule above

Wrestling - Hammerhead Wrestling Club 2022-2023

Grades 2-8

For Southern Maine, based in York! The Hammerhead Wrestling Club seeks to provide basic instruction and advanced training in Folk style wrestling & in the Olympic styles of wrestling (freestyle and Greco-Roman). Wrestling basic skills (hand fighting, balance, agility, and footspeed) prepare athletes for success in any sport. The club uses a proprietary instructional and belt-level system, focused on skill attainment, academic success, respect, and perseverance, and seeks to reinforce and support these themes into area middle school and high school wrestling programs. Club members are encouraged to compete when ready; competition is fostered through a detailed matrix of skill-appropriate competition events, including local beginner tournaments, and culminating in regional, national, and international championships for motivated individuals.

Check out www.hammerheadwrestling.com for more details or call Bryan Thompson at 207-337-3959.

"The Hammerhead Wrestling Club is mindfully developing wrestlers to achieve at the highest level and has created a curriculum and belt system that will motivate, inspire, and challenge all athletes. I strongly recommend the Hammerhead Wrestling Club to any wrestler looking to reach their goals."

-Braumon Creighton, 2x NCAA National Champion



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www.LibbysOceanCamping.com
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REGISTRATION: Ongoing

STARTS: November 28th (No practice during school
Christmas Break)

ENDS: February 15th

COST: \$130.00 Resident / \$140.00 Non-Resident

LOCATION: York High School Multipurpose Room

DAYS: Mondays & Wednesdays

TIMES: 5:00pm-6:00pm

Wrestling - Hammerhead Program Spring 2023

Grades 3-12 – Boys & Girls

Olympic Styles – Freestyle/Greco Roman

The Hammerhead Wrestling Club will once again be offering a travel team based in Maine. Focused on the Olympic styles of wrestling, freestyle and Greco-Roman, the club will offer sessions to boys and girls, grades 3-12, and USA Wrestling senior level athletes (post-grads). You must have a USA Wrestling card to compete...The club will attend and compete at the Maine State Freestyle Championships, the USA Wrestling Northeast Regionals, and the national championships in Fargo, ND. We encourage experienced wrestlers to give freestyle and Greco try! Both styles enhance the folk style (high school/collegiate) style of wrestling. Any questions, please call Bryan Thompson, club director, at 207-337-3959 or email info@hammerheadwrestling.com

REGISTRATION: Ongoing

STARTS: March 7th (No practice during April Vacation)

ENDS: May 25th

COST: Residents \$150.00 / Non-Resident \$160.00

LOCATION: York High School Multipurpose Room

DAYS: Tuesdays & Thursdays

TIMES: 6:00pm-7:30pm

Contacts for Other Organizations

Agamenticus Ski Club

Website: www.agamenticusski.org

Agamenticus Yacht Club

Email: info@aycsail.org

Website: www.aycsail.org

York High School Athletic Hall of Fame

York High School Athletic Director Jeff Oliver
207-363-3621

www.yorkhsmainehof.org/

York Little League

Email: basehit@yorklittleleague.net

Website: www.yorklittleleague.net

York Soccer Club

Website: www.yorksoccerclub.com

York Youth Football

Written Correspondence:

PO Box 411, ME 03909

www.YorkYouthFootball.com

Email: yfboard@gmail.com

Youth Ice Hockey

Email: ymsboyshockey@gmail.com (boys)

Email: yhgirlsicehockey@gmail.com (girls)

White Pine Programs

Phone: 207-361-1911

Email: info@whitepineprograms.org

Website: whitepineprograms.org

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Coaches Wanted



Please don't hesitate to volunteer to coach!

You don't have to be in the coaches' hall of fame to help coach any of our leagues. In every situation, the Parks and Recreation Department provides leadership on the field or on the court, with a program director who runs the league and refs the games. Your job, in most situations, is to make sure every child has equal playing time and to ensure that the kids are having fun...so please think about it. Our programs are only as good as the volunteers who help us. *Thank you!*

Winter Kids

The WinterKids App is your ticket to outdoor winter fun! Family Memberships are available starting November 1. WinterKids App - <https://winterkids.org/winterkids-app/>
The WinterKids App is your connection to outdoor winter activities with dozens of free or discounted opportunities for kids to try skiing, XC skiing, snowshoeing, ice skating and more! Plus there are great deals for the whole family!

Family Memberships cover a family of 5 for the whole year! Normally priced at \$40, you can save \$20 on your family membership when you use promo code: YORK23 when signing up.

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Day Camps!

February Vacation Week Camp

Grades K-6

School vacation means more time for adventure and play! Join us for February Vacation Camp at York Middle School Tuesday–Friday, during February vacation week. We’ve secured some of your favorite summer day camp counselors and they are excited to facilitate a week of fun, fun, fun! Camp will consist of a combination of seasonal outdoor activities, crafts, indoor games, sports and a field trip. All campers should come to camp prepared to play inside and outside!

Only week-long registrations will be accepted. There will be strict minimum and maximum participation requirements, and registration in advance is required. All campers should pack 2 snacks, lunch, water bottle, snow gear (hats, gloves, snow pants, jackets) sleds, extra set of dry clothes, sneakers, and comfortable indoor play clothes.

REGISTRATION: Ongoing until February 10th, or until full
STARTS: Tuesday, February 21st
ENDS: Friday, February 24th
COST: \$165.00 includes field trip
LOCATION: York Middle School
DAYS: Tuesday-Friday
TIMES: 8:00am-5:00pm

Please note, vacation week day camp is subject to cancellation if a minimum number of participants do not register, or due to inclement weather. If you plan to attend, please register early!



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April Vacation Week Camp

Grades K-6

Looking for something to do during April Vacation? We’ve secured some of your favorite summer day camp counselors and they are excited to facilitate a week of fun, fun, fun! Camp will consist of a combination of seasonal outdoor activities, crafts, indoor games, sports and a field trip. All campers should come to camp prepared to play inside and outside! Only week-long registrations will be accepted. There will be strict minimum and maximum participation requirements, and registration in advance is required. All campers should pack 2 snacks, lunch, water bottle, outside play gear appropriate for the April weather conditions, extra set of dry clothes, sneakers, and comfortable indoor play clothes.

REGISTRATION: Ongoing until April 14th, or until full
STARTS: Tuesday, April 18th
ENDS: Friday, April 21st
COST: \$165.00 includes field trip
LOCATION: York Middle School
DAYS: Tuesday-Friday
TIMES: 8:00am-5:00pm

Please note, vacation week day camp is subject to cancellation if a minimum number of participants do not register, or due to inclement weather. If you plan to attend, please register early!

Individuality, Self Discovery, Imagination



117 Woodbridge Rd
York, ME
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(207) 363-2287
jhanscom.all@gmail.com

Youth Enrichment Programs

Programs are listed alphabetically, by name.

A Christmas Carol

Ages 7 and Up...young and old, all ages, come one, come all! LIVE ON STAGE! Dickens' A Christmas Carol! Join us for this annual classic, which is back, live on stage for the first time in three years. Follow Scrooge as he meanders through Christmas Eve with the help of three ghosts who seek to enlighten him. Dancing, singing and holiday fun will be all wrapped up in a bow for the family favorite, which will have you singing and clapping in the aisles.

Rehearsals will be held at the York Community Auditorium after school until 5:00pm, on Tuesdays and Wednesdays, from November 2nd-November 29th. Additional rehearsals will be called as needed.

Please make sure when signing up your child that we have your correct email address, there will be correspondences, throughout the next few months. You may check by going into your York Parks and Recreation Dept. account and checking to see the email is correct and that you have not opted out on emails.

Please pack a snack for your child.

Middle school students can bus to the high school and will be met at the bus.

CRES STUDENTS: PARENTS MUST DRIVE STUDENTS TO HIGH SCHOOL OR CARPOOL.

The Parks and Recreation Department is looking for adult volunteers to assist with costumes, sets, lighting, and concessions. For more information on how to be a part of this Christmas classic please email: George Hosker-Bouley at wholemoon@verizon.net

George Hosker-Bouley has worked in York for many years with the Youth Enrichment and summer camps. He has staged more than 22 original productions not to mention the more than 40 full scale musicals he produced as the Executive/Artistic Director of the Prescott Park Arts Festival and CARPE DIEM Inc. Hosker-Bouley also performs and runs the Portsmouth Underbelly Tour and currently teaches improvisational theater throughout New England. He is no stranger to this holiday season as his A Dickens of a Christmas has been performed in Hampton for the last ten years.

Instructor: George Hosker-Bouley, Jr.
 Registration: Open until November 2nd
 Starts: November 2nd
 Ends: November 29th
 Cost: \$150.00 Residents / \$160.00 Non-Residents
 Location: York Community Auditorium
 Days: Tuesday and Wednesdays
 Time: Directly After School, Pick up at 5:00pm
 Performances: Friday, December 2nd at 7:00pm
 Saturday, December 3rd at 2:00pm and 7:00pm
 Sunday, December 4th at 2:00pm

New programs may be added throughout the year. These programs will be available on our website and through a monthly newsletter that we will send to our participants via email. We want to keep in touch and Play Every Day! Check often so as not to miss out!

Family



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Hot Wheels Garage

Ages 5-8

Playing with cars is FUN! And, it's beneficial for child development. Playing with toy cars provides an opportunity for the development of social skills and aids in emotional and physical development. For 5-weeks, we will build a variety of tracks, talk about the car models, and create life-like destinations such as gravel pits, gas stations and shopping plazas. We will create scenarios such as racing, crashing, oil changes, and more. Some structure will be provided, but participant imagination will be the "driving" force in this program. Participants are invited to bring their favorite Matchbox/Hot Wheels cars & trucks, but there will also be plenty of cars and props available to share. We hope you will plan to join Recreation Coordinator, Andy Kaherl (a real-life race car driver) for this fun-filled creative play program.

REGISTRATION: Ongoing until full, space is limited.

STARTS: March 7th

ENDS: April 4th

COST: \$50.00 Resident / \$60.00 Non-Resident

LOCATION: Goodrich Park Barn

DAYS: Tuesdays

TIMES: 4:00pm-5:15pm

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MAD SCIENCE OF MAINE

We are pleased to have once again partnered with Mad Science of Maine to bring the following science-based enrichment program to children in grades K-4.

Mad Science - Mad Lab Medley

Grades K -4

Join us in discovering the many ways science helps us explore our world! "Mad Lab Medley" is full of exciting sampler "courses" aimed to meet the varied interests and imaginations of today's young minds! Unravel the mystery of chemistry by watching crystals form in a water glass. Experiment with hovercrafts, foaming concoctions, and Technicolor Blenders. Grab your ticket to the stars with your own pocket sky map. Walk in the shoes of detectives and examine fingerprints, mystery powders, and ink samples. Learn about how different animals adapt to their environments, and get bug-eyed with Insect-A-Vision take-homes sure to challenge your perspective. From telescope to microscope and everything in between, this class will leave you inspired by the wonders of science!

There will be no busing from VES or CRES! Parents must provide transportation to and from program.

INSTRUCTOR: Mad Science Instructor

REGISTRATION: Ongoing

STARTS: January 12th (No program February 23rd)

ENDS: March 9th

COST: \$135.00 Resident / \$145.00 Non-Resident

LOCATION: Village Elementary Cafeteria

DAYS: Thursday

TIMES: 3:20pm-4:20pm

Mad Science - Secret Agent Lab

Grades K -4

Ever dream of becoming a secret agent? We'll start with the basics: From decoding messages to metal detectors and night vision, campers have the opportunity to check out spy tech equipment and take home lots of gadgets like spy glasses! Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis! Figure out the science of forensics in a hands-on look at crime scenes! Become a super spy and learn clever ways of performing tasks as we take a hands-on investigation of the science that spies use!

There will be no busing from VES or CRES! Parents must provide transportation to and from program.

INSTRUCTOR: Mad Science Instructor

REGISTRATION: Ongoing

STARTS: April 6th (No program April 20th)

ENDS: June 1st

COST: \$135.00 Resident / \$145.00 Non-Resident

LOCATION: Village Elementary Cafeteria

DAYS: Thursday

TIMES: 3:20pm-4:20pm

Mt. Agamenticus Guided Programs and Adventures 2022-23

Details at the front of this brochure under the Mt. Agamenticus Conservation Program.

All dates subject to change! Check our website for updates!

Three Hill Hike, November 5th

Thanksgiving Leftovers, November 12th

Making Tracks with Wildlife, January TBD

Seeking Sweethearts, February TBD

Nature's Nesters, March TBD

Wetland Walk, April TBD

Volunteer Community Workdays, Saturdays

Safe Sitter

Must be 11 and up

This course is taught by a nurse and is intended to improve your child's care skills needed for babysitting. Founded in 1980, Safe Sitter® is the only national nonprofit training program exclusively devoted to preparing young teens to be safe in unsupervised settings, whether babysitting, sibling sitting or home alone.

The Safe Sitter® curriculum is designed exclusively for young teens in grades 6-8, and covers the following areas: safety skills, child care skills, first aid & rescue skills, and life & business skills.

Safe Sitter® courses are instructor-led and interactive, with hands-on demonstrations and skills practice using soft-bodied dolls and medical manikins. Your child will be very prepared to start their babysitting career. Each student completing the course will receive a certificate that verifies this training for caring of small infants and toddlers. The Safe Sitter course has a great deal of information presented in a short period of time. It is important you are available for every class.

Please bring a snack and drink.

Please sign-up early, as we need to order books ahead of time and don't want you to miss out!!!!

INSTRUCTOR: Samantha Pannier has been teaching Safe Sitter since 2005

REGISTRATION: Ongoing until December 23rd

STARTS: January 4th

ENDS: January 25th

COST: \$125.00 Resident / \$135.00 Non-Resident
Cost includes a \$40.00 book fee

LOCATION: York Middle School

DAY: Wednesdays

TIME: 2:00pm-4:00pm

Strong Girls - Program by SG United Foundation Fall

Grades 2-4

SG United Foundation is a 501© (3) nonprofit organization whose mission is to empower girls to be strong, confident, and resilient. Through physical activity, sports, mindfulness, and positive education curriculum, this after school program teaches girls how to develop their strong bodies and tap into their kind hearts and unstoppable minds.

Once your Strong Girl is registered, please use the following link to enter additional information <https://sgunitedfoundation.org/participant-registration>

Please send your child with a snack, sneakers, and a water bottle.

REGISTRATION: Ongoing until fall

STARTS: October 3rd (no meeting on Indigenous Peoples Day or Halloween)

ENDS: November 14th

COST: \$75.00 York Residents Only

LOCATION: Coastal Ridge Elementary

DAY: Mondays

TIME: 3:00pm-4:00pm

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Strong Girls - Program by SG United Foundation Spring

Grades 2-4

SG United Foundation is a 501© (3) nonprofit organization whose mission is to empower girls to be strong, confident, and resilient. Through physical activity, sports, mindfulness, and positive education curriculum, this after school program teaches girls how to develop their strong bodies and tap into their kind hearts and unstoppable minds.

Once your Strong Girl is registered, please use the following link to enter additional information <https://sgunitedfoundation.org/participant-registration>

Please send your child with a snack, sneakers, and a water bottle.

REGISTRATION: Ongoing until full

STARTS: April 24th

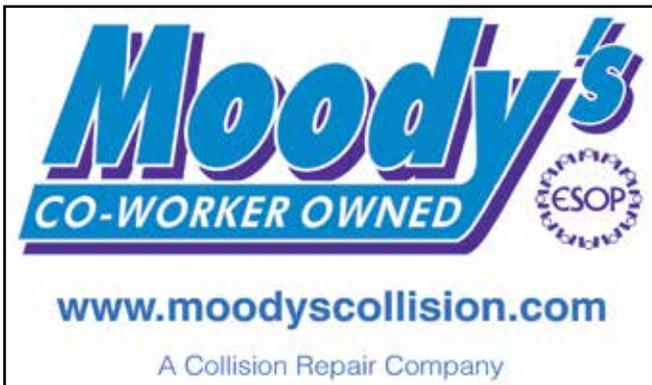
ENDS: May 22nd

COST: \$75.00 York Residents Only

LOCATION: Coastal Ridge Elementary

DAYS: Mondays

TIME: 3:00pm-4:00pm



**STAY CONNECTED WITH
YORK PARKS AND RECREATION
THROUGH OUR MONTHLY E-NEWSLETTER,
SOCIAL MEDIA AND THE WEB!**

Yorks Illustrated Monthly: Be sure to check our website each month for the most up to date issue of our newsletter, this is where we will post important information and new programs.

Web: www.yorkparksandrec.org

Facebook: www.facebook.com/yorkmaine

Instagram: @yorkparksandrec

Sweetheart Dance

Thursday, February 9th, 2023

Girls aged 4-12 accompanied by her father or any significant adult figure of her choosing

This is our 7th Annual Sweetheart Ball! We are hosting a special night for dads and their daughters. Come treat your daughter to a festive evening of dress up and dancing. This annual ball is going to be held on Thursday, February 9th from 5:00pm-6:30pm. A photo area will be set up, complete with fun accessories. This semi-formal event will include family friendly music, dancing, and light refreshments. Space is limited and pre-registration is a must for this event, we suggest registering early as we anticipate a sellout again this year. Residents only please.

REGISTRATION: November 1st - Until Full

DATE: Thursday, February 9th

COST: \$30.00 per couple / \$10.00 each extra guest

LOCATION: TBD

TIME: 5:00pm-6:30pm

Yu-Gi-Oh Club 2023

Grades 4-9

It's time to DUEL! Bring your Yu-Gi-Oh deck and let the battle begin. Yu-Gi-Oh Club provides a place where players of the game can meet and hang out. All skill levels welcome. Do not hesitate to ask for help in getting started. Must have a minimum of 6 players for the program to run.

REGISTRATION: Ongoing

STARTS: February 8th (no meeting on Feb. 22nd)

ENDS: March 22nd

COST: \$60.00 Resident / \$70.00 Non-Resident

LOCATION: York Middle School

DAY: Wednesdays

TIME: 5:00pm-6:30pm





RINK BY THE RIVER

Through the generosity of Yorkwise, in 2020, Rink by the River is our outdoor ice rink located at Goodrich Park, 200 US-1 in York, Maine. Rink by the River will play host to ice skating, skate lessons, adult hockey leagues, special events, private rentals, and much more, from late December to early March (weather permitting). The rink is open to both residents and non-residents. Be sure to visit our website and our Facebook page for hours of operation, rink rules, and all other rink information.

Rink by the River Rentals at the Grant House

Private rentals of the ice rink are available beginning January 16th (ice conditions permitting). Times are available in 1-hour blocks. There will be staff onsite, as well as music, and a fire pit. Please call our office to reserve ice time – (207) 363-1040. Cancellations must be made at least 7 days in advance of reservation, by calling the office at 363-1040, in order to receive a full refund. Cancellations made within 7 days of reservation will not be refunded.

Availability: Monday-Thursday, 10:00am-7:00pm
Sundays between 2:00pm and 5:00pm

Cost: \$125 per hour for 1-hour private rental blocks

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Community Special Events

Events are listed in chronological order

Fall Vendor Fair

Saturday, October 22nd

Enjoy the crisp fall air and get a jump on holiday shopping. This fair will feature everything from fine art to carpentry to jewelry and more! Stop by and do some browsing or shopping! A small concession area will be open.

DAY/DATE: Saturday, October 22nd

COST: FREE Admission

LOCATION: York High School, Enter through Auditorium doors

TIME: 9:00am-2:00pm

Festival of Frights Parade with "Truck or Treat"

Wednesday, October 26th

NEW - IN PLACE OF TRAIL TRICK OR TREAT

A past favorite returns! The York Parks & Recreation Department, with special help from the York Police Department, is pleased to, once again, host this Halloween event to be held October 26th at Town Hall. The event will consist of a Halloween costume parade that begins at Town Hall at 4:30pm and finishes at Village Elementary School. If you'd like to be in the parade please line up at Town Hall no later than 4:15pm. Following the parade portion of the event there will be a "Truck or Treat" for all participants to get some candy and treats at Village Elementary School. Get those costumes ready and join us for a night of fun!

Thank you Williams Realty Partners for generously allowing us to use their trolley, Homer, as an alternative for parade participants who may have trouble walking the parade route. Space on the trolley is limited, if you need to reserve a space on Homer, the trolley, please call the York Parks & Recreation office. 363-1040.

REGISTRATION: Drop In

COST: FREE

LOCATION: Parade starts at Town Hall and ends at Village Elementary

"Truck or Treat" immediately following parade

DAY: Wednesday, October 26th

TIME: Parade line starts to form at 4:15pm

Parade leaves for Village Elementary 4:30pm

Annual Veterans Breakfast

Friday, November 11th

Join us for the Annual Veterans Breakfast! Held on Friday, November 11th from 6:00am-2:00pm at Norma's Restaurant. Free special for Veterans, generously sponsored by the York Committee for Veteran Affairs. All others may purchase any meal of their choosing. This event started and continues to thrive off the generosity of our community and sponsors! Thank you, to all veterans, for your service!

Nubble Holiday Lights

Saturday, November 26th–January 1st

Visit Sohier Park to see the Nubble Lighthouse dressed in its holiday best. Lights will be on daily from 4:00pm to midnight from Saturday, November 26th through New Year's Day. There will be no live festivities, so visit any night for a bit of holiday spirit!

8 Days of Hanukkah Giveaway

Monday, December 19th – Monday, December 26th

Returning for another year, our online giveaway featuring gift certificates and items from local businesses. Watch our Facebook and Instagram pages for giveaway details!

Note: Hanukkah begins at sundown on Sunday, December 18th and giveaways will begin the first day, Monday, December 19th.

2022 FESTIVAL OF LIGHTS CELEBRATION

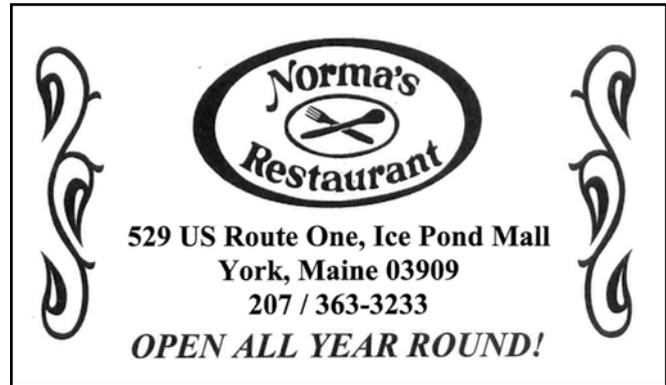
Thursday, December 1st – Sunday, December 11th

The Festival of Lights is held annually at the beginning of December to give thanks to the community for making York the delightful place it is and to celebrate the warmth and tradition of the season. We hope that you'll plan to attend and enjoy one or all of the following events: The Polar Express, Breakfast with Santa, York Public Library Holiday Cookie Party, Festival of Lights Story Time, Baby and Toddler Time, YA! Gingerbread Houses, Family Movie, visits with Santa Claus, Lighting of the Village, Festival of Lights Parade, A Christmas Carol theatre production, ornament painting, Community Holiday Concert featuring the Seacoast Wind Ensemble and lots more...

Please be on the lookout for detailed festival flyers, complete with event locations and times, to be distributed throughout the community as we get closer to the event.

The Festival of Lights is so successful, in large part, to the countless number of volunteers who help with the numerous events and programs that take place throughout the celebration. If you have any interest in volunteering, please don't hesitate to let us know. We would welcome your help with any of the events and could surely find a task that's right for you.

The following Festival of Lights Activities / Events are sponsored by York Parks and Recreation Department:



The Polar Express

December 1st and 2nd

Presented with the Williams Realty Partners of Keller Williams Coastal Realty

'Twas the night before the Parade...and The Polar Express is coming to town!

Add this staple to your holiday celebrations by joining us, in your pajamas for this Polar Express Event. Your evening begins with a "trolley express" ride through scenic York Beach. We'll venture to the Nubble Lighthouse to view its spectacular Christmas Lights. The backdrop of the Lighted Nubble is the perfect spot for the telling of the classic Chris Van Allsburg story THE POLAR EXPRESS. Upon our return, we invite you to join us in the warm and cozy Woody's Brick Oven Pizza for some of Santa's favorites; hot chocolate and cookies. We might even be lucky enough to have a visitor join us (hint: he'll be dressed in red!). This is an evening your family won't want to miss; maybe you'll even be chosen to receive the first gift of Christmas! SPACE IS VERY LIMITED FOR THIS EVENT AND REGISTRATION IS A MUST! DUE TO SPACE RESTRICTIONS, YORK RESIDENTS ONLY PLEASE! Special thanks to Williams Realty Partners for generously allowing us to use their trolley, Homer as our polar express, Joshua's Book of Dreams for donating a hardcopy of THE POLAR EXPRESS to be read and raffled at each session of this event and to Woody's Brick Oven Pizza for their hospitality.

REGISTRATION: November 1st until full

COST: \$15.00 per person

LOCATION: Pick-up is in the parking lot by York's Wild Kingdom, directly across from the York Beach Fire Department on Railroad Ave.

DATES/TIMES: Thursday, December 1st:
5:00pm, 5:30pm, 6:00pm and 6:30pm

Friday, December 2nd:
5:00pm, 5:30pm, 6:00pm, 6:30pm and 7:00pm
Please specify time choice when registering



Festival of Lights Breakfast with Santa Breakfast goodies provided!

Saturday, December 3rd

Children through age 12 (and their families) are welcome to join the Parks and Recreation Department at Norma's Restaurant in York for Breakfast with Santa, December 3rd, from 8:00am-10:00am. Start your weekend off by enjoying breakfast nibbles with Santa. Children have the opportunity to write and mail their wish list to Santa. (If you happen to write your letter at home before you come, please include your name and address.) He has promised us that with the help of his elves, he'll return the correspondence. You are welcome to take your own personal photos with Santa.

REGISTRATION: Drop In

COST: FREE - Food Not Included

LOCATION: Norma's Restaurant, 529 US Route One, York

DAY: Saturday, December 3rd

TIME: 8:00am-10:00am

Ornament Painting with Firefly Pottery Back by popular demand!

Saturday, December 3rd

Children of all ages are welcome to join the Parks and Recreation Department and Firefly Pottery from Portsmouth, NH on December 3rd, from 1:00pm-2:30pm for ornament painting. What a great opportunity to make some beautiful ornaments for your own tree or for gift-giving. Lots of ornament shapes to pick from. After being painted, your ornaments will be kiln fired and ready for pick up at the Parks and Recreation Office in about one week. Firefly Pottery has generously offered a discounted children's rate of \$5.00 per ornament for this special Festival of Lights program.

No pre-registration needed, just stop by and join the fun!

REGISTRATION: Drop In

COST: \$5.00 per ornament. Shipping available for additional fee.

LOCATION: Grant House Barn, 200 US Route 1

DAY: Saturday, December 3rd

TIME: 1:00pm-2:30pm

Festival of Lights Parade

Saturday, December 3rd

Join us in celebrating York's Holiday Season with the Festival of Lights Parade. The parade starts promptly at 4:30pm on Saturday, December 3rd. Applications are available at the York Parks & Recreation Office and on our website: yorkparksandrec.org. All are welcome!!! We would like to encourage the businesses in York to get involved in this community parade. What a great way to advertise your business and at the same time join in the spirit of the holidays and be involved in your community...a friendly competitive spirit could put a "Best Business" banner on your float this year! Other honors include Best Musical, Best Lights, Best Children's and Most Traditional.



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Winter Community Concert

Sunday, December 11th

The Festival of Lights finale! Join us in the York Community Auditorium at York High School for a festive community concert! The Seacoast Wind Ensemble will be performing many holiday favorites to delight audiences.

REGISTRATION: November 1st until December 9th

COST: Pre-Registered:
\$15.00-Adults
\$13.00-12 & under, and Seniors (50+)
At the Door:
\$18.00 – Adults
\$15.00-12 & under, and Seniors (50+)

LOCATION: Community Auditorium at York High School

DAY: Sunday, December 11th

TIME: 3:00pm-4:00pm, Doors open at 2:30pm



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Wreaths Across America

Monday, December 12th

View and cheer for the Wreaths Across America convoy, from the Parks & Recreation Department's front lawn. Ample parking and a safe viewing spot for the annual tour from northern Maine to Arlington National Cemetery. The convoy typically passes through York mid-morning, but exact timing will be advertised mid to late November. Any changes or updates will be posted on our social media pages, as they become available.

Want to Build a Snowman? Snowman Building Contest

December 20th – February 28th

We are hoping that there will be plenty of snow this winter and that you and your family will embrace the season and have some fun in the snow! All are invited to enter our Snowman building contest. The rules are simple: build your masterpiece, take a photo of it with the person/people who built it or with an identifying York Landmark in the background and post it to the Parks and Recreation Department's Facebook page with the entrant(s) full name and using hashtag: #YorkParksAndRec. Prizes will be awarded for the photos with the most "likes". Contest will begin before the New Year and run through the end of February.

Sweetheart Dance

Thursday, February 9th, 2023

Full event details under Youth Enrichment Programs

For the Love of Student Art Showcase

February 17th-28th, 2023

We are thrilled to have the opportunity to share student art with the community at this showcase held at the York Art Association. Special thanks to the wonderful art teachers from the York Schools for making student art available for this show and to the York Art Association for their generous hospitality. This showcase will be held February 17th-28th, with an opening reception on Thursday, February 16th from 5:00pm-7:00pm. Artwork will be displayed until February 28th and available to view Friday through Sunday from 11:00am-5:00pm.

Spring Time Surprises!

In April – at Goodrich Park - The Grant House

We hope that families will plan to join us for this fun-filled afternoon. We'll be sure to have all of the favorite springtime activities including an egg hunt, story walk, visit with the Easter Bunny, prizes, games, goodies and more. Come dressed for the weather as this is an outdoor event and don't forget to bring your own basket or bag. Registration in advance will be a must! This is a free family event, but registration is required due to popularity! The exact date of this event is weather dependent, TBA.

Road Races & Challenges

Salty 5K/10K

Sunday, May 7th, 2023

The Chris Connors Water Safety Fund is hosting a 5K and 10K road race in the beautiful seaside town of York, Maine. The course is a single loop for the 5K and double loop for the 10K that follows the shoreline up and around the famous Nubble Lighthouse. Runners of all ages are welcome to attend and give it their all in York's first road race of the year!

REGISTRATION: Online: <https://runsignup.com/Race/ME/YorkBeach/Salts5K10K>

Race day registration from 7:30am- 8:30am
 COST: \$20.00 age 13 and under
 \$30.00 age 14 and up for 5K
 \$40.00 any age for 10K
 Extra \$5 if registered after April 7th, 2023
 Extra \$10 for race day registration
 LOCATION: Start/End: York Beach Ball Field,
 18 Railroad Ave., York, ME 03909
 RACE DATE: Sunday, May 7th, 2023
 TIME: 9:00am Race Start

Big A 50K

Saturday, May 6th, 2023

Join us for a day of stamina and fantastic views, all to benefit the Mount Agamenticus Conservation Region. This is not a traditional event, no loud music at check in, race bibs or an award ceremony here! Event timing is done by volunteers and registration is free. Participant donations are appreciated and necessary to sustain this event & support conservation efforts! This event is, truly, run by volunteers, from the aid stations to post-event BBQ. The course is composed of three 10.35 mile loops starting at the summit of Mount Agamenticus (Big A) and climbing back up the Big A and

going over Second Hill and Third Hill and back up the Big A. There are opportunities to cross the finish line at approximately 10 miles and 13 miles (or any multiple of them up to 31 miles/50K). The terrain is mostly single track with some dirt road and ATV-type trails. Footing is technical with plenty of rocks, roots, and elevation changes. Trail running shoes are recommended. The full 50K has approximately 5.787 of elevation gain.

Come for the challenge and return for the community.

REGISTRATION: Online at Run Signup: <https://runsignup.com/Race/ME/York/BigA50K>

COST: Donations in lieu of registration fee
 LOCATION: Start/Finish: Mount Agamenticus Summit
 EVENT DATE: Saturday, May 6th, 2023

York Hospital 5k Road Race

Saturday, June 3rd, 2023

Enjoy this early summer run through scenic York Village and York Harbor. For more information or to register contact York Hospital's Community Relations Office at (207) 351-2385 or email info@yorkhospital.com. Day of Race registration begins at 7:00am and race start time is 8:30am.

REGISTRATION: Contact York Hospital's Community Relations Office at (207) 351-2385 or email: info@yorkhospital.com

Race Day Registration: 7:00am-8:15am

COST: \$10.00 age 13 and under
 \$25.00 14 and up
 \$50.00 family fee
 (each family member must fill out form,
 up to 5 total registrants)

LOCATION: Start/End: York Hospital, 15 Hospital Drive
 EVENT DATE: Saturday, June 3rd, 2023
 TIME: 8:30am Start



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yorkrotary@gmail.com

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York Rotary Club Four on the 4th

Tuesday, July 4th, 2023

Registration for this race will open on February 1st. Online registration will be available on RunSignUp for \$27 per person plus fees. This is the third race in the Seacoast Road Race Series.

York Days 5K: Miles for Smiles Sponsored by Amidon Family Dentistry

Sunday, July 30th, 2023

Participate in this race, to benefit community programming in York. This road race is part of the popular Seacoast Road Race Series. Registration for this race will open on February 1st. Online registration will be available on RunSignUp for \$27 per person plus fees.

Special Notes of Appreciation



In Recognition of Our Community Partnership

We would like to take this opportunity to, once again, recognize and thank York Hospital for their continued support of our partnership.

As partners, our goal is to connect with the community and to offer a commitment to healthy lifestyles. The Hospital's collaboration with Parks and Recreation epitomizes their community commitment and we thank them.

STONEWALL KITCHEN



In Recognition of Our Community Scholarship Program

Thank you to Stonewall Kitchen and York Community Services Association for their continued support of our Community Scholarship Program. Their generosity and efforts help to ensure that Parks and Recreation Department Programs are available to all young people in our community.

Thank You!

Thank You Sponsors!

The York Parks and Recreation Department would like to thank all of you for your continued support throughout the years, and especially in recent, challenging times. The printing, publishing and mailing of this brochure would not be possible without you, our sponsors. With your help, you have given us the latitude to print a quality brochure that you can be proud to advertise in. Additionally, the money raised each year helps to support the programs within this brochure. We would like to encourage the community to support these businesses with their patronage!

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