

REGISTRATION FOR SEPTEMBER 2023 MEALS & PROGRAMS

Please complete the information below.

FULL NAME (please print): _____

Date & Time: _____ Preferred Phone w/area code: _____

PROGRAM REGISTRATION: Please check each program(s) you desire to register for below. If a program is offered more than one day a week, please indicate the day(s) you desire to participate. Note, you do not register for drop-in programs

Creative Arts:

- Fall Crafts with Liz (Friday, September 15 - free)
- Crafts with Maxine (Monday, September 25 – \$5.00)

Education:

- Education Session (Wednesday, September 13 - free)
- Tech Help (Thursday, September 21 – free)
- The Armchair Traveler with Dewey (Monday, September 25 – free)

Exercise:

- Balance Fun & Workouts (Tuesday, starts September 5 - \$32)
- Balance Fun & Workouts (Thursday, starts September 7 - \$24)
- Line Dancing (Wednesday, starts September 13 - \$15.00)
- Line Dancing (Fridays, starts September 8- \$20.00)
- Shake It Up (Tuesdays, starts September 5 - \$20.00)
- Shake It Up (Thursdays, starts September 7 - \$20.00)

Nature & Outdoor Recreation:

- Hiking Club #2 – Highland Preserve (Friday, September 15 – free)

Other Programs:

- BINGO (Friday, September 22 - free)
- Book Club (Monday, September 11 – free)
- Game: Wheel of Fortune (Wednesday, September 20 - free)
- Late Night at the Center/Entertainment (Tuesday, Sept. 26 – free)
- Movie - Comedy (Monday, September 11, 18 – free)
- Peace of Mind (Wednesday, September 13 – free)
- Sing Along Songs with Art (Thursday, September 7 – free)
- Social Club Monthly Meeting (Wednesday, September 6 - free)

Special Events:

- Greg and Bill Conducting Business (Wednesday, September 27)
- Steak-Out Lunch w/YPD (Friday, September 29)
(Steak \$9, Chicken \$6)
- Swim at the Anchorage Inn (October thru May - \$50.00)
- Drive-In Movie (Thursday, September 21 – free)
- Home Watch Services (Monday, September 18 – free)
- Ghost Tour and Dinner (Monday, October 23 - \$43.00)

Sports:

- Candlepin Bowling (Tuesday, September 5 - \$14.00)

Trips:

- Breakfast Out –
The Bench (N. Hampton, NH) (Friday, September 8 - \$4.00)
- Lunch Out –
Family Chinese Rest. (Salisbury, MA) (Tuesday, Sept. 12 - \$4.00)
- Dinner Out –
Willy's Ale Room (Acton, ME) (Tuesday, September 19 - \$4.00)

Other Trips:

- Road Trip to Fryeburg (Fryeburg, ME) (Tuesday, Oct. 3 - \$28/\$40)
- Coppal House Farm Corn Maze (Lee, NH) (Thursday, Oct. 12 - \$21)

First & Last Name:

Dessert: ___ regular ___ sugar-free

Town of York – Center for Active Living – Lunch Menu September 2023

Registration: York Residents begins Wednesday, August 30 at 9am and Non-Residents begins Thursday, August 31 at 9am. Reservation deadline: *Friday by 2pm prior to the meal you desire* call 207-363-1036, Monday – Friday, 9:00am-3:30pm. Meal reservations in-person or by phone only; no online option. *If*

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8
Beef Ziti Marinara Vegetable Garlic Bread Muffin: Apple Cinnamon	Hungarian Chicken Bake Rice Pilaf Vegetable Muffin: Banana Walnut	Pork Chops w/Egg Noodles in Mushroom Gravy Vegetable Muffin: PB&J	Baked Haddock w/tomato, red onion Roasted Potato & Vegetable Muffin: Lemon
12	13	14	15
Broccoli & Cheese Soup Ham & Cheese Sub w/tomato Muffin: Chocolate Chip	Homemade Meatloaf Mashed Potato w/Gravy Vegetable Muffin: Berry	Chicken Cacciatore w/Pasta Vegetable Garlic Bread Muffin: Pineapple	Baked Cod w/Sweet Chili Sauce Brown Rice Vegetable Muffin: Cranberry
19	20	21	22
Pulled Pork Baked Beans Coleslaw Muffin: Blueberry	Oven Fried Chicken Rice Pilaf Vegetable Muffin: Corn	Spaghetti w/Meat Sauce Vegetable Garlic Bread Muffin: Chocolate Cinnamon	Baked Haddock w/Zucchini & Tomato Garlic Mashed Potato Muffin: Lemon Poppy
26	27	28	29
Seasoned Beef Tacos w/Lettuce & Tomato Muffin: Cinnamon	Baked Ham Mac & Cheese Vegetable Muffin: Raisin Bran	Stir Fry Chicken Over Rice Medley Asian Vegetables Muffin: Chocolate Chip	Corn Chowder Haddock Sandwich w/Lettuce & Tomato Chips Muffin: Peanut Butter Apple