

The Scoop

April 2024
Vol. 43 Issue 10

TOWN OF YORK
PARKS & RECREATION

Center for Active Living
Life. Be in it!



36 Main Street, York
Phone 207-363-1036

Monday - Friday, 8:30am - 4pm

Pete Murray, Parks & Recreation Director
Art Jacobs, Program Coordinator
Kim Tilton, Program Coordinator
Becky Osgood, Administrative Assistant
Sean Carey, Chef
Sydney Wakefield, Kitchen Aide
Obie Murphy, Custodian

*** CAL = Center for Active Living

PLEASE TAKE NOTE!

Program and Lunch Registration starts Wednesday, March 27th - York Residents Only

Thursday, March 28th - Non-York Residents & York Residents

The Center for Active Living will be closed on Monday, April 15th for the Patriots' Day Holiday

Spring Fair

at the Center for Active Living

**BAKE SALE - LINENS - HOUSEWARES - GLASSWARE - JEWELRY
WICKER BASKETS - MADE IN MAINE CRAFTS - LUNCH OPTIONS
TOYS - PLANT & FLOWER SALE - RAFFLE BASKETS and MORE!**

Friday, May 17th and Saturday May 18th

**THE NEXT SPRING FAIR MEETING
IS MONDAY, APRIL 1ST AT 2PM
EVERYONE IS WELCOME TO ATTEND!**

9am - 3pm

DONATIONS

**for the Spring Fair White Elephant Sale will
gratefully be accepted from April 1st - 30th**

**We can't accept electronics, clothing or books. Thank you!
Starting on April 1st - leave your donations in the cart by CAL's entrance.**

PLEASE NOTE: We are unable to accept donations after April 30th.

Would you like to be part of the FAIR COMMITTEE? Volunteers are always needed and appreciated at CAL.
Let us know if you would like to be involved in this event or in other programs at the Center for Active Living.

HAPPENINGS at CAL

APRIL CRAFTS

CARD MAKING WORKSHOP w/Maxine

Friday, April 19th 1-3pm Cost \$2.00
Learn some new techniques while producing your own unique greeting cards. We'll provide the necessary supplies and you bring your creativity to design handmade cards to share with friends & family.



TRADITIONAL MAY BASKETS w/ Lisa

Monday, April 29th 1-3pm Cost \$2.00
Do you remember the pretty flower cones hung on doorknobs back in the day? We'll be using spring faux flowers to produce those traditional May Baskets. Supplies provided.



CAL'S GAME DAY

Wednesday, April 17th 1-4pm

Join the hilarious fun of CAL's Game Day. This month we'll be playing CAL's edition of 'What's My Line?' Always a fun time being a participant or an audience member. Don't miss this FREE event!

SAVE THE DATE!

FRIDAY, MAY 17TH 6-9PM

Portsmouth Senior Activity Center
Spring Dance Party with CAL's DJ Rhonda DiCarlo. We'll be joining the Portsmouth members for a fun night of music, dancing and ice cream.
Sign ups starting in May!

SPRING FAIR WORKSHOPS

RAFFLE BASKET WORKSHOP

Monday, April 8th 1-4pm FREE



We need your help with Raffle Basket Production Day! Bring your donated items and we'll help you design a beautiful themed Raffle Basket. If you need help with a theme for your basket, let us know, we have several theme ideas! We'll only be doing this basket workshop once, so don't miss your chance to work with the group to put together your donated basket for the Spring Fair.



POTTING SHED WORKSHOP

Tuesday, April 30th 1-4pm FREE

Do you have a green thumb and want to get your hands in the dirt for a good cause? Here's your chance to help with getting our assorted mini-plants potted and ready for the Spring Fair. If you have any small pots or vessels that you no longer need, we would be happy to repurpose them! Do you have any plants that you're willing to trim and root? Let us know what plants you have and we'll let you know what we're in need of.



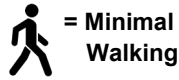
**DROP-IN BLOOD PRESSURE
and GLUCOSE CLINIC
at the Center for Active Living
with the York Beach Fire Department**

Monday, April 8th 2-2:30 pm



DAY TRIPS AND OUTINGS

To help you determine if a trip is appropriate for your activity level and ability we have added **Walking Icons** to the descriptions. Let us know if you need any additional information to assist you in planning for trip days.



TRIP REGISTRATION POLICIES

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

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

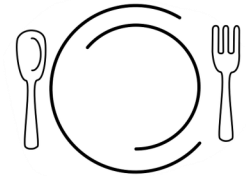
DINING-OUT TRIPS FOR APRIL

Our Dining-Out Trips are very popular! If you haven't dined with the group yet, it's time to sign up and treat yourself to a social meal at a local restaurant. We enjoy trying new restaurants and we love repeat trips to our favorite spots.

 **Breakfast Out - Brunch Club, Dover, NH (Tuesday, April 16)**
Bus leaves at 8:30am and we'll return at approximately 11:30am Cost \$4.00

 **Lunch Out - No Lunch Out for April - See Day Trips Below for other options.**

 **Dinner Out - Windjammers, Rochester, NH (Monday, April 8)**
Bus leaves at 3:45pm and we'll return at approximately 7:30pm Cost \$4.00



UPCOMING TRIPS

OXFORD CASINO - Friday, April 5th 8am - 4pm Cost \$25.00

Join the CAL group for an exciting day of Casino Gambling at Oxford! Offering a vast assortment of Slot Machines, Game Tables and two options for lunch at the Ox Pub or the Oxford Express.



SPRING MYSTERY SHOPPING TRIP - Thursday, April 18th 8:30am - 4pm Cost \$10.00

Join Becky & Kim for a fun day of Spring shopping! We want to surprise you with our destinations and we know you're going to love the wide variety of stores we have in mind. We'll have lunch at a nearby restaurant or you can skip lunch and continue shopping. Let's shop 'til we drop!



The Beach Boys Tribute Concert - Thursday, April 25th 8:30am - 5:00pm Cost \$123.00 (lunch & show)
'Still Surfin' has been performing the greatest Beach Boys hits for over 20 years and they have perfected the iconic Beach Boys harmonies. We'll enjoy a delicious lunch before the show with choices of Apple Cranberry Stuffed Chicken or Vegetable Lasagna. Lunch also includes salad, sides & dessert.



SOMETHING NEW

SCAN THE CODE TO SIGN UP!



Call York Parks & Rec For More Info 363-1040



TOWN OF YORK
PARKS & RECREATION

6 WEEK ONLINE WORKSHOP
\$500

PHOTOGRAPHY WORKSHOP

BEGINNER TO ADVANCED

WHAT YOU WILL LEARN

- LIGHTNING
- COMPOSITION
- EXPOSURE
- LENSES
- POST-PROCESSING
- ONLINE PRESENCE

HOSTED BY:



April 1st - May 6th *Online Class*
Monday Nights 6:00pm-8:00pm

HAVE YOU HAD A CHANCE TO ATTEND ANY OF THE EDUCATIONAL PROGRAMS AT CAL? FREE APRIL PROGRAMS

AIR FRYER 101

Learn the basics of using an Air Fryer with Brianna Henward
Tindon Senior Services
Thursday, April 11th 10-11am

LONG TERM CARE

Learn the facts of Long Term Care with Irene Bowen
Edward Jones Financial Advisor
Friday, April 19th 10-11am

ESTATE PLANNING

Wills, Trusts & Important Documents with Britton Garon,
Elder Law Attorney
Monday, April 22nd 10-11am

INTRO TO OCCUPATIONAL THERAPY

with Emily Wehrein
Occupational Therapist
owner PIVOT Hand & Shoulder
Tuesday, April 30th 10-11am

SPRING IS HERE AND IT'S TIME TO GET BACK OUTDOORS!

CAL HIKING CLUB

Friday, April 26th 9-10:30am

Join us for our first Spring hike at the beautiful Laudholm Farm in Wells. We'll explore the many trails, including the popular beach trail, and look for early signs of Spring. Drive on your own and meet in the parking lot at Laudholm Farm ready to walk at 9am.



BIRDING WITH WHITE PINE

AT MT. AGAMENTICUS

Monday, April 29th 10:30am-12pm

Connect with songbirds through their vocalizations and unique field marks. Learn to bird by ear and observe and interpret bird behavior together. What are the birds telling us? Drive on your own and meet in the main Summit Lot for FREE parking.



CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
Crafters Gathering	Tuesdays	1:00 - 3:00pm	None	Free
Open Paint Day	Tuesdays	1:00 - 3:00pm	None	Free
NEW! Open Paint Day on Tuesdays for those wanting to dabble and work on their painting skills. We'll put out the supplies for watercolor and acrylic painting. No instructor - just flourishing artists!				
Card Making Workshop w/Maxine	Friday, April 19	1:00 - 3:00pm	Maxine	\$2.00
Maxine will teach us how to make unique, handmade greeting cards. Supplies provided.				
Crafts with Lisa: May Baskets	Monday, April 29	1:00 - 3:00pm	Lisa	\$2.00
Lisa will help design traditional May Baskets for you to surprise a friend or loved one. Supplies provided.				



EDUCATION & HEALTH



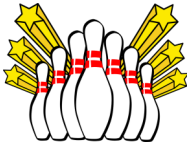
Program	Day & Date	Time	Presenter/ Instructor	Cost
Blood Pressure & Glucose Clinic	Monday, April 8	2:00 - 2:30pm	YBFD	Free
The York Beach Fire Department will be providing our CAL members with a FREE Blood Pressure and Glucose Clinic. Drop-ins are welcome from 2:00-2:30pm. Don't miss this opportunity to get checked!				
Air Fryer 101	Thursday, April 11	10:00 - 11:00am	Brianna Henward	Free
Brianna will teach us how to use the popular Air Fryer and give us tips on what foods work best in this trendy new kitchen appliance.				
Armchair Travels with Dewey	None for April			
Tech Help	Thursday, April 25	11:00 - 2:00pm	Shaun Morrill	Free
Appointment Required. Need help with your cell phone, tablet, laptop, computer, Facetime or Zoom? Please note that you need to bring the device that you are seeking help with to your appointment.				
Long Term Care	Friday, April 19	10:00 - 11:00am	Irene Bowen	Free
By request, Irene will give an overview of the ins and outs of Long Term Care.				
Estate Planning	Monday, April 22	10:00 - 11:00am	Britton Garon	Free
Local Attorney, Britton Garon, will cover wills, trusts and end of life documents that you need to have ready.				
Intro to Occupational Therapy	Tuesday, April 30	10:00 - 11:00am	Emily Wehrwein	Free
Occupational Therapist, Emily Wehrwein, will educate us on new techniques in OT with a holistic approach.				



NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
CAL Hiking Club - Laudholm Farm	Friday, April 26	9:00 - 10:30am	CAL Staff	Free
We will traverse varying terrains, inclines and declines. Let's get out and explore the great outdoors while making connections and having some laughs. Drive on your own to Laudholm and meet in parking lot.				
Mt A Birding with White Pine	Monday, April 29	10:30 - 12:00pm	Naomi	Free
White Pine and Naomi from Mount A will help us to connect with songbirds and birding by ear. This program will be held at Mount Agamenticus. Park in the main Summit Lot - Parking is FREE.				



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, April 9	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
BINGO for Fun	Friday, April 12	1:00 - 3:00pm	Free	Bring your \$1 Scratch ticket to donate to the Prize Table
Book Club w/Lisa MacGlashing	Monday, April 22	10:00 - 11:30pm	Free	Join Lisa and other readers to engage in a lively book discussion.
CAL's Coffee House Vinyl Cafe	Friday, April 19	2:00 - 3:00pm	Free	We have a new turntable and we're ready to listen to our vintage records! Bring in your favorites to share with the group and we may end up having a spontaneous dance party while we reminisce. With our new turntable we can accommodate both 45's and LP's.
CAL Gals	Wednesday, April 10	1:00 - 2:30pm	Free	Ladies of CAL provide a safe and non-judgmental environment to promote friendship and camaraderie while sharing information and reducing isolation. We'll engage in meaningful conversations while addressing concerns related to aging and life's challenges, offering tools and resources to better understand our journey.

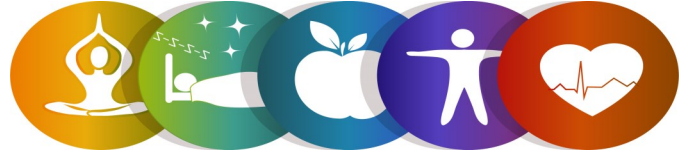
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
Conversational French	No Meetings For April - Will resume in MAY.	2:00 - 3:00pm	Free	Parlez vous francais? Join Christine Yanco and our new Conversational French group to get a French refresher or get started on a new journey. Maybe you have an upcoming trip planned and need to learn a few simple phrases to help with communication in a French speaking country. All levels welcome.
Drumming Class	Tuesday, April 16	4:00 - 5:00pm	\$5.00	Drumming Circle with Patsy Onatah. Bring your own drum/small percussion if you have it. Patsy brings extras to share if you don't have one.
Haircut w/Susan	Monday, April 1st	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
Improv 101	Friday, April 26	2:00 - 3:00pm	Free	IMPROV GAMES are acting exercises that require participants to react in real time instead of following a script. The purpose of these activities is to help individuals practice quick-thinking skills, communication, and hone your acting ability. Join the IMPROV fun!
Late Night at the Center	Tuesday, April 30	4:00 - 8:00pm	Free	It's GAME NIGHT this month at CAL. Join friends for a variety of games or just come to socialize. Wii bowling, Scrabble, cards and more!
Movie Monday	Monday, April 22	1:00 - 3:00pm	Free	Get out of the house and join us for popcorn and a popular movie.
Peace of Mind	Wednesday, April 17	10:30 - noon	Free	Janie, York Service (YCSA) Family Service Manager
Sing-A-Long Songs with Art "CAL Quartet"	Thursday, April 11	1:00 - 3:00pm	Free	Join Art at the center for an afternoon of dancing, singing and good old-fashioned fun. This month it's the CAL-Quartet. Four of our favorite, musical artists! Can you guess who they are?
Social Club Monthly Meeting	Wednesday, April 3	1:00 - 3:00pm	Free	Come one, come all! We will talk about new program ideas, activities, and special events for the center. We welcome your input and fresh ideas.

EXERCISE & WELLNESS - Instructor Led

General Information: FIRST CLASS FREE!

- Please register for program series at least 48 hrs. in advance of first session.
- Registration is done at the Center for Active Living - payment by check or credit/debit card.
- Punch cards will be purchased for 5 or 8 classes at a time and can be used for any of the three classes - Balance Fun & Workouts, Line Dancing and/or Shake it Up - \$5.00 per class.
- Purchase the \$20 session for each class for the month or the punch card for flexibility.
- **DROP-IN OPTION IS NO LONGER AVAILABLE - PUNCH CARDS NEED TO BE PURCHASED.**



Program	Day & Dates	Time	Location	Instructor	Cost
<i>Balance Fun & Workouts</i>	Tues., April 2, 9, 23, 30 Thurs., April 4, 11, 25, May 2	10:00 - 11:00am	York Beach Fire House	Jonna Dijkstra	\$25 per session or \$5.00 per class Punch Card
<p>Jonna Dijkstra, ACE Certified Personal Trainer & Senior Fitness Consultant, offers exercise programs designed to promote health and wellness. Jonna offers modifications during the program to match your ability. We use hand weights and bodyweight exercises to get you moving and connecting with your body. During class Jonna offers tips and suggestions about balance, nutrition and lifestyle changes to maintain better health. All abilities are welcome!</p>					
<i>Line Dancing</i>	Wed., April 3, 10, 17, 24, May 1 Fri., April 5, 12, 19, 26, May 3	10:00 - 11:00am 9:30 - 10:30am	CAL	Diane Anderson	\$25 per session or \$5.00 per class Punch Card
<p>Diane Anderson teaches a choreographed routine with a repeated sequence of steps. A low impact, fun exercise for the mind as well as the body. Dances to popular music include waltz, fox trot, jitterbug, mambo, and rumba. All easy movements to work our muscles, joints, balance and memory. No partner necessary!</p>					
<i>Shake It Up</i>	Tues., April 2, 9, 16, 23, 30 Thurs., April 4, 11, 18, 25, May 2	9:00 - 10:00am	York Beach Fire House	Rhonda DiCarlo	\$25 per session or \$5.00 per class Punch Card
<p>'Shake It Up' is a lively and active dance class disguised as an exercise class! This fun-filled class, instructed by Rhonda DiCarlo is full of work out moves with a strong focus on dancing. Class begins with a warm up and ends with a cool down, with strategic stretching in different dance routines. The routines are easy to follow for all fitness levels, with an upbeat mixture of American, Latin and International music.</p>					

EXERCISE & WELLNESS - Video Instructed Classes - Drop-ins Welcome - Always FREE!

Program	Day & Date	Time
<i>Exercise with video - Mondays</i>	Monday, April 1, 8, 22, 29 (4/15 Closed)	9:00 - 9:45am
<i>Exercise with video - Wednesdays</i>	Wednesday, April 3, 10, 17, 24, May 1	9:00 - 9:45am
<i>Exercise with video - Fridays</i>	Friday, April 5, 12, 19, 26, May 3	8:30 - 9:15am
<i>Tai Chi with video</i>	Friday, April 5, 12, 19, 26, May 3	1:00pm

BOARD & CARD GAMES (Drop-in)

General Information:

- All card and board games are drop-in, self-directed programs with the exception of lessons provided by specific volunteers. All levels of players are welcome.
- All board & card games are free.
- In addition to times listed below, you are welcome to come in with friends or meet them here during our regular hours to play a board or card game of your choosing, based on available space. Café time, Mondays-Fridays, 9:00 - 11:00am, are great times to socialize in the dining room.
- If there is a card or board game you would like to play and don't see it below, please let Art, Program Coordinator, know.

Program	Day	Time
Scrabble	Mondays	1:00 - Closing
Poker	Mondays & Wednesdays	Mon., noon - Closing Wed., 1:15 - Closing
Cribbage	Tuesdays & Thursdays	10:00 - Noon
Hand and Foot (cards)	Tuesdays	1:00 - Closing
Bridge - Advanced/Beginners	Tuesdays	1:00 - Closing
Dominoes/Mexican Train	Wednesdays	1:00 - Closing
Gin Rummy	Thursdays	1:00 - Closing
Mahjong - American/Taiwan	Thursdays	1:00 - Closing
Mahjong Lessons - By Appointment Only	Thursdays	1:00 - Closing
Backgammon, Checkers, Chess	Thursdays	1:15 - Closing
Bridge - Lessons/Walk-ins	Thursdays	1:00 - Closing
Wii Bowling	Thursdays	1:15 - Closing
Mahjong - Advanced Players	Fridays	1:00 - Closing
Rummikub	Fridays	1:00 - Closing

LIBRARY AT THE CENTER FOR ACTIVE LIVING

The Center's Library, located in the Activity Room, has a large selection of books, and DVD movies you can borrow. You may visit the Library during Center hours when there is no organized program happening in the activity room. Borrowing is on the honor system. There is a drop-off box in the hallway for returning items. Our large assortment of Jigsaw Puzzles to borrow are now located in the hallway near the card/game room.

CAL INFORMATION

Location: 36 Main St., York Beach (main entrance at rear of building)

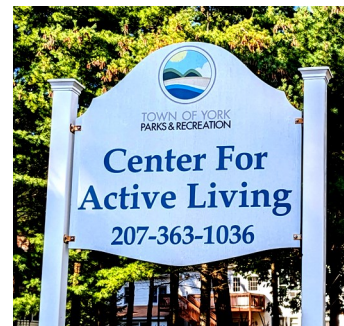
Mailing Address: 36 Main St., York, ME 03909

Hours (except holidays): Monday – Friday, 8:30am – 4pm.

Contact Information: Phone 207-363-1036;

website <https://www.yorkparksandrec.org/>

(click on Center for Active Living at the far right)



Eligibility: Adults 50 years of age and older are invited to participate.

York residents will be given priority for programs. Non-residents pay an annual user

fee of \$25 (July 1st – June 30th). All York residents and non-residents need to register each year,

In order to continue to receive the monthly newsletter, “The Scoop”.

Program Registration:

Wednesday, March 27th – York Residents Only:

▶ 9:00-11:00am restricted to walk-ins only – Doors to the Center will open at 8:30am. Sign-in, pick up a registration form and have a cup of coffee/tea plus a treat, and wait your turn – *no one’s registration will be taken prior to 9:00am*. A Registration Form is inserted.

▶ 11:00am – 3:30pm open to walk-ins, phones, and online registration.

Thursday, March 28th and thereafter: Non-York Residents & York Residents –

▶ 9:00am – 3:30pm – walk-ins, phones, and online registration during all hours.

▶ For programs requiring advanced registration, you may register in-person, via phone (207-363-1036), or online (<https://www.yorkparksandrec.org/>), Monday – Friday, 9:00am – 3:30pm except during the lunch hour (11:45am-12:45pm). Online registration is not available for meals.

Program Fees: Some programs have a fee. The fee is listed in the program description. It is the same for York residents and non-residents. The fee is payable at the time of registration unless noted otherwise in the program description. ***Payment may be made by credit card or check; no cash payments.*** If paying by check, please make check payable to “Town of York – CAL” and put in memo activity/meal/trip. ***If you pay and need to cancel a trip, you will be able to receive a refund if we are able to fill your spot.*** If you are a York resident who may benefit from the assistance of a scholarship or payment plan for program participation, please see Art, Program Coordinator. We’re happy to help.

Not Getting Emails from the Center for Active Living? Be sure to check your spam. To keep the Center’s emails from going to spam, add the Center for Active Living to your email contact list.

Center for Active Living Conduct Policy: All participants, including all staff of the Parks & Recreation Department are expected to behave in a proper and respectful manner. We will not tolerate inappropriate behavior or language, harassment of any kind, destruction of property, or any other behavior deemed inappropriate by the Parks and Recreation Department. In accordance with the severity and frequency of the behavior, the Parks & Recreation Department reserves the right to dismiss participants from the Center and any programs sponsored by the Center. No refund will be given.

Volunteer Opportunities: Volunteering at the Center for Active Living is rewarding and helpful in keeping our programs and activities running efficiently. We have several special events throughout the year at CAL, where we could use more helping hands. If you have an area of expertise or extra time to spare, drop by and fill out a volunteer form so we can meet you and match you with a volunteer position.

HEART TO HEART is in need of Volunteers: Are you available to help with transportation and errands for older adults in our community? Heart to Heart, Ageless Love is a non-profit organization, offering free services to older adults in the Greater York Area. Please call 207-361-7311 or email Jud@hearttoheartagelesslove.org for more information on volunteering for Heart to Heart.

USEFUL INFORMATION

HEART TO HEART, *Ageless Love*

is a non-profit organization offering free services to Older Adults in the Greater York Area.

Transportation, "Special Deliveries" and pick-ups, Phone Friend companionship, and other services

can be requested by calling 207-361-7311 or emailing Jud@hearttoheartagelesslove.org.

Call for transportation to/from one of the Center's programs!

HEART TO HEART is in need of Volunteers!

MEDICAL EQUIPMENT FOR LOAN

York Community Service Association (YCSA)

Contact Donald at 207-363-5504 ext. 4 or email dmartin@ycsame.org.

Kittery Lions Club - 207-439-3378,
Tuesday, Wednesday, & Thursday
10:00am - noon

YORK PUBLIC LIBRARY

The Library offers a delivery service twice a month (2nd & 4th Wednesday of each month)

for individuals who are unable to drive. This service is provided by Altrusa of the Seacoast. Also, if you don't know what you want to read, the librarians will gladly recommend books to match your interests. Additionally, the library also provides technical assistance for use of smart phones, tablets, and computers plus research assistance and things to borrow (e.g., birding backpack, ukuleles).

For details of the library's services, see <https://yorkpubliclibrary.org/> or call (207) 363-2818.

RECYCLING - DO YOU "CLYNK"? WE DO!

You can pick-up CLYNK bags with our sticker on it at the Center. When you turn the bag in at Hannaford collection station, the Center benefits. Please do not return your filled bag to the Center.

This is our year-round bottle drive.

Thank you for supporting the Center!

FOOD COMPOSTING

Food scraps make up roughly 28% of York's trash pick-up.

Help our environment and consider composting.

You can drop food scraps at Witchtrot Rd.

Recycling and Composting Facility for free, or use Mr. Fox service for a fee; call 855-673-6926 or visit <https://mrfoxcomposting.com/>.

To learn more about composting in York, visit <https://yorkreadyforclimateaction.org/ecohomes/love-food-recycle-food-waste/>.

YORK COUNTY COMMUNITY ACTION CORP.

Contact Heather Roberge at 207-439-2699 for more information on tax help and

Fuel and Transportation Services

<https://yccac.org/liheap-heating-assistance/>
<https://yccac.org/other-transportation-services/>

SCAMS & FRAUD

Fraud & scams are on the increase, especially those aimed at older adults. If you think you've been scammed or are a victim of fraud, contact both York Police Department (207-363-4444) to speak with an officer and the Federal Trade Commission 877-382-4357.

Never give out your social security #, credit card information, Medicare number, personal data and/or never send money to unknown people.

TOWN OF YORK

Public Access: Channel 3

Website: <https://www.yorkmaine.org/>

York Parks & Recreation Website

(includes Center for Active Living Information):

<https://www.yorkparksandrec.org/>

York Parks & Recreation Facebook Page:

<https://www.facebook.com/YorkMaine>

Center for Active Living Facebook Page:

<https://www.facebook.com/people/Center-for-Active-Living-York-ME/61551327315780/>

EMERGENCY MANAGEMENT HOTLINE

877-363-YORK (9675) - Call for up-to-date information about unplanned events such as power outages, road closings, incoming storms, and last minute changes to public events.

YORK COMMUNITY SERVICES ASSOCIATION

YCSA is here to support York residents. Services include: food pantry; fuel assistance; emergency funds to help with rent, utilities, car repairs, and medical/dental needs; grocery shopping & delivery; medical equipment, and housing assistance.

If you or someone you know needs help with food, utilities, tax benefits, housing, etc. contact YCSA (207-363-5504).

Food Pantry - Maureen, Ext. 3

Grocery shopping/Medical equipment - Don, Ext 4

Assistance with utilities - Janie, Ext. 2

Housing needs - Amber, Ext. 6

Janie is at CAL twice a month -

See 'Peace of Mind' in other programs for schedule

YCSA COMMUNITY SUPPERS

First Parish Church Hall 1st & 3rd Tuesday each month

4:00pm - Coffee 4:00pm and Dinner - 5:00pm

Everyone Welcome - No reservation or fee

April Dates: 2nd & 16th

SENIOR CITIZEN ADVISORY BOARD

This is a public forum for discussions on how to meet the needs of seniors in York. Meetings are the 3rd Tuesday in March, May, July, September and November at 9:00am at York Public Library.

The next meeting is May 21, 2024.

Town of York - Center for Active Living
 Parks and Recreation Department
 36 Main Street
 York, ME 03909

PRSR STD
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APRIL 2024

Registration for Programs and Meals: York Residents start Wednesday, March 27th, 9:00am - 3:30pm; Non-York Residents begin Thursday, March 28th, 9:00am - 3:30pm.

You may register in person, by phone, or online during the above times and thereafter, Monday-Friday, 9:00am-3:30pm.

For programs and meals with a fee, the fee needs to be paid at time of registration via credit/debit card or check unless other arrangements are made. No cash payments will be accepted. Please read *The Scoop* for program details and registration information.

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

