

TOWN OF YORK  
PARKS & RECREATION



# Yorks Illustrated

FALL/WINTER/SPRING 2023-24

*Festival of Lights is Coming to Town!*

**Festival of Frights Parade**

**Vacation Camps,  
Basketball and More!**



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# Registration Information and Program Policies

Please pay close attention to the deadline dates as you review the programs! Each program session is considered a new class. All individuals must register for any sessions in which they wish to participate. Please remember that you are not automatically registered into additional sessions until your registration is complete, including payment.

You may register online at [www.yorkparksandrec.org](http://www.yorkparksandrec.org) or by calling the office. Office hours are between 8:30am and 4:30pm, Monday through Friday.

## 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](http://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

## **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.

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.

# CAMP EATON



[www.CampEaton.com](http://www.CampEaton.com)

P.O. Box 626, York Harbor, Maine 03911 • 207-363-3424

## 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.

## 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 accommodation 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 ensure 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 needs have increased. If you would like to help support our Scholarship efforts by making a contribution, please contact the office at 207-363-1040.



## Mike Sullivan Scholarship

The Mike Sullivan Scholarship has been established by the Parks and Recreation Staff, in honor of the first 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 2023 recipient, Matt Charpentier, who is studying Environmental Science at Bates College. Join us as we congratulate Matt and wish him every success. Matt will, no doubt, 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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Reserve Online April 1st

## Nubble Light / Sohier Park

Our community is home to one of the most beautiful lighthouse parks in the country. The Cape Neddick "Nubble" Lighthouse is a top tourist attraction in Maine. The preservation and upkeep of this historic landmark is extremely important and is largely dependent on community volunteers. In collaboration with the Sohier Park Committee, the Parks and Recreation Department is responsible for maintenance and operations at the Park. Proceeds from the gift shop go directly to the upkeep of Sohier Park and Nubble Light. The gift shop is located inside the Welcome Center at the park. A team of devoted volunteers help keep the park and island looking it's best. The Gift Shop is open daily from the first of May through mid-October. Please come by and visit us. If you can't visit in person, check out our online store: [www.nubblelightstore.com](http://www.nubblelightstore.com)

The Nubble Lighthouse is always looking for new, passionate ambassadors for the season. You'd help take photos, answer questions, and meet people from all over the world! Volunteer for a few hours per a week, or more. If you are interested in becoming

a Nubble Light ambassador or a gift shop volunteer, please reach out to Brian Ross at [blross@live.com](mailto: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 25th 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](http://www.nubblelightstore.com)

# Town of York

## Selectboard

Todd Frederick, Chair  
Robert Palmer, Vice Chair  
Michael Estes  
Marilyn McLaughlin  
Marla Johnson

## Town Manager

Peter Joseph

## Parks and Recreation

Office Location: 200 US Route 1, York, Maine  
Grant House at Goodrich Park  
Mailing Address: 186 York Street, York, ME 03909  
Telephone: (207) 363-1040  
Email: [parks-rec@yorkmaine.org](mailto:parks-rec@yorkmaine.org)  
Fax: (207) 351-2967  
Website: [www.yorkparksandrec.org](http://www.yorkparksandrec.org)  
Facebook: [www.facebook.com/yorkmaine](http://www.facebook.com/yorkmaine)  
Instagram: [@yorkparksandrec](https://www.instagram.com/yorkparksandrec)

## Administration

Peter Murray, Parks & Recreation Director  
Ryan Coite, Parks Superintendent  
Andy Kaherl, Recreation Coordinator  
Robin Kerr, Parks Natural Resource Manager  
Nick Darby, Coordinator of Events & Enrichment  
Marquis MacGlashing, Sohier Park Gift Shop Manager

## Center for Active Living Staff

Kim Tilton, Coordinator  
Art Jacobs, Program Coordinator  
Becky Osgood, Administrative Assistant  
Sean Carey, Chef

## Parks and Recreation Board

Mike Modern, Chair  
Brenda Knapp  
James Crawford  
James Kelly  
Bill Olsen, Jr., Alt.  
Thomas Rose, Alt.

## Senior Citizens Advisory Board

Debbie Meyers, Chair  
Greg Fyfe, Vice Chair  
Liz Maziarz, Secretary  
Carollyn Anderson  
Maxine Brown  
David Charles McQuade  
Elizabeth Englehart

## Sohier Park Committee

Brenda Knapp, Chair  
Brian Ross, Secretary  
Tony Knox  
Diane Ross  
Susan Moran  
Barry Leibovitz, Alternate



## Mount Agamenticus Conservation Region

contains 15,000 acres of conservation land set amidst the largest expanse of coastal forest between Acadia and New Jersey. The area supports the largest assemblage of species at or near the northern limit of their range within the state and contributes significantly to Maine's biological diversity. The region is known

for its rich natural resources including many vernal pools, rare plants, and animals.

Mount Agamenticus (Mount A) is also a favorite destination for sightseers and outdoor enthusiasts, and its popularity is dramatically growing. A short trip up Mountain Road rewards with miles of well-marked and maintained trails for designated uses to include hiking, biking, all-terrain vehicles, snow-shoeing, and Nordic skiing. A scenic summit park has incredible views, offers a universal access trail, and is a hot spot for viewing the annual raptor migrations.

State, local, and non-profit landowners are working together to protect this land and to balance wildlife and water quality along

with sustainable recreation. These landowners make up the Mount Agamenticus Steering Committee and include: the Towns of York and South Berwick, York Water District, Kittery Water District, Maine Dept. of Inland Fisheries and Wildlife, Great Works Regional Land Trust, and York Land Trust. Together, these partners strive to maintain safe, responsible, and enjoyable public access to Mount A's trail system while conserving the unfragmented forests and biological richness that exists here. Thanks to the continued collaborative conservation efforts of our partners, seasonal work crews, volunteers and donors, Mount A continues to be a natural treasure and an invaluable resource for wildlife, water, and recreation!

## 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

The StoryWalk® at Mount A includes reading stations placed along the Ring Trail. The featured story is generally seasonal in nature and is swapped out quarterly.

Our story starts at the lowest parking lot on the Ring Trail, continues on the west side of Ring, and up the Witch Hazel Trail to finish on the summit.

Fall story, posted the last week of September: We Are Fungi by Christine Nishiyama

Winter story (TBD) will be posted the first week of December.

## Summit Learning Lodge

The Summit Learning Lodge will be open on weekends from Noon-4:00pm through October 14th and closed for the winter and spring. Opening day for the 2024 season is Saturday, May 25th. The Learning Lodge is home to educational displays and hands-on activities as well as our gift shop. Any additional hours will be posted on our website.





## Gift Shop

The Mount A gift shop is open during Learning Lodge hours. Stay tuned for holiday season “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](http://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.

## Small Group Guided Program Offerings

(12 person maximum) Available Spring-Fall.

### 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! Our 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!

### Halloween in Nature with the Center for Wildlife Saturday, October 21st 4:00pm-6:00pm

Ever wonder what those bumps, howls, hoots and screeches in the night are? Come find out with the Center for Wildlife and



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Mt. Agamenticus! Be sure to wear your Halloween costumes for pictures with Center for Wildlife animal ambassadors. We will meet at the summit of Mount A for an educational program feature Center for Wildlife ambassador animals and then grab our flashlights for a twilight hike. We will call for owls and listen for other animals that go bump in the night! To register visit [www.thecenterforwildlife.org/events](http://www.thecenterforwildlife.org/events).

All proceeds from our joint programs with the Center for Wildlife help fund the work of wildlife and environmental conservation conducted by our two organizations!

### **Three Hill Hike with Great Works Regional Land Trust Sunday, November 5th, 9:00am-3:00pm**

Enjoy the last of the fall foliage season and explore Mount A's vast trail network and habitats. Join Great Works Regional Land Trust and Mount 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](mailto:info@gwrlt.org) or call GWRLT at 207-646-3604.

Additional programs with the Center for Wildlife will be announced over the winter. Keep an eye on [Agamenticus.org](http://Agamenticus.org)!

### **Volunteer Community Workdays**

**Saturdays, 9:00am-12:30pm**

Let's work together to take care of Mount A! We are hosting a couple more community workdays this fall to wrap up the season. We have scheduled a few new dates for spring 2024!

### **Fall Workdays**

**October 14th:** Shrubland Management 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.

**November 18th:** Trail and Tool Maintenance Workshop This day will be centered around end of season trail tool sharpening and maintenance. Volunteers will sharpen tools, help set up a winter wood working shop in the Lodge, and armor sensitive areas on trails to minimize the impacts of snow and mud season.

### **Spring Workdays**

**April 20th:** 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 4th:** The Big A 50K Trail Race! That's not a typo - 31.07 miles! Volunteers are needed from sunrise to sunset to help with set-up, parking, registration, cooking and clean up. Please help support this impressive community of runners! All proceeds directly benefit conservation work at Mount A.

**June 1st:** It's National Trails Day! Participate in spring trail clean up or 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 workday, e-mail [bjankowski@yorkmaine.org](mailto:bjankowski@yorkmaine.org).

### **Big A 50K**

**Saturday, May 4th, 2024**

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.



### **More Ways to Get Involved 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](http://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.

# The Center For Active Living

Located at 36 Main Street in York Beach and operated by the York Parks and Recreation Department, the Center for Active Living 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. CAL is open Monday-Friday from 9:00am-4:00pm and closed on holidays and between Christmas Eve and New Year's Day.

To receive the Center's monthly newsletter and program guide, The Scoop, please call the Center for Active Living at 207-363-1036 or stop by the office. The Scoop is also 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.

## Programming Info

Most programs are open to all area residents with priority given to York Residents. Some, 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.

Programs and activities vary in scheduling, please see The Scoop for specific programs and details. We are always open to program ideas and welcome your feedback and suggestions. If you have a special need, please let us know and we will do our best to accommodate. Programs are subject to minimum and maximum participation numbers, please, register early to avoid disappointment of a cancellation or waitlist. Scholarship opportunities are available for those York residents in need of financial assistance to participate in our programs.

We offer programs in some of the following areas:

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

## Registration Info

Although some programs are free, others may have a fee. Program fees are payable at the time of registration. Registration for York Residents will be the last Wednesday of the month for the next month, from 9:00am-11:00am, and is restricted to walk-in only. Doors to the Center will open at 8:30am. Registration will not be taken prior to 9:00am.

From 11:00am-3:00pm registration is open to online, phone, or walk-in registration.

Non-resident registration opens on the last Thursday of the month.

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

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## 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 availability. 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-Close

### Bridge

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

### Cribbage

Tuesdays & Thursdays, 10:00am-Noon

### Dominoes / Mexican Train

Mondays & Wednesdays, 1:00pm-Close

### Hand and Foot

Tuesdays, 1:00pm- Close

### Mahjong - Chinese/Taiwan

Thursdays, 1:00pm- Close

### Mahjong - Lessons

Thursdays, 1:00pm- Close

### Mahjong - American

Fridays, 1:00pm- Close

### Poker

Mondays, Noon- Close  
Wednesdays, 1:15pm- Close

### Scrabble

Mondays, 1:00pm- Close

### Wii Bowling and other Wii Games

Thursdays, 1:15pm-3:45pm

## 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 wooden gnomes, wreath making, fall pumpkins and apples, punch needle, reverse canvas and acrylic paint pour art.



### 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 educational programs covering a variety of topics including community agencies, elder law, local history, nature, travel talks with Dewey, 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.

### 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 AND WELLNESS PROGRAMS

### 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 of maintaining your independence as you age. The majority of Jonna's programs are year-round. Each program has its own fee.

### Balance and Fun Workouts

**Tuesdays, 9:30am-10:30am**

**Thursdays, 10:15am-11:15am**

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. Cost \$32, weekly, for 4 sessions, or \$5 per session as a drop-in participant.

### 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 & Wednesdays, 9:00am-9:45am and Fridays, 8:30am-9:15am**

#### 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, \$20 ; 8 sessions, twice a week, \$40, or \$5 per session as a drop-in participant.

### 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

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**Taraneh Azar, M.D.**

**John Stallman, PA-C, PhD, MS**

**Lisa Tessier, Au.D.**

**Elizabeth Brown, Au.D.**

**Michele McCarthy, Au.D.**

**Melissa Graziani, Au.D.**

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, once a week for 4 weeks, \$40, twice a week (both Tuesdays & Thursdays), for 4 weeks, or \$5 per session as a drop-in participant.

### 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 does the program in conjunction with a video. Wear comfortable clothing. Cost: Free.

## LUNCH PROGRAM

### Basic Information

**Meals are homemade on premises by our Chef, Sean Carey.**

**Lunch is available Tuesdays, Wednesdays, Thursdays, and Fridays**

**Dine-In Meals Available Tuesday through Fridays.** Please arrive by 11:30am, sign-in at the reception desk, and set-up your space (select a seat, gather silverware, obtain beverage). Volunteer assistance is available if needed (request when signing in).

Dine-in meals must be picked up by noon and will not be held after noon. If not claimed by noon, your meal may be forfeited.

**Drive-Thru Meals on Wednesdays.** You may put your car in line at 12:00pm. Drive-thru is open from 12:00pm-12:30pm. You will circle the parking lot to the main door facing the driveway. A volunteer will take your name and another volunteer will bring your meal.

For drive-thru meals the deadline for pickup is 12:45pm, after which time your meal will be forfeited.

*If you will arrive late due to an emergency, please call the Center as soon as possible.*

**Reservations are required.** Please make your reservation no later than the Friday prior to the week you desire a meal. Feel free to call at a later time to check for cancellations or meal availability. Cost: \$5 per meal per individual. Price may increase for special meals, such as lobster rolls, etc.

**Meal cancellation or no show.** If you need to cancel a meal, please contact the Center at least two days in advance in order to obtain a refund.

**Limited number of pick-ups and deliveries are available Tuesdays-Fridays for individuals who, due to medical/health or mobility conditions/issues, are unable to dine-in at the Center.** If you want to be considered for pick-up or delivery, please contact Becky Osgood.

### Muffins

**Muffins are available Tuesdays, Wednesdays, Thursdays, and Fridays**

**See calendar for muffin of the day! Reservations are required.**

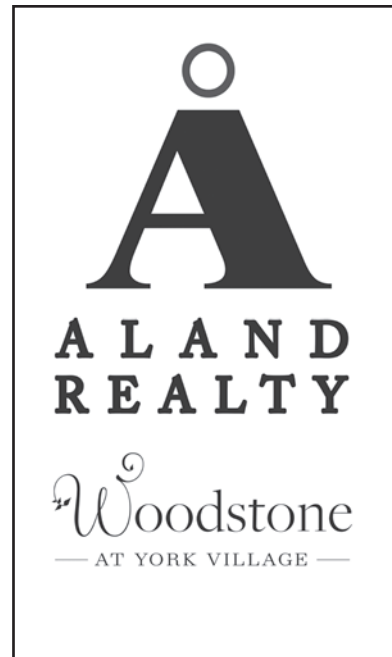
Please make your reservation no later than the Friday prior to the week you desire the muffins.

Muffin pick up is between 10:00am-3:30pm.

Cost: 5 muffins for \$2.50 or 10 muffins for \$5



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## 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, Highland Farms, Fuller Forest 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 2024

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 2024

"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, parks, and beyond! Location: Center for Active Living (indoors). Cost: Free



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### Early Spring Tree ID

March 2024

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 take part in nature walks at Mt. Agamenticus or other natural areas in York with different focuses (e.g., seasonal changes, birdwatching). This is a great opportunity to enjoy the outdoors with other people and learn a bit about our natural environment. Walks are, mainly, on the universal access trail, which has benches and is a hard surface, enabling most people to participate. Other walks may be more strenuous.

### Outdoor Games

Spring

Come try your hand at shuffleboard, horseshoes, corn hole, ladder ball, or a variety of other games! There will be opportunities for drop-in as well as organized sessions. Cost: Free.

## 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.



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## OTHER PROGRAMS

### AARP Tax Aide

February – April

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 with Lisa MacGlashing

Join Lisa each month and gain a new love for reading and make new friends. 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. Cost: Free but 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.

### Bingo For Fun

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

We play for candy bars with special Bingo themed prizes once each month. Consider joining us for lunch before BINGO. If you'd like to enjoy lunch before BINGO, be sure to register for lunch by Friday the week before, but earlier is better! Cost for lunch: \$5 unless specified - 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 Kim at the Center for Active Living (207-363-1036 or [ktilton@yorkmaine.org](mailto:ktilton@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 Jacobs at the Center for an afternoon of dancing, singing, and good old-fashioned fun. We will be singing along to hits of all decades.

### Movie Mondays

1:00pm-3:00pm

Get out of the house and join us for a movie and popcorn!



## SPECIAL EVENTS

Keep an eye on The Scoop and York Parks and Recreation website for upcoming special events to include activities and live entertainment!

A few special events planned for this Fall/Winter are:

### Jingle Holiday Fair 2023

Friday & Saturday, November 17th-18th - 9:00am-3:00pm

We are happy to announce that our traditional holiday fair is back! Available will be Maine-made items, holiday baskets, crafts, food, and fun. Please contact the Fair Committee at CAL for information or volunteer opportunities.

### Holiday Party

Hosted by the CAL Social Committee – December 2023

We will be hosting a holiday party with great food, festive games, and seasonal music. We will have raffles, a Yankee swap, sing-along and themed bingo. Santa will also make an appearance!

### Winter Vacation Camp - January 2024

Back by popular demand! Camp will be Monday-Friday, from 8:00am-12:00pm. We'll take local trips, tours and explore the area, as well as have crafts, movies, games, and activities. Snacks & lunch provided daily. Come have fun with your CAL counselors and make friends and memories.

### Late Night at the Center

Come and hang out with friends at the Center for cards, games, puzzles, crafts, or just to socialize. Some late nights we will do potlucks, there will be a sign-up sheet at the Center.

### 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 (unless special meal, which may be more.)

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## 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 on 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](http://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](mailto:djmeyers6666@yahoo.com) or by calling Diana at the Town Manager's Office, 207-363-1000.

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## 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 (bowling and bowling shoes) plus any food or beverage you choose to purchase. Consult The Scoop for monthly dates.

### Bowling League

#### Fall 2023/Winter 2024

We are looking at starting a CAL bowling league. We will bowl once a month and teams will be random. Days and dates to be determined. Please see Art Jacobs at CAL to sign-up.

### Introduction to Pickleball

#### Spring 2024

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. There are 2 outdoor courts in the CAL parking lot and equipment and instruction provided. The goal is fun and learning, in a recreational, non-competitive atmosphere. Cost: Free

### Drop-in Pickleball

#### Spring 2024

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. Nets will be set up. If you need equipment, contact Art Jacobs. Cost: Free.

## 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 do 2-4 trips a month. Trips will be listed in The Scoop. Trips require early registration as we typically need to purchase tickets.

Some trips offered:

- Restaurants - Monthly for Breakfast, Lunch and Dinner
- Museums
- Sporting Events
- Concerts
- Seasonal Destinations
- Theatre
- Tours
- Shopping

**Below are trips planned for November and December 2023:**

**Sound of Music** - Portsmouth Music Hall-November 2023

**Amtrak Downeaster to Freeport** - November 2023

**Magic of Christmas** - Merril Auditorium-December 2023

**Holiday Shopping Trip the Merrimack Outlets** - December 2023



# Nice Shot!

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# Adult Programs

For those ages 18+

## ADULT YEAR ROUND

### Punch Card System

Punch Cards are available for 5-Punch: \$20.00 / 20-Punch: \$80.00 / Full Season Pass: \$200.00 Season Pass is good for 1 year of unlimited use. 5 and 20 Punch cards have no expiration date. Punch Cards may be used for any punch card required Parks & Recreation programming such as Volleyball, Pickleball, and Adult Basketball.

### Basketball

#### Adult Over 30 Open Gym

The York Parks and Recreation Department offers an opportunity for adults to gather for several evenings each week for impromptu basketball. The schedule for open gym nights is shown below and players pay by purchasing punch cards.

REGISTRATION: Drop In with Punch Card  
 PUNCH CARD: 5 Punch: \$20.00  
 20 Punch: \$80.00  
 Full Season Pass: \$200.00

LOCATION: York Middle School  
 DAYS: Tuesdays, Thursdays,  
 and Sundays

TIME: 8:00pm–10:00pm  
 Time subject to change during school basketball season.)

### Volleyball - Adult Co-Ed Sundays & Wednesdays

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 with Punch Card  
 PUNCH CARD: 5 Punch: \$20.00  
 20 Punch: \$80.00  
 Full Season Pass: \$200.00

LOCATION: York Middle School Gym  
 DAY/TIME: Sundays All Levels  
 8:00am-11:00am  
 Wednesdays Intermediate/  
 Advanced  
 7:00pm-9:00pm  
 Schedule subject to change during the Winter Sports

## ADULT WINTER

### Aerobic Program

Jacki Sorensen's Aerobic Dance is a nationally recognized program of "Serious Fitness Fun" that has stood the test of time. Created for the non-dancer, participants are motivated by a variety of music and fun easy to follow choreography. Each hour-long class begins with a warm-up and a strength training segment followed by the creative aerobic dance routines. A cool down completes the balanced and effective workout. Everyone feels comfortable participating at their own level. If you have any questions about whether this class is right for you, please try a class on us. We're sure you will want to join in!

REGISTRATION: Ongoing

STARTS: January 8th

ENDS: March 21st

COST: \$100.00 Resident / \$110.00 Non-Resident  
 \$150.00 for both, morning, and evening sessions  
 \$10.00 Senior Discount

LOCATION: York Beach Fire Department

DAYS/TIMES: Morning Session: Mon/Wed: 8:00am–9:00am  
 Evening Session: Tues/Thurs: 5:15pm–6:15pm

### Pickleball

#### Indoors at the Kittery Community Center

During the winter months Kittery Community Center offers indoor staff facilitated sessions and pickup sessions for all levels. Contact Kittery Community Center at (207) 439-3800 or visit their website at [www.kitterycommunitycenter.org](http://www.kitterycommunitycenter.org) for more information and scheduling.

York Parks & Recreation Punch Cards are NOT valid at the Kittery Community Center.



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## ADULT SPRING

### Jacki's Dance Aerobic Program

Jacki Sorensen's Aerobic Dance is a nationally recognized program of "Serious Fitness Fun" that has stood the test of time. Created for the non-dancer, participants are motivated by a variety of music and fun easy to follow choreography. Each hour-long class begins with a warm-up and a strength training segment followed by the creative aerobic dance routines. A cool down completes the balanced and effective workout. Everyone feels comfortable participating at their own level. If you have any questions about whether this class is right for you, please try a class on us. We're sure you will want to join in!

REGISTRATION: Ongoing

STARTS: April 8th

ENDS: June 13th

COST: \$100.00 Resident / \$110.00 Non-Resident  
\$150.00 for both, morning, and evening sessions  
\$10.00 Senior Discount

LOCATION: York Beach Fire Department

DAYS/TIMES: Morning Session: Mon/Wed: 8:00am–9:00am or  
Evening Session: Tues/Thurs: 5:15pm–6:15pm

### Pickleball Outdoors

#### Spring 2024

When Mother Nature allows, we'll be returning to York High School 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.

### Yoga On York

#### Beach Yoga & Mt. A Yoga

Returning to our line-up of programs in May 2024! Be on the lookout for details and start date.



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# Youth Programs

Programs Listed By Season

## 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!**

## YOUTH FALL

### Strong Girls

**Program by SG United Foundation  
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. This year's program will be led by YHS student Chloe Whitbread and other volunteers!

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: October 2nd (No meeting on Indigenous Peoples Day)  
ENDS: November 13th  
COST: \$95.00 York Residents Only  
LOCATION: Coastal Ridge Elementary  
DAY: Mondays  
TIME: 3:00pm-4:00pm

## Basketball - Travel Tryouts

**Boys and Girls, Grades 5-6**

5th/6th Travel teams will practice twice a week, have a 12-14 game schedule in the Maine Event Basketball League, and play in a tournament, or two, to finish the season. All Maine Event Basketball League Games will be played at the XL Sports World in Saco, ME on Saturdays and/or Sundays. In order to be considered for a team, players must attend the mandatory tryout. Those who do not attend tryouts and fail to notify our department of the reason why they cannot attend within 48 hours of the scheduled tryout will not be eligible. Tryout registration is FREE but 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-March. We encourage you to discuss this within your family to determine if this program is for you. A 10-15-minute informational meeting will take place before each tryout. Tryouts are closed; parents will be asked to leave the gym before tryouts begin.

Must attend York Schools or be a York Resident to be eligible or reside in a community that does not offer a travel basketball opportunity.

REGISTRATION: Ongoing until November 2nd

DAY/DATE: Saturday, November 4th

COST: Tryouts are FREE (\$160.00 if chosen for a team; includes warm-up shirt)

LOCATION: York Middle School

TIMES:  
Girls Tryout:  
9:30am-11:00am  
Boys Tryout:  
11:30am-1:00pm



## FUNDamental 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 lunch.

REGISTRATION: Ongoing until November 1st  
(Register by October 26th and receive a camp t-shirt)

DAY/DATE: Saturday, November 11th

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

LOCATION: York Middle School

TIME: 8:00am-4:00pm

## 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 and fail to notify our department of the reason why they cannot attend within 48 hours of the scheduled tryout will not be eligible. Tryout registration is FREE but 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-March. We encourage you to discuss this within your family to determine if this program is for you. 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 Saturdays or Sundays. An emphasis will be placed on

skill development, court awareness, equal playing time & FUN! A 10–15-minute informational meeting will take place before each tryout. Tryouts are closed; parents will be asked to leave the gym before tryouts begin.

Must attend York Schools or be a York Resident to be eligible or reside in a community that does not offer a travel basketball opportunity.

REGISTRATION: Ongoing until November 30th

DAY/DATE: Saturday, November 18th

COST: Tryouts are FREE (\$135.00 if chosen for a team; includes warm-up shirt)

LOCATION: York Middle School

TIMES: Girls Tryout: 9:30am-11:00am

Boys Tryout: 11:30am-1:00pm

## Wrestling

### Hammerhead Wrestling Club 2023-2024

#### Grades 1-8 - Advanced Wrestlers: Grades 5-8

For Southern Maine, Based in York! The Hammerhead Wrestling Club seeks to provide basic instruction and advanced training in folkstyle 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](http://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

REGISTRATION: Ongoing

STARTS: November 28th  
(No practice during school holiday break)

ENDS: February 15th

COST: \$110.00 Resident / \$120.00 Non-Resident

LOCATION: York High School Multipurpose Room

DAYS: Beginner: Tuesdays & Thursdays

Advanced: Tuesdays, Wednesdays & Thursdays

TIME: 5:00pm-6:00pm

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## YOUTH WINTER

### Lil' Ballers Basketball

#### 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 8-foot 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. Sneakers required; shorts recommended.

REGISTRATION: Ongoing until January 19th

STARTS: February 3rd (no basketball on February 24th)

ENDS: March 2nd (make-up date, if necessary, March 9th)

COST: \$45.00 Resident / \$55.00 Non-Resident

LOCATION: Village Elementary School

DAY: Saturdays

TIME: 8:00am-12:00pm (Each session will be 45 minutes)

### Basketball

#### Kindergarten and 1st Grade

Our 6-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 23rd

STARTS: December 9th (No basketball December 23rd)


ENDS: January 20th (make-up date, if necessary, January 27th)

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

LOCATION: Village Elementary School

DAY: Saturdays

TIME: 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 space permits.

### Basketball

#### 2nd Grade Co-Ed

This 7-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 23rd

STARTS: December 9th (No basketball December 23rd)


ENDS: January 27th (Make-up date, if necessary, February 3rd)

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

LOCATION: Coastal Ridge Elementary

DAY: Saturdays

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



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## 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 13th. 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 October 26th

STARTS: Practices start the week of November 13th -  
Games begin December 2nd

ENDS: February 3rd (No basketball December 23rd)

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

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

DAYS/TIMES: Practice 1 weekday evening  
Games on Saturdays between 8:00am-3:00pm

## 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 13th. 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. Playoffs will take place on January 20th & January 27th. If you are interested in coaching, please call our office at (207) 363-1040. Sneakers required; shorts recommended.

REGISTRATION: Ongoing until October 26th

STARTS: Practices start the week of November 13th  
Games begin December 2nd

ENDS: February 3rd (No basketball December 23rd)

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

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

DAYS/TIMES: Practice 1 weekday 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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## 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 on the field at York Middle School. Jonna, a certified personal trainer, and owner of InspiredMovement will be leading the group in their crazy adventures.

REGISTRATION: Ongoing  
 STARTS: January 8th (no meeting on January 15th)  
 ENDS: February 12th  
 COST: \$45.00 Resident / \$55.00 Non-Resident  
 LOCATION: York Middle School  
 DAY: Mondays  
 TIME: 3:30pm-4:30pm

## Indoor Workouts/Outdoor Fun with Jonna!

### 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 games. We'll work on whole body strength, coordination, and wellness. This program will focus on making fitness fun with games being at the heart.

REGISTRATION: Ongoing  
 STARTS: January 10th  
 ENDS: February 14th  
 COST: \$45.00 Resident / \$55.00 Non-Resident  
 LOCATION: York Middle School  
 DAY: Wednesdays  
 TIME: 3:30pm-4:30pm

## Indoor Soccer

### 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 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 9th. Sneakers required; shin guards recommended.

REGISTRATION: Ongoing through February 21st  
 STARTS: March 9th  
 ENDS: April 6th  
 COST: \$45.00 Resident / \$55.00 Non-Resident  
 LOCATION: York Middle School  
 DAY: Saturday  
 TIME: TBD – Based on # of teams

## YOUTH SPRING

### Lil' Sluggers Baseball

#### 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 a 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 12th  
 STARTS: April 27th  
 ENDS: May 18th  
 COST: \$45.00 Residents / \$55.00 Non-Residents  
 LOCATION: Bog Rd. Baseball Field  
 DAY: Saturdays  
 TIME: Mornings




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## 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, Wednesday, or Thursday. Baseball glove, sneakers or cleats required. All other equipment is provided.

REGISTRATION: Ongoing until April 8th

STARTS: Begins Week of April 22nd

ENDS: Ends Week of May 27th

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

LOCATION: Bog Rd. Baseball Field

DAYS: Tuesday, Wednesday, or Thursday

TIME: 5:30pm or 6:30pm

## Baseball and Softball with York Little League

### 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 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 8/31/24. to be eligible to play.

**Softball Eligibility:** Girls must be 7 by 12/31/23.

Mini Minors Softball Eligibility: Girls may be 6 if 7 by June 1, 2024, to qualify.

**BE ON THE LOOKOUT FOR REGISTRATION INFORMATION STARTING IN JANUARY AT [WWW.YORKLITTLELEAGUE.NET](http://WWW.YORKLITTLELEAGUE.NET)**

## Lacrosse

### 1st & 2nd Grade (Not Co-ed)

This is an instructional, developmental program that introduces the basics of the game. No previous experience is necessary. Volunteer coaches will teach fundamentals, introduce game concepts, and provide instruction in a fun, non-competitive, enthusiastic environment. There may be an in-house scrimmage or two to end the season. 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: April 27th (no lacrosse May 25th)

ENDS: June 1st

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

LOCATION: Bog Rd. Recreation Complex

DAY: Saturdays

TIME: Morning - TBD



### STAY CONNECTED WITH YORK PARKS AND RECREATION THROUGH SOCIAL MEDIA AND THE WEB!

Be sure to check our website for the most current information. This is where we will post new programs and important updates.

Web: [www.yorkparksandrec.org](http://www.yorkparksandrec.org)

Facebook: [www.facebook.com/yorkmaine](https://www.facebook.com/yorkmaine)

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



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## Lacrosse

### Grades 3-4 - 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. The game schedule is completed by the Maine Youth Lacrosse League (MYL) and will be released at the end of April. 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 25th

STARTS: Week of April 8th (No games will be scheduled Memorial Day Weekend)

ENDS: June 8th

COST: \$115.00 Resident / \$125.00 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. The game schedule is completed by the Maine Youth Lacrosse League (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 25th

STARTS: Week of April 8th (No games will be scheduled Memorial Day Weekend)

ENDS: June 8th

COST: \$115.00 Resident / \$125.00 Non-Resident  
(Includes reversible jersey)

LOCATION: Bog Road Fields

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



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### **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.

## Spring Run Club

### Grades K-1

Run Club is designed to promote physical activity and gives boys and girls in K-1st grade the opportunity to experience running in a fun, friendly, and safe environment. 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 helps them find 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 22nd (no meeting on May 27th)

ENDS: June 10th

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

LOCATION: Bog Rd. Upper Field

DAY: Mondays

TIME: 3:30pm-4:30pm

## Spring 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. 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 helps them find 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 5th  
 COST: \$55.00 Resident / \$65.00 Non-Resident  
 LOCATION: Bog Rd. Upper Field  
 DAY: Wednesdays  
 TIME: 3:30pm-4:30pm

## Strong Girls

### Program by SG United Foundation - Spring

#### Grades 2-4

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. This year's program will be led by YHS student Chloe Whitbread and other volunteers!

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 22nd

ENDS: May 20th

COST: \$95.00 York Residents Only

LOCATION: Coastal Ridge Elementary

DAY: Mondays


TIME: 3:00pm-4:00pm

## Swimming Lessons at the Anchorage

Swim information was not available at the time of printing.

Updated information will be available on our website, [www.yorkparksandrec.org](http://www.yorkparksandrec.org)

and our social media platforms, as soon as possible. Thank you for your patience.



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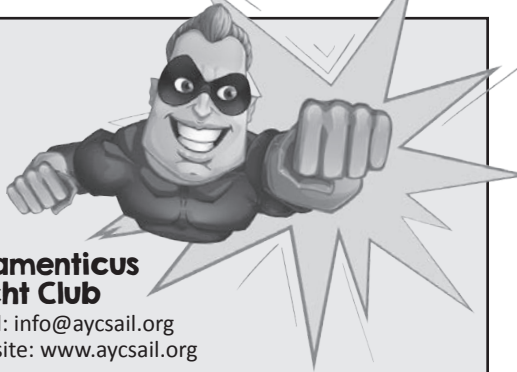
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# Contacts for Other Organizations



## Agamenticus Yacht Club

Email: [info@aycsail.org](mailto:info@aycsail.org)  
Website: [www.aycsail.org](http://www.aycsail.org)

## York High School Athletic Hall of Fame

York High School Athletic Director Jeff Oliver  
207-363-3621  
[www.yorkhsmainehof.org/](http://www.yorkhsmainehof.org/)

## York Little League

Email: [basehit@yorklittleleague.net](mailto:basehit@yorklittleleague.net)  
Website: [www.yorklittleleague.net](http://www.yorklittleleague.net)

## York Soccer Club

Website: [www.yorksoccerclub.com](http://www.yorksoccerclub.com)

## York Youth Football

[www.YorkYouthFootball.com](http://www.YorkYouthFootball.com)

## White Pine Programs

Phone: 207-361-1911  
Email: [info@whitepineprograms.org](mailto:info@whitepineprograms.org)  
Website: [whitepineprograms.org](http://whitepineprograms.org)

# A FOND FAREWELL



Pam Lombardi



Cindy Raymond

We would like to say thank you to two retiring instructors who have contributed so much to the community with their years of commitment and service to the town of York. We wish Pam Lombardi, Youth Enrichment Coordinator and Cindy Raymond, Swim Instructor Extraordinaire all the best. Thank you!

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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. Field trip and camp T-shirt included. REGISTRATION: Ongoing until February 15th, or until full

**STARTS:** Tuesday, February 20th  
**ENDS:** Friday, February 23rd  
**COST:** Resident \$145.00  
 Non- Resident \$155.00  
**LOCATION:** York Middle School  
**DAYS:** Tuesday-Friday  
**TIME:** 8:00am-5:00pm  
**DROP OFF:** 8:00am-8:30am  
**PICK UP:** 4:00pm-5:00pm

Please note, weekday vacation camps fill up quickly. If you plan to attend, please register early!

## 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. Field trip and camp T-shirt included.

**REGISTRATION:** Ongoing until April 11th, or until full  
**STARTS:** Tuesday, April 16th  
**ENDS:** Friday, April 19th  
**COST:** Resident \$145.00 / Non-Resident \$155.00  
**LOCATION:** York Middle School  
**DAYS:** Tuesday-Friday  
**TIME:** 8:00am-5:00pm  
**DROP OFF:** 8:00am-8:30am  
**PICK UP:** 4:00pm-5:00pm

Please note, weekday vacation camps fill up quickly. If you plan to attend, please register early!



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# Enrichment Programs

Programs are listed alphabetically, by name.

## **NEW! - Art Club at Village Elementary**

### **Grades K-1**

Let's create! Art Club artists will use a variety of art supplies to create original works of art. We will explore 2D and 3D materials, as well as artistic processes and techniques. The nature of this art club will be "Open Studio" style, where artists choose materials to create their own unique vision. Art Club is available to enrolled kindergarteners and first grade students at Village Elementary who love art and want to spend more time in the art studio creating. Bring a snack and a creative spirit!

**INSTRUCTOR:** Alexis Kochca

**REGISTRATION:** Ongoing

**STARTS:** October 3rd (No program October 31st or November 7th)

**ENDS:** December 12th

**COST:** \$90.00 Resident  
\$100.00 Non-Resident

**LOCATION:** Village Elementary Art Room

**DAY:** Tuesdays

**TIME:** 2:45pm-4:00pm

## **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:** February 27th  
(no meeting on March 19th)

**ENDS:** April 2nd

**COST:** \$45.00 Resident / \$55.00 Non-Resident

**LOCATION:** Goodrich Park Barn

**DAY:** Tuesdays

**TIME:** 4:00pm-5:15pm

## **MAD SCIENCE OF MAINE**

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

## **Mad Science - Astro Innovators!**

### **Grades K-4**

Explore the farthest reaches of our solar system and create a lunar eclipse on our home planet. Kids size up the difference between the Earth and its moon. They simulate how gravitational pull affects a probe in space and practice their grasp of gravity! Budding engineers learn what it takes to be a true globetrotter! Kids race a rocket and design their own car engine as they learn about thrust. They see the principles of propulsion at work in a real rocket launch and achieve light-years of new space knowledge! We're on a mission to explore the atmosphere on Earth, and beyond! Travel to the end of the rainbow and make a sunset. Mix up various planetary atmospheres, one molecule at a time. Kids learn what planetary probes do and bring home new knowledge about other worlds. Each class in this afterschool program will tackle a new topic including Atmosphere and Beyond, Rocket Science, Planet & Moons, Living in Space, Space Phenomena, Sun & Stars, Space Travel, and Space Technology!

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

**INSTRUCTOR:** Mad Science Instructor

**REGISTRATION:** Ongoing

**STARTS:** October 12th (No program November 20th or 23rd)

**ENDS:** December 11th

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

**LOCATION:** TBD

**DAY:** Mondays or Thursdays

**TIME:** 3:30pm-4:30pm

## **Mt. Agamenticus Guided Programs and Adventures 2023-2024**

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

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

**Halloween in Nature, October 21st**

**Three Hill Hike, November 5th**

**Winter Adaptations, February TBD**

**Vernal Pool Exploration, 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, childcare 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

**DAY/DATE:** Tuesday, February 20th

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

**LOCATION:** TBD

**TIME:** 9:00am-3:00pm

## Yu-Gi-Oh Club 2024

### Grades 4-12

It's time to DUEL! Bring your Yu-Gi-Oh deck to the Grant House Barn 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. The club is very welcoming and excited for all newcomers!

**REGISTRATION:** Ongoing

**STARTS:** February 7th (No meeting February 21st)

**ENDS:** March 20th

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

**LOCATION:** Grant House Barn 200 US-1

**DAY:** Wednesdays

**TIME:** 4:30pm-6:00pm



[www.yorkswildkingdom.com](http://www.yorkswildkingdom.com)

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# Community Special Events

Events are listed in chronological order

## Fall Vendor Fair

Saturday, October 21st

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 21st

COST: FREE Admission

LOCATION: York High School, Enter through Auditorium doors

TIME: 9:00am-2:00pm

## Festival of Frights Parade with "Trunk or Treat"

Friday, October 27th

The York Parks & Recreation Department, with special help from the York Police Department and Center for Active Living, is pleased to, once again, host this Halloween event to be held October 27th at Short Sands. The event will consist of a Halloween costume parade that begins at Short Sands parking lot at 4:30pm and finishes at the Center for Active Living. If you'd like to be in the parade, please line up at Short Sands no later than 4:15pm. Following the parade portion of the event there will be a "Trunk or Treat" for all participants to get some candy and treats at the Center for Active Living. Get those costumes ready and join us for a night of fun!

REGISTRATION: Drop In

COST: FREE

LOCATION: Parade starts at Short Sands and ends at the Center for Active Living "Trunk or Treat" immediately following parade

DAY: Friday, October 27th

TIME: Parade line starts to form at 4:15pm  
Parade leaves for the Center for Active Living at 4:30pm



**Trick or Treat Night in York  
is the night BEFORE  
Halloween.**

## Annual Veterans Breakfast

Saturday, November 11th

Join us for the Annual Veterans Breakfast! Held on Saturday, 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

Sunday, November 26th–Mid-February

Visit Sohier Park to see the Nubble Lighthouse dressed in its holiday best. The lights will be on daily from 4:00pm to midnight from Sunday, November 26th through mid-February.

## 2023 FESTIVAL OF LIGHTS CELEBRATION


Thursday, November 30th – Sunday, December 10th

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 the following events: The Polar Express, visits with Santa Claus, Lighting of the Village, Festival of Lights Parade, Ornament Painting with Firefly Pottery, 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.

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



**529 US Route One, Ice Pond Mall  
York, Maine 03909  
207 / 363-3233  
OPEN ALL YEAR ROUND!**



## The Polar Express

**November 30th and December 1st**

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: October 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: Thursday, November 30th

Friday, December 1st

TIMES: Varied 45-minute sessions





## Ornament Painting with Firefly Pottery

**Saturday, December 2nd**

Children of all ages are welcome to join the Parks and Recreation Department and Firefly Pottery from Portsmouth, NH on December 2nd, 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.  
 LOCATION: York Beach Fire Department  
 DAY: Saturday, December 2nd  
 TIME: 1:00pm-2:30pm

## Festival of Lights Parade

**Saturday, December 2nd**

Join us in celebrating York's Holiday Season with the Festival of Lights Parade. The parade starts promptly at 4:30pm on Saturday, December 2nd. Applications are available at the York Parks & Recreation Office and on our website: [yorkparksandrec.org](http://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 use of Music, Best Lights, Best Children's Float and Most Magical.

## Winter Community Concert

**Sunday, December 10th**

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.

COST: FREE (Donations for Youth Programming Accepted at Door)  
 LOCATION: Community Auditorium at York High School  
 DAY: Sunday, December 10th  
 TIME: 3:00pm-4:00pm, Doors open at 2:30pm

## Wreaths Across America

**Date TBD**

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. Stay up to date on our Facebook page! 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". The contest will begin before the New Year and run through the end of February.

## 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.

### IN RECOGNITION OF OUR COMMUNITY SCHOLARSHIP PROGRAM

**STONEWALL  
KITCHEN**



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.

## Sweetheart Ball

Thursday, February 8th, 2024

Kids aged 4-12 accompanied by an adult figure of their choosing. This is our 8th Annual Sweetheart Ball! Come treat your child to a festive evening of dressing up and dancing. 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! A huge thank you to the Union Bluff Meeting House for hosting us again this year!

REGISTRATION: November 1st - Until Full

DATE: Thursday, February 8th

COST: \$30 per couple / \$10 each extra guest

LOCATION: The Meeting House at the Union Bluff

TIME: 5:00pm-6:30pm

## For the Love of Student Art Showcase

February 16th-18th, 2024

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 16th-18th, with an opening reception on Thursday, February 15th from 5:00pm-7:00pm. Artwork will be displayed until February 18th and available to view Friday through Sunday from 11:00am-5:00pm.

## Springtime Surprises!

In April

We hope that families will plan to join us for this fun-filled morning. We'll be sure to have all the favorite springtime activities including an egg hunt, 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. Please check our website for details!



142 BOG ROAD YORK, MAINE 03909  
207-363-4607



F. Neil Amidon D.M.D.  
207-363-5242

775 US Route 1  
Old Post Suites, Suite #1  
York, Maine 03909



## Road Races & Challenges

### Salty 5K/10K

**Sunday, May 5th, 2024**

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/](https://runsignup.com/Race/ME/YorkBeach/Saltys5K10K)

ME/YorkBeach/Saltys5K10K

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 5th, 2024

Extra \$10 for race day registration

LOCATION: Start/End: York Beach Ball Field,  
18 Railroad Ave., York, ME 03909

RACE DATE: Sunday, May 5th, 2024

TIME: 9:00am Race Start

### Big A 50K

**Saturday, May 4th, 2024**

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

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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 4th, 2024

## York Hospital 5k Road Race

**Saturday, June 1, 2024**

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

REGISTRATION: Visit [www.yorkhospital.com](http://www.yorkhospital.com) or contact York Hospital Community Relations at (207) 351-2385 or email: [info@yorkhospital.com](mailto: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/group 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 1, 2024

TIME: 8:30am Start

## York Rotary Club Four on the 4th

**Thursday, July 4th, 2024**

Registration for this race will open on February 1st. This is the third race in the Seacoast Road Race Series. Online registration will be available on RunSignUp for \$40 per person plus fees. Kids aged 16 and under get 50% off!

## York Days 5K

**Sunday, July 28th, 2024**

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 \$40 per person plus fees. Kids aged 16 and under get 50% off!



## White Pine Programs



White Pine Programs is a nature school based in York. We run a variety of youth programming all year - everything from after school programs to forest preschool & forest school to summer camp.

We also provide opportunities for seniors to connect with each other & to nature through birding meet-ups & nature walks. Plus, we love having guest speakers at our youth programs - where seniors get to share their wisdom & life stories with participants & staff!

Check out our website and learn about all the opportunities and programs we have to connect with nature & to be outdoors, right here in York!



## Forest Adventure Club, one Saturday a month

Kiddos ages 7 - 14 will be outdoors 9am - 3pm under the care of seasoned mentors, exploring the forests & fields at Zach's Farm, learning survival skills & completing stewardship projects. Participants will build connection to themselves, their peers & the land!







# Non-Profit Community Partners

**York Education Foundation** raises funds to award grants for innovative and challenging programs in the York Public Schools

We strive to enhance and broaden community support for public education

 [yorkeducationfoundation](https://www.instagram.com/yorkeducationfoundation)

 York Education Foundation



[YORKEDUCATIONFOUNDATION.ORG](http://YORKEDUCATIONFOUNDATION.ORG)

### Family Service Program and General Assistance for The Town of York

**Janie Sweeney, Manager**

[jsweeney@ycsame.org](mailto:jsweeney@ycsame.org)

Hours 9:00am-2:00pm, Monday - Friday  
207-363-5504

### Food Pantry

**Maureen Monsen, Manager**

[mmonsens@ycsame.org](mailto:mmonsens@ycsame.org)

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**

[msurdoval@ycsame.org](mailto:msurdoval@ycsame.org)

207-363-5504

PO Box 180, York, ME 03909  
855 US Route 1, York, ME 03909

**YCSA** neighbors  
helping  
neighbors

**YORK COMMUNITY  
SERVICE ASSOCIATION**  
*a non-profit supporting our community*

**KEEPING IT LOCAL FOR  
OVER 50 YEARS!**

**Thank you for  
"helping us help our  
neighbors."**

**Together, we are  
making a difference.**

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 times 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**

[dmartin@ycsame.org](mailto:dmartin@ycsame.org)

Thrift Store Hours: Tuesday - Saturday

10:00am - 5:00pm

Donations by appointment

207-363-5504

**Amber Harrison,**

**Housing Innovation Manager**

**Local Health Officer**

[aharrison@ycsame.org](mailto:aharrison@ycsame.org)

Office: 207-363-5504 ext. 5

Cell: 207-351-6517

PO Box 180, York, ME 03909  
855 US Route 1, York, ME 03909

# Thank You Sponsors!

The York Parks and Recreation Department would like to thank all of our sponsors. The printing, publishing and mailing of this brochure would not be possible without them. They have given us the latitude to print a quality brochure that they can be proud to advertise in. The money raised each year helps to support the programs within this brochure. We encourage the community to support these businesses with their patronage!

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207-216-3333

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207-251-4762

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207-363-5242

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207-361-5007

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207-363-2322

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207-351-2700

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207-363-4053

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Garden Center, Inc.  
207-363-6202

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207-363-4172

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207-351-3525

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207-363-2643

Graystone Builders, Inc.  
207-363-6085

Hale's Landscaping, Inc.  
207-361-2800

Heart to Heart  
207-361-7311

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207-363-0099

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207-985-4903

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207-363-2306

Libby's Oceanside Camp  
207-363-4171

Moody's Collision  
207-363-7961

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207-630-6566

Norma's Restaurant  
207-363-3233

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207-439-0334

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207-363-4492

Shoreline Construction  
207-363-2972

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207-363-3850

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207-361-3116

Stonewall Kitchen  
207-351-2712

Tapley Insurance Agency, Inc.  
207-363-7894

The Bar Next Door  
207-606-0744

The Booktenders  
207-361-4386

The Central Restaurant & Bar  
207-351-8363

The Integrity Agency  
207-337-8340

Village Laundry  
207-363-1986

Wayside Trailer Park  
207-363-3846

When Pigs Fly  
207-439-3114

White Pine Programs  
207-361-1911

Williams Realty Partners  
207-351-8188

YFI Custom Homes  
207-363-8053

York Community Service Association  
207-363-5504

York Education Foundation  
[Yorkeducationfoundation.org](http://Yorkeducationfoundation.org)

York Harbor Inn  
207-363-5119

York Harbor Marine Service  
207-363-3602

York Hospital  
207-363-4321

York Insurance Agency, LLC  
207-363-5024

York Lawn & Garden  
207-363-4607

York Rotary Club  
[www.yorkmerotary.org](http://www.yorkmerotary.org)

York's Wild Kingdom  
207-363-4911

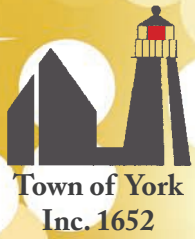
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