

The Scoop

July 2024

Vol. 44 Issue 1

TOWN OF YORK
PARKS & RECREATION

Center for Active Living
Life. Be in it!



36 Main Street, York
Phone 207-363-1036
Monday - Friday, 8:30am - 4pm

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

*** CAL = Center for Active Living

PLEASE TAKE NOTE!

Program and Lunch Registration starts Wednesday, June 26th - York Residents Only

Thursday, June 27th - Non-York Residents & York Residents

The Center for Active Living will be closed on the following dates in July:

Thursday, July 4th - Independence Day

Friday, July 5th - No Meals/Coffee & Snacks until 11:30

REGISTRATION DAY IS JUNE 26th - YORK RESIDENTS & JUNE 27th - NON-RESIDENTS

- ◆ Residents sign up on TRIP CLIPBOARDS, by the front desk, the week before Registration Day. You can call in your trip choices, too! You may sign up with a resident trip buddy (friend/spouse). Deadline for the CLIPBOARDS is Friday, June 21st at 11am. Lottery will be run on Monday, June 24th and you will be notified of your status for trips. Non-residents can check on trip availability on 6/27 when registering.
- ◆ On June 26th, CAL doors open at 8:30am and staff will start taking Registrations beginning at 9:00am.
- ◆ Sign in with Front Desk Volunteers when doors open and you enter the building. There will not be an attendance list outside the building.
- ◆ After signing in with the Front Desk Volunteers, enjoy coffee & a snack while you wait for your name to be called for registration.
- ◆ Please have your registration sheet filled out before your name is called. Thank you!

HAVE YOU BEEN AROUND THE BLOCK LATELY?

Let's 'WALK AROUND THE BLOCK' Together!

Join us for a 'Walk Around the Block' at Short Sands!

We'll be strolling around our neighborhood and treating ourselves to ice cream, Golden Rod taffy, the Fun-O-Rama Arcade and more!

Let's check out the new playground, too!

Wear comfortable shoes, hat and a water bottle.



Monday
July 22nd
1-3pm
Bring your
ice cream and
arcade money!



FOLIO PROJECT:
**Organizing your Documents
and Yourself for Successful
Aging within York**
Presented by
Britton Garon, Esq., LL.M.
of BRG Legal and YCSA

Part 1 - Monday, July 22nd 10am-12pm

Part 2 - Monday, September 16th 10am-12pm

Reserve your spot! Don't miss out on this opportunity!



FREE two-part class for all!
Attendees will receive a free FOLIO at the first session. YCSA is partnering with Parks & Rec and BRG Legal to offer this class and help folks collect, organize and prepare their important documents. YCSA will also offer tips on how we can age in place safely.



HAPPENINGS at CAL

DON'T MISS THE COMMUNITY YARD SALE! **Saturday, July 27th 9am-3pm**



**COME TO
SHOP
OR
COME TO
SELL!**

**It's time to clean out the closets & drawers
and turn your unwanted stuff
into a few extra dollars!**

Reserve your 8' x 8' selling space now!

This is a carry in/carry out event. You will need to provide your own tables and we'll provide you with a spot to sell your goods. Selling will take place on the lawn in front of the building, with parking in back. We will not be able to provide electricity for your space.

Please note: There is no rain date for this event. This is a fundraiser for CAL and we will not be able to give refunds once you sign up.

\$10 - CAL Members
\$25 - Non-members
(Non-refundable)

ARE YOU READY TO SHARE YOUR HIDDEN TALENTS AND CREATIVITY? **WE NEED YOU!**

The Center for Active Living will be joining forces with York Parks & Rec Staff, along with a mixed age group of theater enthusiasts to produce our

1st Annual Variety Show debuting in December 2024

We need actors, dancers, musicians, comedians, artists, set and costume designers, hair & make-up technicians and creatives of all types!

If you would like to be involved in the planning and producing of our Community Variety Show join us on

Monday, July 15th at 1pm
at The Center for Active Living

SAVE THE DATES!

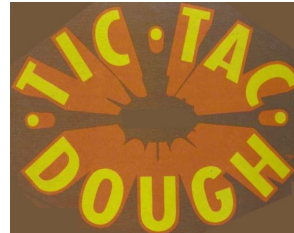


CAL'S SUMMER CAMP IN AUGUST!

We had so much fun last year and we're ready to bring it back. Summer Camp will be filled with all your favorite camp activities and more!

We don't want to ruin all the fun surprises that we have in store for you, just be sure to save the CAMP dates!

AUGUST 26TH, 27TH, 29TH



TIC TAC DOUGH! GAME DAY

**Wednesday
July 17th 1-4pm**

It's time for another GAME SHOW DAY! If you haven't experienced Game Show Day, you've been missing all the fun!

This month we're playing TIC TAC DOUGH and we need players! Answer the Trivia question correctly and earn yourself an X or an O. Win amazing prizes if your team makes three in a row!



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

Monday, July 8th 2-2:30 pm



DAY TRIPS AND OUTINGS

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



= Minimal Walking



= Moderate Walking



= Strenuous Walking

TRIP REGISTRATION POLICIES & PROCEDURES FOR COMPUTERIZED LOTTERY SYSTEM

Sign up for trips by adding your name to the TRIP CLIPBOARDS located at the front desk at CAL, 7-10 days prior to registration day. Be sure to add your name and your travel buddy's name on the same line so that we know you want to be together on your chosen trips. Trip Clipboards will be available until the Friday before registration week. This will allow ample time to draw names using the Lottery System and to let you know which trips you are signed up for. A new drawing will take place for each trip using this procedure, mixing up the order of registrants and giving everyone a fair chance to participate. This new method of signing up will only pertain to our bus trips. Special events and other programs will continue to be on the monthly registration form.

- ◆ You may register for yourself and your spouse, and/or travel buddy and payment is required at time of registration.
- ◆ When a trip reaches the limited number of participants, we will initiate a waitlist. We will contact you if we have an opening, at which time you will have the option of joining the trip and payment will be due to secure your spot.
- ◆ If CAL has to cancel a trip (due to weather, etc.) and we aren't able to reschedule, you'll receive a User Credit for the full amount.
- ◆ If you need to cancel a trip you will receive a User Credit **only** if we are able to fill your spot. There will be no credit issued if the spot is not filled.
- ◆ Our bus does not have restroom facilities. We plan a rest stop on longer trips whenever possible.
- ◆ Trip reminder calls are made 1-2 days in advance of trip to confirm times. Please be on time so that we can keep on schedule.

DINING-OUT TRIPS FOR JULY

Our Dining-Out Trips are very popular! We enjoy trying new restaurants and we love repeat trips to our favorite spots.



Breakfast Out - Grill 28, Portsmouth, NH (Tuesday, July 16)

Bus leaves at 8:00am and we'll return at approximately 11:30am Cost \$5.00

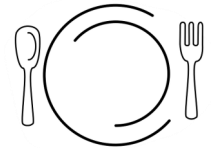


Lunch Out - No Lunch Out in July - See other trip options



Dinner Out - Congdon's Food Trucks, Wells, ME (Thursday, July 25)

Bus leaves at 3:45pm and we'll return at approximately 7:30pm Cost \$5.00



UPCOMING TRIPS

DEEP BLUE C ORCHESTRA at OLD ORCHARD BEACH SEASIDE PAVILION

Tuesday, July 9th 4:00-10:00pm



The 17-piece Deep Blue C Orchestra will present 'Romancing the Summer' at the Old Orchard Beach Pavilion. Classic Summer tunes mixed with iconic romantic favorites will be a perfect mix for this outdoor evening performance. With horns, strings, rhythm instruments and 4 outstanding singers, Deep Blue C has it all!

We'll stop for dinner at a local restaurant before the show - TBD

Cost \$70.00 - includes transportation and show ticket - Dinner \$ on your own.

FOSTER'S LOBSTERBAKE & JIMMY BUFFETT TRIBUTE BAND - Drive on your own!

Thursday, July 18th 11:00am-4:00pm



Find your best Hawaiian shirt and join the fun of a lively Jimmy Buffett tribute show complete with Lobster or BBQ Chicken, Clam Chowder, Mussels & Steamers, Corn, Potatoes & Onions, Blueberry Cake & Beverage.

Cost \$100.00 - includes LOBSTERBAKE or 1/2 BBQ CHICKEN Meal and show ticket

PORTLAND SEA DOGS BASEBALL GAME - Wednesday, July 31st 4:00-10:00pm



The Portland Sea Dogs, Minor League Baseball team, are the Double-A affiliate of the Boston Red Sox.

Join us for an evening of live baseball and root for the home team! We'll enjoy ballpark food at the game.

Cost \$36.00 - includes transportation and game ticket - Ballpark Food \$ on your own

CAL NEWS TO SHARE

COMMUNITY CAFÉ LUNCH PROGRAM

Have you filled out your new lunch form?

Beginning July 1st the Center for Active Living will become a member of the Community Café Program. Chef Sean will continue to serve his delicious meals and there will be minor changes that effect you as members.

The suggested donation per meal will continue to be \$5 for Maine residents over 60 with an updated meal form. For all others, the price for a meal at CAL will be \$7. Please pick up your new form ASAP and return to Becky.

Thank you!

VOLUNTEER MEAL DELIVERY DRIVER NEEDED!

CAL's Meal Program is in need of a Part-time Volunteer Driver to deliver meals to homebound York residents. We deliver meals four mornings per week (Tuesday - Friday)

approximately 11:30am - 12:30pm

We're looking for a dependable driver to bring a hot meal and a friendly hello, to older adults in our community.

IF YOU'RE INTERESTED AND
AVAILABLE FOR 1, 2, 3
OR ALL 4 DAYS,
PLEASE CONTACT
CHEF SEAN at 363-1036



Ellis Park - Concert Series 6:30pm-8:30pm at the Gazebo
Bring your lawn chair & summer picnic and enjoy the summer music!



July 4th - Big Picture Band
July 5th - New Magnolia Jazz Band
July 6th - Gerry T Band
July 7th - Brian Walker
July 11th - Miraj
July 12th - ELVIS!!
July 13th - After Hours Band
July 14th - Fred Dame Jr.
July 18th - Key Elements Band
July 19th - All Together Now
July 20th - Sing Along with Rich
July 21st - Dover Community Band
July 25th - Cool Beans

July 26th - Merrimac Valley
Concert Band
July 27th - Truth About Daiseys
July 28th - Johnny Bubar
August 1st - World Famous Grassholes
August 2nd - Seacoast Wind Ensemble
August 3rd - Amherst Town Band
August 4th - 60's Invasion
August 8th - ELVIS
August 9th - Windham Swing Band
August 10th - Compaq Big Band
August 11th - Mark Marquis Band

August 15th - Eastern Sound
Band
August 16th - Amherst Brass
Quintet
August 17th - Morlocks
August 18th - Fugitive
August 22nd - North River
Music
August 23rd - Bel Airs
August 24th - The Visitors
August 25th - Stone Broke
August 29th - Knock on
Wood
August 30th - Paul Marquis
August 31st - Chris Desmond

OUTDOOR JULY ADVENTURES – BEACH WALK & KAYAKING

Long Sands Beach Morning Hike Friday, July 19th 8-10am

Meet the Hiking Club at the Long Sands Bath House at 8am and we'll walk the sidewalks with beautiful beach views!

We'll get started early to avoid the crowds and hot sun. Wear comfortable shoes and bring your water bottle. Maybe a hat and sunscreen, too!



Kayaking with Northeast Passage at Mendum's Pond

Friday, July 26th 10am-12pm
Cost \$40.00/signed waivers required

Drive on your own to Mendum's Pond in Barrington, NH. Northeast Passage will meet you there and guide you on a kayak excursion. All equipment and assistance provided for a positive paddling experience!

CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
Crafters Gathering	Tuesdays	1:00 - 3:00pm	None	Free
Open Paint Day	Tuesdays	1:00 - 3:00pm	None	Free
Open Paint Day on Tuesdays for those wanting to dabble and work on their painting skills. We'll put out the supplies for watercolor and acrylic painting. No instructor - just flourishing artists!				
Crafts w/Lisa - Summer Craft	Monday, July 29	1:00 - 3:00pm	Lisa	\$5.00
Join Lisa and the craft group for a surprise summer craft.				



EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
Folio Project: Preparing Your Important Documents - Part 1	Monday, July 22 Part 2 - Sept. 16	10am-12pm	Britton Garon of BRG Legal	Free
YCSA is partnering with Parks & Rec and BRG Legal to offer this class and help folks collect, organize and prepare their important documents. YCSA will also offer tips on how we can age in place safely.				
Blood Pressure & Glucose Clinic	Monday, July 8	2:00 - 2:30pm	YBFD	Free
The York Beach Fire Department will be at CAL to provide our members with a FREE Blood Pressure and Glucose Clinic. Drop-ins are welcome from 2:00-2:30pm. Don't miss this opportunity to get checked!				
Root Beer Floats w/Brianna	Wednesday, July 24	2:00 - 3:00pm	Brianna Henward	Free
Brianna will provide a quick overview of her expertise working with seniors during our Bingo for Fun Day! She'll treat all Bingo Players to a Root Beer Float during our Bingo break.				
Let's Get Organized with Kim	Tuesday, July 23	1:00 - 3:00pm	Kim Martin	Free
Kim Martin of York is the owner of One by One Professional Organizing. Kim will teach us effective ways to downsize and get all of our clutter under control.				
Tech Help	Summer Break	Resumes in Sept.	Shaun Morrill	Free
Appointment Required. Need help with your cell phone, tablet, laptop, computer, Facetime or Zoom? Please note that you need to bring the device that you are seeking help with to your appointment.				

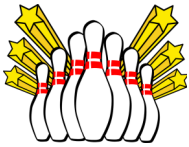


NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
CAL Hiking Club - Long Sands Beach	Friday, July 19	8:00-10:00am	CAL Staff	Free

This is a meet-up hike at Long Sands Beach. Drive on your own and meet the group at the Long Sands Bath House.



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, July 30	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.
Pickleball (drop-in)	Mondays	9:00 - 10:00am	Free	Friendly, non-competitive; all levels of players welcome; paddles, balls, & nets provided.

ARE YOU INTERESTED IN PLAYING PICKLEBALL? WE HAVE OTHERS THAT WOULD LIKE TO PLAY AT DIFFERENT TIMES DURING THE WEEK HERE AT CAL. PLEASE CALL MARK GANGI @339-227-0655 TO GET ON THE LIST. ONCE THEY HAVE ENOUGH PLAYERS WE CAN WORK OUT DAY AND TIME OF PICK-UP GAMES.

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
BINGO for Fun	Wednesday, July 24	1:00 - 3:00pm	Free	Bring a MYSTERY BAG for a Bingo Prize!
Book Club	Monday, July 15	10:00 - 11:30pm	Free	Summer Book Club will be facilitated by Kim Cola. Lisa will be back in September!
CAL's Coffee House Vinyl Cafe	Thursday, July 25	1:00 - 2:30pm	Free	July is all about 70's music! Bring your favorite album or 45's from the 70's.

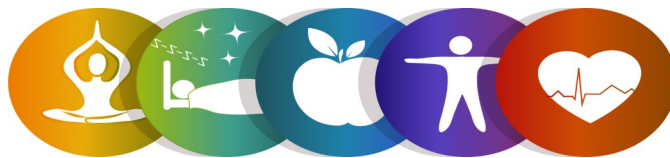
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
CAL Gals <i>Are you coming to the July Meeting? Bring a wedding photo to share with the group - your wedding or a close relative, mother, grandmother, etc.</i>	Wednesday, July 10	1:00 - 2:30pm	Free	Ladies of CAL provide a safe and non-judgmental environment to promote friendship and camaraderie while sharing information and reducing isolation. We'll engage in meaningful conversations while addressing concerns related to aging and life's challenges.
Conversational French	Summer break for French Class at CAL in July and August. Class will resume at CAL in September.		Free	Parlez vous francais? Join Christine Yanco and our new Conversational French group to get a French refresher or get started learning a new language. Maybe you have an upcoming trip and need to learn a few simple phrases to help with communication in a French-speaking country. All levels welcome.
Drumming Class	Tuesday, July 16	4:00 - 5:00pm	\$5.00	Drumming Circle with Patsy Onatah. Bring your own drum/small percussion if you have it. Patsy brings extras to share if you don't have one.
Haircut w/Susan Note - Now on Thursdays!	Thursday, July 25	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
Late Night at the Center	No Late Night at the Center in July.		Free	It's Late Night Game Night this month at the center. Join your friends for some gaming fun! Come with your regular group or join in and learn a new game.
Movie Monday	Monday, July 1	1:00 - 3:00pm	Free	Get out of the house and join us for popcorn and a popular movie.
Peace of Mind	Wednesday, July 17	10:30 - noon	Free	Janie, York Service (YCSA) Family Service Manager
Sing-A-Long Songs with Art "Classics from the 70's"	Thursday, July 11	1:00 - 3:00pm	Free	Come join Art at the center for an afternoon of dancing, singing and good old-fashioned fun. We will be singing classic songs of the 70's.
Social Club Monthly Meeting	Tuesday, July 9	1:00 - 3:00pm	Free	Come one, come all! We will talk about new program ideas, activities, and special events for the center. We welcome your input and fresh ideas.
Variety Show Theater First Meeting	Monday, July 15	1-2:30pm	Free	Help us produce and plan for our 1st Annual Variety Show! All welcome to take part in this

EXERCISE & WELLNESS - Instructor Led

General Information: **FIRST CLASS FREE!**

- Please register for program series at least 48 hrs. in advance of first session.
- Registration is done at the Center for Active Living - payment by check or credit/debit card.
- Punch cards will be purchased for 5 or 8 classes at a time and can be used for any of the three classes - Balance Fun & Workouts, Line Dancing and/or Shake it Up - \$5.00 per class.
- Purchase the \$20 session for each class for the month or the punch card for flexibility.



**STARTING IN JUNE ALL INSTRUCTOR LED CLASSES WILL BE PUNCH CARDS ONLY.
PLEASE PURCHASE YOUR PUNCH CARDS BEFORE ATTENDING CLASS AT CAL.**

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

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

Program	Day & Date	Time
Exercise with video - Mondays	Monday, July 1, 8, 15, 22, 29	9:00 - 9:45am
Exercise with video - Wednesdays	Wednesday, July 3, 10, 17, 24, 31	9:00 - 9:45am
Exercise with video - Fridays	Friday, July 5, 12, 19, 26	8:30 - 9:15am
Tai Chi with video	Friday, July 5, 12, 19, 26	1:00pm

BOARD & CARD GAMES (Drop-in)

General Information:

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

Program	Day	Time
<i>Scrabble</i>	Mondays	1:00 - Closing
<i>Poker</i>	Mondays & Wednesdays (Closed 6/19)	Mon., noon - Closing Wed., 1:15 - Closing Friday, noon - Closing
<i>Cribbage</i>	Tuesdays & Thursdays	10:00 - Noon
<i>Hand and Foot (cards)</i>	Tuesdays	1:00 - Closing
<i>Bridge - Advanced/Beginners</i>	Tuesdays	1:00 - Closing
<i>Dominoes/Mexican Train</i>	Wednesdays (Closed 6/19)	1:00 - Closing
<i>Gin Rummy</i>	Thursdays	1:00 - Closing
<i>Mahjong - American/Taiwan</i>	Thursdays	1:00 - Closing
<i>Mahjong Lessons - By Appointment Only</i>	Thursdays	1:00 - Closing
<i>Backgammon, Checkers, Chess</i>	Thursdays	1:15 - Closing
<i>Bridge - Lessons/Walk-ins</i>	Thursdays	1:00 - Closing
<i>Wii Bowling</i>	Thursdays	1:15 - Closing
<i>Mahjong - Advanced Players</i>	Fridays (Closed 6/7 & 6/21)	1:00 - Closing
<i>Rummikub</i>	Fridays (Closed 6/7 & 6/21)	1:00 - Closing

LIBRARY AT THE CENTER FOR ACTIVE LIVING

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

CAL INFORMATION

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

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

Contact Information: Phone 207-363-1036
website: yorkparksandrec.org

**Be sure to check out our
new WEBSITE!**



Eligibility: Adults 50 years of age and older are invited to participate. York residents will be given priority for programs. Non-residents pay an annual user fee of \$25 (July 1st - June 30th). All York residents and non-residents need to register each year, in order to continue to receive the monthly newsletter, "The Scoop".

Program Registration:

Wednesday, June 26th - York Residents Only:

- ▶ 9:00-11:00am restricted to walk-ins only - Doors to the Center will open at 8:30am. Sign-in, pick up a registration form and have a cup of coffee/tea plus a treat, and wait your turn - *no one's registration will be taken prior to 9:00am*. A Registration Form is inserted.
- ▶ 11:00am - 3:30pm open to walk-ins, phones, and online registration.

Thursday, June 27th and thereafter: Non-York Residents & York Residents -

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

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

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

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

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

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

USEFUL INFORMATION

HEART TO HEART, Ageless Love

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

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

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

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

HEART TO HEART is in need of Volunteers!

MEDICAL EQUIPMENT FOR LOAN

York Community Service Association (YCSA)

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

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

YORK PUBLIC LIBRARY

The Library offers a delivery service twice a month (2nd & 4th Wednesday of each month) for individuals who are unable to drive. This service is provided by Altrusa of the Seacoast. Also, if you don't know what you want to read, the librarians will gladly recommend books to match your interests. Additionally, the library also provides technical assistance for use of smart phones, tablets, and computers plus research assistance and things to borrow (e.g., birding backpack, ukuleles).

For details of the library's services, see

<https://yorkpubliclibrary.org/> or call (207) 363-2818.

RECYCLING - DO YOU "CLYNK"? WE DO!

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

This is our year-round bottle drive.

Thank you for supporting the Center!

FOOD COMPOSTING

You can drop food scraps at Witchtrot Rd. Recycling and Composting Facility for free, or use Mr. Fox service for a fee; call 855-673-6926 or visit <https://mrfoxcomposting.com/>.

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

YORK COUNTY COMMUNITY ACTION CORP.

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

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

YCSA COMMUNITY SUPPERS

First Parish Church Hall 1st & 3rd Tuesday each month
4:00pm - Coffee 4:00pm and Dinner - 5:00pm
Everyone Welcome - No reservation or fee
July Dates: 2nd & 16th

YORK POLICE DEPARTMENT 'GOOD MORNING PROGRAM'

This daily call-in program gives you extra security if you're living alone with health issues. Call the YPD each day to check in and if they don't hear from you they will do a wellness check to make sure you are safe. Call the YPD at **363-4444** to inquire and fill out the required application.

SCAMS & FRAUD

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

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

TOWN OF YORK

Public Access: Channel 3

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

York Parks & Recreation Website

(includes Center for Active Living Information):

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

York Parks & Recreation Facebook Page:

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

Center for Active Living Facebook Page:

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

EMERGENCY MANAGEMENT HOTLINE

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

YORK COMMUNITY SERVICES ASSOCIATION

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

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

Food Pantry - Maureen, Ext. 3

Grocery shopping/Medical equipment - Don, Ext 4

Assistance with utilities - Janie, Ext. 2

Housing needs - Amber, Ext. 6

Janie is at CAL twice a month -

See 'Peace of Mind' in other programs for schedule

SENIOR CITIZEN ADVISORY BOARD

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

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

PRSR STD
U.S. Postage
York, ME 03909
PAID
Permit No. 5

Deliver to following person or current resident:

JULY 2024

Registration for Programs and Meals: York Residents start Wednesday, June 26th, 9:00am - 3:30pm; Non-York Residents begin Thursday, June 27th, 9:00am - 3:30pm.

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

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

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

