

The Scoop

May 2024

Vol. 43 Issue 11

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, May 1st - York Residents Only

Thursday, May 2nd - Non-York Residents & York Residents

The Center for Active Living will be closed on Monday, May 27 for the Memorial Day Holiday

It's Annual Registration Time! Pick up your new 2024-2025 Form at CAL and update your information. Everyone needs to re-new their registration by 7/1/24!



Friday, May 31st 12~4pm \$5/pp

DON'T MISS THE FUN!



CAL's Derby Day Celebration!

HORSE RACING - DERBY LUNCHEON
DERBY-THEMED DRINKS & SNACKS
BEST HAT & BEST DERBY COSTUME
WIN, PLACE or SHOW PRIZES
WINNER'S CIRCLE PHOTO BOOTH



Spring Fair
at the Center for Active Living

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

Friday, May 17th and Saturday May 18th
9am - 3pm

INTRODUCING CAL'S
THRIFT STORE PROJECT RUNWAY!
Wednesday, May 22nd 1~4pm

That's right! Get ready to strut your stuff
on the Cat Walk at CAL's Project Runway!

DETAILS: Volunteer shoppers will provide a
mystery bag of clothing and accessories
from a Thrift Store or your own closet,
marked with sizes, for our models to wear
and flaunt on the runway. We'll have no
idea what to expect when we open our
bags, but we'll dress up and show it off.

Just wild and zany fun!

Don't want to dress-up? Join as an
audience member and help judge our
Thrift Store Fashionistas!

HAPPENINGS at CAL

SAVE THE DATE FOR CAL'S COMMUNITY YARD SALE FUNDRAISER JULY 27th 8am - 3pm

Reserve your 8' x 8' selling space now!

\$10 - CAL Members
\$25 - Non-members

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

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. Your sign-up fee will be considered a donation to CAL.

ATTENTION CAL COMMUNITY!

Is there anyone out there interested in starting a beginner's UKE Group? Looking for Instructors & Players!



Derby Hat Craft - \$2.00 Monday - May 20th 1-3pm

Bring your own hat to decorate and we'll provide the embellishments! Wear it on Derby Day, May 31st and enter it in BEST HAT Contest!



SPRING DANCE - FREE! at Portsmouth Senior Center 125 Cottage St., Portsmouth FRIDAY, MAY 17TH 6-8PM

We'll join the Portsmouth Center members for a night of danceable tunes with CAL's DJ Rhonda DiCarlo. Let's meet new friends and have some social fun with good music and ice cream! This is a drive on your own event but we'll help coordinate carpooling if needed.

York Parking Permit Stickers are available at Town Hall/Town Clerk

If you are a York resident or a property owner, you are entitled to purchase a Permit Parking Sticker for a fee of \$40.00 or \$20 if you are 65 or older. The Parking Permit program shall be in effect beginning May 15th through October 15th and the sticker is exclusive to the vehicle it is issued to.

Beach Parking Sticker (now includes Mt. A) in effect, May 15 - October 15: To purchase, visit Town Hall - Clerk's Office (remember town hall moved to U.S. Rt. 1 by Microtel Inn and Bamboo Restaurant).

BIG THANKS GOING OUT TO OUR AARP TAX AIDE VOLUNTEERS!

Thank you to all our amazing volunteers from AARP and the Center for Active Living for providing the York Community with another successful year of Tax Prep Assistance. We couldn't have done it without you and on behalf of everyone that benefitted from this essential service, we THANK YOU!!



VOLUNTEER DRIVER NEEDED
CAL's Meal Program is in need of a Part-time Volunteer Driver to deliver meals to homebound York residents four mornings per week approximately 11:30am - 12:30pm For more info contact Sean at 363-1036



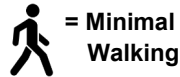
**DROP-IN BLOOD PRESSURE
and GLUCOSE CLINIC**
**at the Center for Active Living
with the York Beach Fire Department**

Monday, May 13th 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

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

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

DINING-OUT TRIPS FOR APRIL

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



Breakfast Out - Sunny's, Lee, NH (Tuesday, May 21)

Bus leaves at 8:00am and we'll return at approximately 11:30am Cost \$4.00

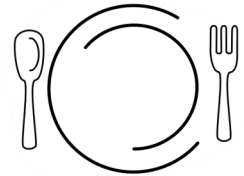


Lunch Out - ~~No Lunch Out for May~~ - See Day Trips Below for other options.



Dinner Out - Oak Street Bistro, Alfred, ME (Thursday, May 30)

Bus leaves at 3:45pm and we'll return at approximately 7:30pm Cost \$4.00



UPCOMING TRIPS

Cliff House Movie & Lunch - Monday, May 13th 11am-4pm FREE Movie - Lunch \$ on your own

It's movie & lunch day at the beautiful Cliff House in Cape Neddick. We will start with a delicious lunch at their NUBBS Lobster Shack overlooking the cliffs. We'll be viewing the classic 1987 film 'Dirty Dancing' with Jennifer Grey and Patrick Swayze in their comfortable in-house theatre.



Tour of Vermont - Tuesday, May 28th 7am-6pm \$40.00 - Lunch \$ on your own

We're heading to Vermont for a jam-packed day of Vermont goodness! We'll be making several stops such as King Arthur Baking Co., Quechee Gorge, Cabot Cheese, Vermont Antique Mall and more. Hop on the bus and enjoy the day touring the Green Mountain State and all its beauty!



Peak's Island Golf Cart Tour - Friday, June 14th 8am-4pm \$40.00 - Lunch \$ on your own

Here's your opportunity to see the stunning PEAK'S ISLAND! We'll take the ferry out of Portland and arrive on Peak's where we'll have a 75-minute guided golf cart tour of the island. Our guides will talk about the history of the island and we'll experience first hand this unique island life. After our tour we'll have time for lunch and a walkabout around the small village area before heading back to Portland on the Ferry.





CAL Member Spotlight - Carollyn (Flagg) Anderson



Meet Carollyn (Flagg) Anderson, an active member of the Center for almost 45 years! Her continuous participation and involvement at the center makes her one of our longest-serving members. Carollyn first became acquainted with York as a 10-year-old, coming to the area with her family for summer vacations.



After moving to York she and her sister, Chris, worked together to help build their family's new business, Flagg's Campground. They worked hard to provide a welcoming and comfortable camping experience for Maine vacationers. Her parents were very protective of their daughters and took time to teach them many useful skills, preparing them to be strong independent women. Carollyn dreamed of being a nurse or an airline stewardess in her early years but after attending Junior College at Kent's Hill for 4 years she found a fulfilling job in library services and later worked in banking as a teller. During her years at Kent's Hill, she loved playing sports such as field hockey and basketball and enjoyed an active social life. She considers those years to be some of the best of her life. She recalls riding home on the train from Kent's Hill in 1947 and witnessing scenes of the devastation caused by the Great Fires, which burned over 200,000 acres in the state of Maine. Learning how to sew at an early age led her to appreciate fashionable clothing. She enjoys dressing-up and looking

her best in colorful outfits and adding flare with accessories & jewelry and continues to be a savvy bargain shopper. Marrying a Navy man allowed her to travel and live in several interesting areas, including Panama for 2 years. She also lived in Norfolk, Key West and Charleston during her husband's active-duty years and eventually they came back to York when he transferred to the Portsmouth Naval Shipyard. They had a good family life in York and raised both a son and daughter which now extends to 4 grandchildren, 6 great-grand children and 1 great-great grandchild. Carollyn has kept busy in her retirement years helping on Church Committees at St. Christopher's, Red Hats and DAR groups in Portsmouth and Old York along with her volunteer work at the Center for Active Living. She is a voracious reader and loves collecting witty and meaningful quotes known as 'Carolisms'. One that we feel fits her personality perfectly is **'A Smile is the Light that Says your Heart is Alive'**. Carollyn's beautiful smile can light up a room and this lovely lady is living her best life while remaining forever young. ❤️

SPRING IS HERE! LET'S GET OUTDOORS & ENJOY IT!

Nature Sit & Journaling with White Pine Wednesday, May 8th 1-2:30

White Pine will lead our group on this outing at York Land Trust on Longneck Marsh Road. We'll walk through the field and wooded trails to choose a sit-spot and connect with nature allowing for a calm and meditative experience for journal writing.



CAL Hiking Club Mount Agamenticus Friday, May 10th 9-10:30am

Meet in the main Summit Lot for FREE parking and we'll explore the shorter trails at Mt. A with other CAL hikers. Be sure to wear good foot gear and bring your water bottle, snack and walking stick.



Birding with Diane at Mount Agamenticus Friday, May 23rd 9am

Join Diane Losier and other CAL birding enthusiasts, to learn about migratory birds that will be returning or passing through our area. We'll have the opportunity to see Warblers, Indigo Buntings, Thrushes, Shore Birds and more. We'll be meeting in the main Summit Lot for FREE parking at 9am.



CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
Crafters Gathering	Tuesdays	1:00 - 3:00pm	None	Free
Open Paint Day	Tuesdays	1:00 - 3:00pm	None	Free
NEW! Open Paint Day on Tuesdays for those wanting to dabble and work on their painting skills. We'll put out the supplies for watercolor and acrylic painting. No instructor - just flourishing artists!				
CAL Derby Hat Craft Class	Monday, May 20	1:00 - 3:00pm	CAL Staff	\$2.00
Bring your own hat to decorate and we'll provide the embellishments! Wear it on Derby Day, May 31st and enter it in BEST HAT Contest				



EDUCATION & HEALTH



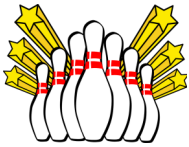
Program	Day & Date	Time	Presenter/ Instructor	Cost
Blood Pressure & Glucose Clinic	Monday, May 13	2:00 - 2:30pm	YBFD	Free
The York Beach Fire Department will be providing our CAL members with a FREE Blood Pressure and Glucose Clinic. Drop-ins are welcome from 2:00-2:30pm. Don't miss this opportunity to get checked!				
Fall Asleep/Stay Asleep	Wednesday, May 15	10:00 - 11:00am	Brianna Henward	Free
We all have trouble sleeping at one time or another. Come and learn some good tips to ensure a better night's rest.				
Armchair Travels with Dewey	Monday, May 6	10:00 - 11:00am	Dewey	Free
Come join Dewey and enjoy a casual discussion about his travels. He will share pictures, stories, and facts about San Blas Islands, Panama. .				
Tech Help	Thursday, May 23	11:00 - 2:00pm	Shaun Morrill	Free
Appointment Required. Need help with your cell phone, tablet, laptop, computer, Facetime or Zoom? Please note that you need to bring the device that you are seeking help with to your appointment.				
Dry Needling	Tuesday, May 14	10:00 - 11:00am	Emily Wehrwein	Free
Come learn about Dry Needling, a manual therapy trigger point release technique that can help all kinds of orthopedic conditions. Join Emily, an occupational therapist, to learn about the science behind dry needling, which diagnoses it's used for, and if it's right for you!				



NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
Nature Sit/Journaling w/White Pine at York Land Trust	Wed., May 8	1:00-2:30pm	White Pine	Free
White Pine will lead our group on this outing at York Land Trust on Longneck Marsh Road. We'll walk through the field and wooded trails to choose a sit-spot and connect with nature allowing for a calm experience for journal writing.				
CAL Hiking Club -	Friday, May 10	9:00 - 10:30am	CAL Staff	Free
We will traverse varying terrains, inclines and declines. Let's get out and explore the great outdoors while making connections and having some laughs. Drive on your own to Mt. A and meet in parking lot.				
Birding with Diane at Mt. A	Thurs., May 23	9:00 - 10:30am	Diane Losier	Free
Join Diane Losier and other CAL birding enthusiasts to learn about migratory birds that will be returning or passing through our area. We'll have the opportunity to see Warblers, Indigo Buntings, Thrushes, Shore Birds and more. We'll be meeting in the main Summit Lot for FREE parking at 9am.				



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, May 14	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.
<p style="text-align: center;">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.</p>				

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
BINGO for Fun	Friday, May 10	1:00 - 3:00pm	Free	Bring your Mystery Bag of Goodies to donate to the Prize Table
Book Club w/Lisa MacGlashing	Monday, May 20	10:00 - 11:30pm	Free	Join Lisa and other readers to engage in a lively book discussion.
CAL's Coffee House Vinyl Cafe	None for May			

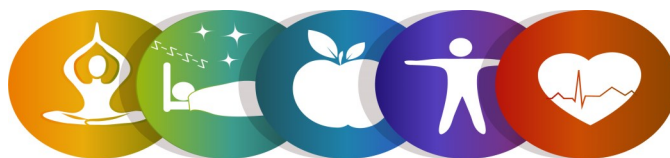
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
CAL Gals	Wednesday, May 15	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	Thursdays, May 9, May 16, May 23, May 30, June 6, June 13	2:00 - 3:00pm	Free	Parlez vous francais? Join Christine Yanco and our new Conversational French group to get a French refresher or get started learning a new language. Maybe you have an upcoming trip planned and need to learn a few simple phrases to help with communication in a French-speaking country. All levels welcome.
Drumming Class	Tuesday, May 21	4:00 - 5:00pm	\$5.00	Drumming Circle with Patsy Onatah. Bring your own drum/small percussion if you have it. Patsy brings extras to share if you don't have one.
Haircut w/Susan	Monday, May 6th & 20th	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
Improv 101	None for May			
Late Night at the Center	None for May			
Movie Monday	None for May			
Peace of Mind	Wednesday, May 29	10:30 - noon	Free	Janie, York Service (YCSA) Family Service Manager
Sing-A-Long Songs with Art	None for May			
Social Club Monthly Meeting	Wednesday, May 1	1:00 - 3:00pm	Free	Come one, come all! We will talk about new program ideas, activities, and special events for the center. We welcome your input and fresh ideas.

EXERCISE & WELLNESS - Instructor Led

General Information: **FIRST CLASS FREE!**

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



**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
<i>Balance Fun & Workouts</i>	Tues., May 7, 14, 21, 28 Thurs., May 9, 16, 23, 30	10:00 - 11:00am	York Beach Fire House	Jonna Dijkstra	\$20 per session or \$5.00 per class Punch Card
<p>Jonna Dijkstra, ACE Certified Personal Trainer & Senior Fitness Consultant, offers exercise programs designed to promote health and wellness. Jonna offers modifications during the program to match your ability. We use hand weights and bodyweight exercises to get you moving and connecting with your body. During class Jonna offers tips and suggestions about balance, nutrition and lifestyle changes to maintain better health. All abilities are welcome!</p>					
<i>Line Dancing</i>	Wed., May 8, 15, 22, 29 Fri., May 10, 24, 31	10:00 - 11:00am 9:30 - 10:30am	CAL	Diane Anderson	\$15/20 per session or \$5.00 per class Punch Card
<p>Diane Anderson teaches a choreographed routine with a repeated sequence of steps. A low impact, fun exercise for the mind as well as the body. Dances to popular music include waltz, fox trot, jitterbug, mambo, and rumba. All easy movements to work our muscles, joints, balance and memory. No partner necessary!</p>					
<i>Shake It Up</i>	Tues., May 7, 21, 28 Thurs., May 9, 16, 23, 30	9:00 - 10:00am	York Beach Fire House	Rhonda DiCarlo	\$15/20 per session or \$5.00 per class Punch Card
<p>'Shake It Up' is a lively and active dance class disguised as an exercise class! This fun-filled class, instructed by Rhonda DiCarlo is full of work out moves with a strong focus on dancing. Class begins with a warm up and ends with a cool down, with strategic stretching in different dance routines. The routines are easy to follow for all fitness levels, with an upbeat mixture of American, Latin and International music.</p>					

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

Program	Day & Date	Time
<i>Exercise with video - Mondays</i>	Monday, May 6, 13, 20 (27th Closed)	9:00 - 9:45am
<i>Exercise with video - Wednesdays</i>	Wednesday, May 8, 15, 22, 29	9:00 - 9:45am
<i>Exercise with video - Fridays</i>	Friday, May 10, 24, 31	8:30 - 9:15am
<i>Tai Chi with video</i>	Friday, May 10, 24, 31	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	Mon., noon - Closing Wed., 1:15 - 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	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	1:00 - Closing
<i>Rummikub</i>	Fridays	1:00 - Closing

LIBRARY AT THE CENTER FOR ACTIVE LIVING

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

CAL INFORMATION

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

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

Contact Information: Phone 207-363-1036;
website <https://www.yorkparksandrec.org/>
(click on Center for Active Living at the far right)



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

Program Registration:

Wednesday, May 1st – 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, May 2nd and thereafter: Non-York Residents & York Residents –

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

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

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

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

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

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

USEFUL INFORMATION

HEART TO HEART, Ageless Love

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

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

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

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

HEART TO HEART is in need of Volunteers!

MEDICAL EQUIPMENT FOR LOAN

York Community Service Association (YCSA)

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

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

YORK PUBLIC LIBRARY

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

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

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

RECYCLING - DO YOU "CLYNK"? WE DO!

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

This is our year-round bottle drive.

Thank you for supporting the Center!

FOOD COMPOSTING

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

Help our environment and consider composting.

You can drop food scraps at Witchtrot Rd.

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

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

YORK COUNTY COMMUNITY ACTION CORP.

Contact Heather Roberge at 207-439-2699

for more information on tax help and

Fuel and Transportation Services

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

SCAMS & FRAUD

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

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

TOWN OF YORK

Public Access: Channel 3

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

York Parks & Recreation Website

(includes Center for Active Living Information):

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

York Parks & Recreation Facebook Page:

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

Center for Active Living Facebook Page:

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

EMERGENCY MANAGEMENT HOTLINE

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

YORK COMMUNITY SERVICES ASSOCIATION

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

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

Food Pantry - Maureen, Ext. 3

Grocery shopping/Medical equipment - Don, Ext 4

Assistance with utilities - Janie, Ext. 2

Housing needs - Amber, Ext. 6

Janie is at CAL twice a month -

See 'Peace of Mind' in other programs for schedule

YCSA COMMUNITY SUPPERS

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

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

Everyone Welcome - No reservation or fee

May Dates: 7th & 21st

SENIOR CITIZEN ADVISORY BOARD

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

The next meeting is May 21, 2024.

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

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

Deliver to following person or current resident:

MAY 2024

Registration for Programs and Meals: York Residents start Wednesday, May 1st, 9:00am - 3:30pm; Non-York Residents begin Thursday, May 2nd, 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).

