

The Scoop

June 2024

Vol. 43 Issue 12

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 29th - York Residents Only

Thursday, May 30th - Non-York Residents & York Residents

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

Friday, June 7th - New Carpet Installation!

Wednesday, June 19th - Juneteenth Holiday

Friday, June 21st - Closing at 11am - Volunteer Recognition Day

(Coffee & Snacks available, No Lunch/Muffins or Programs on 6/21)

COMMUNITY YARD SALE - July 27th 9am-3pm

**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.

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



\$10 - CAL Members

\$25 - Non-members

(Non-refundable)

ATTENTION CAL MEMBERS!

Please take note of the following policy/procedure changes effective May 29th

LOTTERY SYSTEM FOR DAY & DINING TRIP SIGN-UPS:

Due to increased membership at CAL and the popularity of our day & dining trips, we're initiating a computerized Lottery System that will randomly select your placement to register for trips. First you will sign your name on the clipboards located at the front desk, listing the new trips each month. The trip clipboards will be available 7-10 days prior to registration day, giving you time to decide on which trips you would like to go on. Your name must be on the clipboards by 4pm the day before each month's registration day for the lottery system. We will then do a computerized sort procedure and everyone listed will be given a number placement. We'll let you know on registration day if you were able to get on your chosen trips. 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 attend. This new method of signing up will only pertain to our bus trips. Special events and programs will continue to be on the monthly registration form for sign-ups.

With the use of the new Lottery System for all trips we will now eliminate early drop-off registrations.

COMMUNITY CAFÉ LUNCH PROGRAM

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!

HAPPENINGS at CAL

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

Age Friendly Network Survey with Amber Harrison Tuesday, June 4th 9-10am

York residents, have you heard about
AGE FRIENDLY YORK
A Community for a Lifetime?

Amber, from YSCA and Age Friendly York, will join us to explain what it means to be Age Friendly and what this newly formed group will be doing to help our community work toward the best Age Friendly Community that we can be!

A Community-wide Survey will be presented, giving us a chance to offer our input.

JUNETEENTH with 'BLACKISH' Tuesday, June 18th 2-3pm

Join us for a special viewing of the popular TV show, 'Blackish'. This special episode is a history/musical and a creative way to learn the meaning of our nation's newest holiday - JUNETEENTH.



FREE - Refreshments will be served!

ATTENTION CAL COMMUNITY!

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



ICE CREAM SOCIAL and BINGO DAY - FREE!

FRIDAY, JUNE 28th 1-3PM

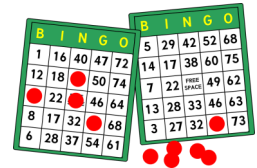


Let's celebrate Summer's arrival with an **ICE CREAM SOCIAL!**

Join the CAL staff and friends for some creamy delicious ice cream with an assortment of our favorite toppings.

After we've had our fill of ice cream we'll indulge in a lively game of Bingo.

We'll provide the prizes!

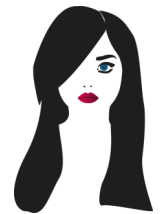


THE MYTHS & TRUTHS OF HAIR AND SKIN CARE WITH BETSY & KATINA

Thursday, June 20th 1-2:30pm

Betsy & Katina have spent years in the beauty industry and want to share their expertise and knowledge of the Myths & Truths of hair and skincare. You'll have the opportunity to ask specific questions about your own hair & skin challenges and we'll get to view the results of a 'makeover' for one lucky lady!

(Limited to 15 participants)



DROP-IN BLOOD PRESSURE and GLUCOSE CLINIC

at the Center for Active Living
with the York Beach Fire Department

Monday, June 10th 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

NEW! Starting on May 29th we will begin to use a LOTTERY SYSTEM for day & dining trip sign-ups.

Due to increased membership at CAL and the popularity of our day & dining trips, we're initiating a computerized Lottery System that will randomly select your placement to register for trips. First you will sign your name on the clipboards located at the front desk listing the new trips each month. The trip clipboards will be available 7-10 days prior to registration day, giving you time to decide on which trips you would like to go on. Your name must be on the clipboards by 4pm the day before each month's registration day for the lottery system. We will then do a computerized sort procedure and everyone listed will be given a number placement. We'll let you know on registration day if you were able to get on your chosen trips. 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 attend. This new method of signing up will only pertain to our bus trips. Special events and programs will continue to be on the monthly registration form for sign-ups.

- ◆ You may only register for yourself, your spouse, and/or significant other 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 JUNE

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



Breakfast Out - The Nook, Dover, NH (Tuesday, June 18)

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



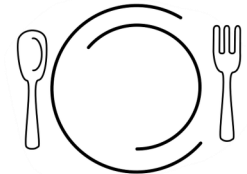
Lunch Out - Shain's of Maine, Sanford, ME (Monday, June 10)

Bus leaves at 10:45am and we'll return at approximately 2:00pm Cost \$5.00



Dinner Out - Hobbs Harborside, Wells, ME (Thursday, June 27)

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



UPCOMING TRIPS

PEAKS ISLAND GOLF CART TOUR!

Two Dates - Friday, June 14th 8am - 4pm and Monday, June 17th 8am - 4pm

Here's your opportunity to see the stunning PEAKS ISLAND! We'll take the ferry out of Portland and arrive on Peaks where we'll have a 75-minute guided golf cart tour of the island. Our guides will share fun facts and stories on the history of Peaks and we'll experience first hand the unique island life. After our tour we'll have time for lunch and a walkabout around the small village area before boarding the Ferry.

Cost \$40.00 - includes Bus Transportation, Ferry Ticket and Golf Cart Tour - Lunch \$ on your own



MINI GOLF AND ICE CREAM OUTING Monday, June 24th 11am-3pm

The perfect pairing of a friendly game of Mini Golf followed by a refreshing Ice Cream treat - screams SUMMER! We'll start at Wonder Mountain Fun Park in Wells and break into teams for our mini golf game and finish with ice cream at The Scoop Deck where there's a flavor for everyone's ice cream palate. **Cost \$5.00 - includes transportation - Golf Game & Ice Cream \$ on your own.**





CAL's TRIP TO WASHINGTON, DC



This adventurous group recently spent 3 days in Washington, DC!

What a fantastic time we had exploring all that DC has to offer. Visiting the stunning War Memorials and the Arlington Cemetery were both meaningful and poignant for all of us.

Mount Vernon and the Smithsonian museums were fantastic, too!

We have another special travel experience planned with Colette Tours in September 2024. Stop by the Center for Active Living to learn more about this 9 day tour to Western Canada's Rockies, Lakes and Wine Country from 9/5-9/13.

Alberta, Banff, Lake Louise, Revelstoke, Kelowna, Vancouver and more!

OUTDOOR ADVENTURES WITH CAL'S HIKING CLUB

JOIN US ON OUR NEXT HIKE!

Fisherman's Walk & Wiggly Bridge

FRIDAY, JUNE 28th 9-10:30am

We'll meet at the Harbor Beach Lot to start our walk and head to Wiggly Bridge by way of the Fisherman's Walk. If time and weather permit, we'll add in the Steedman's Woods loop, too. We'll obtain parking passes for those that sign up ahead of time. Please be sure to wear proper footwear and bring a water bottle.



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 - Decoupage Jars	Tuesday, June 4	1:00 - 3:00pm	Lisa	\$5.00
Learn how to decoupage using a pretty paper napkin and turn a simple jar into a lovely vase or jewelry jar.				
Crafts w/Lisa - 4th of July Craft	Tuesday, June 25	1:00 - 3:00pm	Lisa	\$5.00
A special 4th of July Craft to use for the upcoming holiday.				



EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
Age Friendly Survey	Tuesday, June 4	9:00 - 10:00am	Amber Harrison	Free
Amber Harrison, from YCSA, will join us to review the new Age Friendly York survey. We'll learn about this new network that's working to make our community more age friendly!				
Blood Pressure & Glucose Clinic	Monday, June 10	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!				
Arthritis Tips	Tuesday, June 11	10:00 - 11:00am	Emily Wehreïn	Free
Emily continues her series on OT, presenting on the pains of Arthritis and how we can manage it better.				
Instapot Cooking Tips	Wednesday, June 12	10:00 - 11:00am	Brianna Henward	Free
Brianna joins us again, and this time we'll be learning how to make the most of an Instapot. Another popular new kitchen appliance that can be used for a variety of meals.				
4 Pillars of Retirement	Monday, June 17	10:00 - 11:00am	Irene Bowen	Free
We'll learn more about the 4 pillars of retirement - Health, Family, Purpose and Finances.				
Health Talk	Monday, June 24	9:00 - 10:00am	Jenna Lizewski	Free
Jenna Lizewski of Birch Hill Health in York joins us for the first time to talk about how to take steps to keep your blood pressure in a healthy range.				
Tech Help	Thursday, June 27	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.				

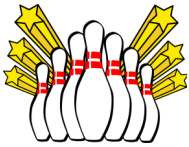


NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
CAL Hiking Club - Wiggly Bridge Trail	Friday, June 28	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 and park at the Harbor Beach parking lot. We'll have parking



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, June 11	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.
Pickleball Lessons for Beginners	Tuesdays, starting June 4	9:00 - 10:30am	Free	Learn the basics - rules, scoring, serving; paddles, balls, & nets provided; instruction by Michael Vassey, expert player.

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	Thursday, June 6	1:00 - 3:00pm	Free	Bring a Summer-themed item for the Bingo Prize Table.
Book Club	Monday, June 17	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	None for June			

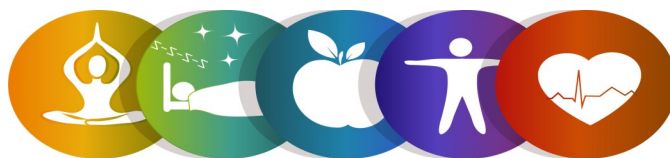
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
CAL Gals For the June 12th meeting - Please bring a meaningful item to share with the group and tell us the story behind your special item.	Wednesday, June 12	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, 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 and need to learn a few simple phrases to help with communication in a French-speaking country. All levels welcome.
Drumming Class	Tuesday, June 18	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, June 27	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
Late Night at the Center	Tuesday, June 25	4:00 - 8:00pm	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, June 3	1:00 - 3:00pm	Free	Get out of the house and join us for popcorn and a popular movie.
Peace of Mind	Wednesday, June 12	10:30 - noon	Free	Janie, York Service (YCSA) Family Service Manager
Sing-A-Long Songs with Art "Summer Hits"	Thursday, June 13	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 along to "Summer Hits".
Social Club Monthly Meeting	Wednesday, June 5	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.
Theatre Group			Free	More information coming soon in the July Scoop! Stay Tuned.

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>	Tuesday, June 4, 11, 18, 25 Thursday, June 13, 20, 27	10:00 - 11:00am	York Beach Fire House	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>					
<i>Line Dancing</i>	Wednesday, June 5, 12, 26 Friday, June 14, 21, 28	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>					
<i>Shake It Up</i>	Tuesday, June 4, 11, 18, 25 Thursday, June 6, 13, 20, 27	9:00 - 10:00am	York Beach Fire House	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
<i>Exercise with video - Mondays</i>	Monday, June 3, 10, 17, 24	9:00 - 9:45am
<i>Exercise with video - Wednesdays</i>	Wednesday, June 5, 12, 26	9:00 - 9:45am
<i>Exercise with video - Fridays</i>	Friday, June 14, 21, 28	8:30 - 9:15am
<i>Tai Chi with video</i>	Friday, June 14, 21, 28	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, May 29th – 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 30th 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

June Dates: 4th & 18th

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.

The next meeting is July 16, 2024.

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

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

Deliver to following person or current resident:

JUNE 2024

Registration for Programs and Meals: York Residents start Wednesday, May 29th, 9:00am - 3:30pm; Non-York Residents begin Thursday, May 30th, 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).

