

REGISTRATION FOR APRIL 2025 MEALS & PROGRAMS

Please complete the information below.

FULL NAME (please print): _____

Date & Time: _____ Preferred Phone w/area code: _____

PROGRAM REGISTRATION: Please check each program(s) you desire to register for below. If a program is offered more than one day a week, please indicate the day(s) you desire to participate. Note, you do not register for drop-in programs.

Creative Arts:

- Crafts w/Lisa – Spring Themed (Mon., April 28, - \$10, 2-4pm)

Education & Health:

- Tasty Salads w/Brianna (Tuesday, April 22 – free, 1-2pm)
- Tech Help (Thursday, April 24 - free, 11am-2pm)

Exercise:

- Activity Punch Card (\$5/class 5 punch cards - \$25.00)
- Activity Punch Card (\$5/class 8 punch cards - \$40.00)

Sports:

- Candlepin Bowling (Tuesday, April 8 - \$14.00, 2-4pm)

Nature & Outdoor Recreation:

- White Pine – Trail Walk at Fort Foster in Kittery (Monday, April 14 - free, 10-11:30am)

Trips:

- Breakfast Out – None for April
- Lunch Out – Spring Bowling Bash (Portsmouth, NH) (Monday, April 28 - \$20, 12-3pm)
- Dinner Out – Town Line Family Restaurant, Lyman, ME (Thursday, April 24 - \$5, 3:45-7:30pm)

Other Programs:

- BINGO (Friday, April 18 - free, 1-4pm)
- Book Club with Lisa (Monday, April 14 - free, 10-11:30am)
- CAL's Coffee House Vinyl Café (None for April)
- CAL Gals Club (Wednesday, April 9 – \$5 bus, 1-4:30pm) (Firefly Pottery Trip – leaving center at 1pm)
- Conversational French (Thursdays – free, 2-3pm)
- Game Day (Wednesday, April 16, free, 1-4pm)
- Guitar Lessons (Wednesday, April 9 & 23 – free, 1-2:30pm)
- Late Night at Mt. A (Tuesday, April 29 - free, 4-7pm)
- Movie Monday (Monday, April 7 - free, 1-3pm)
- Peace of Mind (Wednesday, April 16, 10:30-noon)
- Sing Along (Friday, April 25 - free, 1-3pm)
- Social Club Monthly Meeting (Wednesday, April 2 - free, 2-3pm)
- Spring Fair Meeting (Wednesday, April 2 - free, 3-4pm)
- Ukulele Class (Thursdays, \$10/mo., 10-11am)

Special Events:

- Potting Shed (Monday, April 14 – free, 1-3pm)
- CAL's Spring Potluck Dinner (Tuesday, April 15 – free, 4-7pm)
- Dancing Under the Stars (Friday, April 25 - free, 5-8pm)

First & Last Name: _____ Pick-up: _____ Delivery: _____ Dessert: ___ regular ___ sugar-free

Town of York – Center for Active Living – Lunch Menu April 2025

Registration: Reservation deadline: *Friday by 2pm prior to the meal you desire* call 207-363-1036, Monday – Friday, 9:00am-3:30pm. Meal reservations in-person or by phone only; no online option. *If you need to cancel a meal, to obtain a User Credit, please cancel two days in advance.* Meals are limited to one per person. We ask for a \$5.00 donation for each meal. Order early as there are a limited number of meals per day. Muffins are not part of the meal; order separately (5 muffins - \$2.50; 10 muffins - \$5.00)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mild Chicken Burrito Seasoned Pinto Beans Veggie Stix Muffin: Applesauce	2 Hamburger Chow Mein w/White Rice Oriental Vegetables Muffin: Honey Corn	3 White Cheddar Pasta & Ham Bake Vegetable Roll Muffin: Banana Choc. Chip	4 Baked Haddock Herb Roasted Potato Vegetable Muffin: Cranberry Orange
8 No Lunch No Muffins	9 No Lunch No Muffins	10 No Lunch No Muffins	11 No Lunch No Muffins
15 Hot Open Face Turkey Sandwich Potato & Vegetable Muffin: Strawberry	16 Hungarian Chicken Rice Pilaf Vegetable Muffin: Coconut	17 Kielbasa Sausage w/Cabbage & Onion Potato Vegetable Muffin: Maple Walnut	18 Chefs Salad w/Tomato & Veggie Tuna & Egg Crackers Muffin: Orange Yogurt
22 Chicken Patty on Roll w/Lettuce & Tomato Tater Tots & Pickle Muffin: Chocolate Chip	23 Teriyaki Meatballs White Rice Vegetable Muffin: Banana Nut	24 Stuffed Peppers w/Beef & Pork Roasted Potatoes Vegetable Muffin: Peanut Butter	25 Baked Seafood Au Gratin Rice Pilaf Vegetable Roll Muffin: Lemon
29 Bacon, Lettuce & Tomato Wrap Pickle Chips Muffin: Chocolate	30 Slow Roasted Swiss Steak W/Brown Rice Vegetable Roll Muffin: Cherry Yogurt	May 1 Italian Sausage Marinara Over Pasta Vegetable Garlic Bread Muffin: Peach	May 2 Breaded Baked Fish Diced Potatoes Vegetable Muffin: Blueberry Lemon