

The Scoop

April 2025

Vol. 46 Issue 8

TOWN OF YORK
PARKS & RECREATION
Center for Active Living
Life. Be in it!



36 Main Street, York
Phone 207-363-1036

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!

CAL will be closed on Monday, April 21st in observance of Patriots' Day.
Program and Lunch Registration starts Wednesday, March 26th - York Residents Only
Thursday, March 27th - Non-York Residents & York Residents

Spring Fair
at the
Center for Active Living

BAKE SALE - LINENS - HOUSEWARES - GLASSWARE
SEASONAL DECORATIONS - MADE IN MAINE CRAFTS
JEWELRY - TOYS - PLANT & FLOWER SALE
LUNCH OPTIONS - RAFFLE BASKETS and MORE!
PLENTY OF FREE PARKING

**Friday, May 16th
and Saturday May 17th
9am - 3pm**

**Center for Active Living
36 Main St.
York, Maine 363-1036**

CAL'S SPRING POTLUCK DINNER Tuesday, April 15th 4-7 pm



Let's CELEBRATE the arrival of Spring & Easter with an evening of good homemade food and special entertainment by the talented 'SKIPBAND'.
Social Hour w/apps 4-5pm
Entrée Buffet 5-6pm
Music by SKIPBAND 6-7pm
Bring a dish to share!
Dish sign-up at CAL

SPRING FAIR NEWS!

APRIL FAIR MEETING
Wednesday, April 2nd 3-4pm



YOU ONLY HAVE A FEW DAYS LEFT TO BRING YOUR DONATIONS TO CAL FOR THE UPCOMING SPRING FAIR! MARCH 31st IS THE DEADLINE! LOOK FOR THE DROP-OFF CART AT THE FRONT DOOR.

Please note that we cannot accept electronics, clothing or books.

POTTING SHED WORKSHOP



Monday, April 14th from 1-3pm
We're looking for helpers to pot/plant our starter plants.
SIGN-UP ON REGISTRATION DAY!

HAPPENINGS at CAL

WHERE TO GET THE SCOOP!

The monthly SCOOP is available for pick-up at CAL with NEW editions available at the end of each month. Let us know if you would like it emailed to you. You can find printed copies at several locations around York including; York Parks & Rec's Grant House, York Town Hall, York Public Library, York Housing at Long Sands, Norma's Restaurant, Village Laundry, York Chamber of Commerce and the York Hospital Emergency Waiting Room. The SCOOP can be viewed online at the York Parks & Rec website at yorkparksandrec.org If you are not able to pick up your copy of the SCOOP at CAL or at the listed locations, and have no email access, please speak to the staff about other options.

CAL'S GAME DAY - WEDNESDAY, APRIL 16TH 1-4PM

Join the CAL Crew for another great GAME DAY with WIN, LOSE OR DRAW!

Do you remember this high-speed sketching game from the 80's?

Teams will compete by sketching clues for their team to guess names and phrases.

Don't miss the hilarious fun of GAME DAY!



TASTY SALADS WITH BRIANNA HENWARD - TUESDAY, APRIL 22nd 1-2:00PM



We welcome Brianna back with us this month to share some healthy salad options for the upcoming warmer weather. Brianna will offer up delicious ideas on how to build nutritious salads with fresh vegetables, grains, proteins and other pantry staples to keep your meals interesting and tasty. Along with those salads she'll share tips on homemade dressings to bring out the best flavors in your salads!

ART'S SING ALONG 50'S DANCE PARTY - FRIDAY, APRIL 25th 1-3PM

If you haven't joined us for Art's Sing Along Day you've been missing out! This is the perfect time to come and have some good old fashion music fun. Not only do we sing together but today we'll be dancing, too. Follow along with the songbook provided and sing your heart out to some good old classics from the 50's.



DANCING UNDER the STARS AT THE PORTSMOUTH SENIOR CENTER - FRIDAY, APRIL 25th 5-8PM



We're gathering with our friends at the Portsmouth Senior Center for a night of music and good eats! CAL member and volunteer, Rhonda DiCarlo, will be our DJ for this social evening, providing us with great dance tunes. We also heard that Elvis might be in the building for a few songs, too! Join us for fun & games with old and new friends!

CAL'S LATE NIGHT at MOUNT A - TUESDAY, APRIL 29th 4-7PM

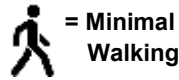
We had such a blast at Mount A last fall, that we've had several requests to go back to spend another evening at this beautiful location. We'll gather at the lodge to play games and enjoy a BBQ dinner provided by the CAL staff along with dessert and other activities.





DAY TRIPS AND OUTINGS

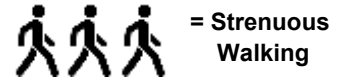
To help you determine if a trip is appropriate for your activity level and ability we have added **Walking Icons** to the descriptions. Let us know if you need any additional information to assist you in planning for trip days.



= 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 (York resident) 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 (York resident) 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 APRIL

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

 **Breakfast Out - None for April**

 **Lunch Out - See Bowling Bash Outing Below for Lunch Out**

 **Dinner Out - Town Line Family Restaurant, Lyman, ME (Thursday, April 24)**
Bus leaves at 3:45pm and we'll return at approximately 7:30pm Cost \$5.00 (Dinner \$\$ on your own)



FIREFLY POTTERY

Wednesday, April 9th 1-4:30pm

Cost \$5.00 (bus transportation)

Pay on your own for Pottery (\$15-\$50)

Painting pottery is a rewarding and creative activity and at Firefly Pottery the options are endless. Choose from platters, bowls, figurines, garden ornaments and much more.

First we'll browse all the possible options when we arrive. We'll pay on our own after we've made our choices. There will be assistance throughout the painting process.

Pieces will be ready for pick-up at CAL in approx. 7-10 days after the class.



SPRING BOWLING BASH

at the Portsmouth Bowl-O-Rama

Monday, April 28th 12-3pm

Cost \$20.00

Are you ready to have fun at the Spring Bowling Bash?

We'll Bowl, play Arcade Games, and have a Pizza Party all in one!

The Bowl-O-Rama offers adaptive equipment making it possible for everyone to bowl.

If you aren't up for bowling, come and cheer on your bowling friends, enjoy pizza and play some games in the arcade.



CAL NEWS!



CONGRATULATIONS TO GREG FYFE!
 Greg was named 'MAINE'S CITIZEN VOLUNTEER OF THE YEAR' by the Maine Rec & Parks Association
 Great work, Greg!

CONGRATULATIONS TO HELEN STEWART!
 Helen was presented with the Boston Post Cane in March and now carries the prestigious title of York's oldest resident!
 She is a mere 99 years young!



KITTERY AND YORK POLICE DEPARTMENTS PRESENT:

WOMEN'S SELF DEFENSE CLASS

FOR ACTIVE SENIORS 50+


York Beach Fire Department
 18 Railroad Ave.
 York, Maine 03909
 April 4, 11, and 18th
 0800-1200

Simulation will be on the last day of class.

Don't miss this rare opportunity to learn important skills to defend yourself. Come on CAL ladies - let's learn together! Three classes: 4/4, 4/11, & 4/18 8am - 12pm

R.A.D. Systems of Self Defense

- The R.A.D. System is a program of realistic self defense tactics, concepts, and techniques
- It is a comprehensive course for women that begins with awareness, prevention, risk reduction, and avoidance
- Be empowered to make a plan of action to defend yourself, no matter physical condition or age



FABRIC WANTED!

Do you have unwanted fabric that you could donate to our doll/dress making workshop? We need clean fabric for our upcoming sewing workshop at CAL. Please drop off your donations at CAL by 5/1. Thank you!



Community Forum with
ME Attorney General, Aaron Frey
Saturday, April 5th 2-4pm

Come join us for an exciting opportunity to meet and chat with the Attorney General of Maine, Aaron Frey! This in-person event will take place at the York Community Auditorium. Don't miss this chance to ask questions, share your thoughts, and learn more about the important work being done by the Attorney General's office in Maine. Mark your calendars and we'll see you there!

Reserve your spot at Eventbrite:
<https://www.eventbrite.com/e/community-forum-with-the-attorney-general-of-maine-aaron-frey-tickets-1273936471279>

If you need help registering or have questions, please contact Judy Goodwin 978-771-3455. The event is FREE and open to ANYONE from Southern Maine. You Must Register!

CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
<i>Crafters Gathering</i>	Tuesdays	1:00 - 3:00pm	None	Free
Crafters Gathering is open to all crafters who would like to work on their own projects in a group setting. Gather your supplies and come to share your newest creations and ideas with other crafters.				
<i>Crafts with Lisa Emmons</i>	Monday, April 28	2:00 - 4:00pm	Lisa	\$10.00
This month the group will be making Salt & Pepper Shaker Flower Button Arrangements.				



EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<i>Drop in Blood Pressure and Glucose Clinic</i>	Monday, April 14	2:00 - 2:30pm	York Beach Fire Dept.	free
The York Beach Fire Dept. crew offers our older adults a free Blood Pressure and Glucose check once a month at CAL. Don't miss this opportunity to get checked!				
<i>Tasty Salad Making w/Brianna</i>	Tuesday, April 22	1:00 - 2:00pm	Brianna Henward	Free
We welcome Brianna back with us this month to share some healthy salad options for the upcoming warmer weather. Brianna will offer up delicious ideas on how to build nutritious salads with fresh vegetables, grains, proteins and other pantry staples to keep your meals interesting and tasty. Along with those salads she'll share tips on homemade dressings to bring out the best flavors in your salads!				
<i>Tech Help</i>	Thursday, April 24	11:00am - 2:00pm	Kevin Bresnahan and Scott Young	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. Sign-up on registration day for your appointment at the front desk. Please be sure to notify us if you need to cancel your appointment. There is often a wait-list for this service. Thank you!				



NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
White Pine Trail Walk @ Fort Foster	Monday, April 14	10:00 - 11:30am	White Pine Staff	Free
<p>White Pine Volunteer, Bob Eckert, will guide us on a Nature Walk at Fort Foster in Kittery. Bus transportation will be provided from CAL.</p>				



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, April 8	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
BINGO for Fun	Friday, April 18	1:00 - 4:00pm	Free	Bring an Easter themed mystery bag for the prize table for April.
Book Club	Monday, April 14	10:00 - 11:30am	Free	CAL's volunteer facilitator, Lisa McGashling, leads the group each month with a lively discussion. YPL provides our group with a book from the inter-loan system.
CAL's Coffee House Vinyl Cafe	No Vinyl Café in April			
CAL Gals	Wednesday, April 9 No regular meeting in April. Join us on a field trip to Firefly Pottery.	1:00 - 4:30pm	Free	CAL Gals field trip to Firefly Pottery in April. Sign-up on registration day! \$5.00/bus CAL Gals brings women together for friendship & camaraderie. Share positive feedback, encouragement and support to overcome obstacles and provide inner strength and confidence.

OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
Conversational French	Thursdays	2:00-3:00pm	Free	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.
Fair Meeting (Spring)	Wednesday, April 2	3:00 - 4:00pm	Free	The Fair Committee will meet to keep everyone updated on fair details. All interested volunteers are welcome to join in to share ideas on the upcoming Spring Fair.
Game Day Win, Lose or Draw	Wednesday, April 16	1:00 - 4:00pm	Free	A favorite from the 80's! Teams will take turns sketching and acting out clues for their team mates to try and guess correct answers.
Guitar Lessons With Larry Ciccotelli	Wednesday, April 9 & 23	1:00 - 2:30pm		Twice a month Larry will offer his expertise & share his knowledge to get you started on your guitar playing journey.
Haircut w/Susan	Thursday, April 17	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, April 29	4:00 - 7:00pm	Free	Late Night will be held at Mount A in April. Be sure to sign-up for fun & games and the BBQ meal. Don't miss this opportunity to spend a cozy evening at the lodge!
Movie Monday - Comedy	Monday, April 7	1:00 - 3:00pm	Free	Get out of the house and join us for popcorn and a popular movie.
Peace of Mind with Janie Sweeney (YCSA)	Wednesday, April 16	10:30 - noon	Free	Janie, the YSCA Family Services Manager is on site at CAL to meet one on one for those needing help finding resources for healthcare, housing and other essential services.
Sing-A-Long Songs with Art	Friday April 25	1:00 - 3:00pm	Free	Singing is great therapy! April is full of fun with a 50's Dance Party theme.
Social Club Monthly Meeting	Wednesday, April 2	2:00 - 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.
Ukulele Group with Instructor Shea Ellis of Mountain Road Music - twice monthly	Thursdays	10:00 - 11:00am	\$10/mo	All levels welcome! Shea Ellis from Mountain Road Music will join us twice a month for guided instruction and other Thursdays we'll practice on our own at home or at CAL with the group. Bring to class your own ukulele, or a borrowed one. We'll provide the music sheets. Ukes are available to borrow from the York Public Library for a short period of time.

EXERCISE & WELLNESS - Instructor Led

General Information: FIRST CLASS FREE!

- First class is always FREE! Check out the class to make sure it's what you were looking for.
- Registration is done at the Center for Active Living - payment by check or credit/debit card.
- Punch cards can be purchased for 5 or 8 classes at a time and can be used for any of the four classes - Balance Fun & Workouts, Line Dancing, Shake it Up and Chair Yoga - \$5.00 per class.
- Purchase the \$25 Card for 5 classes or the \$40 Card for 8 classes.



ALL INSTRUCTOR-LED CLASSES REQUIRE A PUNCH CARD.

PLEASE PURCHASE YOUR PUNCH CARDS AT CAL BEFORE ATTENDING CLASS.

Program	Day & Dates	Time	Location	Instructor	Cost
Balance Fun & Workouts	Tuesdays and Thursdays No class on 4/22 and 4/24	10:00 - 11:00am	York Beach Fire House	Jonna Dijkstra	\$5.00 per class Punch Card Only
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!					
Chair Yoga	Mondays No class on Monday 4/21	8:45 - 9:45am	CAL	Maria Lovo Trina Moskal	\$5.00 per class Punch Card Only
Welcome Maria Lovo, our newest instructor is from <i>A Welcome Haven Yoga</i> in York. Maria is a 500 Hour Registered Yoga Teacher. Chair yoga is a safe and effective way for older adults to improve overall health by building strength, balance and flexibility, through low-impact movements and stretching.					
Line Dancing	Wednesdays and Fridays No class on Friday 4/4	10:00 - 11:00am	CAL	Diane Anderson	\$5.00 per class Punch Card Only
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!					
Shake It Up	Tuesdays and Thursdays	9:00 - 10:00am	York Beach Fire House	Rhonda DiCarlo	\$5.00 per class Punch Card Only
'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.					

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

Program	Day & Date	Time
Exercise with video - Mondays	Mondays (no class on April 21)	10:00 - 10:45am
Exercise with video - Wednesdays	Wednesdays	9:00 - 9:45am
Exercise with video - Fridays	Fridays	9:00 - 9:45am
Tai Chi with video	Thursdays	10:00 - 11:00am

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, Fridays	Mon., noon - Closing Wed., noon - 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	1:00 - Closing
<i>Mahjong - American/Taiwan</i>	Thursdays	1:00 - Closing
<i>Bridge - Beginners Lessons</i>	Thursdays	1:00 - Closing
<i>Mahjong - American/Taiwan</i>	Fridays	1:00 - Closing

LIBRARY AT THE CENTER FOR ACTIVE LIVING

BOOKS - DVD MOVIES - JIGSAW PUZZLES

The Center's Library, located in the Activity Room, has a large selection of books and DVD movies for you to borrow. 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. Find our new Puzzle Table in the hallway outside of the game room.

Additional puzzles to borrow are now located in the new room in our lower level.

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: www.yorkparksandrec.org



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, March 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, March 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.

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

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

Located at 855 Route 1, York

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.