

The Scoop

AUGUST 2025

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, September 1st, in observance of Labor Day

Program and Lunch Registration starts Wednesday, July 30th - York Residents Only

Thursday, July 31st - Non-York Residents & York Residents

Due to the increase in food & material costs, it has become necessary to adjust the price of our CAL lunches.

PLEASE NOTE: The new price of a CAL lunch will be \$7.00 per meal effective July 8th.



CAL's Show of Shows!
Monday, August 25th 1-4pm FREE

Are you ready to be entertained?

Join us for the 'Show of Shows' where
the CAL staff and members will be
busy showcasing their talents!

SINGING - DANCING - MUSIC



**WISHING CAL MEMBER,
HELEN STEWART
A VERY HAPPY
100th BIRTHDAY!
CONGRATULATIONS
TO HELEN!**



Announcing
CAL's **SUMMER CAMP**

Monday, August 11 8am - 1pm
Tuesday, August 12 8am - 1pm
Wednesday, August 13 8am - 1pm

We have 3 fun-filled days planned for
CAL's Summer Camp! Don't miss out on Crafts,
Field Trips, Games, Camp Lunches and more!
Cost \$25.00

Lobster Bake

Friday, August 15th

11:30am - 1:00pm



Single Lobster - \$21 Twin Lobsters - \$27

Includes Fish Chowder & Summer Salad

St. Aspinquid Masonic Lodge will be
cooking Lobsters for Lunch at CAL!

You can order a single lobster or a twin lobster
meal. The meal will be provided as eat in only.

If you want to take your meal home, please
bring a container to fit your leftovers in.

NO PICK-UPS OR DELIVERIES!

**IT'S THE END OF SUMMER
'But It's No Bummer'
CELEBRATION**

Tuesday, August 26th 5-10pm
\$10/per person includes:

**5pm - CAL Cookout
(Burgers & Dogs)**
**6pm - Skip Band Music
(Summer Tunes)**
**8pm - Drive-in Movie
(A favorite from 1975)**



NEWS YOU CAN USE!

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 117 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.

Matter of Balance Series with Cornerstone VNA of Rochester



**Mondays & Wednesdays
in August
1 - 3PM at CAL
August- 8/4, 8/6, 8/11, 8/13,
8/18, 8/20, 8/25 & 8/27**

A Matter of Balance is designed to reduce fear of falling and increase activity levels. The class is a series of eight 2-hour sessions where participants learn to view falls and fear of falling as controllable and set realistic goals for increasing activity. Tips will be offered on finding ways to change your environment to reduce fall risk factors and learn simple exercises to increase strength and balance. Please do your best to commit to all 8 classes. Wear comfortable shoes and clothing and bring your water bottle! This series is FREE!

SAVE THE DATE!

**Monday, September 15th 1-4pm
FLAT-DOLL MAKERS DAY
with Jane Nichols Bishop
SIGN UP IN SEPTEMBER'S SCOOP**

Attention Sewers and Non-Sewers!
We're having a doll-making day at CAL and we need your help & creativity. The goal is to make as many flat-dolls as possible for the Northern New England division of *Dress A Girl Around the World*.



We'll provide the fabric, directions and guidance.

Please bring the following if you can; not to worry if you can't! Just come to help and have some fun!
- Sewing Machine
- Sewing Kit
- Sharp Cutting Scissors
- White, Tan or Gray Thread

SEACOAST WHEELERS Are Coming Back to CAL Tuesday, August 26th, 9am-noon

We're welcoming back the Seacoast Wheelers!

Sign up and feel the freedom & joy of bike riding around the beach with the WHEELERS.

Everyone is invited to take a ride on the outdoor-adapted bicycle!



SAVE THE DATE!

**Monday, September 22nd 1-4pm
TWIG/DRIFTWOOD WREATH
Craft Class with Syd - \$5.00
SIGN UP IN SEPTEMBER'S SCOOP**

Start gathering your supplies and be ready to make your Twig Wreath in September! You'll need to gather about 100, 3-5" twigs or driftwood pieces. A mixture works best. Add some sea glass, shells or other special enhancements.



Your Wreath could look like this!



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 AUGUST

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 August**

 **Lunch Out - None for August**

 **Dinner Out - Thursday, August 21 Mystery Dinner - Where will we eat??**

It's time for a Mystery Dinner. You won't know where we're going until we get there!
Bus leaves at 3:45pm and we'll return at approximately 7:30pm Cost \$5.00 (Dinner \$\$ on your own)



DAY TRIPS FOR AUGUST

CASINO DAILY DOUBLE!

Thursday, August 28th

8am – 4pm \$5.00

We're not going to just ONE Casino . . .

We're going to TWO!

We'll start the morning trying out the new

Lilac Club Casino in
Rochester and the
afternoon testing our
luck at the Dover Casino.

Double the fun!

Join the excitement of playing the slots
or tables at these popular gaming locations!

We'll take a lunch break at a local
lunch spot at mid-day.

Lunch \$\$ on your own.



WE HAVE TICKETS AVAILABLE!

Tom Jones Tribute

with Tino Macchia

at Castleton in Windham, NH

Friday, August 22nd

9:30am – 5pm \$130/pp

(Includes transportation, lunch, gratuity & show)

Tino & a full LIVE BAND will play all of the hits
of Tom Jones. Relive the songs of Tom Jones
such as "Kiss, Delilah, She's A Lady, It's Not
Unusual, What's New Pussycat", and many more.

Join us to see the best Tom Jones you'll
ever see, next to the real thing, at beautiful
Castleton! Meal choices for lunch are

Chicken Piccata and Vegetable Lasagna.



Summer Happenings



Ellis Park Summer Concert Series

Pack your picnic and grab your beach chair to meet-up with friends for some great music this summer!

6:30pm-8:30pm at the Gazebo
Sponsored by Ellis Park

August

- 1 Belairs
- 2 Cool Beans
- 3 60's Invasion
- 7 World Famous Grassholes
- 8 Amherst Brass Quintet
- 9 The Visitors
- 10 Windham Swing Band
- 14 Eastern Sound Band
- 15 Truth About Daiseys
- 16 Sing Along With Rich
- 17 Paul and Matt Marquis
- 21 North River Music
- 22 ELVIS
- 23 Cocheco Street Jazz Band
- 24 Mark Marquis Band
- 28 Delta Knights Band
- 29 All Together Now (Beatles)
- 30 Chris Desmond
- 31 Stone Broke

York Community Wellness Festival

FREE ENTRY

OVER 15+ VENDORS TO EXPLORE
WORKSHOPS | FREE SERVICES | PRIZES

**SATURDAY
AUGUST 2ND
9AM - 1 PM**

YORK HIGH SCHOOL
1 Robert Stevens Dr, York, ME

BROUGHT TO YOU BY: TOWN OF YORK PARKS & RECREATION RISE WELLNESS COLLECTIVE A Welcome Haven YOGA STUDIO

CAN YOU SPOT THE HIDDEN GNOMES?



HE LOOKS LIKE THIS,

BUT HE'S THIS SMALL WHEN HIDING IN THE SCOOP. LOOK CLOSELY!



Let us know at the front desk when you find him and you'll be entered into a monthly drawing!

YCSA COMMUNITY SUPPERS

FIRST PARISH CHURCH FELLOWSHIP HALL, 180 York St., York

1st and 3rd Tuesdays of each month, 4pm - Coffee Hour ~ 5pm - Dinner Served

Bring your family and friends to the YCSA Community Supper!

Enjoy a social night out, a complimentary meal, and a chance to visit and connect with members of your community. Everyone is welcome and no reservations necessary.



**Upcoming
Supper Dates:
August 5th &
August 19th**

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, August 18	2:00 - 4:00pm	Lisa	\$20.00
Lisa's August Craft is a Terra Cotta Pot made into a cute Lady Bug for the garden.				



EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<i>Drop-in Blood Pressure and Glucose Clinic</i>	Monday, August 11	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>SensiCare Presentation</i>	Tuesday, August 12	10:00-11:00am	David/D & C Homecare	Free
Come and learn more about the SensiCare virtual care device that keeps you safer while aging in place.				
<i>Blue Ocean Society Travels of Ocean Trash</i>	Friday, August 15 Friday, August 29	10:00-11:00am 10:00am-12pm	Breanna Butland	Donations to BOS accepted
Learn how marine debris travels through an ecosystem and why we must keep our beaches clean - 8/15 Participate in a beach clean-up and data collecting at Short Sands (please bring your own gloves) - 8/29				
<i>Tech Help</i>	Thursday, August 28	11:00am - 2:00pm	Kevin and Scott	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!				
<i>A Matter of Balance Program with Cornerstone VNA of Rochester</i>	Mondays and Wednesdays in August- 8/4, 8/6, 8/11, 8/13, 8/18, 8/20, 8/25 & 8/27	1:00 - 3:00pm	Katie Michaud, MS, OTR/L	Free
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NATURE & OUTDOOR RECREATION

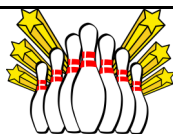


Program	Day & Date	Time	Leader/Instructor	Cost
Northeast Passage Kayaking at Pawtuckaway State Park	Thursday, August 14	10:00 - 12:00pm	Northeast Staff	\$40.00

Northeast Passage offers participants the opportunity to explore local fresh and salt water areas. Join the fun of paddling with a group. Northeast Passage has a fleet of kayaks, paddles and accessories for participants to use in this program. Participants will drive on their own and meet at the Pawtuckaway Boat Launch in Raymond, NH.

CAL Hiking: Mount A	Monday, August 18	10:00 - 11:30am	CAL Staff	Free
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We'll meet at the lower level paved parking lot at Mount A. We'll be hiking the Ring and Fisher Trails to the Summit. This is a moderate hike (slightly more than a half mile up). We'll be taking Witch Hazel to the Ring Trail on the way down which is about 8/10ths of a mile. Wear proper shoes for hiking and bring water, snacks, and bug spray. We'll encounter gentle slopes on dirt trails to rocky sections with short climbs or descents. Alternate routes may be determined ahead of the hike dependent on trail conditions.



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, August 19	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.
Pickleball	Tuesdays	9:00 - 10:00am	FREE	Location: CAL's Parking Lot

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
BINGO for Fun with ART	Friday, August 15	1:00 - 4:00pm	Free	Please bring a Mystery Bag for the Prize Table.
BINGO with Scott Young	Friday, August 1	1:00 - 4:00pm	Free	Please bring a Scratch Ticket for the Prize Table.
Book Club	Monday, August 18	10:00 - 11:30am	Free	CAL's Book Club meets once a month to engage in meaningful conversations about the pre-selected books they have read. Books provided by YPL inter-loan system. August Book Selection is: 'What Happened to Ruthy Ramirez' by Claire Jimenez
CAL's Vintage & Vinyl Cafe	None in August	2:00 - 3:00pm	Free	Bring your vintage items and vinyl records to share with this nostalgic group. Join in the fun of 'remembering when' with music and vintage items that we grew up with.

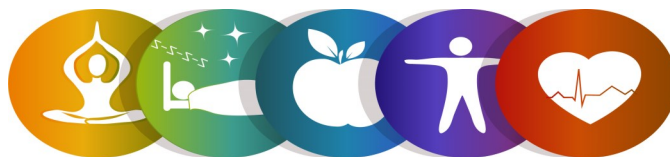
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
CAL GALS Women's Group	Wednesday, August 20	1:00 - 2:30pm	Free	CAL Gals brings women together for friendship and camaraderie. Share positive feedback, encouragement and support to provide inner strength and confidence.
Conversational French PLEASE NOTE: <i>Class is paused for the summer months and will resume at CAL in September.</i>	Thursdays	2:00- 3:00pm	Free	The French Club welcomes all levels to their weekly meetings. Whether you're a beginner or speak fluently, you'll find it fun to converse with others in French.
Fair Meeting	Fair Meetings will resume in Sept.	3:00 - 4:00pm	Free	All Fair Volunteers are welcome to the Meeting.
Game Day	None for August	1:00 - 4:00pm	Free	
Guitar Lessons with Larry Ciccotelli				Larry will be on Summer break from May - August. Look for more information in the September Scoop. Keep practicing!
Haircut w/Susan	Thursday, August 28	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
Late Night at the Center	None for August.	4:00 - 7:00pm	Free	Late Night will be taking a break for the summer See you in September.
Movie Monday - Comedy	Monday, August 4	1:00 - 3:00pm	Free	Need to get away? A good movie is always a pleasant distraction. Snacks provided!
Peace of Mind with Janie Sweeney (YCSA)	None for August Janie will be back in Sept.	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	None for August	1:00 - 3:00pm	Free	
Social Club Monthly Meeting	Wednesday, August 13	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 Self-guided for the summer Months. Shea will return in September.	Thursdays	10:00 - 11:00am	\$10/mo FREE For August	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	10:05 - 10:50am	YHS/Multi-purpose room	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, 9/1)	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	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	YHS/Multi-purpose room	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 Monday, 9/1)	10:00 - 10:45am
Exercise with video - Wednesdays	Wednesdays	9:00 - 9:45am
Exercise with video - Fridays	Fridays	9:00 - 9:45am
Tai Chi	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>Mahjong - Lessons by Appt. See CAL Staff for Appt.</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 Lessons by Appt. See CAL Staff for Appt.</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

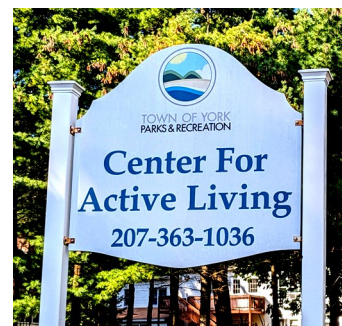
Location: 36 Main St., York Beach (main entrance at rear of building)

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, July 30th 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, July 31st 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 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 for Active Living!

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.