

REGISTRATION FOR AUGUST 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 (Monday, August 18, - \$20, 2-4pm)

Education & Health:

- ☐ SensiCare Presentation (Tuesday, August 12 – free, 10-11am)
☐ Blue Ocean Society Classroom (Friday, August 15 – free, 10-11am)
☐ Blue Ocean Society Beach Cleanup (Friday, August 29 – free, 10-noon)
☐ Matter of Balance (Mondays & Wednesdays in August 1-3pm, free)
☐ Tech Help (Thursday, August 28 - 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, August 19 - \$14.00, 2-4pm)

Nature & Outdoor Recreation:

- ☐ CAL Hiking: Mt. A (Monday, August 18 - free, 10-11:30am)
☐ NE Passage Kayaking (Thursday, August 14 - \$40.00, 10-noon)

Trips:

- ☐ Breakfast Out – None for August
☐ Lunch Out – None for August
☐ Dinner Out –Mystery Dinner (Thursday, August 21 - \$5, 3:45-7:30pm)
☐ Casino Daily Double (Thursday, August 28 - \$5, 8am-4pm)

Other Programs:

- ☐ BINGO (Friday, August 15 - free, 1-4pm)
☐ BINGO w/Scott (Friday, August 1 - free, 1-4pm)
☐ Book Club (Monday, August 18 - free, 10-11:30am)
☐ CAL's Vintage & Vinyl Café (None for August)
☐ CAL Gals Club (Wednesday, August 20 – free, 1-2:30pm)
☐ Conversational French (None for August, resume in September)
☐ Fair Meeting (None for August)
☐ Game Day (None for August)
☐ Guitar Lessons (Resuming in September)
☐ Late Night at CAL (None for August)
☐ Movie Monday (Monday, August 4 - free, 1-3pm)
☐ Peace of Mind (None for August)
☐ Sing Along (None for August)
☐ Social Club Monthly Meeting (Wednesday, August 13 - free, 2-3pm)
☐ Ukulele Class (August free – Thursdays 10-11am)

Special Events:

- ☐ Lobster Bake, (Friday, August 15 – Single \$21, Twin \$27, 11:30-1pm)
☐ Tom Jones Tribute Show (Friday, August 22 - \$130.00, 9:30am-5pm)
☐ CAL's Show of Shows (Monday, August 25 – free, 1-4pm)
☐ End of Summer (Tuesday, August 26 - \$10, 5-10pm)
☐ Seacoast Wheelers (Tuesday, August 26 - free, 9-noon)
☐ Summer Camp (Monday, Aug. 11 – Wednesday Aug. 13 8-1pm \$25)

**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**

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

Town of York – Center for Active Living – Lunch Menu August 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)

<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
5	6	7	8
Cheese Ravioli in Red Sauce Vegetable Italian Bread	Roast Pork w/Gravy Mashed Potato Vegetable Roll	Mild Chicken Jambalaya w/Red Bean Rice Vegetable	New England Clam Chowder Tuna Melt Sandwich Pickle
Muffin: Honey Bran	Muffin: Pineapple	Muffin: Orange Sour Cream	Muffin: Blueberry Corn
12	13	14	15
Mild Chicken Burrito Seasoned Pinto Beans Veggie Sticks	Spaghetti and Meatballs in Marinara Sauce Garlic Bread Vegetable	Kielbasa Sausage w/Cabbage & Onion Potato Vegetable	Lobster Bake Chowder Cold Salads Single \$21 / Twin \$27 NO TAKEOUT OR PICK UP
Muffin: Carrot	Muffin: Cinnamon Crumb	Muffin: Berry	
19	20	21	22
Bacon, Lettuce & Tomato Wrap Pickle Chips	Hungarian Chicken Rice Pilaf Vegetable	White Cheddar Pasta & Ham Bake Vegetable Roll	Baked Haddock w/Tartar Sauce Herb Roasted Potato Vegetable
Muffin: Raspberry Chocolate Chip	Muffin: Strawberry Banana	Muffin: Lemon	Muffin: Cherry Yogurt
26	27	28	29
Chicken Patty Lettuce, Tomato & Roll Tater Tots Pickle	Turkey Tetrazzini w/Pasta Mushroom Vegetable Italian Bread	Hamburger Chow Mein w/White Rice Oriental Veggies	NO MEAL
Muffin: Chocolate Chip	Muffin: Chocolate Cinnamon	Muffin: Pumpkin Spice	