

The Scoop

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

December 2024/January 2025

Vol. 45 Issue 6

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 Tuesday, November 26th - York Residents Only
Wednesday, November 27th - Non-York Residents & York Residents

CAL will close at 12pm on 12/24 thru 12/25 and reopen on Thursday, 12/26 at 8:30am

CAL will close at 12pm on 12/31 thru 1/1/25 and reopen on Thursday, 1/2 at 8:30am

CAL will be closed on Monday, January 20th in observance of Martin Luther King, Jr. Day

PLEASE NOTE THERE WILL BE NO MEALS SERVED FROM 12/25/24 - 1/3/25 Meals resume on 1/7/25

**Christmas Eve
Holly Jolly
Breakfast and
Stocking Swap**



Tuesday, December 24th 9-11am Cost \$5

Join us to share in a special Holiday Breakfast and Christmas Stocking Swap. Chef Sean and crew will serve up a variety of tasty morning treats and then we'll have our 'Stocking Swap' after breakfast. The Stocking Swap is optional. If you give a stocking you receive a stocking. Cost of stocking is up to the giver. We would suggest a range of \$10-\$20.

**CAL & the YORK PARKS & REC DEPT.
PRESENTS THE
HOLIDAY RED CARPET EXTRAVAGANZA**

**FRIDAY, DECEMBER 13th
6-8PM**



**LAST CHANCE TO SIGN-UP!
RESERVE YOUR SPOT BY
DECEMBER 6TH**

CAL'S HOLIDAY PARTY

**at the
UNION BLUFF MEETING HOUSE**

**Thursday, December 19th
5-9pm \$30/per person
Includes Apps/Buffer Dinner
Cash Bar/Music & Dancing**



**WREATH MAKING WITH CORI HILL
Wednesday, December 4th 10am-12pm
\$25 - Paid to Cori on the day of class.
Cash and Checks Accepted
(checks made out to Cori Hill)**



What could be better than the fragrance of a fresh holiday wreath made with local greenery? Cori joins us once again to offer her guidance and expertise as you assemble and embellish your own unique wreath to enjoy through the holidays.

HAPPENINGS at CAL

**LIMITED
TICKETS
STILL
AVAILABLE**

DISNEY'S 'FROZEN'
BROADWAY
MUSICAL
at the
Portsmouth Music Hall
Wednesday, December 4th
3-11pm Cost \$85.00



Our afternoon will begin with an early dinner (TBA) before we arrive at the Music Hall for an evening of holiday magic. 'Frozen' is full of music, humor and the meaning of true love! Dinner \$\$ on your own.

HOLIDAY FAMILY FEUD GAME DAY!!

Wednesday, December 18th 1-3pm
The CAL staff is working their GAME SHOW magic once again to produce a lively version of



HOLIDAY FAMILY FEUD!
Join the fun of guessing the most popular answers in each category and earn points for your team!

Bad Weather Days are on the Way!

Here comes WINTER! Whether we like it or not! If you aren't sure if the Center for Active Living is open during bad weather days you can check the announcements on Channels 6, 8 & 13 or check the Center for Active Living's Facebook page. We'll also do our best to contact lunch participants and program participants if possible. Always remember, whether we are closed or not, if you aren't comfortable driving in less than ideal weather, please stay safely at home.

SAFETY STEPS PROGRAM

Do you need assistance obtaining SALT for your walkways & steps?

The Best of Times Travel Presentation
Monday, December 9th 1-2 pm

Kim Gibson from Best of Times Travel will join us to present information on destinations that might appeal to our group for the spring of 2025. These trips are 3-5 days long and are within the U.S. Come and learn where our next travel experience might take us!



SAVE THE DATES
February 11, 12 & 13th
FOR CAL'S WINTER CAMP

Don't miss the chance to escape the WINTER DOLDRUMS and have fun!
DETAILS & SIGN-UPS IN FEBRUARY

COMING IN FEBRUARY!

AARP Foundation TAX-AIDE

Tax Prep Volunteers will be preparing Federal and Maine State Tax Returns at the Center for Active Living on TUESDAYS, STARTING FEBRUARY 4TH THROUGH APRIL 8TH 9am-3pm

We'll begin taking appointments on January 13, 2025
Call 207-363-1036

INFORMATION SHEETS WITH ALL THE DETAILS WILL BE AVAILABLE AT THE FRONT DESK ON JANUARY 13TH



**DROP-IN BLOOD PRESSURE
and GLUCOSE CLINIC**

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

Monday, December 9th & January 13th 2-2:30pm

Cold & Flu Season is upon us!

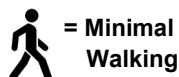
During the winter months we'll all be exposed to airborne sicknesses and we hope you'll help to keep our members safe and healthy by staying home if you aren't feeling well and give yourself ample time to fully recover.

Thank you and we wish you a Happy, Healthy New Year!

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.



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.

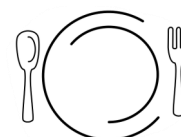
DINING-OUT TRIPS FOR NOVEMBER

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

Breakfast Out - Norma's Restaurant, York (Friday, December 13) - Drive on your own to meet at 8am
No Breakfast Out in January

Lunch Out - No Lunch Out in December
January Lunch Out - Roger's Pizza, Rochester, NH - Monday, January 13
 Bus leaves at 10:30am and we'll return at approximately 3pm Cost \$5.00

Dinner Out - No Dinner Out in December
January Dinner Out - Galley Hatch Restaurant, Hampton, NH - Thursday, January 23
 Bus leaves at 3:45pm and we'll return at approximately 7:30pm Cost \$5.00



UPCOMING TRIPS

MOVIE MONDAY AT THE CLIFF HOUSE
 with Lunch at Nubb's Lobster Shack
 Monday, December 23rd
 9:30am-3pm
 The Cliff House has invited us back to enjoy a holiday movie in their new theater! We'll board the CAL bus and we'll have lunch at Nubb's after the movie.
 Lunch \$\$ on your own

The BROOK CASINO
 Tuesday, January 7th
 9am-3pm Cost \$5.00
 Now that the hustle and bustle of the holidays are over we can relax a bit and enjoy some fun at the **BROOK CASINO!**
 Enjoy lunch at Lucky's or bring your own snacks!

UNH TOUR
 Friday, January 17th
 8:30am - 3:30pm Cost \$5.00
 Don't miss this unique opportunity to experience a guided private tour of the University of New Hampshire. We'll explore several popular locations around the beautiful campus at UNH and have lunch at Holloway Commons which offers a large variety of fresh food stations.
 Lunch \$\$ on your own

HOLIDAY HAPPENINGS



Festival of Lights
IN YORK VILLAGE
SATURDAY, DECEMBER 7TH

YORK STREET PARADE AT 4:30 PM
FROM AXHOLME RD TO VILLAGE ELEMENTARY

Gingerbread House Contest
"Letter to Santa" Writing Station
Santa Claus will be in attendance!
Businesses & Organizations can join the parade by filling out an application on our website! Free to join!

MORE INFORMATION: (207)363-1040
WWW.YORKPARKSANDREC.ORG/FESTIVAL-OF-LIGHTS

TOWN OF YORK
PARKS & RECREATION

YORK PARKS & REC
GINGERBREAD HOUSE COMPETITION



SATURDAY, DECEMBER 7TH

DETAILS

- Pre registration is required
- All materials must be edible
- Gingerbread houses will be displayed next to Town Hall prior to Festival of Lights Parade
- Signage will be provided at drop off
- Winners will be announced on YP&R Social Media

CATEGORIES

- Youth 5-8
- Child 9-12
- Teen 13-17
- Adult 18+

AWARDS

- Best in Show
- Most Original
- Best Use of Candy
- Most Attention to Detail
- Most Unique Ingredient

SCHEDULE

11:00-12:00	Drop off
2:00	Judging
2:30-4:30	Public viewing & voting

HOSTED BY





Basket Raffle
Details

Monday, December 2 to
Friday, December 6
8 am to 2 pm
(except Friday when we close at 1 pm)
along the hallway to the
York Hospital cafeteria
3 Loving Kindness Way, York, ME

WINNING TICKETS WILL BE DRAWN
FRIDAY, DECEMBER 6 BY 2 PM
Online Credit Card Payments Accepted
For more information, please contact
Diane Williams at
dwilliams25@maine.rr.com or at 207-561-0511

TICKETS
1 for \$1
6 for \$5
15 for \$10
35 for \$20
50/50 is \$1/ticket

Holiday Gift Basket Raffles!




Monday, December 2 to Friday, December 6

The Friends of York Hospital is once again raffling off fabulous THEMED BASKETS. The raffle will take place along the hallway leading to the York Hospital Cafeteria at 3 Loving Kindness Way in York, Maine. You are sure to find at least one perfect gift for someone on your list!

Revenue from the raffle is for the Friends of York Hospital **SCHOLARSHIP FUND** that supports local graduating high school seniors entering the healthcare field.

Thank you for your support!

Friends of
York Hospital



CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
Crafters Gathering	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. No gathering 12/24 & 12/31.				
Crafts with Lisa Emmons	Friday, December 6	10:00 - 11:30am	Lisa	\$10.00
	Monday, December 9	2:00 - 4:00pm	Lisa	\$10.00
	Monday, January 27	2:00 - 4:00pm	Lisa	\$10.00
Friday, December 6 - Holiday Ornament Craft Monday, December 9 - Decorative Yarn Christmas Tree Craft Monday, January 27 - Sweetheart Valentine Decoration				



EDUCATION & HEALTH



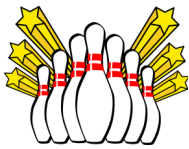
Program	Day & Date	Time	Presenter/ Instructor	Cost
Simple Steps for Fall Prevention	Monday, December 16	10:00 - 11:00am	Brianna Henward	Free
Brianna will be with us to talk about simple measures you can take at home to prevent falls. Come and learn the best strategies to keep from falling inside and outside the home.				
10 Tips for Boosting Your Energy	Tuesday, January 21	10:00 - 11:00am	Brianna Henward	Free
Start the New Year off on the right foot and feel more energized! Brianna will share ways on how to give yourself an energy boost to get through the long days of winter.				
Vascular Care Group	Monday, January 6	10:15 - 11:15am	Amber Schaub, PA-C	Free
The Vascular Care Group will present information to raise awareness of vascular disease, a misunderstood and underdiagnosed disease that can have devastating effects. Screenings for venous disease and carotid artery disease will be available at a later date if there is interest.				
Tech Help	Thursday, December 19 January 23	11:00am - 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. 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 Outdoor Programs	Wednesday, December 18 Wednesday, January 22	10:00 - 11:30am	White Pine Staff	Free
<p>December - Bird Walk with York Land Trust, at the Highland Farm Preserve, 321 Cider Hill Road, York. We'll venture into Highland Farm Preserve to discover the art of bird identification, understand birdsong and explore the favored habits of our avian friends. Meet at Highland Farm Preserve by 10am. </p> <p>January - We'll meet at the Nubble Light Parking area to observe a variety of seabirds that winter off the rocky coast and we'll learn about their migration patterns and life history. Meet at Nubble Light Parking Lot by 10am. </p>				



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tues., December 10 Tues., January 14	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	Fri., December 20 January 10	1:00 - 3:00pm	Free	December - Holiday Gift Bag January - Scratch Ticket
Book Club	Monday, December 16 January 13	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	Friday, January 24	2:00 - 3:00pm	Free	No Vinyl Café for December. Join us for January's Café and we'll share some memories while listening to our favorite albums!
CAL Gals	Wednesday, December 11 January 15	1:00 - 2:30pm	\$5.00	Join the CAL Gals on December 11th to share in some holiday spirit. We'll have special snacks and a Yankee Swap. Bring a gently used item or a regifted item from home (approx. \$5-10 value). Yankee Swap is optional - give one, get one. January 15th - Let's share tips and strategies of how we endure the cold winter months and how we can feel better during this time of year.

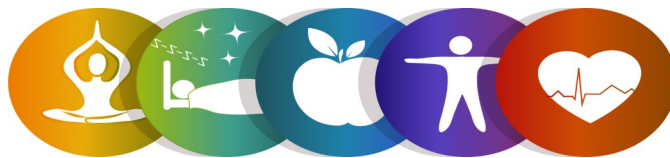
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
Conversational French	Thursdays December 5, 12, 19 January 9, 16, 23, 30	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. All levels welcome. No Class on 12/26 & 1/2
Craft Fair Committee Meeting	January 8	3:00 - 4:00pm		Let's gather to have a recap meeting on the November Holiday Fair.
Drumming Class	Tuesday, December 17 January 21	4:00 - 5:00pm	\$5.00	Drumming Circle with Patsy Onatah. Bring your own drum/small percussion instrument, if you have it. Patsy brings extras to share if you don't have one.
Game Day	Wednesday, December 18 Wednesday, January 22	1:00 - 4:00pm	Free	Join the Game Show fun this month with Holiday Family Feud! Try to guess the most popular answers to win points for your team. January's Game Day will feature CAL's NFL Horse Racing Day! More details to come!
Haircut w/Susan	Thursday, December 19 January 23	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
Late Night at CAL	Tuesday, January 28	4:00 - 7:00pm	Free	December - No Late Night January - Late Night Game Night with soup & sandwiches. Bring your favorite soup to share and we'll fix some sandwiches.
Movie Monday -	Monday, December 2 January 6	1:00 - 3:00pm	Free	The winter months are a perfect time to enjoy a movie with friends at CAL. We'll provide the movie snacks!
Peace of Mind	Wednesday, December 18 January 15	10:30 - noon	Free	Janie, York Service (YCSA) Family Service Manager. One on one meeting with Janie to discuss personal needs with housing, health care, and local resources.
Sing-A-Long Songs with Art	Thursday, December 12 No Sing-A-Long in January	1:00 - 3:00pm	Free	Bring your voice and your holiday spirit to this month's Sing-A-Long with Art! We'll sing all of our favorite seasonal tunes.
Social Club Monthly Meeting	No Meeting in December Wednesday, January 8	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	Thursdays 12/5, 12/12, 12/19, 1/9, 1/16, 1/23, 1/30 No Classes on 12/26 & 1/2	9:00 - 10:00am	\$10/ month	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 music sheets.

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 three classes - Balance Fun & Workouts, Line Dancing and/or Shake it Up - \$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 12/26 & 12/31	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>					
Line Dancing	Wednesdays and Fridays No Class on 12/25, 12/27, 1/1, 1/3 Regular Schedule resumes 1/8	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>					
Shake It Up	Tuesdays and Thursdays No class on 12/17, 12/19, 12/24, 12/26, 12/31, 1/2/25 Regular Schedule resumes 1/7	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
Exercise with video	Mondays (No class 12/30 & 1/20)	9:00 - 9:45am
Exercise with video	Wednesdays (No class on 12/25 & 1/1)	9:00 - 9:45am
Exercise with video	Fridays (No class on 12/27 & 1/3)	8:30 - 9:15am
Tai Chi with video	Fridays (No class on 12/27 & 1/3)	1:00pm

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:

Tuesday, November 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.

Wednesday, November 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.

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>Gin Rummy</i>	Thursdays	1:00 - Closing
<i>Mahjong - American/Taiwan</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 - American/Taiwan</i>	Fridays	1:00 - Closing
<i>Rummikub</i>	Fridays	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. The Puzzle Table and our large assortment of Jigsaw Puzzles to borrow are now located in the new room in our lower level.

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.

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

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

Deliver to following person or current resident:

DECEMBER 2024/JANUARY 2025

Registration for Programs and Meals: York Residents start Tuesday, November 26th, 9:00am - 3:30pm; Non-York Residents begin Wednesday, November 27th, 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).

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

