

The Scoop

February 2025

Vol. 46 Issue 6

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!

Program and Lunch Registration starts Wednesday, January 29th - York Residents Only
Thursday, January 30th - Non-York Residents & York Residents
The Center for Active Living will be closed on Monday, February 17th - President's Day

ATTENTION SCOOP NEWSLETTER RECIPIENTS!

The Center for Active Living will no longer be mailing the SCOOP newsletter beginning with the March issue. We will continue to have the SCOOP available for pick-up at CAL with new editions available at the end of each month. We will also continue to email copies to those that have signed up to receive it electronically. You can find copies at several locations around York including; York Parks & Rec's Grant House, Town Hall, York Public Library, York Housing at Long Sands, Norma's Restaurant, Village Laundry and the York Chamber of Commerce. 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 the additional listed locations, and you do not have email access, please speak to the staff about other options.

CAL's Valentine's Day Celebration

Friday, February 14th 1-3pm

Join us for a 'LOVE'LY afternoon of

great music with the

NORTH RIVER BAND

LOVE is all you need!



Light Refreshments will be served



CHAIR YOGA Is Coming to CAL!

Information Meeting
Monday, February 3rd
at 9am

Maria Lovo, from A Welcome Haven Yoga, will join us to introduce our NEW Chair Yoga class at CAL. Come and learn more about this new offering!

CAL WILL START ACCEPTING

Spring Fair Donations from

March 1st - March 31st

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

ALSO, BRING IN YOUR HOUSEPLANT CLIPPINGS FOR OUR POTTING SHED!

Drop Clippings off at Front Desk.

More Info Coming on the

SPRING FAIR in the March SCOOP
Fair Dates: MAY 16th & MAY 17th



AARP Foundation TAX-AIDE at the Center for Active Living

Tax Prep Volunteers will be preparing
Federal, Maine & NH State Tax Returns only

Appointments are now being taken

Call today (207) 363-1036

Tuesday Appointments Only

Starting February 4th - April 8th

Information Sheets Available January 27th



HAPPENINGS at CAL

GAME DAY 'SUPER BOWL PARTY' Friday, February 7th 1-4pm

Dig out your favorite Football Team T-shirts and Jerseys and get ready for some Football Fun!

We'll provide the fun football themed games and tailgate snacks for some lively Superbowl PRE-Game excitement.

Let's find our football spirit and be ready for Superbowl Sunday!



VALENTINE SWAP

CAL's Valentine Swap is back by popular demand! Everyone enjoyed the heartwarming experience of giving and receiving special Valentine's last year and we're preparing to do it again this year. Sign up to participate during registration day and we'll have the gift bags ready for filling from February 10th - February 14th.



CANDLEPIN BOWLING FOR EVERYONE!

Tuesday, February 11th 2-4pm Cost \$14.00 includes shoes/3 games

Join CAL's monthly BOWLING CREW at the Bowl-O-Rama in Portsmouth!

Each month the group drives on their own to Portsmouth to meet their fellow bowlers for an afternoon of fun and friendly competition. All abilities are welcome!

Bowl-O-Rama offers special adaptive equipment for bowlers that are less mobile making this activity open and available to all. Don't miss the fun!



NEW!

ATTENTION GUITAR ENTHUSIASTS!

Wednesday, February 19th 1-2:30pm

Have you been wanting to learn to play the guitar or maybe you just need a nudge to get yours out of the closet? Longtime musician and guitar player, Larry Ciccotelli, will join us for an information meeting on how we might get a guitar group started. Both acoustic and electric guitar players are encouraged to attend this initial meeting to see where the interest might take us. Bring your guitar, and any extra guitars you're willing to share, to the intro meeting.



VOLUNTEER MEAL DELIVERY DRIVER(S) NEEDED AT CAL

The CAL Lunch Program is in need of help!

We're looking for friendly and dependable volunteer driver(s) for a one-hour shift (11:30-12:30)

Tuesday-Friday, to deliver meals to homebound older adults in the York community.

Do you have an hour to spare and a reliable vehicle? Can't commit to all 4 days? No problem!

We're happy to have you on board for whichever day(s) you're available on a regular basis.

Please contact Chef Sean at the Center for Active Living for more information 363-1036



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 FEBRUARY

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



Breakfast Out - The Friendly Diner, Pittsfield, NH (Tuesday, February 4 - \$5)

Bus leaves at 7:45am and we'll return at approximately 11:30am

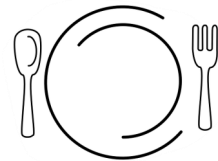


Lunch Out - None for February



Dinner Out - Bull-n-Claw, Wells, ME (Thursday, February 20 - \$5)

Bus leaves at 3:45pm and we'll return at approximately 7:30pm



IT'S TIME FOR CAL's WINTER CAMP!

Are you ready for 3 days of TRIPS & ADVENTURES?

We'll be touring around the Seacoast area in addition to fun & games, crafts, lunch and more!

When: Tuesday - 2/11, Wednesday - 2/12, Thursday - 2/13 from 8am - 12pm

Where: The Brick Store Museum, Kennebunk, ME - 2/11

The Seacoast Science Center, Rye, NH - 2/12

The Rochester Arena, Rochester, NH - 2/13



Cost: \$30/pp includes bus transportation, entrance fees and lunches

A daily itinerary will be available during registration!



The Center for Active Living presents...

Portugal and Its Islands

September 27 – October 10, 2025

COLLETTE TOURS - PORTUGAL AND ITS ISLANDS

Join us for our second information meeting!

Tuesday, February 18th 3-4pm



Book Now
& Save
\$150
Per Person

Upgrade to Elite Airfare! see inside for details

SPECIAL TRAVEL PRESENTATION

Tuesday, February 18th 3-4pm

The Center for Active Living, 36 Main St., York Maine RSVP to Art

INFORMATION MEETING WITH CAL STAFF

TUESDAY, FEBRUARY 18th 2-3pm

Diamond Tours Presents - Niagara Falls & Toronto Tour

Guided Tours of Niagara Falls & Toronto - Gaming at Fallsview Casino

Casa Loma Castle - Niagara-on-the-Lake & Queen Victoria Park

Starting at \$725/Double Occupancy - May 19th - May 23rd

5 Days/4 Nights Lodging in the Niagara Falls Area

Tour includes 4 Breakfasts/Dinners

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. | | | | |
| Crafts with Lisa Emmons | Monday, February 24 | 2:00 - 4:00pm | Lisa | \$10.00 |
| It's time to prepare for the St. Patrick's Day! Join Lisa and friends for a St. Paddy's Day craft this month. | | | | |



EDUCATION & HEALTH



| Program | Day & Date | Time | Presenter/ Instructor | Cost |
|---|--------------------------|------------------|--------------------------|------|
| Drop in Blood Pressure and Glucose Clinic | Monday, February 10 | 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! | | | | |
| Cooking with Brianna | Monday, February 24 | 10:00 - 11:00am | Brianna Henward | Free |
| Full Chicken Cooking Class: Watch how to break down and butcher a whole chicken, utilizing different parts for your meals and saving money by buying the whole bird. | | | | |
| Collette Tours Information Session for Portugal | Tuesday, February 18 | 3:00 - 4:00pm | Andrew Leighton | Free |
| Andrew Leighton will join us for our second information meeting on the Portugal trip scheduled for September 2025. There's still time to sign up for this exceptional travel experience. Come and learn more! | | | | |
| Tech Help | Thursday, February 27 | 11:00am - 2:00pm | Kevin Bresnahan | 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! | | | | |

**Square Dancing is making a comeback!
If there's enough interest we can consider
bringing it to CAL.**

Let us know if you're interested in Square Dancing!

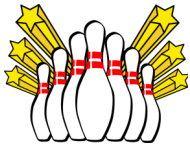




NATURE & OUTDOOR RECREATION



| Program | Day & Date | Time | Leader/Instructor | Cost |
|---|------------------------|-----------------|-------------------|------|
| White Pine-Poetry at CAL | Monday, February 10 | 10:00 - 11:30am | White Pine Staff | Free |
| Connecting to Nature Through Poetry - Experience poems about nature and share nature-inspired stories and observations. We'll try our hand at composing a group "earth poem." | | | | |



SPORT & LEISURE



| Program | Day & Date | Time | Cost | Misc. |
|--------------------------|-------------------------|---------------|---------|--|
| Candlepin Bowling | Tuesday, February 11 | 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 | Thursday, February 13 | 1:00 - 3:00pm | Free | Valentine themed, bring a mystery bag |
| Book Club | Monday, February 10 | 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 |
| CAL's Coffee House Vinyl Cafe | None for February | | | |
| CAL Gals | Wednesday, February 12 | 1:00 - 2:30pm | Free | CAL Gals brings women together for friendship & camaraderie and to share experiences while offering support and encouragement. To share positive feedback in overcoming obstacles and provide inner strength and confidence. Bring a childhood picture to the February meeting to participate in a fun game! |

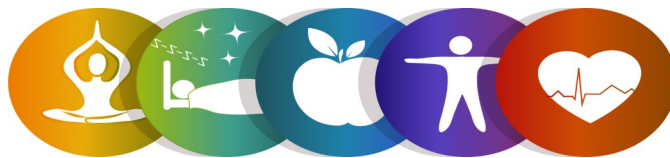
OTHER PROGRAMS & MEETINGS CONTINUED

| 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, February 5 | 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 Superbowl Party | Friday, February 7 | 1:00 - 4:00pm | Free | Let's get ready for Superbowl Sunday! Wear your favorite team t-shirt or jersey and join in for some football themed fun & games! |
| Haircut w/Susan Note - Now on Thursdays! | Thursday, February 20 | 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, February 25 | 4:00 - 7:00pm | Free | Join us for Late Night Game Night at the center with CAL friends. Play your favorite game or learn a new one. Seven of Diamonds, Rummikub, Scrabble, Kings in the Corner, Wii Bowling and more! |
| Movie Monday - Comedy | Monday, February 3 | 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, February 19 | 10:30 - noon | Free | Janie, the YCSA 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 Glen Campbell Songs | Friday, February 21 | 1:00 - 3:00pm | Free | Singing is great therapy, especially in mid-winter. Come and sing those winter blues away with our favorite Glen Campbell songs! |
| Social Club Monthly Meeting | Wednesday, February 5 | 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! We have some beginners and we have some experienced players. 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. |

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 |
|---|--|---|--------------------------|-------------------|---|
| <i>Balance Fun & Workouts</i> | Tuesdays and Thursdays (no classes Feb. 18 and Feb. 20) | 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> | | | | | |
| <i>Line Dancing</i> | Wednesdays - 10-11am Fridays - 9:30-10:30am | 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> | | | | | |
| <i>Shake It Up</i> | Tuesdays and Thursdays | 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 |
|--|--------------------------------|---------------|
| <i>Exercise with video - Mondays</i> | Mondays (no class February 17) | 9:00 - 9:45am |
| <i>Exercise with video - Wednesdays</i> | Wednesdays | 9:00 - 9:45am |
| <i>Exercise with video - Fridays</i> | Fridays | 8:30 - 9:15am |
| <i>Tai Chi with video</i> | Fridays | 1:00pm |

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. The Puzzle Table and our large assortment of Jigsaw 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, January 29th – 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, January 30th 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.

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

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

Deliver to following person or current resident:

FEBRUARY 2025

Registration for Programs and Meals: York Residents start Wednesday, January 29th, 9:00am - 3:30pm; Non-York Residents begin Thursday, January 30th, 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. We are not able to accept cash payments. Please read *The Scoop* for details on trips, events and program registration information.

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

