

REGISTRATION FOR FEBRUARY 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 – St. Patty Day (Mon., February 24, - \$10.00, 2-4pm)

Education & Health:

- Cooking with Brianna (Monday, February 24 – free, 10-11am)
- Diamond Tours Canada Info (Tuesday, February 18 – free, 2-3)
- Collette Tours Portugal Info (Tuesday, February 18 – free, 3-4pm)
- Tech Help (Thursday, February 27 - free, 11am-2pm)

Exercise:

- Activity Punch Card (\$5/class 5 punch cards - \$25.00)
- Activity Punch Card (\$5/class 8 punch cards - \$40.00)
- Square Dancing – *Are you interested?*

Sports:

- Candlepin Bowling (Tuesday, February 11 - \$14.00, 2-4pm)

Nature & Outdoor Recreation:

- White Pine - Poetry
(Monday, February 10 - free, 10-11:30am)

Trips:

- Breakfast Out – Friendly Diner, Pittsfield, NH
(Tuesday, February 4 - \$5, 7:45-11:30am)
- Lunch Out - None in February
- Dinner Out – Bull-n-Claw, Wells, ME
(Thursday, February 20 - \$5, 3:45-7:30pm)

Other Programs:

- BINGO (Thursday, February 13 - free, 1-3pm)
- Book Club with Lisa (Monday, February 10 - free, 10-11:30am)
- CAL's Coffee House Vinyl Café (None for February)
- CAL Gals Club (Wednesday, February 12 – free, 1-2:30pm)
- Conversational French (Thursdays – free, 2-3pm)
- Game Day (Friday, February 7, free, 1-4pm)
- Late Night at the Center (Tuesday, February 25 - free, 4-7pm)
- Movie Monday (Monday, February 3 - free, 1-3pm)
- Peace of Mind (Wednesday, February 19 - free, 10:30-noon)
- Sing Along Songs with Art (Friday, February 21 – free, 1-3pm)
- Social Club Monthly Meeting (Wednesday, February 5 - free, 2-3pm)
- Spring Fair Meeting (Wednesday, February 5 - free, 3-4pm)
- Ukulele Class (Thursdays, \$10/mo., 10-11am)

Special Events:

- Yoga Info Session (Monday, February 3 – free, 9-10am)
- Valentine Swap (February 10-14 – free)
- Winter Camp (Tues., February 11 thru Thurs., February 13 - \$30, 8-12)
- Valentine Concert (Friday, February 14 – free, 1-3pm)
- Guitar Info Session (Wednesday, February 19 – free, 1-2:30pm)

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

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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7
Mild Chicken Jambalaya Red Beans w/Rice Vegetable Muffin: Honey Bran	Spaghetti & Meatballs In Marinara Sauce Garlic Bread Vegetable Muffin: Pineapple	Roast Chicken w/Gravy Mashed Potato Vegetable Roll Muffin: Cherry Yogurt	Superbowl Italian Sub Roll With Veggies Chips  No Muffins
11	12	13	14
Sweet-n-Sour Chicken White Rice Vegetable Muffin: Apple Cinnamon	Beef Shepard's Pie w/Potato & Corn Vegetable Muffin: Carrot	Mild Shrimp Taco w/Lettuce & Tomato Refried Beans Muffin: Berry	Chicken Lovers Cordon Bleu Rice Pilaf Vegetable  Muffin: Orange Yogurt
18	19	20	21
Cheese Ravioli in Red Sauce Vegetable Italian Bread Muffin: Chocolate Chip	Baked Ham Scalloped Potato Vegetable Muffin: Cinnamon Crumb	Chicken ala King White Rice Vegetable Muffin: Raisin Bran	Seafood Salad on Sub Roll Pasta Salad w/Veggies Muffin: Banana Sour Cream
25	26	27	28
Chopped Beef Patty w/Potato & Onions Vegetable Muffin: Blueberry	BBQ Chicken Breast Potato Salad Cole Slaw Muffin: Honey Corn	Pasta w/Meat Sauce Vegetable Garlic Bread Knot Muffin: Raspberry Choc. Chip	Baked Haddock Au Gratin Brown Rice Vegetable Muffin: Lemon Poppy