

The Scoop

July 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 Friday, July 4th, in observance of Independence Day

Program and Lunch Registration starts Wednesday, July 2nd - York Residents Only

Thursday, July 3rd - 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 with the new menu on July 8th.

CAL'S GAME SHOW DAY 'WHEEL OF FORTUNE' BEACH STYLE



COME ON DOWN,
SPIN THE WHEEL and
join the hilarious
fun of GAME DAY!

CAL'S VERSION OF
'WHEEL OF FORTUNE'
Thursday, July 24th
1-4pm

This month's Game Day
is sponsored by
Sentry Hill at York Harbor



ALICIA PERKINS
COMMUNITY RELATIONS DIRECTOR 207.361.5803

SEACOAST WHEELERS AT CAL

Tuesday, July 22nd 9am-12pm

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
sign-up and take a ride
on the outdoor adapted
bicycle!



"We don't stop playing because we grow
old, we grow old because we stop playing."
-George Bernard Shaw 'Let's play!'

LET'S HAVE SOME FUN!
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!

FABULOUS FROZEN FRIDAYS!

July 11th, 18th, and 25th
1-3pm (Surprise Destinations)

ATTENTION ICE CREAM LOVERS!

We all scream for ice cream on the
CAL Bus, so hop on Board!

Hot Fudge Sundae? Banana Split?
Root Beer Float?
The possibilities are endless!



DID YOU KNOW? If you have a handicap sticker or placard,
you can park in any space for free! It does not have to be a
handicap spot, but it cannot be a permit only spot. This is true
in the whole USA per York PD.

NEWS YOU CAN USE!

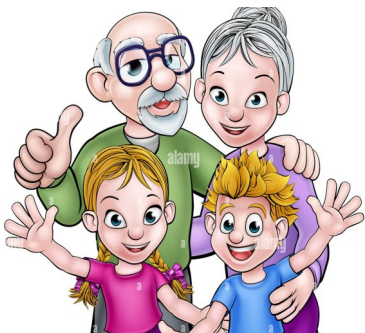
WHERE TO GET THE SCOOP!

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.

WE HOPE TO SEE YOU ON A TRIP WITH CAL SOON!



ANNOUNCING THE 1ST ANNUAL GRANDPARENT/GRANDCHILD DAY
TUESDAY, JULY 8th 8am - 4pm COST \$65.00/per person
Price includes transportation and entry into Funtown - lunch \$\$ on your own



WE'RE GOING TO FUNTOWN USA!

Kiddie Rides - Family Rides - Thrill Rides

We'll plan to spend the day so pack all that you'll need to keep the little ones happy and full of energy.

Games, Rides, Dining Options and Summer Fun!

This is sure to be a very memorable day for everyone!



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 JULY

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 July**

 **Lunch Out - None for July**

 **Dinner Out - None for July**



We hope to see you on one of these great day trips!

TRAIN TRIP TO BOSTON MUSEUM of SCIENCE and DUCKTOUR



**Tuesday, July 15th
8:00am – 5:00pm
\$120.00/per person**

Includes Train, Ducktour and Museum fees

Are you ready for a fun-filled day in Boston?

We have the day packed from start to finish! We'll meet at the center and take the CAL bus to the Wells Transportation Station to start our journey. After arriving at North Station in Boston, we'll have a ten minute walk to the Museum of Science to meet our Ducktour guide for an 80 minute tour around Boston. We'll return to the museum for a self-guided tour and lunch on your own in the museum café. We'll head back to North Station for our train home at approx. 3pm. Bring snacks and water!



EXPLORING WITH ART CORNISH, ME

**Wednesday, July 23rd 8:00am – 4:00pm
\$5/pp Includes Transportation,
Lunch \$\$ on your own**

We're off on another grand adventure! We'll be exploring the little town of Cornish, ME. The quaint downtown is full of great shops such as Libby's Antiques, Evie's Downtown, Full Circle Artisan Gallery, Cornish Trading Co. and more! Lunch is on your own with options of Bay Haven, Krista's and the Fair Ground Pub. We'll include a stop for ice cream as we make our way back to York.



**Tom Jones Tribute with Tino Macchia
at Castleton in Windham, NH
Friday, August 22nd 9:30am – 5pm \$130/pp**

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.



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



July

- 3 Brian Walker
- 4 Johnny Bubar Show
- 5 Gerry T Band
- 6 Dover Community Band
- 10 Miraj
- 11 ELVIS
- 12 New Magnolia Jazz Band
- 13 Key Elements Band
- 17 Knock on Wood
- 18 Merrimack Valley Concert Band
- 19 After Hours Band
- 20 Compaq Big Band
- 24 Fred Dame Jr.
- 25 Big Picture Band
- 26 Amherst Town Band
- 27 Fugitive
- 31 Seacoast Wind Ensemble

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



YCSA COMMUNITY SUPPERS

FIRST PARISH CHURCH FELLOWSHIP HALL

180 York St., York

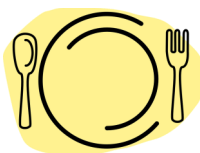
1st and 3rd Tuesdays of each month

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:

July 1st & July 15th

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, July 21	2:00 - 4:00pm	Lisa	\$10.00
July's craft is a seasonal Gnome ornament that will be just in time to display for August!				



EDUCATION & HEALTH



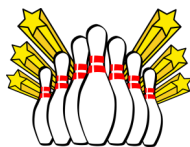
Program	Day & Date	Time	Presenter/ Instructor	Cost
<i>Drop-in Blood Pressure and Glucose Clinic</i>	Monday, July 14	2:00 - 2:30pm	York Beach Fire Dept.	Free
The York Beach Fire Dept. crew offers our older adults a free Blood Pressure and Glucose check once a month at CAL. Don't miss this opportunity to get checked!				
<i>Air Fryer Tips with Brianna</i>	Thursday, July 17	10:00-11:00am	Brianna Henward	Free
Brianna is offering a refresher on Air Frying Basics. Learn how to make the best use of your Air Fryer!				
<i>Blue Ocean Society Gulf of Maine Whales</i>	Friday, July 25	10:00-11:00am	Breanna Butland	Donations to BOS accepted
Meet one of BOS's marine educators and dive deep into the life of the whales that call the Gulf of Maine home. In this presentation, you will learn about interesting adaptations, whale research, and how to help the whales.				
<i>Tech Help</i>	Thursday, July 24	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
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 commit to all 8 classes.				



NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
Northeast Passage Kayaking at Odiorne State Park, Rye	Thursday, July 10	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 Odiorne boat launch.				
CAL Hiking: Vaughan Woods	Monday, July 14	10:00 - 11:30am	CAL Staff	Free
We'll meet at CAL at 9:00am and depart by 9:15. We'll board the CAL bus to drive to Vaughan Woods. Wear proper shoes for walking and bring water, snacks, and bug spray. This is a fairly easy trail, however there are many roots and rocks throughout the wooded part of the trail.				



SPORT & LEISURE




Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, July 22	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	Thursday, July 17	1:00 - 4:00pm	Free	Bring a Scratch Ticket for the Prize Table.
Book Club	Monday, July 14	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. It's always fun to share the reading experience! Books provided by YPL inter-loan system. July Book Selection is: "Dog On It" by Spencer Quinn
CAL's Coffee House Vinyl Cafe	None in July	2:00 - 3:00pm	Free	Bring your favorite vintage albums or 45's to share with the Vinyl Café group. We'll provide refreshments and fun!
CAL Gals	Wednesday, July 16	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.

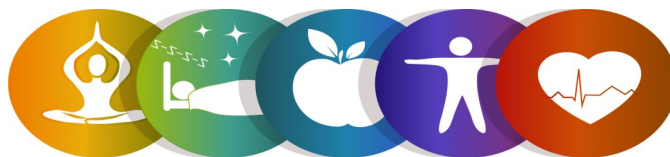
OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
Conversational French PLEASE NOTE: Class location for July & August will be at the York Chamber of Commerce at 1 Stonewall Lane.	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 Wheel of Fortune - Beach 	Thursday, July 24	1:00 - 4:00pm	Free	Join the CAL crew for their version of Wheel of Fortune with a Beach Theme. Don't miss the wild and wacky fun of Game Day at CAL! July's Game Day is sponsored by Sentry Hill at York Harbor. Thank you Sentry Hill, we appreciate you!
Guitar Lessons with Larry Ciccotelli				Larry will be on Summer break from May - August. Look for more information in the August SCOOP. Keep practicing!
Haircut w/Susan	Thursday, July 24	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 July and August.	4:00 - 7:00pm	Free	Late Night at the Center will be taking a break for the summer. See you in September!
Movie Monday - Comedy	Monday, July 7	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 July	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	Wednesday, July 30	1:00 - 3:00pm	Free	Singing is great therapy! July is full of fun with a beach party theme.
Social Club Monthly Meeting	Wednesday, July 9	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 July & 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 (No Classes from 7/7-7/31)	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	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 (No Class on July 4th)	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 (No Class on July 10th)	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	10:00 - 10:45am
Exercise with video - Wednesdays	Wednesdays	9:00 - 9:45am
Exercise with video - Fridays	Fridays (No class on July 4th)	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>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. 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 2nd – 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 3rd 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@yccsa.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.