

REGISTRATION FOR JULY 2025 MEALS & PROGRAMS

Please complete the information below. FULL NAME (please print): _____

Date & Time: _____ Preferred Phone w/area code: _____

PROGRAM REGISTRATION: Please check each program(s) you desire to register for below. If a program is offered more than one day a week, please indicate the day(s) you desire to participate. Note, you do not register for drop-in programs.

Creative Arts:

- ☐ Crafts w/Lisa (Monday, July 21, - \$10, 2-4pm)

Education & Health:

- ☐ Air Fryer Tips (Thursday, July 17 – free, 10-11am)
☐ Blue Ocean Society/Whales (Friday, July 25 10-11am free)
☐ Matter of Balance (Mondays & Wednesdays in August 1-3pm free)
☐ Tech Help (Thursday, July 24 - free, 11am-2pm)

Exercise:

- ☐ Activity Punch Card (\$5/class 5 punch cards - \$25.00)
☐ Activity Punch Card (\$5/class 8 punch cards - \$40.00)

Sports:

- ☐ Candlepin Bowling (Tuesday, July 22 - \$14.00, 2-4pm)

Nature & Outdoor Recreation:

- ☐ CAL Hiking: Vaughan Woods (Monday, July 14 - free, 10-11:30am)
☐ NE Passage (Thursday, July 10 - \$40.00, 10-noon)

Trips:

- ☐ Breakfast Out – None for July
☐ Lunch Out – None for July
☐ Dinner Out – None for July
☐ Exploring with Art – Cornish (Wednesday, July 23 - \$5, 8am-4pm)
☐ Train Trip to Boston (Tuesday, July 15 - \$120.00, 8am-5pm)

Other Programs:

- ☐ BINGO (Thursday, July 17 - free, 1-4pm)
☐ Book Club (Monday, July 14 - free, 10-11:30am)
☐ CAL's Coffee House Vinyl Café (None for July)
☐ CAL Gals Club (Wednesday, July 16 – free, 1-2:30pm)
☐ Conversational French (Thursday – free, 2-3pm)
☐ Game Day (Thursday, July 24 – free, 1-4pm)
☐ Guitar Lessons (Resuming in September)
☐ Late Night at CAL (None for July & August)
☐ Movie Monday (Monday, July 7 - free, 1-3pm)
☐ Peace of Mind (None for July)
☐ Sing Along (Wednesday, July 30 – free, 1-3pm)
☐ Social Club Monthly Meeting (Wednesday, July 9 - free, 2-3pm)
☐ Ukulele Class (July & August free – Thursdays 10-11am)

Special Events:

- ☐ Funtown USA (Tuesday, July 8 - \$65.00, 8am-4pm)
☐ Seacoast Wheelers (Tuesday, July 22 - free, 9-12pm)
☐ Tom Jones Tribute Show (Friday, August 22nd - \$130.00, 9:30am-5pm)
☐ Frozen Friday (Friday, July 11 - free, 1-3pm)
☐ Frozen Friday (Friday, July 18 - free, 1-3pm)
☐ Frozen Friday (Friday, July 25 - free, 1-3pm)

**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**

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

Town of York – Center for Active Living – Lunch Menu July 2025

Registration: Reservation deadline: *Friday by 2pm prior to the meal you desire* call 207-363-1036, Monday – Friday, 9:00am-3:30pm. Meal reservations in-person or by phone only; no online option. *If you need to cancel a meal, to obtain a User Credit, please cancel two days in advance.* Meals are limited to one per person. We ask for a \$5.00 donation for each meal. Order early as there are a limited number of meals per day. Muffins are not part of the meal; order separately (5 muffins - \$2.50; 10 muffins - \$5.00)

<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
8	9	10	11
Mild Beef and Bean Chili Mexican Rice Vegetable	Roast Turkey w/Gravy Mashed Potato Vegetable Roll	Orange Pork Chop Brown Rice Asian Veggies	Italian Haddock Bake w/Zucchini & Tomato Pasta in Red Sauce Vegetable
Muffin: Banana Nut	Muffin: Strawberry	Muffin: Blueberry	Muffin: Lemon
15	16	17	18
Chef's Salad w/Tomato & Egg Turkey & Swiss Cheese	Mushroom Pork w/Gravy Egg Noodles Vegetable Italian Bread	Hearty Beef Stew w/Potatoes & Veggies Biscuit	Shrimp Noodle Casserole w/Peas & Onion Vegetable
Muffin: Pumpkin	Muffin: Peach	Muffin: Raspberry Choc. Chip	Muffin: Orange Yogurt
22	23	24	25
Pulled BBQ Chicken on Roll Cole Slaw Pickle	Baked Ham Scalloped Potato Vegetable	Baked Chicken Parm w/Pasta & Red Sauce Vegetable	Baked Haddock Au Gratin Brown Rice Vegetable
Muffin: Chocolate Chip	Muffin: Coconut	Muffin: Sweet Potato	Muffin: Blueberry Lemon
29	30	31	August 1
Broccoli & Cheese Soup Turkey & Swiss Melt Pickle	Cheeseburger Macaroni Casserole Vegetable Roll	Chicken Ala King White Rice Vegetable	Seafood Salad on Sub Roll Pasta Salad w/Veggies Pickle
Muffin: Peanut Butter	Muffin: Chocolate	Muffin: Maple Walnut	Muffin: Cranberry Orange