

The Scoop

March 2025

Vol. 46 Issue 7

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, February 26th - York Residents Only
Thursday, February 27th - Non-York Residents & York Residents

Spring is Coming! 

**MARK YOUR CALENDARS!
IT'S TIME FOR SPRING CLEANING
AND WE'LL GRATEFULLY ACCEPT
YOUR DONATIONS FOR THE
UPCOMING SPRING FAIR!**

The shopping cart will be at the
front entrance for your donations
starting on

March 1st thru March 31st

Please note that we cannot accept
electronics, clothing or books and we
cannot accept donations after March 31st.

**PLEASE BRING IN YOUR
HOUSEPLANT CLIPPINGS FOR
OUR SPRING FAIR POTTING SHED!
Drop Clippings off at the Front Desk
and our 'Green Thumbs' will turn
them into beautiful houseplants
to sell at the Spring Fair.**

POTTING SHED WORKSHOP

Are you able to help pot our plant clippings?

We're looking for helpers to pot/plant
our starter plants on

Monday, April 14th from 1-3pm

SIGN-UP ON REGISTRATION DAY!



CAL'S DRIVE-THRU CHOWDER FEST FUNDRAISER!

Order your chowder in person at
CAL or by phone at 363-1036



PICK-UP YOUR ORDER

ON SATURDAY MARCH 22, between 2-4pm

Drive through CAL's parking lot at
36 Main St., York for
CHOWDER PICK-UP

NO SET PRICES - DONATIONS COLLECTED
All proceeds to benefit the Center for Active Living

**Sponsored by
The St. Aspinquid Masonic Lodge**

All chowders prepared by
St. Aspinquid Lodge of Freemasons
or by CAL's Chef Sean

**Clam Chowder ~ Corn Chowder
Fish Chowder ~ Lobster Bisque**



**ANNOUNCING CAL'S
'THE VOICE'
Wednesday, March 19
1-4pm**

Join us for CAL's version of the popular
TV Talent Show - 'The Voice'.
Let's discover who CAL's next
Superstar Singer will be!
We need judges and performers for
this special event.

HAPPENINGS at CAL

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 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.

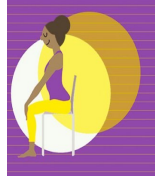
NEW!

ANNOUNCING CHAIR YOGA AT CAL

Beginning Monday, March 3rd at 9am

\$5.00 per class with Punch Card (available for purchase at CAL)

Chair Yoga offers a comprehensive set of physical, mental and emotional benefits that can improve overall health and well-being. Join Maria Louo and begin (or continue) your yoga journey. This low-impact form of exercise is accessible for all and can be adapted to suit individuals with limited mobility. No extra equipment necessary. Wear comfortable clothing & shoes and we'll provide the chairs!



CAL's St. Patrick's Day Breakfast - Friday, March 14th 9am

Join Chef Sean and the CAL crew for a delicious St. Patty's Day Breakfast! We'll be serving scrambled eggs, sausage & bacon, home-fries, fruit and baked goods. Cost \$5.00 **Erin go Bragh!**



The History of the Ogunquit Playhouse and Volunteer Opportunities

Tuesday, March 18th 10-11am

We welcome back Lloyd Ziel from the Ogunquit Playhouse to present a brief history of this world class theatre and its 91 year legacy. We'll learn about what productions are coming this season and potential volunteer opportunities that are offered during showtimes.



NEW!

MONTHLY GUITAR LESSONS WITH LARRY CICCOTELLI

Wednesday, March 26th 1-2:30pm

Join other beginner players for guidance and instruction with longtime musician and guitar player, Larry Ciccotelli. Larry will offer his expertise and share his knowledge to get you started on your guitar playing journey. Group lessons will continue on a monthly basis with additional practice time at home.



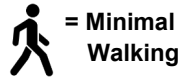
BAD WEATHER CLOSINGS

If the Center for Active Living is closed due to bad weather, closure will be posted on Channels 6, 8, and 13 and also on the local cable Channel 3. We'll also post on CAL's Facebook page, and it will be announced on the Town of York's Emergency Management Hotline. We don't always follow the York School District's closings so be sure to check with the listings above to see if we're closed.



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.

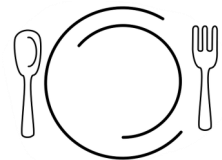
DINING-OUT TRIPS FOR MARCH

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, March 4 - \$5)**
Bus leaves at 7:45am and we'll return at approximately 11:30am

 **Lunch Out - None for March**

 **Dinner Out - Locals Restaurant, No. Hampton, NH (Thursday, March 27 - \$5)**
Bus leaves at 3:45pm and we'll return at approximately 7:30pm



Monkey Mind Escape Room
and Lunch Out
Thursday, March 13 12:00-6:00pm
Cost \$25.00

WANTED: Adventurous team players that are ready and willing to help solve puzzles and collect clues in order to complete the mission of escaping the locked (not actually locked) room. A fun interactive game to test our problem solving skills while unraveling a mystery. Keeping with the Mystery Theme . . . our Lunch Destination will be a surprise!



Van Gogh:
The Immersive Experience
Monday, March 24 8am-4pm
Cost \$75.00

The ultimate Van Gogh experience awaits us at the Mercantile Center in Worcester. This 360° digital art experience will immerse us into Van Gogh's world of art. It's a two-story exhibit, similar to an IMAX projection, giving you the sense that you are stepping directly into one of Van Gogh's paintings. After our 75-minute tour we'll have lunch together at a local restaurant. See link below for more info: <https://uangoghexpo.com/worcester/>



CENTER FOR ACTIVE LIVING PRESENTS

Niagara Falls & Toronto



**** You Must Bring a Valid U.S. Passport or U.S. Passport Card for this Tour**

INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging in the Niagara Falls area
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ GUIDED TOURS OF NIAGARA FALLS & TORONTO
- ◆ A Journey to The Falls with "Niagara City Cruises"
- ◆ Gaming at FALLSVIEW CASINO
- ◆ A visit to NIAGARA-ON-THE-LAKE & QUEEN VICTORIA PARK
- ◆ A visit to CASA LOMA; Canada's most magnificent castle

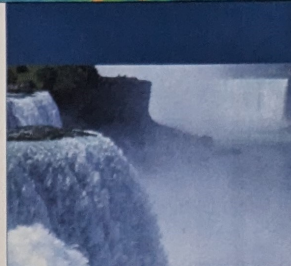
For more pictures, video, and information visit:
www.GroupTrips.com/YorkSeniorCenter

\$765*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)
Jun 2 - 6
2025



World's most famous Falls



Magnificent Casa Loma Castle in Toronto



Gaming at Fallsview Casino



Visit beautiful Queen Victoria Park

Departure: Center For Active Living, 36 Main St, York, ME @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: captivating, awe-inspiring Niagara Falls! This evening, you will have Dinner and check into your Niagara Falls area hotel for a four night stay.

Day 2: Start the day with a Continental Breakfast before you begin a Guided Tour of the Niagara Falls area. Visit an engineering marvel, the Welland Shipping Canal and beautiful Queen Victoria Park – home of one of the world's largest Floral Clocks. You'll have Dinner this evening at a local restaurant.

Day 3: Enjoy a Continental Breakfast before departing for a Guided Tour of the beautiful cosmopolitan city of Toronto, Ontario. You will also visit Toronto's majestic castle estate – Casa Loma! Later, you will dine at a local restaurant.

Day 4: Start the day with a Continental Breakfast before enjoying one of Niagara's most popular and breath-taking attractions, a boat ride with "Niagara City Cruises." Sail near the base of the Horseshoe Falls and enjoy a truly awe-inspiring view of the mighty Niagara. Then, you'll take a tour of historical Niagara-on-the-Lake, one of the prettiest towns in Canada and full of 19th century charm. Later, enjoy Dinner and a visit to exciting Fallsview Casino and get in some gaming action before returning to your hotel.

Day 5: Enjoy a Continental Breakfast before departing for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

ADD SOME PEACE OF MIND TO YOUR TRIP...
With Diamond Tours Exclusive *Travel Confident*® Protection Plan.
See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$170 for single occupancy.
Final Payment Due: 3/26/2025

FOR INFORMATION & RESERVATIONS CONTACT:

Art Jacobs @ (207) 363-1036

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>Jewelry Making with Deb Meyers</i> | Monday, March 17 | 1:00 - 3:00pm | Deb | \$10.00 |
| Deb will teach basic jewelry making skills and the group will learn how to make a beaded bracelet or necklace. (Limited to 10 participants) | | | | |
| <i>Crafts with Lisa Emmons</i> | Monday, March 10 | 2:00 - 4:00pm | Lisa | \$10.00 |
| The Easter Bunny is coming soon! Join Lisa and the group for a cute Easter/Spring decoration. | | | | |



EDUCATION & HEALTH



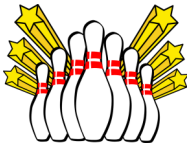
| Program | Day & Date | Time | Presenter/ | Cost |
|---|--------------------|------------------|-----------------------|------|
| <i>Drop in Blood Pressure and Glucose Clinic</i> | Monday, March 10 | 2:00 - 2:30pm | York Beach Fire Dept. | free |
| The York Beach Fire Dept. crew offers our older adults a free Blood Pressure and Glucose check once a month at CAL. Don't miss this opportunity to get checked! | | | | |
| <i>Stress Management Cornerstone VNA</i> | Monday, March 31 | 1:30 - 3:00pm | Katie Michaud | Free |
| Stress is a common and unavoidable part of life, but learning stress management techniques can help you cope easier and maintain a better balanced life. Join Cornerstone VNA to learn what you can do to better equip yourself for stressful situations. | | | | |
| <i>Tech Help</i> | Thursday, March 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! | | | | |



NATURE & OUTDOOR RECREATION



| Program | Day & Date | Time | Leader/Instructor | Cost |
|--|---------------------|-----------------|-------------------|------|
| White Pine-Indoor Tracking | Monday, March 24 | 10:00 - 11:30am | White Pine Staff | Free |
| <p>Join us for an indoor workshop and explore ways to connect with nature through tracking! Get familiar with wildlife tracks and signs by examining nature specimens, such as casted tracks and furs.</p> | | | | |



SPORT & LEISURE



| Program | Day & Date | Time | Cost | Misc. |
|--------------------------|----------------------|---------------|---------|--|
| Candlepin Bowling | Tuesday, March 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 | Friday, March 14 | 1:00 - 3:00pm | Free | Bring a scratch ticket for the prize table. |
| Book Club | Monday, March 17 | 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, March 21 | 2:00 - 3:00pm | Free | Let's spin some 45's in March! Bring your 45's to share and listen to some forgotten songs of the past. |
| CAL Gals | Wednesday, March 12 | 1:00 - 2:30pm | Free | CAL Gals brings women together for friendship & camaraderie. Share positive feedback, encouragement and support to overcome obstacles and provide inner strength and confidence. We'll be talking about National Women's History month in March. |

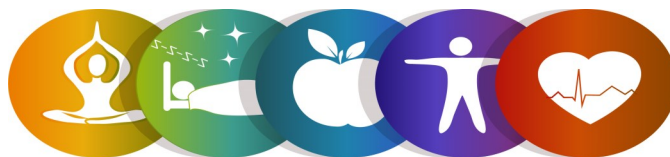
OTHER PROGRAMS & MEETINGS CONTINUED

| 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, March 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 CAL Voice | Wednesday, March 19 | 1:00 - 4:00pm | Free | Join us for CAL's version of the popular TV Talent Show - 'The Voice'. Let's discover who CAL's next Superstar Singer will be! We need judges and performers for this special event. |
| Haircut w/Susan Note - Now on Thursdays! | Thursday, March 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, March 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, March 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, March 19 | 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 | None in March | | | |
| Social Club Monthly Meeting | Wednesday, March 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 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 | 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> | | | | | |
| Chair Yoga | Mondays | 9:00 - 10:00am | CAL | Maria Lovo | \$5.00 per class Punch Card Only |
| <p>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.</p> | | | | | |
| Line Dancing | Wednesdays and Fridays <i>No class on Wednesday 3/19, 3/26, 4/2</i> <i>No class on Friday 3/14, 3/21, 3/28, 4/4</i> | 10:00 - 11:00am | 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 | 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 | Mondays | 10:00 - 10:45am |
| Exercise with video - Wednesdays | Wednesdays | 9:00 - 9:45am |
| Exercise with video - Fridays | Fridays | 9:00 - 9:45am |
| Tai Chi with video | 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. 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, February 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.

Thursday, February 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.

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.