

The Scoop

May 2025

Vol. 46 Issue 9

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 Monday, May 26th in observance of Memorial Day

Please note there will be no regular programming onsite at CAL during the Fair 5/15 (prep day) & 5/16
Program and Lunch Registration starts Wednesday, April 30th - York Residents Only
Thursday, May 1st - Non-York Residents & York Residents

**Annual
Spring
Fair**
at the
Center for Active Living
**Friday, May 16th
and Saturday, May 17th**
9am - 3pm

BAKE SALE ~ LINENS ~ HOUSEWARES ~ GLASSWARE
SEASONAL DECORATIONS ~ MADE IN MAINE CRAFTS
JEWELRY ~ TOYS ~ PLANT & FLOWER SALE
DELICIOUS LUNCH OPTIONS ~ RAFFLE BASKETS
ATTIC TREASURES AND MORE!

CAL's Kentucky Derby Day
Friday, May 2nd 11:00am - 4:00pm

\$5.00/pp Includes:

**Derby BBQ Luncheon
Horse Racing
Derby Costume Parade
and loads of fun!**

***Dress in your best Derby
attire and gather your
quarters for racing bets!***

**If you didn't paint a horse last year
and you would like to, see CAL Staff to
plan your painting day before the event.**



SPRING TEA PARTY

Friday, May 9th 1-3pm \$5.00/pp



***Let's celebrate the
JOY OF SPRING
with a Tea Party!***

**We're breaking out the fine china to celebrate
the new season! Join us for an afternoon of
tea and traditional tea-time desserts.**

**Fancy tea hats and fascinators are
welcome and highly encouraged.**

Don't be late for this very important date!



**York Parking Permit Stickers
are available at
Town Hall/Town Clerk**

If you are a York resident or a property owner, you are entitled to purchase a Permit Parking Sticker for a fee of \$40, or \$20 if you are 65 or older. The Parking Permit program shall be in effect each year beginning May 15th through October 15th, and the sticker is exclusive to the vehicle it is issued to. Be sure to bring your vehicle registration with you when applying for your parking permit.

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 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.



SCAMS AND FRAUD AWARENESS PRESENTED BY YORK COUNTY SHERIFF, BILL KING

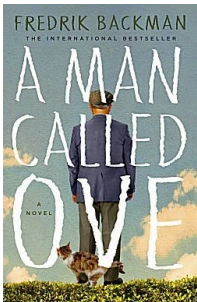
Tuesday, May 6th 10-11am

Scams and fraud are deceptive practices used to steal money and personal information. Scammers often impersonate trusted entities, create a sense of urgency, or request payment in unusual ways. It's crucial to be aware of common scams and how to protect yourself from them. Don't miss this opportunity to learn more about current SCAMS with Sheriff King!

EMBRACING WELLNESS: A Community Collaboration - WELLNESS FAIR AT YORK PUBLIC LIBRARY

Saturday, May 10th 10am-2pm

Join us for this special community event dedicated to promoting mental health awareness and well-being! Visit with CAL and the Parks & Rec staff at the fair, and meet other organizations in our community who are providing valuable resources and support for mental health and wellness. While you're there, participate in fun and therapeutic activities. Recreation is the best therapy for your mind, body and soul.



CAL's COMMUNITY READ BOOK DISCUSSION OF 'A MAN CALLED OVE'

Monday, May 19th 10-11am

We hope you'll join us and other CAL members for the YPL's Community Read event of 'A MAN CALLED OVE' by Fredrik Backman. We have books available for borrowing at CAL. Read the book by May 19th and join us at CAL for the discussion. Check out page 4 of the SCOOP to see all events for YPL's Embracing Wellness in May.

SKIN CARE & AWARENESS FOR OLDER ADULTS

Presented by Dr. Virginia Barton of Optima Dermatology

Wednesday, May 21st 1-2pm

Join us for an informative session on Skin Cancer Awareness & Common Skin concerns with Dr. Virginia Barton, board-certified dermatologist from Optima Dermatology & Medical Aesthetics in York. Learn essential tips for protecting your skin, identifying concerns early, and maintaining healthy skin as you age.

Plus, enjoy swag bags with free samples and a Q&A session with Dr. Barton.

We look forward to more collaborations with Optima Dermatology!



Dr. Virginia Barton



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 MAY

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 May

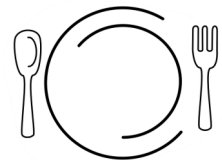


Lunch Out - Family Chinese, Salisbury, MA (Tuesday, May 13)

Bus leaves at 10:45am and we'll return at approximately 2:30pm \$5.00



Dinner Out - None for May



**Thrift Store
Mystery Shopping Trip
Monday, May 5th
8am-4pm
\$5.00**

Who doesn't love hunting for bargains & treasures? If you do, this trip is for you! We're rolling out of York on the CAL bus in search of the best Thrift Stores in the area! We'll plan to eat lunch during our travels at a local restaurant.



**EXPLORING WITH ART
Sandwich, NH
Thursday, May 22nd
9am-7pm \$20.00**



We've chosen the quaint and picturesque town of Sandwich, NH to kick off the new 'EXPLORING WITH ART' series. Hop on the CAL bus and we'll venture forth to satisfy your spring wanderlust! Some of the interesting places that we may explore include: the Sandwich Historical Society, the Patricia Ladd Carega Gallery, Chapman Sanctuary & Visny Woods and The Porch. We'll plan to arrive at the Cornerhouse Restaurant at 4pm for an early dinner to complete our day.



CAL NEWS!

Local Mental Health Helplines

Suicide and Crisis Lifeline
9-8-8 (or chat 988lifeline.org)

Maine Helpline (NAMI)
1-800-464-5767 (Press 1)

Maine Intentional Peer Support Warmline (Sweetser)
7-1-1 Maine Relay
1-866-771-9276

Maine Crisis Line
1-888-568-1112
Call or text

Crisis Text Line
Text HOME to 741-741

Trevor Project
Text START to 678-678
Serving LGBTQ+ youth and young adults

Maine Teen Line (NAMI)
Text FREIND to 62640 (or chat namimaine.org/teentextline)

Veterans Crisis Line
Dial 9-8-8 (Press 1) Text 838255 (or chat veteranscrisisline.net)

Thank you to our Community Partners

Rotary
York, Maine

York Hospital

NAMI
National Alliance on Mental Illness

Sweetser

Choose To Be Healthy
COALITION

YCSA
YORK COUNTY SCHOOL ATHLETIC ASSOCIATION

PARKS & RECREATION

CORNERSTONE VNA
HOME HEALTH • HOSPICE

White Pine Programs

the center for grieving children
where the heart still speaks

York Public Library
15 Long Sands Rd
York, ME 03909
info@yorkpubliclibrary.org
yorkpubliclibrary.org
207-363-2818

Embracing Wellness: A Community Collaboration



A Community Collaboration

Embracing Wellness: A Community Collaboration is offered in partnership with York Public Library and the Rotary Club of York, Maine with the following organizations: York Hospital's Choose to Be Healthy and Youth Resiliency Coalitions; Cornerstone VNA; NAMI; York Recreation Department; York Center for Active Living; Sweetser; York School Department, YCSA, White Pine Programs, and the Center for Grieving Children.



For more information about the series and partners involved, visit yorkpubliclibrary.org/embracing-wellness or scan this QR code.

Schedule of Events

All events take place at York Public Library unless otherwise indicated. For complete event details, visit yorkpubliclibrary.org.

Mental Health First Aid for Adults
Thu & Fri, May 1 & 2 | 12:00-4:00 PM

YCSA: How Our Programs and Services Can Support Your Mental Health Needs
Mon, May 5 | 10:00 AM-12:00 PM

Gigong with Anja Schneider
Mon, May 5 | 5:30-6:30 PM

Community Read Discussion: A Man Called Ove (Rotary)
Wed, May 7 | 7:00-8:00 PM
at *St. Aspinquid Masonic Lodge*

York Community Wellness Fair
Sat, May 10 | 10:00-2:00 PM

Community Read Discussion: A Man Called Ove (York Public Library)
Wed, May 14 | 11:00-12:00 PM

Living Well with Anxiety
Thu, May 15 | 10:00-11:00 AM

Film Screening: A Man Called Otto
Sat, May 17 | 2:00-4:00 PM

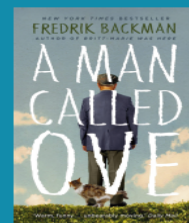
Community Read Discussion: A Man Called Ove (Center for Active Living)
Mon, May 19 | 10:00-11:00 AM
at *Center for Active Living*

Promoting Wellness from Substance Use: Prevention Through Recovery
Wed, May 21 | 6:30-7:30 PM

Restful Nights: A Mindfulness-Based Sleep Workshop
Wed, May 28 | 6:30-7:30 PM

Youth Mental Health First Aid
Thu, May 29 | 9:00-3:00 PM

Sound Bath with Ankati Day
Fri, May 30 | 6:00-7:00 PM



JOIN THE DISCUSSION
Featured Event: Community Read

A MAN CALLED OVE by FREDRIK BACKMAN

Provided with support from the York, Maine Rotary Club. Reserve a copy online or call 207-363-2818 for more information.

Events for Children and Young Adults

All Month Long: Wellness-themed "Trail Tale" by the *Library Pond*

Teen Mental Wellness Kits in the *Teen Space*

Baby and Toddler Storytime
Fri, May 2, 9, & 16 | 10:30 AM

Preschool Storytime
Tue, May 6 & 13 | 10:30 AM

Developing Nature-Based Strategies for Emotional Regulation: A Workshop for Kids & Their Caregivers
Sat, May 10 | 1:00-2:00 PM

Canine Cuddles
Sat, May 17 | 10:30 AM

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, May 19	2:00 - 4:00pm	Lisa	\$10.00
This month the group will be making a mixed media art piece on canvas with paper flowers.				



EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
Scam Alert York County Sheriff	Tuesday, May 6	10:00 - 11:00am	Sheriff Bill King	Free
Scams and fraud are deceptive practices used to steal money and personal information. Scammers often impersonate trusted entities, create a sense of urgency, or request payment in unusual ways. It's crucial to				
Drop in Blood Pressure and Glucose Clinic	Monday, May 12	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!				
Beginner's Guide to Air Frying	Tuesday, May 20	1:00 - 2:00pm	Brianna Henward	Free
Brianna is back by popular demand to share more tips on how best to utilize the AIR FRYER! Come and see her live demonstration and learn how to get the most use out of this trending kitchen appliance. Come with your questions and Brianna will have you up and air frying soon!				
Skin Care & Awareness for Older Adults with Optima Dermatology	Wednesday, May 21	1:00 - 2:00pm	Dr. Virginia Barton	Free
Join us for an informative session on Skin Cancer Awareness & Common Skin concerns with Dr. Virginia Barton, board-certified dermatologist from Optima Dermatology & Medical Aesthetics in York. Learn essential tips for protecting your skin, identifying concerns early, and maintaining healthy skin as you age.				
Tech Help	Thursday, May 22	11:00am - 2:00pm	Kevin Bresnahan & Scott Young	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!				

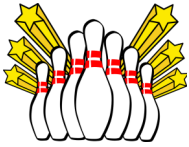


NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
White Pine Vernal Pools @ York Woods	Monday, May 12	10:00 - 11:30am	White Pine Staff	Free

We'll be meeting in the TD Bank parking lot at 127 Long Sands Road in York to begin our Vernal Pool expedition with White Pine Programs. Dress for the weather and possibly wet conditions in the York Housing Authority Woodland Trails. You'll be amazed at the life that's reproducing in the Vernal Pools!



SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
Candlepin Bowling	Tuesday, May 6	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.

MORE INFORMATION COMING SOON ABOUT CAL'S SEASONAL PICKLEBALL. DETAILS COMING IN THE JUNE SCOOP!

OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
BINGO for Fun	Thursday, May 8	1:00 - 4:00pm	Free	Bring a Scratch Ticket for the Bingo Prize Table for May.
Book Club	Monday, May 12	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.
CAL's Coffee House Vinyl Cafe	No Vinyl Café in May			
CAL Gals	Wednesday, May 14 Guest Speaker: Jonna Dijkstra	1:00 - 2:30pm	Free	<i>CAL's Fitness Instructor and Health Coach, Jonna Dijkstra, will be with us for our May CAL Gals meeting. Group discussion will be how to add more calm and positivity to your day by seeing the world as your ally and letting people have their own feelings.</i> CAL Gals brings women together for friendship & camaraderie. Share positive feedback, encouragement and support to overcome obstacles and provide inner strength and confidence.

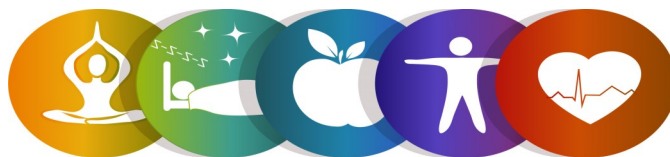
OTHER PROGRAMS & MEETINGS CONTINUED

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, May 7	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	None for May			
Guitar Lessons with Larry Ciccotelli	None for May			Larry will be on Summer break from May - September. Look for more information in the August SCOOP. Keep practicing!
Haircut w/Susan	Thursday, May 22	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 May			
Movie Monday - Comedy	Monday, May 12	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)	Wednesday, May 21	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 for May			
Social Club Monthly Meeting	Wednesday, May 7	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! 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 (Classes will not be effected by Fair)	10:05 - 10:50am	York Beach Fire House	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 (No class on May 26)	8:45 - 9:45am	CAL	Maria Lovo Trina Moskal	\$5.00 per class Punch Card Only
Welcome Maria Lovo, our newest instructor is from A Welcome Haven Yoga 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 May 16)	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 (Classes will not be effected by Fair)	9:00 - 10:00am	York Beach Fire House	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 (no class on May 26)	10:00 - 10:45am
Exercise with video - Wednesdays	Wednesdays	9:00 - 9:45am
Exercise with video - Fridays	Fridays (no class on May 16)	9:00 - 9:45am
Tai Chi	Thursdays (no class on May 15)	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, April 30th – 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, May 1st 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.