

REGISTRATION FOR MAY 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 – Mixed Media (Mon., May 19, - \$10, 2-4pm)

Education & Health:

- Scam & Fraud Awareness (Tues., May 6 – free, 10-11am)
- CAL's Community Read Book Disc. (Mon., May 19 – free, 10-11am)
- Beginners Guide to Air Frying (Tues., May 20 – free, 1-2pm)
- Skin Care & Awareness (Wed., May 21 – free, 1-2pm)
- Tech Help (Thursday, May 22 - 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 (Tues., May 6 - \$14.00, 2-4pm)

Nature & Outdoor Recreation:

- White Pine – Vernal Pools @ York Woods
(Mon., May 12 - free, 10-11:30am)

Trips:

- Breakfast Out – None for May
- Lunch Out – Family's Chinese Rest., (Salisbury, MA)
(Tues., May 13 - \$5, 10:30-3pm)
- Dinner Out – None for May
- Thrift Store Mystery Shopping Trip (Mon., May 5 - \$5, 8am-4pm)
- Exploring with Art (Thurs., May 22 – \$20, 9am-7pm)

Other Programs:

- BINGO (Thurs., May 8 - free, 1-4pm)
- Book Club (Mon., May 12 - free, 10-11:30am)
- CAL's Coffee House Vinyl Café (None for May)
- CAL Gals Club (Wed., May 14, 1-2:30pm)
- Conversational French (Thurs. – free, 2-3pm)
- Game Day (None for May)
- Guitar Lessons (Resuming in September)
- Late Night at CAL (None for May)
- Movie Monday (Mon., May 12 - free, 1-3pm)
- Peace of Mind (Wed., May 21, 10:30-noon)
- Sing Along (None for May)
- Social Club Monthly Meeting (Wed., May 7 - free, 2-3pm)
- Spring Fair Meeting (Wed., May 7 - free, 3-4pm)
- Ukulele Class (Thurs., \$10/mo., 10-11am)

Special Events:

- Kentucky Derby (Fri., May 2 – \$5, (11:30am-4pm)
- Spring Tea Party (Fri., May 9 - \$5, (1-3pm)

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

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

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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Seasoned Beef Taco w/Lettuce & Tomato Spanish Rice w/Onion Muffin: Cherry Yogurt	7 Oriental Pork Chop Suey w/Vegetables Egg Noodles Muffin: Raspberry Choc. Chip	8 Roasted Chicken w/Gravy Mashed Potato Vegetable Roll Muffin: Orange Sour Cream	9 Breaded Fish Diced Potatoes Vegetable Muffin: Pineapple
13 Homemade Chicken Noodle Soup Ham & Cheese on Whole Wheat Pickle Muffin: Honey Bran	14 Baked Beans w/Hot Dog Roll Cole Slaw Muffin: Carrot	15 No Meal Spring Fair Set Up No Muffin	16 No Meal Spring Fair No Muffin
20 Grilled Burgers on a Roll Pasta Salad w/veggies Pickle Muffin: Chocolate Chip	21 Honey Mustard Chicken Rice Pilaf Vegetable Muffin: Blueberry	22 Meatloaf w/Gravy Mashed Potato Vegetable Roll Muffin: Cherry Yogurt	23 No Meal No Muffin
27 Stuffed Shells w/Cheese Red Sauce Vegetable Garlic Bread Knot Muffin: Berry	28 Swedish Meatballs w/Gravy Garlic Mashed Potatoes Vegetable Roll Muffin: Cinnamon Crumb	29 Teriyaki Chicken Fried Rice Vegetable Muffin: Raisin Bran	30 Corn Chowder Haddock Square Sandwich Lettuce & Tomato Pickle Muffin: Banana