

REGISTRATION FOR NOVEMBER 2024 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 – Holiday Themed (Mon., November 18, - \$5.00, 2-4pm)

Education & Health:

- Alzheimer's Talk (Monday, November 4 - free, 10-11am)
- Medicare Updates (Wednesday, November 6 - free, 9-noon)
- Battling the Aging Brain (Tuesday, November 12 - free, 10-11am)
- Tech Help (Thursday, November 14 - 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, November 12 - \$14.00, 2-4pm)

Nature & Outdoor Recreation:

- White Pine-Fire Making & Story Telling
(Monday, November 18 - free, 10-11:30am)

Trips:

- Breakfast Out – Raspberries, Ogunquit, ME
(Wednesday, November 6 - \$5, 7:45-11:30am)
- Lunch Out - None in November
- Dinner Out - None for November
- Hayride & Lunch, Pittsfield, NH (Thurs., Nov. 14 - \$5, 9:00am-3pm)
- Holiday Shopping w/Becky & Kim
(Wednesday, November 20 - \$10, 8:30 - 4pm)
- Frozen at Portsmouth Music Hall (Wed., December 4 - \$85, 3-11pm)

Other Programs:

- BINGO (Friday, November 1 - free, 1-3pm)
- Book Club with Lisa (Monday, November 18 - free, 10-11:30am)
- CAL's Coffee House Vinyl Café (Friday, November 15 - free, 2-3pm)
- CAL Gals Club (Wednesday, November 13 - 1:00-4:30pm)
- Drumming Class (Tuesday, November 19 - \$5.00, 4-5pm)
- Conversational French (Thursdays – Free, 2-3pm)
- Game Day (None for November)
- Holiday Craft Fair Meeting (Wednesday, November 6 - free, 3-4pm)
- Late Night at Mt. A (Thursday, November 7 - free, 4-8pm)
- Movie Monday (Monday, November 4 - free, 1-3pm)
- Peace of Mind (Wednesday, November 20 - free, 10:30-noon)
- Sing Along Songs with Art (None for November)
- Social Club Monthly Meeting (Wednesday, November 6 - free, 2-3pm)
- Ukulele Class (Thursday, November 7, 14 - \$10/mo., 9-10am)

Special Events:

- CAL Holiday Party (Thursday, December 19 - \$30, 5-9pm)

Volunteer Opportunities for November/December:

- CAL's Tree Decorating for Festival of 'Fostering Trees'
November 25th & 26th - Time TBD
- CAL Bus Decorating for the Festival of Lights Parade
(Date of decorating TBD – Approx. First week in December)

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

Town of York – Center for Active Living – Lunch Menu 2024

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>
5 Broccoli and Cheese Soup Ham & Swiss Melts on Wheat Pickle Muffin: Banana Sour Cream	6 Chicken Ala King White Rice Vegetable Muffin: Chocolate Chip	7 Chopped Beef Patty w/Potato & Onions Vegetable Muffin: Blueberry Corn	8 Baked Haddock Au Gratin Brown Rice Vegetable Muffin: Honey Bran
12 Cheese Ravioli in Red Sauce Vegetable Italian Bread Muffin: Berry	13 Baked Ham Scalloped Potato Vegetable Muffin: Carrot	14 No Meal or Muffin	15 No Meal or Muffin
19 Veggie Stir fry Fried Rice Pork Eggroll Muffin: Chocolate Chip	20 Roast Turkey w/Gravy Mashed Potato Vegetable & Roll NO PICK-UP Muffin: None	21 Holiday Crafts Fair Set-up No Meal or Muffin	22 Holiday Crafts Fair No Meal or Muffin
26 Pulled BBQ Chicken on Roll Cole Slaw Pickle Muffin: Cherry Yogurt	27 Mushroom Pork w/Gravied Egg Noodles Vegetable Roll Muffin: Banana Nut	28 Happy Thanksgiving	29 CAL Closed