

# The Scoop

November 2024

Vol. 45 Issue 5

TOWN OF YORK  
PARKS & RECREATION

Center for Active Living  
*Life. Be in it!*



36 Main Street, York  
Phone 207-363-1036

Monday - Friday, 8:30am - 4pm

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, October 30th - York Residents Only  
Thursday, October 31st - Non-York Residents & York Residents

The Center for Active Living will be closed on Monday, November 11th - Veterans Day  
Thursday, November 21st and Friday, the 22nd for the Holiday Fair (no regular programs)

Monday, November 25th - Closing at 12:00 for Staff Event (Coffee Café open 8:30-11:30)

Thursday, November 28th and Friday, the 29th - Closed for Thanksgiving Break

No regular meals or muffins will be available on the following dates: 11/14, 11/15, 11/21, 11/22, 11/28 & 11/29

YORK'S CENTER FOR ACTIVE LIVING  
Presents the Annual  
**HOLIDAY  
Craft Fair**

Don't Miss  
the NEW Santa's  
Candy & Toy Shop  
and the NEW  
Magical Train  
Village!

FRIDAY, NOVEMBER 22nd &  
SATURDAY, NOVEMBER 23rd  
9am - 3pm (both days)

**Our Event Includes:**

- MADE IN MAINE CRAFTS & GIFTS
- HOME GOODS - ATTIC TREASURES
- JEWELRY - RAFFLE BASKETS
- HOLIDAY DECOR - BAKED GOODS
- DELICIOUS LUNCH OPTIONS
- LETTERS TO SANTA & MORE!

FREE ENTRY  
& PLENTY OF  
PARKING!!

**DON'T MISS OUT!**

**CAL'S HOLIDAY PARTY**  
at the beautiful  
**UNION BLUFF MEETING HOUSE**  
**Thursday, December 19th 5-9pm**  
**\$30/pp** (sign-up deadline is 12/9)  
Includes Apps/Buffer Dinner/  
Cash Bar/Music & Dancing/Holiday Fun

**CAL & the YORK PARKS & REC DEPT.  
PRESENTS THE  
HOLIDAY RED CARPET EXTRAVAGANZA**

**FRIDAY, DECEMBER 13th  
6-8PM**

**SINGING  
DANCING  
and COMEDY!**

**FREE ENTERTAINMENT FOR  
THE ENTIRE FAMILY at the  
YORK HIGH SCHOOL AUDITORIUM!**

# HAPPENINGS at CAL



**CALLING ALL DECORATORS!**  
**Would you like to be part of the  
 Decorating Committee  
 and turn our CAL BUS into a  
 MAGICAL HOLIDAY FLOAT for the  
 FESTIVAL OF LIGHTS PARADE?**  
**Help us to embellish the BUS!**

**Sign up sheet at the front desk at CAL.**



**WE NEED YOUR HELP TO  
 DECORATE OUR TREE FOR  
 THE FESTIVAL OF  
 'FOSTERING TREES' !  
 November 25th & 26th**



**THE CENTER FOR ACTIVE  
 LIVING IS PARTICIPATING  
 IN THIS YEAR'S EVENT AND  
 OUR CHOSEN THEME IS  
 'FOR THE LOVE OF PETS'**



**All types of Pets included!**  
 We're looking for any type of pet  
 supplies to add to our tree!  
 Pet toys, food, accessories, gift  
 cards, etc. Join the fun of this  
 special event and help us decorate  
 the **BEST HOLIDAY PET TREE EVER!**  
 Please drop your donations off at  
 CAL by November 15th. Thank you!

If you missed the first Folio session at CAL,  
 here is another opportunity to attend this new  
 session at the York Public Library.  
 A two-part presentation on organizing your  
 important documents for aging success!  
 Call (207) 351-6517 to Register

**FREE**  
 Two-Part  
 Folio Project



**October 21st & November 18th, 10am-12pm**  
 York Public Library - 15 Long Sands Road, York, ME

**HELPING YOU COLLECT,  
 ORGANIZE AND PREPARE  
 YOUR IMPORTANT  
 DOCUMENTS FOR  
 SUCCESSFUL AGING IN  
 YORK!**

Scan the QR  
 code to register:



Call to register:  
 (207) 351-6517

Attend the first session  
 and receive a free folio!



**THANK YOU  
 END ALZHEIMER'S  
 SUPPORTERS!**

**THANK YOU - THANK YOU**  
 so much for all the generous  
 donations that were made to the  
**Center For Active Living Team**  
 on our quest to **End Alzheimer's®**.



Every dollar that was generously donated  
 to the Alzheimer's Association® will  
 advance the fight against Alzheimer's  
 and other forms of dementia.

**Our Grand Total for 2024 - \$3,000.00.**  
 - Team Captain Rhonda DiCarlo



**DROP-IN BLOOD PRESSURE  
 and GLUCOSE CLINIC**

**at the Center for Active Living  
 with the York Beach Fire Department**

**Monday, November 18th, 2-2:30 pm**



# 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 NOVEMBER

Our Dining-Out Trips are very popular! We enjoy trying new restaurants and we love repeat trips to our favorite spots.



**Breakfast Out - Raspberries, Ogunquit, ME (Wednesday, November 6 - \$5)**

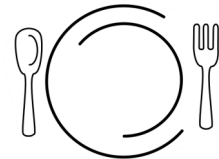
Bus leaves at 7:45am and we'll return at approximately 11:30am



**Lunch Out - None for November**



**Dinner Out - None for November**



## UPCOMING TRIPS

**HORSE-DRAWN HAYRIDE  
and LUNCH at the  
FRIENDLY DINER  
Pittsfield, NH**

Thursday, November 14th  
9am - 3pm Cost \$5.00

Back by popular demand!  
We LOVE hayrides and what  
better way to arrive at our  
lunch destination than by  
a horse-drawn wagon.

Dress warm and be ready  
for a fun adventure!

Please bring a cash tip (\$20)  
for our host.



**SHOPPING DAY**

Wednesday, November 20th  
8:30am - 4pm Cost \$10.00

Spend a fun shopping day  
with Becky and Kim!

We're planning our  
shopping route to include a  
variety of stores around the  
Rockingham Mall in  
Salem, NH.

Lunch break at  
a local restaurant midday.



**DISNEY'S 'FROZEN'  
BROADWAY MUSICAL  
at the**

Portsmouth Music Hall  
Wednesday, December 4th  
3-11pm Cost \$85.00

Our afternoon will begin  
with an early dinner (TBA)  
before we arrive at the  
Music Hall for an evening  
of holiday magic. 'Frozen' is  
full of music, humor and  
the meaning  
of true love!

Dinner \$\$ on your own.







# TAKE NOTE! MUSIC AT CAL



## DRUM CIRCLE WITH PATSY ONATAH

Each 3rd Tuesday of the month Patsy Onatah of the Humble Drum, joins us for an active and engaging 'Drum Circle' at CAL. There's no experience necessary and Patsy always has enough drums and/or percussion instruments to share with the group. Patsy provides gentle guidance throughout and is passionate about sharing her love of drumming and all things rhythmic with people of all ages. Bring your open mind and a playful spirit and Patsy will take care of the rest!

Cost \$5.00 per class - payable upon sign-up  
Next Class is November 19th 4-5pm at CAL



## CAL'S UKULELE GROUP WITH SHEA ELLIS

We're very excited about our newest music program at CAL! Our new Ukulele Group is a combination of beginners and experienced players and is open to all levels. We are joined by local musician and teacher, Shea Ellis, of Mountain Road Music in Cape Neddick. Shea brings his long list of musical credentials with him to assist us in playing this fun and fairly easy to learn instrument. He strives to make everyone aware of the joy music can bring to one's life and with dedication and practice you'll become that musician that you've always dreamed of being! Classes are held on Thursday mornings from 9-10am. Check the upcoming schedule for exact dates. Cost \$10 per month - payable upon sign-up  
**Bring your own Uke or sign one out at the York Public Library**



**MAYBE YOU'RE NOT ASPIRING TO LEARN A NEW INSTRUMENT RIGHT NOW,  
BUT STILL LOVE TO LISTEN OR SING ALONG TO GOOD MUSIC!**

**WE HAVE TWO OTHER PROGRAMS AT CAL FOR MUSIC ENTHUSIASTS!**

### CAL'S VINYL CAFÉ - FREE

Held on the opposite months of 'Sing Alongs with Art', the Vinyl Café focuses on listening to LP's and 45's on our newly purchased turntable.

The group brings in their records to play which sparks everyone's memory and before you know it we're sharing stories, too.

Next Vinyl Café - Friday, November 15th 2-3pm

### SING-A-LONG WITH ART - FREE

Every other month we gather to sing our hearts out with our own talented in-house singer, Art Jacobs. Everyone gets a songbook so you can follow along easily with Art and enjoy the great tunes!

Next Sing Along - 12/12 at 1pm

Holiday Music Song Book

## CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
<b><i>Crafters Gathering</i></b>	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.				
<b><i>Crafts with Lisa Emmons</i></b>	Monday, Nov. 18	2:00 - 4:00pm	Lisa	\$5.00
It's time to prepare for the holidays! Join Lisa and friends for a holiday themed craft this month.				



## EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<b><i>Alzheimer's Talk</i></b>	Monday, November 4	10:00 - 11:00am	Linda Bresnahan	Free
Linda will first discuss how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis and possible tests and assessments for the diagnostic process. Next she will talk about understanding Alzheimer's and dementia. We'll learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms and Alzheimer's Association				
<b><i>Medicare Updates: One on One</i></b>	Wednesday, November 6	9:00 - noon	Brianna Henward	Free
Brianna is available for half hour appointments to work with you one-on-one and assist with your Medicare choices. Sign-up at registration for your half hour spot.				
<b><i>Battling the Aging Brain</i></b>	Tuesday, November 12	10:00 - 11:00am	Brianna Henward	Free
Do you often walk into a room forgetting what you were looking for? That happens to younger and older people and is considered quite normal. Brianna will share what is normal for our aging brains and what is not. She'll give us some tips on what we can do to keep our brains healthy and functioning.				
<b><i>Tech Help</i></b>	Thursday,	11:00am - 2:00pm	Shaun Morrill	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!				

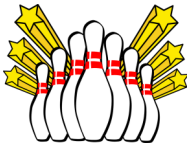


## NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
<b>White Pine-Fire Making &amp; Story Telling at CAL</b>	Monday, November 18	10:00 - 11:30am	White Pine Staff	Free

Master the art of building the perfect outdoor fire using both traditional and modern techniques! Gather around to share nature stories, sip on wild-harvested teas, and enjoy delicious campfire-roasted treats in a cozy, unforgettable outdoor experience. This program will take place at CAL.



## SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
<b>Candlepin Bowling</b>	Tuesday, November 12	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.

## OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
<b>BINGO for Fun</b>	Friday, November 1	1:00 - 3:00pm	Free	It's Scratch Ticket Bingo this month. Bring a \$1 ticket to contribute to the prizes.
<b>Book Club</b>	Monday, November 18	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.
<b>CAL's Coffee House Vinyl Cafe</b>	Friday, November 15	2:00 - 3:00pm	Free	Let's spin some 45's in November! Bring your favorites or just come to listen to some forgotten songs of the past.
<b>CAL Gals</b>	Wednesday, November 13	1:00 - 4:30pm	\$5.00	The CAL Gals are on the road for this month's gathering. We'll be at Firefly Pottery in Portsmouth for the afternoon to work on our creative spirit with pottery painting. RSVP required - check with Becky & Kim for availability. Cost \$5 for transportation. Pottery Supplies \$\$ on your own.

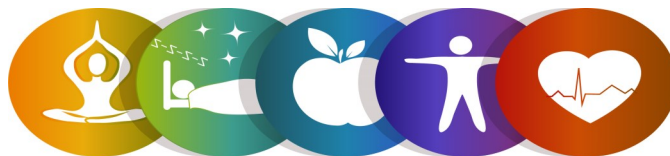
## OTHER PROGRAMS & MEETINGS CONTINUED

Program	Day & Date	Time	Cost	Other
<b>Drumming Class</b>	Tuesday, November 19	4:00 - 5:00pm	\$5.00	Drumming Circle with Patsy Onatah. Bring your own drum/small percussion instrument, if you have it. Patsy brings extras to share if you don't have one.
<b>Conversational French</b>	Thursdays  <b>No Class on 11/21 &amp; 11/28</b>	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.
<b>Game Day</b>	None for November			
<b>Haircut w/Susan Note - Now on Thursdays!</b>	Thursday, November 14	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
<b>Holiday Craft Fair Meeting</b>	Wednesday, November 6	3:00 - 4:00pm	Free	The Holiday 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 Holiday Fair.
<b>Late Night at Mt. A</b>	Thursday, November 7	4:00 - 8:00pm	Free	This month we'll have our Late Night event at Mount Agamenticus where we'll be treated to a cozy fire along with our usual fun & games. Join us for a fun night at Mt. Agamenticus!
<b>Movie Monday - Holiday Comedy</b>	Monday, November 4	1:00 - 3:00pm	Free	Get out of the house and join us for popcorn and a popular movie.
<b>Peace of Mind</b>	Wednesday, November 20	10:30 - noon	Free	Janie, York Service (YCSA) Family Service Manager
<b>Sing-A-Long Songs with Art</b>	None for November			
<b>Social Club Monthly Meeting</b>	Wednesday, November 6	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.
<b>Ukulele</b>	Thursday, November 7 and 14  <b>No class at CAL November 21st &amp; November 28th</b>	9:00 - 10:00am	\$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.

## 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 three classes - Balance Fun & Workouts, Line Dancing and/or Shake it Up - \$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
<b>Balance Fun &amp; Workouts</b>	Tuesdays and Thursdays <b>Please note: There are is no class on Thursday 11/28</b>	10:00 - 11:00am	York Beach Fire House	Jonna Dijkstra	<b>\$5.00 per class Punch Card Only</b>
<p>Jonna Dijkstra, ACE Certified Personal Trainer &amp; 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>					
<b>Line Dancing</b>	Wednesdays and Fridays <b>Please note: There are no classes on Wednesday 11/27 &amp; Friday 11/22 &amp; 11/29</b>	10:00 - 11:00am 9:30 - 10:30am	CAL	Diane Anderson	<b>\$5.00 per class Punch Card Only</b>
<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>					
<b>Shake It Up</b>	Tuesdays and Thursdays <b>Please note: There is no class on Thursday 11/28</b>	9:00 - 10:00am	York Beach Fire House	Rhonda DiCarlo	<b>\$5.00 per class Punch Card Only</b>
<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
<b>Exercise with video - Mondays</b>	Mondays (no class November 11)	9:00 - 9:45am
<b>Exercise with video - Wednesdays</b>	Wednesdays	9:00 - 9:45am
<b>Exercise with video - Fridays</b>	Fridays (no class November 22 and 29)	8:30 - 9:15am
<b>Tai Chi with video</b>	Fridays (no class November 22 and 29)	1:00pm



## **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.

<b>Program</b>	<b>Day</b>	<b>Time</b>
<b><i>Scrabble</i></b>	Mondays	1:00 - Closing
<b><i>Poker</i></b>	Mondays, Wednesdays, Fridays	Mon., noon - Closing Wed., noon - Closing Friday noon - Closing
<b><i>Cribbage</i></b>	Tuesdays & Thursdays	10:00 - Noon
<b><i>Hand and Foot (cards)</i></b>	Tuesdays	1:00 - Closing
<b><i>Bridge - Advanced/Beginners</i></b>	Tuesdays	1:00 - Closing
<b><i>Dominoes/Mexican Train</i></b>	Wednesdays	1:00 - Closing
<b><i>Gin Rummy</i></b>	Thursdays	1:00 - Closing
<b><i>Mahjong - American/Taiwan</i></b>	Thursdays	1:00 - Closing
<b><i>Backgammon, Checkers, Chess</i></b>	Thursdays	1:15 - Closing
<b><i>Bridge - Lessons/Walk-ins</i></b>	Thursdays	1:00 - Closing
<b><i>Wii Bowling</i></b>	Thursdays	1:15 - Closing
<b><i>Mahjong - American/Taiwan</i></b>	Fridays	1:00 - Closing
<b><i>Rummikub</i></b>	Fridays	1:00 - Closing

### **LIBRARY AT THE CENTER FOR ACTIVE LIVING**

The Center's Library, located in the Activity Room, has a large selection of books, and DVD movies you can borrow. You may 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](http://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, October 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, October 31st 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](mailto: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](mailto: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.

Town of York - Center for Active Living  
Parks and Recreation Department  
36 Main Street  
York, ME 03909

PRSR STD  
U.S. Postage  
York, ME 03909  
PAID  
Permit No. 5

Deliver to following person or current resident:

## NOVEMBER 2024

**Registration for Programs and Meals: York Residents start Wednesday, October 30th, 9:00am - 3:30pm; Non-York Residents begin Thursday, October 31st, 9:00am - 3:30pm.**

For programs and meals with a fee, the fee needs to be paid at time of registration via credit/debit card or check unless other arrangements are made. No cash payments will be accepted. Please read *The Scoop* for program details and registration information.

**If you need *The Scoop* in an alternative form such as large print or audio, please contact the Center (207-363-1036).**

TOWN OF YORK  
PARKS & RECREATION  
Center for Active Living  
*Life. Be in it!*

