

# The Scoop

October 2024

Vol. 45 Issue 4

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 2nd - York Residents Only  
Thursday, October 3rd - Non-York Residents & York Residents

The Center for Active Living will be closed on Monday, October 14th - Indigenous Peoples Day  
PLEASE NOTE: No Lunches or regular programming on October 24th & 25th - Halloween Event Prep



## HALLOWEEN HAPPENINGS AT CAL



### CAL's Halloween Potluck Dinner (costumes optional)

Wednesday, October 16, 4:00-7:00pm

Appetizers 4-5pm ~ Dinner 5-6pm ~ Games 6-7pm  
Sign up at CAL to bring a dish to share with the group.  
Get ready for some game-time fun with  
Mystery Marshmallows and Stackable Apples!

### Halloween Decorating Day at CAL

Thursday, October 24, 9:00am-3:00pm

Can you spare an hour or two to help us turn CAL into a  
Halloween Hot Spot for Friday afternoon's Festival of Frights?  
Come and help us decorate for the littles!

### Parks & Rec Festival of Frights Parade at CAL

Friday, October 25, 4:00-7:00pm

Don't miss the Festival of Frights Parade at CAL! Dress in  
your best Halloween costume and greet the kiddos as they  
walk through CAL for (slightly) haunted festivities!

### CAL's Late Night Fright Night

Tuesday, October 29, 4:00-8:00pm

Mystical Magic Show with Magician Tricky Dick  
Serving Marvelous Mini-Pizzas with Ghoulish Beverages!

### CAL's Halloween Party

Thursday, October 31, 10:00am-3:00pm

Halloween Fun & Games 10-11:30am

Chef Sean's Spooky Spaghetti Meal \$5 (RSVP necessary)  
Creepy Crawly Bingo 1-3pm Spooky Mystery Bag

## Swim Passes

for the Anchorage Inn

October 14, 2024 - June 1, 2025  
(\$50.00 for the season)

*Limited to York Residents only*

Registration for Pool Passes starts on  
Wednesday, October 2nd at 9am

Passes are available on  
a first-come, first-serve  
basis. There are a  
limited number of  
passes, so don't delay.

More details on the swim schedule will  
be available at time of registration.



## Attention Ukulele Enthusiasts!



### Ukulele Info Meeting

Thursday, October 10th 9-10am

Shea Ellis, from Mountain Road Music  
in York, will be with us to talk about  
starting a UKULELE Group at CAL  
If you're at all interested in being part  
of a Uke Group, please attend this  
information meeting.

**Come and see what strumming  
is all about!**

# HAPPENINGS at CAL



**Dance the Night Away**  
with DJ Rhonda DiCarlo  
at the Portsmouth Senior  
Activity Center - FREE!  
Friday, October 4, 6-8pm

Our Portsmouth friends have invited us once again to enjoy a social evening with music, dancing and refreshments! A great opportunity to be with old friends and new! This is a drive on your own event, but let us know if you're needing to car pool.



**Collette Tour of Portugal**  
Information Meeting

Wednesday, October 16, 1-3pm

Join us to learn the details of our next travel adventure to Portugal for September 2025. Andrew will present the itinerary and travel plans for this amazing trip!



**DROP-IN BLOOD PRESSURE**  
and **GLUCOSE CLINIC**  
at the Center for Active Living  
with the York Beach Fire Department

Monday, October 21st, 2-2:30 pm

We're rolling out the Red Carpet for our  
**HOLIDAY EXTRAVAGANZA VARIETY SHOW**  
at the  
**YORK HIGH SCHOOL AUDITORIUM**  
by CAL and  
Parks & Rec



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!



**Do you have a skill or talent that  
you could share with the youth  
in our community?**

The Center for Active Living and York Parks and Recreation are working on a new program to match our older adults with young people to teach them long lost skills such as woodworking, sewing, small repairs, needlework, cooking and more!

- ▶ Would you be willing to devote an hour or two a week to help a young person learn a new skill?
- ▶ What skill would you be able to teach?
- ▶ How many students would you feel comfortable working with at one time?

*Please see Kim or Art and let us know if you're interested in being part of this new intergenerational program.*



## 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 OCTOBER

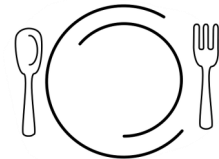
Our Dining-Out Trips are very popular! We enjoy trying new restaurants and we love repeat trips to our favorite spots.



**Breakfast Out - No Breakfast for October**



**Lunch Out - No Lunch out for October**



**Dinner Out - Common Man, Concord, NH (Tuesday, October 15)**

Bus leaves at 3:45pm and we'll return at approximately 7:30pm Cost \$5.00

### UPCOMING TRIPS

#### LAKES REGION FOLIAGE TOUR

**Castle in the Clouds - Lunch at Hart's Turkey Farm - Kellerhaus**

**Monday, October 7, 8:00am-5:00pm \$40.00**

We're off to the NH Lakes Region to enjoy the Fall Foliage! Castle in the Clouds is the perfect venue to experience the Autumn colors. When we arrive at the Lucknow Mansion at the castle we'll have a brief presentation on the history of the property before our self-guided tour of the two floors. We'll continue our foliage tour with a delicious hearty lunch at Hart's Turkey Farm where Turkey is their specialty but there's a variety of other lunch options.

After lunch we'll be making a stop at Kellerhaus where you'll

find an assortment of gifts, candy and ice cream, too!



# **CAL's Holiday Craft Fair is right around the corner!**

**Friday, November 22nd & Saturday, November 23rd!**

## **HERE'S HOW YOU CAN HELP!**

If you're interested in knowing more please attend the next fair meeting on October 2, 2-3pm

### **Gift Basket Donation Day**

**Tuesday, October 8, 9:00am - 12:00pm**

Bring your donated basket and all the contents and we'll put it together for you from start to finish! On Tuesday, October 8th you can drop everything off anytime between 9am-12pm. We'll make sure it's all put together and looking beautiful for the Fair! Let us know if you need ideas for basket themes!



### **DONATIONS FOR THE UPCOMING HOLIDAY CRAFT FAIR**

Starting on October 1st through October 31st, we will be accepting new donations for the Holiday Fair. Everyone looks forward to shopping at our tables for gently used treasures during our Fair and we need your donations! All proceeds benefit the Center for Active Living and go directly toward programs, activities, events and other needs that aren't covered under our regular operating budget.

Please drop off your items in the shopping cart at the front entrance, starting on 10/1. You may take the cart to your car for easier transport and then bring it back into the building and leave it in the designated entrance area at CAL.

We will not be able to accept clothing, TV's or electronic devices, books or exercise equipment.

We will accept seasonal holiday decorations, linens, games, glassware, crafts, jewelry, pocketbooks, toys and miscellaneous items in good, clean condition.

***THANK YOU - WE APPRECIATE YOUR DONATIONS THAT HELP TO SUPPORT CAL!***

### **HOLIDAY CRAFTS FOR THE MADE IN MAINE TABLE**

Are you a local crafter that would like to donate some handmade crafts to our Made in Maine Table? We would love to hear from you! This is a popular table during the Fair and we need your help.

### **VOLUNTEERS NEEDED!**

**Calling all interested VOLUNTEERS! WE NEED YOU!**

The CAL FAIRS are BIG EVENTS and we can always use extra hands to set up tables, work a shift on Fair day at one of the many tables and to help clean up after the Fair. Working at the Fair is a lot of fun and you'll get to see old friends and make new ones, too! Let us know if you're interested in learning more about volunteer opportunities at CAL. We're a very special community! ALL AGES WELCOME TO VOLUNTEER!

## CREATIVE ARTS

Program	Day & Date	Time	Instructor	Cost
<b>Crafters Gathering</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>Crafts with Maxine Brown</b>	Friday, October 18	1:00 - 3:00pm	Maxine	\$5.00
Maxine will instruct the group on how to make a wire wrapped sea glass pendant. All supplies provided.				
<b>Crafts with Lisa Emmons</b>	Monday, Oct. 28	1:00 - 3:00pm	Lisa	\$5.00
Join Lisa and friends for a Halloween themed craft this month. Think a little spooky and lots of cute!				



## EDUCATION & HEALTH



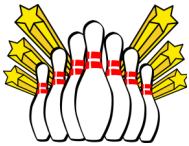
Program	Day & Date	Time	Presenter/ Instructor	Cost
<b>Fixed Income</b>	Monday, October 7	10:00 - 11:00am	Irene Bowen	Free
Irene will share tips and strategies on living on a fixed income.				
<b>Medicare Updates</b>	Friday, October 18	10:00 - 11:00am	Brianna Henward	Free
Learn about the latest Medicare Updates for 2025: Major prescription drug changes, MaineCare expansion and Medicare Plan updates.				
<b>Blood Pressure &amp; Glucose Clinic at CAL</b>	Monday, October 21	2:00 - 2:30pm	YBFD	Free
The York Beach Fire Department will be at CAL to provide our members with a FREE Blood Pressure and Glucose Clinic. Drop-ins are welcome from 2:00-2:30pm. Don't miss this opportunity to get checked!				
<b>Living Past 80</b>	Monday, October 21	10:00 - 11:30am	Shawn Shambo	Free
Turning the corner into our 80's is not always easy. Shawn has information to share that will help with that transition.				
<b>Erin McGann Talk Series</b>	Tuesday, October 22	10:00 - 11:00am	Erin McGann	Free
Ever wonder about mental health and what is available? Have a friend or family member who may be acting unusual? Learn about what mental health resources are available, how physical illnesses (like UTI's) can affect our mental health and learn how to use Narcan just in case! Bring your questions! Erin works for Sweetser, the mental health and substance use provider for York County as a crisis worker and substance abuse risk reduction liaison.				
<b>Tech Help</b>	Thursday, Oct. 24	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.				
<b>Sound Healing/Meditation</b>	Monday, October 28	10:00 - 11:00am	Betsy Salsman	Free
Sound healing is an ancient practice that uses sound vibrations and energetic frequencies to promote physical, emotional, and spiritual well-being. The frequencies that the instruments produce helps to relieve stress, balance the nervous system, improve focus & clarity and releases stuck energy.				



## NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
<b>Mt A Orienteering/Outdoor Safety at Mount A</b>	Friday, October 11	9:00-11:00am	Naomi Densmore	Free
Naomi will be teaching us all about safety and orienteering at Mount Agamenticus. Learn how to read a compass, plan ahead for safe hiking and what gear is best for different situations.				
<b>White Pine Programs</b>	Wednesday, October 23	10:00-11:30am	Bob Eckert	Free
Meet at the First Parish Church for our <b>Tree Walk in the Woods</b> . The focus will be urban trees/street trees. There are about 20 or so trees they we'll be learning to ID, learning the tree's traits, site needs, pest issues and more.				



## SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
<b>Candlepin Bowling</b>	Tuesday, October 8	2:00 - 4:00pm	\$14.00	Location: Bowl-O-Rama, Portsmouth, NH; own transportation.
<b>Pickleball Lessons for Beginners</b>	Tuesdays through October	9:00 - 10:30am	Free	Learn the basics - rules, scoring, serving; paddles, balls, & nets provided; instruction by Michael Vasse, expert player.

## OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
<b>BINGO for Fun</b>	Thursday, October 3	1:00 - 4:00pm	Free	It's Scratch Ticket Bingo this month. Bring a \$1 ticket to contribute to the prizes.
<b>Book Club</b>	Monday, October 21	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
<b>CAL's Coffee House Vinyl Cafe</b>	None for October			
<b>CAL Gals</b>	Wednesday, October 9	1:00 - 2:30pm	Free	Ladies of CAL provide a safe and non-judgmental environment to promote friendship and camaraderie while sharing information and reducing isolation. We'll engage in meaningful conversations while addressing concerns related to aging and life's challenges.

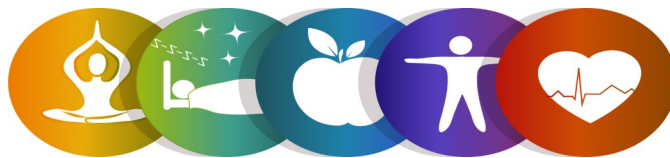
## OTHER PROGRAMS & MEETINGS CONTINUED

<b>Program</b>	<b>Day &amp; Date</b>	<b>Time</b>	<b>Cost</b>	<b>Other</b>
<b><i>Conversational French</i></b>	Thursday, October 3, 10, 17	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><i>Drumming Class</i></b>	Tuesday, October 15	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><i>Game Day Fear Factor</i></b>	Wednesday, October 23	1:00 - 4:00pm	Free	Perfect for the Halloween season. Will you dare to be challenged?? Don't be afraid!
<b><i>Haircut w/Susan Note - Now on Thursdays!</i></b>	Thursday, October 24	1:30 - 4:00pm	\$15	Sign Up sheet will be available at the Front Desk to reserve your spot.
<b><i>Holiday Craft Fair Meeting</i></b>	Wednesday, October 2	2:00 - 3:00pm	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><i>Fright Night at the Center</i></b>	Tuesday, October 29	4:00 - 8:00pm	Free	Magic Show with Tricky Dick and refreshments. Join us for more Halloween fun on Fright Night. We'll serve mini-pizzas and beverages. FREE!!
<b><i>Movie Monday - Horror Classic</i></b>	Monday, October 28	1:00 - 3:00pm	Free	Get out of the house and join us for popcorn and a popular movie.
<b><i>Peace of Mind</i></b>	Wednesday, October 23	10:30 - noon	Free	Janie, York Service (YCSA) Family Service Manager
<b><i>Sing-A-Long Songs with Art "Spooky Themed"</i></b>	Thursday, October 17	1:00 - 3:00pm	Free	What could be more fun than a "Spooky Themed" Sing Along? Come and listen (and dance) to your favorite tunes.
<b><i>Social Club Monthly Meeting</i></b>	Wednesday, October 2	1:00 - 2:00pm	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><i>CAL's December Variety Show Meeting for Cast &amp; Crew</i></b>	Tuesday, October 22	2:00 - 3:00pm	Free	We're moving along with the planning of our December Variety Show at the York HS Auditorium. We'll be meeting with cast & crew to give updates on our progress for this fun production!

## 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 no classes on Thursday 10/10 &amp; Tuesday 10/29</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 10/2 &amp; Friday 10/4 &amp; 10/25</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	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 October 14)	9:00 - 9:45am
<b>Exercise with video - Wednesdays</b>	Wednesdays	9:00 - 9:45am
<b>Exercise with video - Fridays</b>	Fridays (no class October 25)	8:30 - 9:15am
<b>Tai Chi with video</b>	Fridays (no class October 25)	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)

**Be sure to check out our  
new WEBSITE!**



**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 2nd – 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 3rd 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  
**October Dates: 1st & 15th**

### 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:

## OCTOBER 2024

**Registration for Programs and Meals: York Residents start Wednesday, October 2nd, 9:00am - 3:30pm; Non-York Residents begin Thursday, October 3rd, 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!*

