

# The Scoop

September 2024

Vol. 45 Issue 3

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, August 28th - York Residents Only  
Thursday, August 29th - Non-York Residents & York Residents  
The Center for Active Living will be closed on Monday, September 2nd - Labor Day

### REGISTRATION DAY IS AUGUST 28th for YORK RESIDENTS & AUGUST 29th for NON-RESIDENTS

- ◆ Residents sign up for TRIPS on the CLIPBOARDS by the front desk, the week before Registration Day. You can call in your trip choices, too! You may sign up with a resident trip buddy (friend/spouse). Deadline for the TRIP CLIPBOARDS is Friday, August 23rd by 4pm. Lottery will be run on Monday, August 26th and you will be notified of your status for trips. Non-residents can check on trip availability on 8/28 when registering. **Be sure you are able to attend the trips before signing up on the TRIP CLIPBOARDS. Your account will be charged if you get on a trip.**
- ◆ On August 28th, CAL doors open at 8:30am and staff will start taking Registrations beginning at 9:00am.
- ◆ Sign in with Front Desk Volunteers when doors open and you enter the building. There will not be an attendance list outside the building.
- ◆ After signing in with the Front Desk Volunteers, enjoy coffee & a snack while you wait for your name to be called for registration. Please have your registration sheet filled out before your name is called. Thank you!

ANNOUNCING THE ANNUAL  
STAKE-OUT LUNCHEON at CAL  
WITH THE YORK POLICE DEPARTMENT

Friday, September 20th 11am - 1pm

Come and say hello to the YPD!  
They'll be serving a delicious BBQ lunch with  
your choice of Grilled Steak or Chicken and  
Summer Salads, Dessert & Beverage!  
Steak Lunch \$10.00 - Chicken Lunch \$8.00



### LATE NIGHT GAME NIGHT at CAL & DRIVE-IN MOVIE NIGHT

**TWO FREE FUN EVENTS!**  
Tuesday, September 24th

4pm-7:30pm - Late Night Game Night

Join CAL friends for a friendly game of  
Scrabble, Rummikub, Wii Bowling,  
or a new card game! Take-out orders  
for dinner will be available.

8pm-9:30pm - Drive-in Outdoor Movie

Bring your chair & blanket and get ready  
to enjoy a classic comedy movie under  
the stars. Movie snacks will be available.



### CAL'S FALL FEST BREAKFAST

Friday, September 27th 8am-12pm Cost \$5.00



It's time to welcome the new Fall Season!  
Chef Sean and crew will be preparing a hardy  
breakfast meal and the CAL staff will join in  
with some fun seasonal activities!

# HAPPENINGS at CAL

## SARSSM Training with Gretchen Rice

(SARSSM = Sexual Assault Response Services of Southern Maine )

**Wednesday, September 11th 11am-12pm**

**A Beginner's Guide to Becoming an Askable Adult**

This training focuses on how adults can be more approachable and easier for youth to talk to. Grandparents (or similar individuals) can play a huge role in youths' lives. We bring this training to the Center for Active Living, hoping to equip older adults with tools to navigate difficult conversations with the youth in their lives.

## Senior Living Care with Shawn Shambo

**Monday, September 30th 10-11am**

There are many factors to consider when you start to think about changing your living situation as an older adult. Shawn is an expert in the field of Senior Living Care and he'll be sharing his knowledge so that you are better equipped to make important decisions.

Come prepared with your questions and concerns about Senior Living Care and Shawn will help to make sense of what the costs and options are in our area.

**SAVE THE DATE! - Sign ups in October**  
**Friday, October 4th 6-8pm FREE!**

**'Dance the Night Away'**  
at the  
**Portsmouth Senior Center**  
with CAL's DJ  
**Rhonda DiCarlo**



**SATURDAY, SEPTEMBER 28th**

**York Beach Ball Field**

**Check-In 9am**

**Opening Ceremony 10am**

**Walk Begins at 10:30am**



Are you ready to be part of the CAL's Walking Team to End Alzheimer's?

Can you help us surpass last year's total of \$3635 in donations to further Alzheimer's research?

Drop by CAL to register for the walk and/or drop-off your donation with a check made out to the Alzheimer's Association.

Every dollar raised in Maine will benefit those affected by Alzheimer's disease.  
Thank you for your support!



**FOLIO PROJECT:**  
**Organizing your Documents**  
**and Yourself for Successful**  
**Aging within York**  
Presented by  
**Britton Garon, Esq., LL.M.**  
of BRG Legal and YCSA

**Part 2 - Monday, September 16th 10am-12pm**

**If you attended Part 1, you are automatically signed up.**  
**Please inquire about the waitlist for future sessions.**



YCSA is partnering with Parks & Rec and BRG Legal to offer this class and help folks collect, organize and prepare their important documents. YCSA will also offer tips on how we can age in place safely.



**DROP-IN BLOOD PRESSURE**  
**and GLUCOSE CLINIC**  
**at the Center for Active Living**  
**with the York Beach Fire Department**  
**Monday, September 9, 2-2:30 pm**

## Attention CAL Gals!

**Wednesday, September 11th 1-2:30pm**  
(during our September GAL's meeting)

We'll be welcoming Jonna Dijkstra,  
of Inspired Movement  
and CAL's Balance & Fun Instructor.

Jonna will have an open discussion about Longevity:  
Optimizing your Health as you Age.  
We'll learn how to make small changes that  
can improve the quality of our lives.



After we saw Jonna's recent presentation  
at the York Library, we knew this info  
needed to be shared with our  
CAL Gal's Group!

**SAVE THE DATE!**  
**Thursday, October 10th 9am**

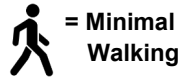
Shea Ellis, from Mountain Road Music  
in York, will be with us to talk about  
starting a UKULELE Group at CAL  
If you're at all interested in being part  
of a Uke Group,  
please attend this info meeting.  
Come and see what it's all about!





## 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.



### 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 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 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 SEPTEMBER

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



**Breakfast Out - Hebert's, Portsmouth, NH (Tuesday, September 17)**

Bus leaves at 8:00am and we'll return at approximately 11:30am Cost \$5.00

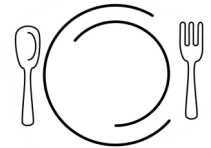


**Lunch Out - No Lunch out for September**



**Dinner Out - Fogarty's, S. Berwick, ME (Thursday, September 26)**

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



### UPCOMING TRIPS



**Gems of Route 26: A Tour of Gray, New Gloucester and Oxford**

**Wednesday, September 25th - 7:45am - 7pm Cost \$43.00**

**Hop on the CAL bus for a full day of fun and exploration!**

This road trip is one of the best kept secrets in Maine. We'll be checking out some of the Gems of Route 26 throughout our day trip. We'll enjoy a stop at the Maine Wildlife Park in Gray where they house over 30 species of Maine wildlife that cannot be returned to their natural habitats. They are now human dependent due to injuries or being orphaned. There are trails, gardens, a nature store and a visitor's center for us to browse through. We'll tour the Sabbathday Lake Shaker Village in New Gloucester, home to the only active Shaker Community in the world. We'll learn about this unique community, including their history, traditions and daily life, which dates back to 1783. In addition to lunch, we'll be making other stops as time permits, with a quick stop at a favorite destination in Oxford.

We 'bet' you might be able to guess where our stop is in Oxford!



**HERE COMES FALL!  
AND THAT MEANS  
IT'S TIME TO START PLANNING FOR OUR  
ANNUAL HOLIDAY CRAFT FAIR  
On Friday, November 22nd & Saturday, November 23rd!**

**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 items 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. Please reach out to CAL if you're interested in helping to stock the Made in Maine table. Thank you!

**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><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 creation and ideas with other crafters.				
<b><i>Crafts w/Lisa - Halloween Theme</i></b>	Monday, September 30	1:00 - 3:00pm	Lisa	\$5.00
Lisa finds the most creative ideas for seasonal-themed decorations. This month she'll have a cute Halloween decoration for everyone to make and then display during the spooky season.				



## EDUCATION & HEALTH



Program	Day & Date	Time	Presenter/ Instructor	Cost
<b><i>Blood Pressure &amp; Glucose Clinic at CAL</i></b>	Monday, September 9	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><i>Eating Healthy When Eating Out</i></b>	Wednesday, September 18	10:00 - 11:00am	Brianna Henward	Free
We all love to indulge in special food when eating out but we can do that and still make healthy choices to keep ourselves in check. Learn how to identify the healthier menu choices and still enjoy dining out.				
<b><i>Tech Help</i></b>	Thursday, September 26	11:00 - 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><i>Senior Living Care</i></b>	Monday, September 30	10:00 - 11:00am	Shawn Shambo	Free
Shawn Shambo has over 30 years of experience as an Occupational Therapist Senior Care Advisor. He'll be presenting different options for senior housing and discussing aging in place vs. moving to senior living community. He'll cover cost options and how to protect your assets when anticipating senior housing & care.				

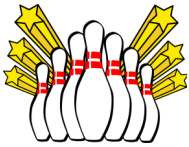


## NATURE & OUTDOOR RECREATION



Program	Day & Date	Time	Leader/Instructor	Cost
<b>Mt A Scavenger Hunt</b>	Monday, September 23	9:00-11:00am	CAL Staff	Free

Drive on your own and meet at Mt. A for a Nature Scavenger Hunt! We'll meet in the Parking Lot to begin our fun morning of scavenging with Mt. A staff person, Naomi. Bring snacks, water bottle and wear proper footwear for walking on uneven terrain.



## SPORT & LEISURE



Program	Day & Date	Time	Cost	Misc.
<b>Candlepin Bowling</b>	Tuesday, September 10	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 Vassey, expert player.

## OTHER PROGRAMS & MEETINGS

Program	Day & Date	Time	Cost	Other
<b>BINGO for Fun</b>	Friday, September 20	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, September 16	10:00 - 11:30am	Free	Book Club will be facilitated by Lisa McGashling. Bring a favorite summer read to recommend and share with the group.
<b>CAL's Coffee House Vinyl Cafe</b>	None for September	2:00 - 3:00pm	Free	
<b>CAL Gals</b>	Wednesday, September 11	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.

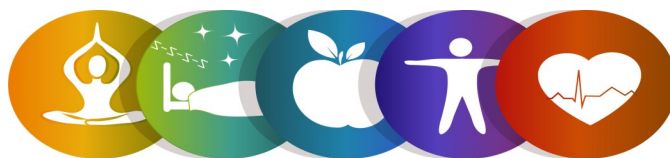
## OTHER PROGRAMS & MEETINGS CONTINUED

<b>Program</b>	<b>Day &amp; Date</b>	<b>Time</b>	<b>Cost</b>	<b>Other</b>
<b><i>Conversational French</i></b>	Thursday, September 12, 19, 26, 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, September 17	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</i></b>	None for September	1:00 - 4:00pm	Free	
<b><i>Haircut w/Susan Note - Now on Thursdays!</i></b>	Thursday, September 26	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, September 4	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>Late Night at the Center</i></b>	Tuesday, September 24	4:00 - 7:30pm	Free	Late Night for September will include fun & games and we'll do a take-out food order. After game play we'll be showing a drive-in classic comedy movie from 8-9:30pm. Bring your chair & blanket to enjoy a movie under the stars!
<b><i>Movie Monday</i></b>	Monday, September 9	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, September 25	10:30 - noon	Free	Janie, York Service (YCSA) Family Service Manager
<b><i>Sing-A-Long Songs with Art 50's Dance Party</i></b>	Thursday, September 19	1:00 - 3:00pm	Free	What could be more fun than a 50's Dance Party Sing Along? Come and listen (and dance) to your favorite 50's tunes.
<b><i>Social Club Monthly Meeting</i></b>	Wednesday, September 4	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>Theatre Group/Variety Show</i></b>	Friday, September 27	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 to give updates on our progress for this fun production! All involved are welcome to attend.

## EXERCISE & WELLNESS - Instructor Led

### General Information: FIRST CLASS FREE!

- Please register for program series at least 48 hrs. in advance of first session.
- Registration is done at the Center for Active Living - payment by check or credit/debit card.
- Punch cards will 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 \$20 session for each class for the month or the punch card for flexibility.



**STARTING IN JUNE ALL INSTRUCTOR LED CLASSES WILL BE PUNCH CARDS ONLY.  
PLEASE PURCHASE YOUR PUNCH CARDS BEFORE ATTENDING CLASS AT CAL.**

Program	Day & Dates	Time	Location	Instructor	Cost
<b>Balance Fun &amp; Workouts</b>	Tuesdays and Thursdays <b>Please note: There will be no class on Thursday, Sept. 19th</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 - 9/25 &amp; 10/2 and Friday - 9/27 &amp; 10/4</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 September 2nd)	9:00 - 9:45am
<b>Exercise with video - Wednesdays</b>	Wednesdays	9:00 - 9:45am
<b>Exercise with video - Fridays</b>	Fridays	8:30 - 9:15am
<b>Tai Chi with video</b>	Fridays	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>Mahjong Lessons - By Appointment Only</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 - Advanced Players</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, August 28th - 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, August 29th 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.

**HEART TO HEART is in need of Volunteers:** Are you available to help with transportation and errands for older adults in our community? Heart to Heart, Ageless Love is a non-profit organization, offering free services to older adults in the Greater York Area. Please call 207-361-7311 or email [Jud@hearttoheartagelesslove.org](mailto:Jud@hearttoheartagelesslove.org) for more information on volunteering for Heart to Heart.

## 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  
**September Dates: 3rd & 17th**

### 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:

## SEPTEMBER 2024

**Registration for Programs and Meals: York Residents start Wednesday, August 28th, 9:00am - 3:30pm; Non-York Residents begin Thursday, August 29th, 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).**

