



# INTERGENERATIONAL COMMUNITY CENTER

YORK, MAINE

Stay Informed!



## Recreation Facilities *(Free for York Residents)*

- Two full-size gymnasiums
- 6 Lane pool
- Workout & weight rooms
- Indoor Walking Track

## Programming *(Resident & Non-Resident Fees)*

- Group fitness
- Swimming lessons
- Youth camps
- And so many more activities!

## Center for Active Living *(Free for York Residents)*

- Meal program
- Huge variety of educational & health programs
- Special events & trips

## Rental Opportunities! *(Fee Revenue)*

- Swim meets
- Basketball tournaments
- Birthday parties
- And many more opportunities!



Proposed Location:  
32 Long Sands Road, York



Latest Updates  
[www.yorkparksandrec.org](http://www.yorkparksandrec.org)

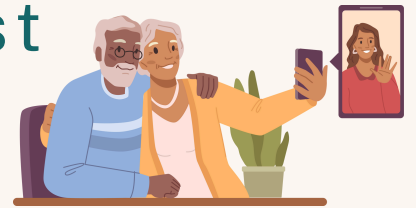


Another Icon?

# Seniors & Children Together



62% of Grandparents live more than 50 miles away from their nearest grandchild



## Proven Benefits of Intergenerational Programming

### For Children:

- Boosts social skills
- Increases school attendance
- Accelerates academic learning
- Improves literacy

### For Seniors:

- Reduces loneliness
- Creates a sense of belonging
- Improves brain & cognitive functions
- Renews sense of purpose

## Just A Few Activity Ideas...

Reading Together

Dance Classes

GARDENING

iPhone Setup

walking in the woods

Bird Watching

Homework help

Holiday Crafts

Music

Puzzles

Museum Visits

cooking together

Classes