

Town of York Senior Scoop



Volume 28 Issue 7

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November 2009

FLU CLINIC UPDATE

All Flu Clinics have been cancelled until further notice. York Hospital has informed us that they have not received their supply of vaccine and as soon as they receive it, we will reschedule the flu clinic. Please watch local channel 3 and will have it posted on there, so they arrive this month. Please feel free to contact the Senior Center and we will let you know. We are sorry for any inconvenience this may have caused you.

OLD, OUTDATED, PRESCRIPTION DRUG DROP OFF

Wed., Nov. 4

York S.A.L.T (Seniors & Law Enforcement Together) will be collecting all old, out dated, prescriptions that you may have and do not know what to do with. We will be collecting these old & unused drugs at the following locations and times. Please check your medicine cabinets.
York Village Woods-Baldwin Center @ 9-11 a.m.
Yorkshire Commons-Community Room @ 12 -2:00 p.m.
Sentry Hill @ 2 - 4:00 p.m.

NASHVILLE WEEK

Nov. 9 - Nov. 13

Well after our fabulous trip to Nashville, we would like to share some of our exciting times with our members that were unable to join us so we will be celebrating Nashville Week. Tuesday, Nov. 10, Bill Foley will be joining us and kicking up our heels with his country and honky tonk music like what we saw at the Grand Olde Opry and then we will be enjoying a country lunch. Thurs., Nov. 12 will be our Nashville Comedy Day. We will show the DVD of the Comedy show that we saw while we were there starring Steve Hall and Shotgun Red, who you may know from the TV show HeeHaw. On Fri. Nov. 13th, we will share some of our experiences and enjoy the music from "A Tribute to Elvis," just as we ended our time in Nashville. So join us and walk "Honky Tonk" Row.

**HAVE A SAFE & HAPPY
THANKSGIVING**

"ROLLING OUT OF YORK" CHRISTMAS IN NEW YORK

Dec. 6 & 7

This year we will be celebrating Christmas in New York City and enjoying the "Spectacular Holiday show" featuring the famous "Rockettes". We will visit and tour the Union Church of Pocantico Hills and the Lyndhurst Castle. We will enjoy a dinner that evening at the Castle on the Hudson which overlook the Hudson River in historic Tarrytown. On Monday we will head to Rockefeller Center, to view the Christmas decorations, have time to shop and then enjoy the Rockettes. Balance is due by Nov. 6. No refunds after Nov. 6 per Best of Times. Cost: \$349.00

MAMMA MIA

Dec. 17 - TBA

The New York Theatre District will be performing a special 1 week performance of their outstanding show, "Mamma Mia" and I was fortunate to be able to acquire a limited number of tickets. This is a musical-story with a dance party vibe framed around the music of Swedish pop band Abba. Sophie is preparing for her wedding, when she accidentally stumbles across her mother's diary and learns she is the result of one of her mother's summer flings. She invites the 3 men that are possibilities to be her father without her mother knowing of this. When the 3 men all arrive at the same time, Donna, Sophie's mother, of course is shocked and overwhelmed by seeing her past loves. Before we view the Musical, we will be enjoying a delicious meal in Boston. This trip just came about, so the final meal destination is to be determined. Cost: TBA

**THE SENIOR CENTER WILL BE
CLOSED WEDNESDAY, NOV. 11—
VETERAN'S DAY**

**THE SENIOR CENTER WILL BE
CLOSED ON THURSDAY, NOV. 26 &
FRIDAY NOV. 27 FOR THANKSGIVING**

MEMBERSHIP BREAKFAST

“BRAINSTORMER”

Thurs., Nov. 5, - 9:30 A.M.

Join us for our monthly membership meeting at Norma's Restaurant for a "Breakfast Brainstormer." This will be informative and we will be updating members as to what is happening as well as "brainstorming" for some new ideas.

MEDICARE UPDATES

Fri., Nov. 6—10:30 A.M.

Tony Mont will be joining us and reviewing the new Medicare information. Should you need to make any Medicare changes this is the time of year you are able to make changes.

“NEW HAPPENINGS” AT YORK LIBRARY

Friday, Nov. 20—10:30 A.M.

Staff members from York Public Library will hold a presentation. The brief talk and slide show will introduce members to the services available at the Library. Please join us to find out how to take advantage of the many free services at York Public Library.

SWIM PROGRAM

Nov. 16, 2009 - May 14, 2010

Our annual swimming program for Senior Center members at the Anchorage is coming back November 16. This year we have a limited number of swim passes and will only be available to members who have renewed their membership by Nov 1. This is a great exercise for the winter months. Please call Janis for more details @ 363-1036.

CHRISTMAS CRAFT NOOK

Thurs & Fridays, - 10 A.M. - Noon

Over the years many of our seniors have made various crafts and we having a "Craft Nook" in the activity room starting Nov. 19th for members to possibly start their early Christmas shopping. All monies will benefit Senior Center Activities. Check it Out!!!!

HOLIDAY GREETING CARDS

Tues., Nov. 17 - 1:00 p.m.

Join Audrey and make Holiday Personal Greeting Cards This will be a free class offered to members. Please sign up by Friday, Nov. 13th. and bring any photos should you choose to use for your cards.

SENIOR ALLIANCE

Tues., Nov. 24 - 10:30 A.M.

Join John Carr and find out what's happening in Augusta for seniors. He will also review how the referendums that were just voted on effect seniors. This a very informative program.

HAIRDRESSER SERVICE

Thursdays., 1:00 P.M - 4:00 P.M.

Mary Lou Colvin will be here on Thursday afternoons offering hair cutting service for both **male and female members only** for a fee of \$10. This service is by appointment only. Call Janis to make your appointment @ 363-1036.

TRANSPORTATION NEWS

Howdy all. We're all talking southern around here since the folks got back from Nashville. The weather is starting to get "wintery." A bit too soon for my liking, but nothing we can do about THAT!...However, I can take you to your appointments and shopping if you feel uncomfortable driving in nasty weather conditions. Also, we will deliver a meal to you on snowy days if you don't want to go out. Our transportation goes to Dover, Wells, Kittery, Eliot, Portsmouth, Newington, and South Berwick for a nominal fee. Music and intelligent conversation are free!! OK. Adios for now and happy trails....Jane.

BALANCE & STRENGTHENING

1:00 P.M. - 2:00 P.M.

Join us for a gentle workout which will help with strengthening your joints and improving your balance w/Janis. **This will be held on Thurs., Nov. 12, Wed., Nov. 18 @**

1:00 p.m. TAI CHI

Tues. & Fridays - 1:00 P.M. - 2:00 P.M.

Join Lori in the activities for this relaxing exercise class. Tues., Nov. 10 & 17 and Friday Nov .6, 13, & 20.

MAHJONG

FRIDAYS - 1:00 P.M.

Join the fun and play Mahjong. Due to many request and thanks to Beth Saidman we Now we have our own Mahjong board games. Mahjong will be played on Fridays.

CRIBBAGE UPDATE

Well, we know that winter is coming. Sadness will soon be upon our Cribbage group. Our cribbage star, Pinky is leaving for Myrtle Beach for the winter. Well, at least before he left I have some good news to report. On Oct. 20th, Pinky & Linda double skunked Stan & Virginia and beat them by 52 pegs!!! This is the first year in a long time, Pinly can finally retreat to Myrtle Beach feeling happy that he learned something this past summer. Best of luck to him for a safe & healthy winter. Maybe he can show his partners at Myrtle Beach a few new tricks!!! The Cribbage group will be anxiously awaiting his return in the spring.

THINK AGAIN—STOP THE TOLL

Many members have asked about the upcoming meeting regarding the York Toll Booths. There will be a special meeting on, Thurs., Nov. 4 at 9 A.M. at the MTA Bldg, 2360 Congress St, Portland ME. If any one that needs a ride, please contact Norma, Norma's Restaurant .

“ROLLING OUT OF YORK” TRIPS

All Rolling Out Of York trips will depart directly from the York Senior Center and return to the same. The following is a listing of upcoming trips that have been planned and seating is limited. Itinerary brochures are available upon request for overnight trips. Call Janis @ (207) 363-1036 for further information or to make your reservation.

Bus Trips:

Dec. 17 Mamma Mia Musical (direct from Broadway)

TBA

Overnight Bus Trips:

Dec. 6-7 - Christmas in New York

\$349



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*Please call for our Informational Brochure
Prearrangements—Mortuary Trusts*

MENU

Call 363-1036 **prior to 2 PM the day prior to attending.** Very important to be on premises and paid by 11:30 AM. Bring your own cup and silverware. A \$3.00 donation is welcome unless noted. MEALS SUBJECT TO CHANGE. ALL MEALS SERVED WITH BEVERAGE & DESSERT.

Mon 2 Grilled Liver & Onions **OR** Salisbury steak, potato, vegetable

Tues 3 Pork Chops w/peppers & onions, potato, vegetable

Wed 4 Marinated Flank Steak strips, roasted red potato, vegetable—**\$4.00**

Thurs 5 Homemade Soup, Grilled Reuben **OR** Hot Ham Sub, chips, pickle

Fri. 6 Baked haddock florentine **OR** plain, potato, vegetable—**\$4.00**

Mon. 9 Creamy tomato soup, tuna melt on English, chips

Tues. 10 **NASHVILLE SOUTHERN SAMPLER DAY**
Jack Daniels Chili, baked corn casserole, pulled pork on a bun, cornbread

Wed. 11 **CLOSED—VETERAN'S DAY**

Thurs. 12 Baked Ham, macaroni & cheese, vegetable

Fri. 13 Lobster Roll, Corn Chowder, cole slaw—**\$9.00**
PLEASE SIGN UP & PAY BY Monday Nov. 9th

Mon. 16 Homemade Chunky Beef Stew, vegetable

Tues. 17 Boneless Italian Herb Chicken Breast, sweet potato fries, vegetable

Wed. 18 Spaghetti & meatballs, sausages, salad, bread

Thurs. 19 **THANKSGIVING PRELUDE DINNER—**
Roast Pork Dinner, potato, vegetable gravy -**\$4.00**

Fri. 20 Baked Haddock w/shrimp sauce, rice pilaf, - **\$4.00**

Mon. 23 Manicotti w/meat sauce, sausages, salad

Tues. 24 Fish Chowder, seafood salad roll, cole slaw- **\$4.00**

Wed. 25 Shepherd's Pie, vegetable

Thurs. 26 **CLOSED—HAPPY THANKSGIVING**

Fri. 27 **CLOSED—HAPPY THANKSGIVING**

*****DINING NOTES*****

Welcome to all our senior friends! Let us cook for you this fall. All you have to do is call 363-1036 the day before to join us for our noon meal. Please be checked in, paid, and all set up before **11:30 a.m.** each day to make sure we can serve on time. Take out meals are available for pick up at **12:20 p.m.** and you must be on the list to reserve a meal. *Please call in the day before for your meal.*



HAPPY BIRTHDAY

1 Elizabeth Cote
1 Thomas Hodgkin
1 Marie Roast
2 Warren Bean
4 Charles Starvos
6 Arthur Balomenos
6 Nancy Salka
8 Darleen Saulino
8 Catherine Trent
11 Ruth Kyauth
12 Joan Carr
13 Barbara Gowen
13 Felicia Moulton
15 Annabelle Hayes
15 Russell Matthews

16 Richard Brooks
18 Bea Bezgembluk
18 Jean DeNunzio
19 Lorraine Grieve
22 Frederick Jaisle
23 Jean Carlsen
23 Jane Kennedy
24 Don Estey
25 Jan Henderson
26 Robert Marois
26 Grace Tabor
28 Barbara Dinsmore
29 John Chumsae
30 Jean Loane
30 Priscilla Power

Anniversaries for November



Mr & Mrs Martin Meyers	Nov 6
Mr & Mrs Arthur Miner	Nov 9
Mr & Mrs Mike Segroves	Nov 14
Mr & Mrs Herman Newman	Nov 17
Mr & Mrs Sylvester Carroll	Nov. 18
Mr & Mrs Joseph Cedrone	Nov. 29

Howdy y'all,

Well we all Honky Tonked our way back from Nashville. Rumor has it that this was the most event packed trip we have done. We were on the go from the time we got up until the time we got back to our hotel, which was usually 10:30 p.m. By the time we left Nashville, I don't believe there wasn't much more to the town that we could have seen. When we arrived in Buffalo, we were greeted by Buffalo!! As we headed to Ohio, we were able to view the magnificent farmlands of New York and Ohio with all their beautiful foliage. We arrived at the Natural History Museum in Cleveland and were intrigued by what they offered us. As we landed in Nashville we started our "experience of a lifetime!" We saw many shows, got to see the sights and the nightlife, rode the Delta Flatboats, and we ere very fortunate that while we were touring the City of Nashville, we got to enjoy the beautiful dedication of the Rose Garden and got to see many country stars in person, Barbara Mandrell, Peggy Lee, Lynne Anderson, Jimmie Dickens, Patti Page, members of Alabama, etc. To be able to be part of history in Nashville, is something they will never forget. We had dinner in an "Aqaurium" and a "Rainforest" which was a totally different & fun experience. We visited Lorretta' Lynne's house and toured her bus. Then off to Kentucky to tour the Louisville Slugger Museum where they producing bats that day for, Red Sox Dustin Pedroa, NY Yankee Alex Rodridges, and Derk Jeters. We then made our way to the Columbus Art Museum, which was breathtaking, especially the blow glass exhibits! Those are just some of our highlights. We had a lot of new members join us on our trip and many of us made new friends. That is the part that I love, getting to know new "friends." One funny moment was when I was surprising them with a special show at the Grand Olde Oprey, well, instead of telling them they were going to see the Charlie Daniels Band perform that evening, I told them were going to see the "Jack Daniels" Band perform. With laughter they corrected me and at the end of our trip, presented me with "Cooking with Jack Daniel's" cookbook, (knowing that I love to cook and collect cookbooks) to remember them and our trip by. Everyone put their own special message in the cover and that is something I will always treasure, as well as cook from. I must remember though, not to buy "Charlie" Daniels only "Jack" Daniels!!!

Oct. brought sadness to our Center. We were saddened to learn of the loss of Evelyn Hanson, wife of our member, Richard Hanson, Miriam Gasparini, Mary Johnson, and Paul Gross. Our prayers and thoughts are with their families. Well till next time,

Janis Marshall-Colby, Membership Services

Town of York Senior Center
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