

SENIOR ACTIVITY CALENDAR WINTER 2019



50+ SENIOR JANUARY SCHEDULE



Mon	Tue	Wed	Thu	Fri
<p>EXTRA TRIP: SUNDAY 27TH/ PIE PARADE/ ROCKCLAND/ DEPARTS SPCC 9:30am/\$35 Res./\$45 Non-Res./Must reg-</p>	<p>1 HOLIDAY HAPPY NEW YEAR</p> 	<p>2 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—must register monthly</p>	<p>3 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—9:30-11:30am</p>	<p>4 Trip: New Year's Celebration at the Clarion. Free pick up for residents. Departs SPCC 11:30am/\$25 Res./\$35 Non-Res. Must register</p>
<p>7 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>8 Senior Activity Day/See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p>	<p>9 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—must register monthly</p> <p>Diabetes 101/9-10am Senior Wing—FREE but must register</p>	<p>10 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—9:30-11:30am</p>	<p>11 Trip: Sleigh ride at High View Farm—Departs SPCC 9:30am/\$15 Res./\$15 Non-Res. /Must register</p>
<p>14 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p> 	<p>15 12-2pm Senior Luncheon \$6 60+/\$8 under 60 Senior Wing— must register (cost is \$10 w/ pick up SP Res. Only 60+ or \$12 under 60)</p> 	<p>16 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—must register monthly</p> <p>Crafting w/ Judy/Multi-purpose game mat/\$10 Res./\$10 Non-Res./ Must register/9-12 Senior Wing</p>	<p>17 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—9:30-11:30am</p> <p>Trip: Winter Walk/Saco Heath & Ferry Beach State Park/Departs SPCC 8:30am/\$5 Res./\$5 Non-Res. /Must Register</p>	<p>18</p> 
<p>21 HOLIDAY</p> 	<p>22 Trip: Guided snowshoe hike at Wells Reserve/ Departs SPCC 10:15am/ Res.&Non-Res.:\$15 w/ snowshoe rental or \$10 bringing own snowshoes—Must register</p>	<p>23 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day— must register monthly</p> <p>BOSTON CELTICS - SEE ATTACHED</p>	<p>24 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE 9:30-11:30am</p>	<p>25</p>
<p>28 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>29 Senior Activity Day/See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p> 	<p>30 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—must register monthly</p> <p>Trip: Jagerspun Mill Tour & Bonanza/ Departs SPCC @ 8:30am/\$5 Res./\$5 Non-Res.—Must register</p>	<p>31 12:30-4:00pm Cards&Games FREE in Senior Wing</p> <p>Trip: Lyric Theater Dress Rehearsal— Mouse Trap—Departs SPCC @ 7pm—\$5 Res. \$5 Non-Res. and \$10 cash at the door—pick-up for SP residents only—Must register</p> <p>Senior Cornhole & Badminton @ Redbank—FREE</p>	

50+ SENIOR FEBRUARYSCHEDULE



Mon	Tue	Wed	Thu	Fri
				1
<p>4 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>5 Senior Activity Day/ See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p> 	<p>6 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day Must register monthly</p> 	<p>7 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank— FREE—9:30-11:30am</p> <p>Trip: Footlights Theater & dinner out/ Departs SPCC 4pm/Res. & Non-Res. \$5 for transportation—you bring money for dinner and cash donation for play (suggested donation \$10-\$20) Must register</p>	<p>8 Trip: Stonewall Kitchen Warehouse Outlet Departs SPCC 9am/\$8 Res./\$8 Non-Res./Must register</p>
<p>11 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>12 12-2pm Senior Luncheon \$6 60+/\$8 under 60 Senior Wing— must register (cost is \$10 w/ pick up SP Res. Only 60+ or \$12 under 60)</p> 	<p>13 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day Must register monthly</p> <p>Trip: Walk Pine Point to O.O.B. Pier/Departs SPCC 8:30am/\$5 Res./\$5 Non-Res./ Must register</p>	<p>14 Event: Valentines' Day High Tea Luncheon/12-2pm Senior Wing/\$14 Res./\$14 Non-Res./ Must Register/ Resident pick-up available</p> <p>NO CARDS & GAMES</p> <p>Senior Cornhole & Badminton @ Redbank— FREE—9:30-11:30am</p>	<p>15</p> 
<p>18 HOLIDAY</p> 	<p>19</p>	<p>20 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day Must register monthly</p>	<p>21 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE— 9:30-11:30am</p>	<p>22 Event: Afternoon w/ April Bolstridge/ 1-3pm/Senior Wing/\$4 Res./\$4 Non-Res./Must register</p>
<p>25 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p> 	<p>26 Senior Activity Day/ See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p>	<p>27 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day Must register monthly</p> <p>Trip: Maine State Museum Tour/Departs SPCC 8:45am/\$13 Res./\$13 Non-Res./Must register</p>	<p>28 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE— 9:30-11:30am</p> <p>Trip: Pineland Farms Tour, Luneh & Walk/ Departs SPCC 9:15am/\$20 Res./\$30 Non-Res./Must register</p>	

50+ SENIOR MARCH SCHEDULE



Mon	Tue	Wed	Thu	Fri
				1
<p>4 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p> <p>Trip: The Irish Curse @ Good Theater/ Departs SPCC 6:15pm/\$24 Res./\$34 Non-Res./Must Register</p>	<p>5 Senior Activity Day/ See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p> 	<p>6 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> <p>Trip: Oxford Casino/ Departs SPCC 10:00am/\$5 Res./\$5 Non-Res./Must register</p> 	<p>7 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—9:30-11:30am</p> <p>Trip: Felle Restaurant/Departs SPCC 2:00pm/\$5 Res./\$5 Non-Res./ transportation only/Must register</p>	8
<p>11 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>12 12-2pm Senior Luncheon \$6 60+/\$8 under 60 Senior Wing— must register (cost is \$10 w/ pick up SP Res. Only 60+ or \$12 under 60)</p> 	<p>13 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> <p>BOSTON FLOWER SHOW—SEE ATTACHED</p> 	<p>14 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—9:30-11:30am</p> <p>Safe Landing Strategies/9:30-10:30am Senior wing/FREE/ Limited space / Must register</p>	<p>15 Event: Irish Luncheon w/ dancers/Senior Wing/1-3pm/\$15 Res./\$15 NonRes./Must register/Resident pick up available.</p> 
<p>18 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p> 	<p>19 Senior Activity Day/ See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p>	<p>20 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> 	<p>21 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—9:30-11:30am</p> <p>Trip: Irish Tea at the Cozy Tea Cart/ Departs SPCC 12:30pm/\$22 Res./\$32 Non-Res./Must register</p>	<p>22 Trip: Walk/Sea Road Trail/Departs SPCC 8:30am/\$5 Res./\$5 Non-Res./ Must register</p> 
<p>25 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	26	<p>27 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p>	<p>28 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—9:30-11:30am</p>	29

50+ SENIOR APRIL SCHEDULE



Mon	Tue	Wed	Thu	Fri
<p>1 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>2 12-2pm Senior Luncheon \$6 60+/\$8 under 60 Senior Wing— must register No pick up available today</p> 	<p>3 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p>	<p>4 12:30-4:00pm Cards & Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—9:30-11:30am</p>	<p>5 Event: Country Mugs & Muffins/9:30-11:30/ SPCC Senior Wing/ \$12 Res./\$12 Non-Res./Must register</p> 
<p>8 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p> 	<p>9 Senior Activity Day/ See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p> 	<p>10 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> <p>Crafting w/ Judy/ Reusalbe Produce Bag/1-3pm/SPCC Senior Wing/\$4 Res./ \$4 Non-Res./Must register</p>	<p>11 12:30-4:00pm Cards & Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am</p> <p>Trip: Portsmouth Naval Shipyard Tour/ \$10 Res./\$10 Non-Res./ Departs SPCC 8:15am/ Must register/see brochure for special instructions</p>	<p>12 Trip: Lunch @ The Green Ladle Culinary Arts School/ Departs SPCC 9:30am/ \$15 Res./\$15 Non-Res./bring cash for tip/ Must register</p>
<p>15 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>16 Senior Activity Day/ See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p>	<p>17 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day—Must register monthly</p> <p>Trip: Mystery Trip/ Departs SPCC 8am/\$12 Res./\$12 Non-Res./Must register (be prepared for a long and fun day)</p> 	<p>18 12:30-4:00pm Cards & Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—9:30-11:30am</p> <p>Trip: Walk—Vaughn Woods/Departs SPCC 8:30am/\$5 Res./\$5 Non-Res./ Must register</p>	<p>19</p>
<p>22 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>23 Essential Oils 101/9:30-10:30/Senior Wing/ FREE but MUST REGISTER—LIMITED SPACE</p> 	<p>24 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day—Must register monthly</p>	<p>25 12:30-4:00pm Cards & Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—9:30-11:30am</p>	<p>26</p>
<p>29 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>30 Trip: Parsonfield Seminary Tour & Tea Luncheon/Departs SPCC 9:30am/\$25 Res./\$35 Non-Res./Must register</p>			

SOUTH PORTLAND RESIDENTS ONLY

If you live in South Portland the following activities and trips are offering home pick up and drop off for you:

Irish Luncheon & Dancers, Friday, March 15th, \$15.00, Free pick up available for residents only. **Must register.**

Lyric Theatre Dress Rehearsal Night—show is at 7:30pm, Thursday on January 31st, \$5 transportation only—you pay \$10 cash to the theater at the show—13 spots only for registrants. **Must register. Pick up is for residents only.**

New Year's Celebration at the Clarion Hotel, Friday, January 4th, \$25.00 for Residents. Free pick up available for residents only. **Must register.**

Senior Activity Days, Tuesdays, Jan. 8&29, Feb. 5&26, Mar. 5&19 and Apr. 9&16

(Free and low cost activities all day at the community center-see brochure for details).

(If you are registering for pick up for any of these Tuesdays you must register by the end of the day on the prior Thursday). **Example:** You want to get picked up on Tuesday, Jan. 29th—you will have to be registered by Thursday Jan. 24th in order to be picked up on the 29th) **FREE TRANSPORTATION for residents only!**

Senior Luncheons 12-2pm, Tuesdays on Jan 18th, Feb. 16th & Mar. 18th—(no pick up in April but there is still a luncheon on April 2nd). Transportation is \$4—Luncheon is \$6 for 60+ and \$8 under 60 . Transportation cost is non-refundable if you cancel.

(\$10 w/ lunch & pick up 60+ and \$12 total for under 60 w/ lunch & pick-up). Must register and payment is due by the Friday before the luncheon. Pick up is for residents only.

Valentine's Day High Tea Luncheon, Thursday, February 14th, \$14.00, Free pick up available for residents only.. **Must register.**

PLEASE DO NOT JUST SHOW UP FOR ANY OF THE ABOVE ACTIVITIES THAT REQUIRE REGISTRATION AS WE HAVE A LIMITED NUMBER OF REGISTRANTS FOR EACH PROGRAM. YOU MAY, HOWEVER, DROP IN ANYTIME DURING THE SENIOR ACTIVITY DAYS, HOWEVER, YOU MUST REGISTER FOR PICK UP! (Please read policy on back)

You can register on-line at www.sopoparksrec.com or in person at SPCC!

SOUTH PORTLAND PICK UP POLICY; SENIOR RESIDENTS ONLY

If you have registered to be picked up at your home by the South Portland Community Center Recreation Bus for a program offering pick up you will be called 1-3 days prior to each program with your approximate pick up time and to confirm. We ask that you be ready 15 minutes prior to your scheduled time as times are approximate. You must also be able to leave your residence and walk to the end of your driveway/front entrance or location of pick up without assistance. Location of pick up and drop off must be the same. The driver is on a schedule and will not be able to wait any longer than 3 minutes after your scheduled pick up time. Please let us know of any accommodations that the driver should be aware of.

City of South Portland CDBG Assisted Project

Please note that this new for us so we ask that you please be patient while we iron out the kinks that may arise. We will do our best to make things run smoothly. Thank you for understanding!