

MARCH 2023 SPHA ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Res. Council Cr: Newly Appointed: President: Richard Willing Vice Pres.: Donna Jeans Sec.: Janice Anderson Treasurer: Rick Davis</p>			<p>1</p> <p>Cribbage @ Ridgeland Estates 1-3 pm</p> <p>Bus: Free</p>	<p>2</p> <p>OAK STREET BISTRO NY LUNCHEON – Arundel E: 10:00 am W: 10:30 am Bus: \$6.00</p>	3	4
5	<p>6</p> <p>Northern Light Wellness Clinics: 425 BW 9:30- 10:30 am Land Vill. 11-12 pm</p>	<p>7</p> <p>Hann. @ Mill Creek E: 9:00 am W: 9:30 am Bus \$3.00</p>	<p>8</p> <p>Cribbage @ Ridgeland Estates 1-3 pm</p> <p>Bus: Free</p>	<p>9</p> <p>Shopping at Wal- Mart BUS: \$3.00 E: 1:30 pm W: 1:55 pm Nunsense @ Bidd Theatre - FREE E:6:15W:6:45pm Bus 4.00</p>	10	11
12	<p>13</p> <p>Northern Light Wellness Clinics: St Cyr Court 9- 10 Mill Cove 10:30-11:30am</p>	<p>14</p> <p>Hann. @ Mill Creek E: 9:00 am W: 9:30 am Bus \$3.00</p>	<p>15</p> <p>Cribbage @ Ridgeland Estates 1-3 pm E: 12:00 pm W: 12:20 pm</p> <p>Bus: Free</p>	<p>16</p> <p>SOPO Food Cupboard E: 7:00am W: 7:15 am BUS: FREE SMAA Lunch @ Amer. Leg. Hall Bus: \$2.00 E: 10:30 am W: 10:50 am</p>	<p>17</p> <p>Happy  St. Patrick's Day!</p>	<p>18</p> <p>Bean Supper @ People's United Methodist Church E: 4:00 pm W: 4:15 pm Bus: \$2.00</p>
19	<p>20</p> <p>Northern Light Wellness Clinics: RE 8:30 -9:30 am RG 10-11am Thor. Heights 11:30 -12:30pm</p>	<p>21</p> <p>MarketBasket w/lunch on Site Bus:4.00 E: 10:00 am W: 10:30 am</p>	<p>22</p> <p>Cribbage @ Ridgeland Estates 1-3 PM E: 12:00 pm W: 12:20 pm Bus:FREE</p>	<p>23</p> <p>Stonewall Kitchen & home store onsite lunch @ Café E: 9:30 am W: 10:00 am Bus: \$6.00</p>	24	<p>25</p> <p>Birthday Party for all to attend MC- 2PM 2nd floor</p>
26	<p>27 Bingo @ Scarb. 55+ prog. \$2.00 Bus:\$3.00 E:11:10 W:11:30</p>	<p>28 Hann.@ Mill Creek E: 9:00 am W: 9:30 am</p>	<p>29 Cribbage @ Ridgeland Est. Bus: FREE E: 12:00 pm</p>	30	31	



The first day of Spring is Monday, March 20th lets welcome Spring with open arms. With that being said... I just would like to remind residents we still aren't out of Winter yet. Please remember to wear boots or proper walking shoes for the inclement weather. Please dress accordingly.

If you would like to participate in an activities trip, please call & leave a message for **Janet Taylor, Activity Coordinator @ (207)773-4140 Ext. 246**. You can respond via E-mail, however, this is the last place I check since I am out of the office so frequently. Also, please call if you need to cancel out on a trip. Thank you for understanding.

Upcoming March Events:

Please note the additions of the Northern Light Wellness Clinics at ea. Location. A nurse will be present to check blood press., pulse, temp. and discuss medical topics & concerns privately. "A healthy outside starts from the inside." -Robert Urich

3/7, 3/14 & 3/28-This month we will be shopping at Hannaford on three of the Tuesdays.
3/21-shopping & eating lunch onsite at Market Basket. Please note your calendar.

3/1, 3/8, 3/15 & 3/22-Every Wednesday this month we will be playing Cribbage at Ridgeland Estates. Please sign up & let us know if a ride is needed or if you would like to observe. Please call Nicole Linscott @ (207) 773-4140 ext. 225.

3/2-The New Year's luncheon was rescheduled due to inclement weather. Everyone who signed up for it in December is on the signup list. Two spots are open on the bus. The reservations are for 11:30 am.

3/9-Two activities on this day. The first trip is Shopping at Wal-Mart in Scarborough. The other trip is Rehearsal night for Nunsense @ City Theatre in Biddeford. Admission is free; however, donations will be accepted. Join us for this hilarious production.

3/16-Two activities on this day. For our early risers, please sign up for the SOPO Food Cupboard and the bus is free. Just a reminder, I do not come into the office before the Food Cupboard. I will not get any messages until after the program runs. The second activity is SMAA luncheon 11:30-1pm.Sugg. Donation \$8.00.

3/18-Join us for the delicious Bean Supper @ People's United Methodist Church at 5PM. It is \$10.00 and you get a wonderful selection of food & dessert.

3/23-We will try again for a trip down to York - Stonewall Kitchen & Home store. Lunch will be onsite at the Stonewall Café.

Please check out the City of SOPO bus service map (bus routes) and fare prices on your boards at all apartment locations. Also, the Senior Drop-In Center Schedule of activities @ the SOPO Community Center are up on all the boards, too.