

NOVEMBER 2023 SPHA CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Res. Council Corner: MC Res. Council Mtg is 11/15 @ 3PM.</p>			<p style="text-align: right;">1</p> <p>Maine Hist. Society – The Flood of 1936 Exhib. & lunch at One city Center Bus: \$4.00 E: 9:45 am W: 10:00 am</p>	<p style="text-align: right;">2</p> <p>Mystery Lunch E: 10:00 am W: 10:30 am Bus: \$7.00</p>	<p style="text-align: right;">3</p>	<p style="text-align: right;">4</p>
<p style="text-align: right;">5</p>	<p style="text-align: right;">6</p> <p><u>Northern Light Wellness</u> Clinics: <u>425 BW 9:00 - 10:00 am</u> <u>Land Vill. 11-12 pm</u></p>	<p style="text-align: right;">7</p> <p><i>Hann. @ Mill Creek</i> E: 9:00 am W: 9:30 am Bus \$3.00</p>	<p style="text-align: right;">8</p> <p>Maine street Bistro for lunch & Cabot Mill Antiques E: 9:30 am W: 10:00 am Bus: \$6.00</p>	<p style="text-align: right;">9</p> <p>IHOP & shopping at the \$ store in NG & Trader Joes E: 8:45 am W: 9:15 am Bus: \$4.00</p>	<p style="text-align: right;">10</p>	<p style="text-align: right;">11</p>
<p style="text-align: right;">12</p>	<p style="text-align: right;">13</p> <p><u>Northern Light Wellness</u> Clinics: <u>St Cyr Court 9- 10 am</u> <u>Mill Cove 10:30-11:30am</u></p>	<p style="text-align: right;">14</p> <p><i>Market Basket with lunch onsite</i> E: 10:00 am W: 10:30 am Bus: \$4.00</p>	<p style="text-align: right;">15</p> <p>Portland Farmers Market @ Deering Oaks E: 8:45 am W: 9:15 am *MC RES. Council Mtg - 3PM</p>	<p style="text-align: right;">16</p> <p>FREE - Bus SOPO Food Cupboard (5 max) E: 7:00 am W: 7:15 am SMAA Lunch @ Amer. Legion Hall Bus: \$2.00 W: 10:25 am E: 10:40 am</p>	<p style="text-align: right;">17</p>	<p style="text-align: right;">18</p> <p><i>Bean Supper @ United Methodist Church</i> W: 4:00 pm E: 4:15 pm Bus: \$2.00</p>
<p style="text-align: right;">19</p>	<p style="text-align: right;">20</p> <p><u>Northern Light Wellness</u> Clinics: <u>RE 8:30 -9:30am</u> <u>RG 10-11am</u> <u>Thor. Heights 11:30 –12:30pm</u></p>	<p style="text-align: right;">21</p> <p><i>Hannaford @ Mill Creek</i> E: 9:00 am W: 9:30 am Bus \$3.00</p>	<p style="text-align: right;">22</p> <p>Shopping @ LL Bean & the outlet stores. E: 9:00 am W: 9:30 am BUS: 4.00</p>	<p style="text-align: right;">23</p> 	<p style="text-align: right;">24</p> <p>SPHA offices - Closed</p>	<p style="text-align: right;">25</p> <p><i>Birthday Party for all to attend MC- 2PM 2nd floor</i></p>
<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p> <p>BUS \$3.00 <i>Hannaford @ Mill Creek</i> E: 9:00 am W: 9:30 am</p>	<p style="text-align: right;">29</p> <p>Old Timers shop & Lunch @ Sweet Memories E: 8:15 am W: 8:40 am Bus: \$7.00</p>	<p style="text-align: right;">30</p> <p>Lyric Thtr. - A Christmas Story W: 6:20 pm E: 6:50 pm BUS: \$2.00</p>		<p>Please turnover to read info. About the trips</p>

Happy November SPHA residents.

As the colder weather comes upon us please make sure you dress appropriately, IE, bring a jacket & wear comfortable shoes for the Activity trips. Also, please notice the pick up times and be ready for when the bus arrives.

If interested in participating in an Activity trip, please contact: Janet Taylor @ (207) 773-4140 ext. 246. E-mail (jtaylor@spha.net) is accepted, however, please know this is the last place I check.

November Activity trips:

11/1: The Maine Hist. Society presents the Photojournalism & the 1936 Flood exhibition examines the monumental destruction caused by this historic flood through the lens of the Guy Gannett Publishing Company. Also, the Code Red. Exhibition. A discount ticket price for Seniors is \$7.00. Lunch at One City Center.

11/2: Mystery Lunch. Have an open mind and join us for a Fall ride to have a delicious lunch. It is an American eatery with wordly influences. This community is rural with a "classic New England village".

11/7, 11/21, 11/28: Shopping @ Hannaford in Mill Creek. 11/14: Shopping @ Market Basket & lunch onsite in Westbrook. Please note your calendar.

11/8: Stopping for lunch at the Maine St. Bistro first. Then stopping to do some antiquing @ Cabot mills in Brunswick me. They have something for everyone here, IE, rare pieces, interesting, unique, old and fun.

11/9: Join us for breakfast at IHOP in SOPO. The first stop is at the Dollar (\$) store in Northgate then Trader Joe's. Please make sure you have plenty of bags to fill up with your goodies.

11/15: We will be heading over to the Farmers Market @ Deering Oaks in Portland. Plenty of farm fresh fruits, vegetables and more. Bus: \$4.00.

***Mill Cove Res. Council – 3 PM.**

11/16: Early Risers for the Food Cupboard. The SPHA bus has a max. of 5 residents due to the amount of groceries & bags.

Calling all residents for the SMAA Comm. Café. Lunch will be Braised beef w/mashed potatoes, gravy & dinner rolls. Suggested donation for 60+ is \$8.00 and under 60 is \$10.00.

11/18: Good old Saturday night Bean Supper. The SPHA bus has a max of 10 residents. Cost - \$10.00

11/22: Shopping at LL Bean or the LL Bean outlet store. A specific time frame will be given for shopping & lunch. You can have lunch onsite at LL Bean at the 1912 Café or other local eateries.

11/23: Happy Thanksgiving 🌻+

11/29: We are traveling early to get a start on your Christmas shopping @ the Old Timers shop in Sanford. This place is a gem. Lunch is at Sweet Memories Restaurant which the owner suggested. It has wonderful reviews.

11/30: Come to a classic holiday production of A Christmas Story @ Lyric Theatre. This is Pre-view night and will cost \$10.00 per person. Since seating is limited, the theater needs to hear from me 10 days prior with my numbers. I will not be taking last minute reservations.