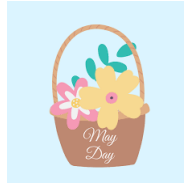


MAY 2024 SPHA ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Res. Council Mtg:5/21 – Tues @ 3:00 pm			1 Trader Joes & Ms. Portland Diner E: 9:00 am W: 9:30 am BUS: \$4.00	2 Shopping @ Walmart in Scarborough E: 9:00 am W: 9:30 am Bus: \$3.00	3	4
5	6 <i>No. Light Well- ness clinic: 425:9-10am Jocelyn Place: 10:30-11:30am Coffee Soc.-425 10:00 am 1st flr. Memory Lane @ Ridgeland Est. 2PM</i>	7 <i>Hann. @ Mill Crk E: 9:00 am W: 9:30 am Bus \$3.00 Hann. @ Scar-1pm Bus: \$3.00</i>	8 Ken's Seafood & Broadway Gardens E: 9:50 am W: 10:15 am BUS: \$4.00	9 Tour of WGME TV Station & lunch @ BRUNO'S Rest. & Tavern E: 8:50 am W: 9:15 am BUS: \$4.00	10	11
12 	13 <i>No. Light Well- ness Clinic: St Cyr 9-10 am Mill Cove 10:30- 11:30am 2PM @ SOPO Library- Woman's History in PTLD Bus - FREE W: 1:15 pm E: 1:30 pm</i>	14 <i>Hann. @ Mill Creek E: 9:00 am W: 9:30 am Bus: \$3.00 Hann. @ Scar-1pm Bus: \$3.00</i>	15 Cribbage @ Mill Cove (Practice) 1-3 PM	16 SOPO Food Cupboard E: 7:00am W: 7:15 am BUS: FREE Market Basket in WB w/lunch onsiteBus:4.00 E: 11:00 am W: 11:20 am	17 Redbank Comm. Ctr. - Ice Cream Social & Magic show E: 5:00 pm W: 5:30 pm Bus - \$2.00	18
19	20 <i>No. Light Well - ness Clinic: RE: 8:30-9:30am RG:10-11am TH Heights: 11:30- 12:30 pm 12:00 PM Potluck lunch & Bingo @ Ridgeland Est.</i>	21 <i>Hann. @ Mill Creek E: 9:00 am W: 9:30 am Bus: \$3.00 Hann. @ Scar-1pm Bus: \$3.00 Res. Council Mtg. MC – 3PM</i>	22 Cribbage @ Mill Cove (Practice) 1-3 PM	23 Maine Classic Museum & ICE CREAM – Dairy Corner E: 12:20 pm W: 12:50 pm BUS: 5.00	24	25 Birthday Party MC 3PM -2nd Flr. 
26	27 SPHA Offices Closed  MEMORIAL DAY	28 <i>Hann @ Mill Creek E: 9:00 am W: 9:30 am Bus: \$3.00 Hann. @ Scar-1pm Bus: \$3.00</i>	29 Cribbage @ Mill Cove 1-3 PM	30 Mystery Lunch & shopping @ Reny's E: 9:45 am W: 10:15 am Bus: \$6.00	31	<i>Please turnover to read info. about the trips</i>



Happy May Day SPHA residents,

To sign up for an activity trip please contact: Janet Taylor, Activity Coordinator, by phone (207) 773-4140 Ext. 246 or by email: jtaylor@spha.net. Thank you. **Also, keep your eyes out for Onsite Activities located at specific apartment locations.**

Pick Up Locations: Please see the pickup times for each activity on the calendar for each specific day. I plan to arrive on the other side approximately 15-20 minutes after I start picking people up. Pick up times may vary due to traffic, weather, etc.

E: East Side: Betsy Ross House, 235 Broadway, 425 Broadway & Mill Cove.

W: West Side: Ridgeland Est. & Gardens, Landry Vill/Adam Ct., Thorn. Heights, 1700/St. Cyr & Jocelyn Place.

A Northern Light Wellness Clinic will start up at Jocelyn Place on May 6th 10:30 - 11:30 am. Northern Lights will no longer hold a Wellness Clinic at Landry Village, however, please feel free to visit St. Cyr/1700 or Thornton Heights Wellness clinic on the specific date and times.

5/1: Shopping @ Trader Joe's then lunch at our favorite spot Ms. Portland Diner.

5/2: A Wal-Mart shopping trip all by itself. Sign up before a wait list is started.

5/6: Two onsite activities: Coffee Social @ 425/Hazard Towers in the 1st floor Community Room. Test your memory with Hollywood – Memory Lane at 2:00 pm in the Kitchen/Comm. Room of Ridgeland Gardens

5/7, 5/14, 5/21 and 5/28: Shopping at Hannaford @ Mill Creek. Jocelyn Place residents will be shopping @ 1:00 pm on Tuesday afternoons at the Hannaford in Scarborough.

5/8: We are headed to Ken's Place Seafood Rest. for an early lunch. Also, they serve Giffords ice cream. On the way back, the bus will be stopping @ Broadway Gardens. Wednesday is Mature days @ Broadway Gardens, and you will receive 10% off your purchase.

5/13: The SOPO. Library presents: Woman's History in the PTLD Area. The bus is FREE.

5/15: It is that time again...CRIBBAGE. Since the last tournament was won by Ed Libby the tournament will return to Mill Cove. Come learn how to play cribbage or just come to observe the game. It is a fun and easy-going atmosphere. The first two weeks (5/15 & 5/22 are practice) then the games begin (5/29). SPHA offers snacks & refreshments.

5/16: Two Activities-Thursday: Early risers for the SOPO Food Cupboard (Limit of 6 residents). I am allowing carts & your own bags to help ease the process. Also, shopping at Market Basket (MB) in Westbrook & lunch onsite.

5/20: Potluck Lunch 12-1 PM & Bingo @ 1:30 PM @ Ridgeland Estates. The Potluck lunch will be \$2.00 a person which will be put towards the Activity fund & Bingo is Free w/prizes. The Sign-up list will be located at the circular table adjacent to the Activity Calendar.

5/23: Louis from Maine Classic Car Museum will give a tour @1:30 pm. A group of "14" pays the discounted price of \$10.00. We will be stopping for ICE CREAM in Scarb.

5/30: Since our Mystery trip was cancelled in March. I was able to move our reservation to May with the same venue. I have kept my list and will keep the "13" residents who were participating in the March trip. If you can't make the date or are not interested anymore, please call me to cancel out.

