

# JULY 2024 SPHA ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Res. Council Mtg: 7/16 – Tues @ 3:00 pm</b>	<b>1</b> <u>No. Light Well-ness clinic: 425: 9-10am</u> <u>Jocelyn Place: 10:30-11:30am</u>  <b>10:00 am Mill Cove 4<sup>th</sup> of July craft</b>  <b>2:00 pm 425/ Haz. Towers 4<sup>th</sup> of July Craft</b>	<b>2</b> <b>Hann. @ Mill Crk</b> <b>E: 9:00 am</b> <b>W: 9:30 am</b> <b>Bus: \$3.00</b> <b>Hann. @ Scar-1pm</b> <b>Bus: \$3.00</b>	<b>3</b> <b>BUS: FREE</b> <b>Cribbage @ MC 1-3 PM</b>  <b>195<sup>th</sup> ARMY BAND Scar. Summer concert</b> <b>Bus: \$3.00</b> <b>E: 4:30 pm</b> <b>W: 5:00 pm</b>	<b>4</b> <b>SPHA OFFICES-CLOSED</b>  	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> <u>No. Light Well-ness Clinic: St Cyr 9-10 am</u> <u>Mill Cove 10:30-11:30am</u> <b>2:00 PM ROOT BEER Floats &amp; Trivia-Ridge-land Est.</b>	<b>9</b> <b>Music &amp; the PB&amp;ME Food Truck @ BRH</b> <b>E: 10:15am</b> <b>W:10:40am</b> <b>BUS: \$2.00</b>	<b>10</b> <b>Farmer's Market – Deering Oaks</b> <b>E: 8:15 am</b> <b>W: 8:40 am</b> <b>BUS: FREE</b> <b>Cribbage @ MC 1-3 PM</b>	<b>11</b> <b>Market Basket in WB &amp; lunch onsite</b> <b>Bus: \$4.00</b> <b>E: 10:00 am</b> <b>W: 10:30 am</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> <u>No. Light Well-ness Clinic: RE: 8:30-9:30am</u> <u>RG:10-11am</u> <u>TH Heights: 11:30-12:30 pm</u>  <b>2:00 PM ROOT BEER Floats &amp; Triva @ Ridge-land Gardens</b>	<b>16</b> <b>Hann. @ Mill Creek</b> <b>E: 9:00 am</b> <b>W: 9:30 am</b> <b>Bus: \$3.00</b> <b>Hann. @ Scar-1pm</b> <b>Bus: \$3.00</b> <b>Res. Council Mtg MC 3pm</b>	<b>17</b> <b>Shopping @ Wal-Mart In Scarb.</b> <b>Bus: \$3.00</b> <b>E: 8:30 am</b> <b>W: 9:00 am</b>  <b>Cribbage @ MC 1-3 PM</b> <b>Bus: Free</b>	<b>18</b> <b>SOPO Food Cupboard</b> <b>E: 7:00am</b> <b>W: 7:15 am</b> <b>BUS: FREE</b> <b>Oklahoma – Biddeford City Theater</b> <b>E: 6:15 pm</b> <b>W: 6:40 pm</b> <b>Bus: \$4.00</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> <b>12:00 PM Potluck lunch &amp; Bingo @ Jocelyn Place</b>	<b>23</b> <b>Hann @ Mill Creek</b> <b>E: 9:00 am</b> <b>W: 9:30 am</b> <b>Bus: \$3.00</b> <b>Footlight Thtre - IDA LECLAIR</b> <b>Bus: \$5.00</b> <b>E: 5:50 pm</b> <b>W: 6:10 pm</b>	<b>24</b> <b>Smiling Hill Farm picnic lunch</b> <b>Bus: \$3.00</b> <b>E: 9:00 am</b> <b>W: 9:30 am</b>	<b>25</b> <b>Mystery Lunch trip</b> <b>E: 9:45 am</b> <b>W: 10:15 am</b> <b>Bus: \$5.00</b>	<b>26</b>	<b>27</b> <b>Birthday Party MC 3PM -2nd Flr.</b>  
<b>28</b>	<b>29</b> <b>10:00 AM Coffee Soc. @ Jocelyn Place</b>	<b>30</b> <b>Hann @ Mill Creek</b> <b>E: 9:00 am</b> <b>W: 9:30 am</b> <b>Bus: \$3.00</b> <b>Hann. @ Scar-1pm</b> <b>Bus: \$3.00</b>	<b>31</b> <b>Songo River Queen II – Naples</b> <b>Ticket: \$31.00</b> <b>E: 10 :00 am</b> <b>W: 10 :30 am</b> <b>BUS: \$6.00</b>			<b>Please turnover to read info. about the trips</b>

Happy 4<sup>th</sup> of July 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](mailto: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.

**7/1: Making a 4<sup>th</sup> of July wreath @ Mill Cove @10:00 am. Making a 4<sup>th</sup> of July wreath @ 425/Haz. Towers @ 2:00pm. Please sign-up w/Janet so enough craft supplies are available.**

**7/2, 7/16, 7/23 & 7/30: Shopping at Hannaford in Mill Creek. The Jocelyn Place Tues. Hannaford trips are being decreased to 2 or 3xs per month. The dates for July are 7/2, 7/16 & 7/30. The time will remain the same as 1:00 pm pick up time at JP. Please specify which location when leaving a message.**

**7/3, 7/10 and 7/17 Cribbage Tourney 1-3 pm @ MC is still in progress. The SPHA bus is FREE.**

**7/8: Root Beer floats and Trivia @ Ridgeland Estates @ 10am. Come have a classic summer treat with some Trivia. Please sign-up w/Janet.**

**7/9: Come enjoy Music by Bill & Dave on the patio of BRH. Also, you can buy lunch from the PB & ME Food truck. Parking is limited at BRH. To participate in this activity, you must ride the SPHA bus.**

**7/10: Visit to Deering Oaks Farmer's Mkt. - Senior Farm Share program. The SPHA bus is FREE.**

**7/11: Shopping @ Market Basket with lunch onsite. Bring your reusable bags.**

**7/15: Root Beer floats and Trivia @ Ridgeland Gardens @ 2pm. Come have a classic summer treat with some Trivia. Please sign-up w/Janet.**

**7/17: Shopping @ Walmart. Bring your reusable bags.**

**7/18: Early risers for the SOPO Food Cupboard (Limit of 6 residents). I am allowing carts & your own reusable bags to help ease the process.**

**7/18: Bidd. City Theater presents OKLAHOMA. This is a 7:30 pm show. Donations to the City Theater are welcome.**

**7/22: Potluck lunch @ Jocelyn Place 12-1 pm & Bingo @ 1:30 pm. The Potluck lunch will be \$2.00 a person which will be put towards the Activity fund & Bingo is free. The Sign-up list will be located on the counter near the calendars.**

**7/23: Footlight Theatre presents Award-winning Maine humorist, SUSAN POULIN. Ida LeClair's guide to Love and Marriage. The show is \$20.00 and runs from 7- 8:20 pm. We will make our yearly stop at Super Scoops for ice cream before the Theatre.**

**7/24: Pack your lunch or you're welcome to eat at Smiling Hill Farm (I have a copy of the menu) in Westbrook. Our pkg includes Barnyard admittance & one token for feeding the animals. Also, one of the delicious ice cream sandwiches. We will have a table in the shade, however, please bring a hat, sunblock & water to stay hydrated. The price will be based on the number of attendees...TBD (to be determined).**

**7/25: The Mystery Lunch returns... Will we be heading North, south, East or west?**

**7/29: Coffee social @ Jocelyn Place. Come and chat with Janet & other residents from JP.**

**7/31: Bon Voyage...Traveling to Naples for the Songo River Queen Cruise on Long Lake. The cruise starts at noon and runs for 2 hours. Long Lake offers some of the most beautiful scenery in the region. The rate is \$31.00. The menu is limited to the cruise. Please make sure you have a hat, sunblock and bottled water to stay hydrated.**