

OCTOBER 2024 SPHA ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RES. Council Corner: MC Res. Council Mtg. is Tues. 10/15 @ 3:00 PM		1 SENIOR DAY @ THE FRYEBURG FAIR E: 8:15 am W: 8:40 am Bus: \$7.00	2 Farmer's Market @ Deering Oaks E: 8:30 am W: 9:00am BUS: FREE	3 Shopping @ Walmart in Scarb. Bus: \$3.00 E: 8:30 am W: 9:00 am	4	5
6	7 <i>No. Light Well- ness clinic:</i> 425: 9-10am <i>Jocelyn Place:</i> 10:30-11:30am 10:00 am Pumpkin Crafts Ridgeland Est. 2:00 pm Crossword Puzzles Ridgeland Gardens	8 <i>Hann. @</i> <i>Mill Creek</i> E: 9:00 am W: 9:30 am Bus: \$3.00 Hann. @ Scar- 1pm Bus: \$3.00	9 Weekly Senior Lunches- SCS E: 10:00 am W: 10:20 am Bus: \$3.00 (Fall Prev)	10 Stonewall kitchen & lunch onsite @ Café E: 9:00 am W: 9:30 am BUS: \$6.00	11	12
13	14 Indigenous People's Day SPHA OFFICES – CLOSED <i>No. Light Well- ness Clinic: St Cyr 9-10 am</i> <i>Mill Cove 10:30- 11:30am</i>	15 <i>Hann. @ Mill Creek</i> E: 9:00 am W: 9:30 am Bus: \$3.00 Res Council Mtg. MC - 3pm	16 Weekly Senior Lunches- SCS E: 10:00 am W: 10:20 am Bus: \$3.00 (The Flukes)	17 Bus: FREE SOPO Food Cupboard E: 7:00 am W: 7:15 am *Scarb. Food Pantry JP: 1:00 pm BUS: FREE	18	19 Bean Supper @ United Meth. Church E: 4:00 pm W: 4:15 pm BUS: \$2.00
20	21 <i>No. Light Wellness Clinic:</i> RE: 8:30-9:30am RG:10-11am TH Heights: 11:30- 12:30 pm 10:00 am Pumpkin Crafts- 425/HAZ. TOWER 2:00 pm Tour of the Kotschmar Organ @MA.	22 <i>Hann. @ Mill Creek</i> E: 9:00 am W: 9:30 am Bus: \$3.00 Hann. @ Scar- 1pm Bus: \$3.00	23 IHOP & Trader Joe's E: 8:30 am W: 9:00 am BUS: 4.00	24 Longhorn Steakhouse & shopping @ Hobby Lobby E: 9:00 am W: 9:30 am BUS: \$5.00	25	26 Birthday Pty. @ Mill Cove - 3PM on the 2 nd fl. 
27	28 10:00 am Fly swatter balloon volleyball-MC 2:00 pm Bingo @ St. CYR/1700	29 <i>Hann. @ Mill Creek</i> E: 9:00 am W: 9:30 am Bus: \$3.00	30 Senior Day @ Ox- ford Casino & lunch onsite E: 8:30 am W: 9:00 am BUS: \$6.00	31 Halloween Door Decorating Contest – Announced (please see Flyer) Happy Halloween		

***FYI: Thurs. eves 4:30-6:00 pm “South Portland Community Singers” – if you are interested in joining, please contact Phillip Smith @ (207) 773-4140 Ext. 234 or e-mail: psmith@spha.net. No experience necessary.**

Happy October SPHA residents,

We have plenty of Activity trips to join this month. 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. Calls will be made to each resident the night before the activity trip with approx. pick up times.

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. If the SPHA bus is full, please feel free to take your own car.

10/1: SENIOR DAY at the FRYEBURG FAIR! Seniors get in FREE. Admission for Adults is \$15.00. We will get an early start to the day for the Fall foliage ride to FRYEBURG. Please wear your walking shoes and be comfortable walking around the fairgrounds.

10/2: Visit to Deering Oaks Farmer's Market-Senior Farm share prog. The SPHA bus is Free. Bring your reusable bags.

10/3: Shopping @ Walmart in Scarborough. Please bring your reusable bags.

10/7: Pumpkin Craft-Ridgeland Est. @ 10:00am. I need to know #'s so please sign-up w/Janet.

10/7: Crossword Puzzles-Ridgeland Gardens @ 2:00pm. Come join the fun in solving the puzzle.

10/8 & 10/15, 10/22, 10/29: Shopping @ Hannaford in Mill Creek & two times a month for Hann. In Scarborough.

10/9: Scarborough Senior Lunches at Scarb. Comm. Serv (SCS). The menu is Chicken Parm. & a program will follow by **Portland Rehab. Hosp. about FALL PREVENTION**. Please sign up before 10/3. Lunch is served at 11:30 am. Sugg. Donation is \$8.00 cash.

10/10: A trip to Stonewall Kitchen & Home store. Lunch will be at the Stonewall Café.

10/16: Scarborough Senior Lunches at Scarb. Comm. Serv (SCS). The menu is Pot Roast Dinner & **The FLUKES Ukulele band** will be performing. Please sign up before 10/10. Lunch is served at 11:30 am. Suggested donation is \$8.00 cash.

10/17: Early risers for the SOPO Food Cupboard (Max of 6 residents). Carts & your own reusable bags are welcome. *New - Also, Jocelyn Place will be taking part in the Scarborough Food Pantry. Please call Janet to sign up. Carts & your own reusable bags are welcome.

10/19: A table of "10" is res. for SPHA which means the limit is "10" residents. \$10 per person.

10/21: Pumpkin Craft-425 @ 10:00 am. I need to know #'s so please sign-up w/Janet.

10/21: Tour of the Kotschmar Mem. Organ at Merrill Aud. You will go on stage or stay seated in the Aud. where the great symphonic pipe organ will play. Also, hear the history about the pipe organ and feel the organ chime. Time allowed for questions. **This is a FREE EVENT @ Merrill Aud.** Save your seat on the SPHA bus. Sign-ups need to be in by 10/10. East side p/up: 1:00 pm & West side p/up: 1:20 pm. Bus: \$4.00.

10/23: Have a good breakfast then off to shop @ Trader Joes for some Halloween goodies.

10/24: Early lunch @ Longhorn Steakhouse then shopping @ Hobby Lobby in Auburn. The store is loaded with arts and crafts, décor, items & more.

10/28: Fly Swatter Balloon Volleyball on the 2nd floor @ 2:00 pm-Mill Cove.

10/28: BINGO @ St. Cyr/1700 in the Comm. room at 2:00 pm. Prizes. Please sign-up w/Janet.

10/30: Save the date for the OXFORD CASINO! Get your free cookie & lunch on site. Make sure you have your license. Enjoy.