

NOVEMBER 2024 SPHA ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>RES. Council Corner: MC Res. Council Mtg. is Tues. 11/19 @ 3:00 PM</p>					1	2
3	<p style="text-align: center;">4</p> <p><u>No. Light Well-ness clinic: 425: 9-10am</u> <u>Jocelyn Place: 10:30-11:30am</u> 10:00 am Making Swedish Apple pies-RE & RG 2pm: Telephone Game - MC</p>	<p style="text-align: center;">5</p> <p><u>Hann. - Mill Creek</u> E: 9:00 am W: 9:30 am Bus: \$3.00 <u>Hann. Scar-1pm</u> Bus: \$3.00</p>	<p style="text-align: center;">6</p> <p>BUS: \$2.00 PTLD Comm Chorus (PCC) singing @ BRH – 2:30 pm E: 1:20 pm W: 1:45 pm</p>	<p style="text-align: center;">7</p> <p>Books-A-Million Bookstore & Olive Garden for lunch E: 9:15 am W: 9:35 am Bus: \$2.00</p>	8	9
10	<p style="text-align: center;">11</p> <p>VETERANS Day SPHA OFFICES CLOSED <u>No. Light Well-ness Clinic: St Cyr 9-10 am</u> <u>Mill Cove 10:30-11:30am</u></p>	<p style="text-align: center;">12</p> <p><u>Hann. - Mill Creek</u> E: 9:00 am W: 9:30 am Bus: \$3.00</p>	<p style="text-align: center;">13</p> <p>Weekly Senior lunches-SCS E: 10:15 am W: 10:40 am Bus: \$3.00 (Stroke Awareness)</p>	<p style="text-align: center;">14</p> <p>Market Basket in WB & lunch on- site E: 10:00 am W: 10:30 am Bus: \$4.00</p>	15	16
17	<p style="text-align: center;">18</p> <p><u>No. Light Wellness Clinic: RE: 8:30-9:30am</u> <u>RG:10-11am</u> <u>TH Heights: 11:30-12:30 pm</u> 10:00 am 10:00 am Making Swedish Apple pies- MC & 425 2PM: Telephone Game - RE</p>	<p style="text-align: center;">19</p> <p><u>Hann. - Mill Creek</u> E: 9:00 am W: 9:30 am Bus: \$3.00 <u>Hann. Scar-1pm</u> Bus: \$3.00 Res Council Mtg. MC - 3pm</p>	<p style="text-align: center;">20</p> <p>Old Timers Shop & lunch - Shains E: 8:20 am W: 8:40 am Bus: \$6.00</p>	<p style="text-align: center;">21</p> <p>Bus: FREE SOPO Food Cupboard E: 7:00 am W: 7:15 am Scarb. Food Pantry JP: 1:00 pm BUS: FREE</p>	22	23
24	<p style="text-align: center;">25</p> <p>10:00 am Making Swedish Apple pie- St. Cyr/1700 2pm: Crossword Puzzle - JP</p>	<p style="text-align: center;">26</p> <p><u>Hann. - Mill Creek</u> E: 9:00 am W: 9:30 am Bus: \$3.00</p>	<p style="text-align: center;">27</p> <p>Farmer's Market - Deering Oaks E: 8:30 am W: 9:00am BUS: FREE</p>	<p style="text-align: center;">28</p> <p>SPHA OFFICES CLOSED</p> <div style="text-align: center;">  </div>	29	<p style="text-align: center;">30</p> <p>Birthday Pty. @ Mill Cove - 3PM on the 2nd flr.</p> <div style="text-align: center;">  </div>

***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 November 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.

11/3: Daylight Saving Time (DST) – Turn your clocks back one hour.

11/4: Come have some ol' time fun with a game called "Telephone Game" at Mill Cove (MC) on the 2nd floor at 2:00 pm. Sign up with Janet.

11/5: Don't forget to vote.

Please keep your eyes out for Gratitude jars in your lobbies. With Thanksgiving around the corner, it is a time to be grateful & thankful. You will find a pen and paper with this jar and feel free to write down what you're grateful for or something you appreciate.

Come help make a Swedish apple pie for SPHA staff. We are grateful for the wonderful staff! I will bring together buildings to make the pies in the morning and staff will be able to enjoy them after lunch. Please join us on your specified date. 11/4: RE & RG @ RE Comm. Room, 11/18: MC & 425 @ MC on the 2nd floor, 11/25: St. Cyr in the Comm. Rm.

11/5, 11/12, 11/19, 11/26: Shopping at Hannaford in Mill Creek & two times a month for Hann in Scarborough.

11/6: Portland Comm. Chorus will be performing @ Betsy Ross House (BRH). They will be performing in the Dining Room at 2:30 pm. Parking is very limited at BRH. To participate in this activity, you must ride the SPHA bus.

11/7: Calling all booklovers... We are headed to Books-A-Million (BAM). Where you can find a great selection of books and nice prices. They have an assortment of games and other knick knacks. Lunch at Olive Garden.

11/13: Scarb. Senior lunches @ Scarb. Comm. Serv. (SCS). The menu is Beef Stew. The program following is by Portland Rehab. Hosp. (NERH) about STROKE AWARENESS. Please sign up before 11/7. Lunch is served @ 11:30 am. Sugg donation is \$8.00 cash.

11/14: Shopping at Market Basket in WB and lunch onsite. Get all the fixings for your Thanksgiving meal. Please bring your recyclable bags.

11/18: Come have some ol' time fun with a game called "Telephone Game" at Ridgeland Estates (RE) in the Comm. room. At 2:00pm. Sign up with Janet.

11/20: We are headed to the OLD TIMERS SHOP to see our friends and do some Holiday shopping. Handmade or local artists items for sale. Can't beat the prices. After shopping enjoy lunch at SHAINS in Sanford.

11/21: Early risers for the SOPO Food Cupboard (Max of 6 residents). Also, Jocelyn Place will be taking part in the Scarb. Food Pantry. Carts & reusable bags are welcome.

11/25: Crossword Puzzles at Jocelyn Place at 2:00 pm in the Comm. Room. Coffee & snack avail. Sign up with Janet.

11/27: The last Farmer's Market at Deering Oaks. Bring your list so you can stock up. Please bring your reusable bags.

Happy Thanksgiving to all SPHA residents.