

JANUARY 2025 SPHA ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Res. Council Corner: MC Res. Council Mtg Is Tues. 1/21 - 3:00 pm			1	2 Lights ride – Westbrook E: 3:00 pm W: 3:30 pm Bus: \$4.00	3	4
5	6 <u>No. Light Wellness clinic:</u> 425: 9-10am <u>Jocelyn Place:</u> 10:30-11:30am Scar. Public Library Emerg. Prep. Workshop E: 8:45am W: 9:15am BUS: FREE 2pm: Scavenger Hunt at JP	7 <i>Hann. - Mill Creek</i> E: 9:00 am W: 9:30 am Bus: \$3.00 <i>Hann. - Scarborough</i> E: 12:30 pm W: 1:00 pm Bus: \$3.00	8 Weekly Senior lunches- SCS E: 10:15 am W: 10:40 am Bus: \$3.00 (Winter safety tips)	9 Bidd. Shopping ctr: Target, TJ MAXX & Home Goods & lunch @ Golden Apple Buffet E: 8:45 am W: 9:15 am Bus: \$4.00	10	11
12	13 <u>No. Light Wellness Clinic:</u> <u>St Cyr 9-10 am</u> <u>Mill Cove 10:30-11:30am</u> 10am: Scavenger Hunt at RE 2pm: Scavenger Hunt at RG	14 <i>Hann. - Mill Creek</i> E: 9:00 am W: 9:30 am Bus: \$3.00 Res Council Mtg. MC - 3pm	15 Shopping - Walmart in Scarb. E: 8:30 am W: 9:00 am Bus: \$3.00	16 Bus: FREE SOPO Food Cupboard E: 7:00 am W: 7:15 am Scarb. Food Pantry JP: 1:00 pm BUS: FREE	17	18 Bean Supper @ United Meth. Church E: 4:00 pm W: 4:15 pm BUS: \$2.00
19	20 SPHA OFFICES CLOSED <u>No. Light Wellness Clinic:</u> <u>RE: 8:30-9:30am</u> <u>RG:10-11am</u> <u>TH Heights: 11:30-12:30 pm</u>	21 <i>Hann. - Mill Creek</i> E: 9:00 am W: 9:30 am Bus: \$3.00 <i>Hann. - Scarborough</i> E: 12:30 pm W: 1:00 pm Bus: \$3.00	22 Weekly Senior lunches- scs E: 10:15 am W: 10:40 am Bus: \$3.00 (Music w/Kevin Farley)	23 Mystery lunch E: 10:00 am W: 10:30 am Bus: \$5.00	24	25 Birthday Pty. @ Mill Cove - 3PM on the 2 nd flr. 
26	27 10am: Scavenger Hunt at St. Cyr 2pm: Scavenger Hunt at MC	28 <i>Hann. - Mill Creek</i> E: 9:00 am W: 9:30 am Bus: \$3.00	29 Market Basket in WB & lunch onsite E: 10:00am W: 10:30 am BUS: \$4.00	30 Movie Theatre at Clarks Pond E: 10:50 am W: 11:15 am Bus: \$2.00	31	Please turn to read more info. about the trips

*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 New Year – 2025 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. 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.

1/2: Join us to see the beautiful display of lights in Downtown Westbrook. The city of Westbrook does a phenomenal job if you haven't seen them before.

1/6: We will venture out to the Scarb. Library for a talk on an Emergency Prep. Workshop by the Scarborough Fire Department. Be prepared.

1/6: 2 pm: Scavenger Hunt at Jocelyn Place. We are hunting for some gift certificates and Free – bus activity trips. Meet in the Community room.

1/7, 1/14, 1/21 and 1/28: Shopping at Hannaford in Mill Creek & two times a month for Hannaford in Scarborough. (please plan your dates accordingly).

1/8: Scarborough Senior Lunches at Scarb. Comm. Serv (SCS). The menu is Haddock and the program following is Winter safety tips by the Scarb. Fire Department. Please sign up before 1/3. Lunch is served at 11:30 am. Suggested Donation is \$8.00 cash.

1/9: Shopping at Biddeford shopping center which includes: Target, TJ Maxx and Home Goods. Lunch is at the new Buffet Golden Apple where they are offering 10% **off?** for lunch.

1/13: 10 am: Scavenger Hunt at Ridgeland Estates. We are hunting for some gift certificates and Free – bus activity trips. Meet in the Community room.

1/13: 2 pm: Scavenger Hunt at Ridgeland Estates. We are hunting for some gift certificates and Free – bus activity trips. Meet in the Community room.

1/15: Shopping at Walmart in Scarborough. Please bring your reusable bags and storage is very limited. No carts.

1/16: Early risers for the SOPO Food Cupboard (Max of 6 residents). Also, Jocelyn Place will be taking part in the Scarb. Food pantry in the afternoon. **The Scarb. Food pantry does not deliver food.** It is a small food pantry. Carts and reusable bags are welcome.

1/18: The Bean Supper at United Methodist Church on Broadway. A table of “10” is reserved for SPHA which means the limit is “10” residents. The cost is \$10.00 per person.

1/20: SPHA offices closed. MLK day.

1/22: Scarborough Senior Lunches at Scarb. Comm. Serv (SCS). The menu is Chicken & gravy and the program following is Music with Kevin Farley. Please sign up before 1/17. Lunch is served at 11:30 am. Suggested Donation is \$8.00 cash.

1/23: The famous Mystery Lunch is back. Great homemade food. They have a delicious Blueberry Pie! YUM.

1/27: 10 am: Scavenger Hunt at St. CYR/1700. We are hunting for some gift certificates and Free – bus activity trips. Meet in the Community room.

1/27: 2 pm: Scavenger Hunt at Mill Cove & 425. We are hunting for some gift certificates and Free – bus activity trips. Meet in the Community room- 2nd floor.

1/29: Shopping at Market Basket in WB and lunch onsite. Please bring your reusable bags.

1/30: Entertainment Luxury Cinemas at Clarks Pond. We will be seeing “WICKED”. The tickets are \$10.00. We can enjoy the electric recliner seats and food. They offer Chicken tenders, mini pizzas, hot dogs, popcorn and candy. The bus will fill up quickly...