



SEPTEMBER 2025 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>*MC Res. Council Mtg: Tues. 9/16 - 3:00 pm</div>	<div>LABOR DAY 1</div> <div>SPHA OFFICES CLOSED</div> <div>No. Light Wellness clinic: 425: 9-10am</div> <div>Jocelyn Place: 10:30-11:30 am</div>	<div>2</div> <div>Hann. - Mill Creek</div> <div>E: 9:00 am</div> <div>W: 9:30 am</div> <div>Bus: \$3.00</div> <div>Hann. -Scarborough</div> <div>E: 12:30 pm</div> <div>W: 1:00 pm</div> <div>BUS: \$3.00</div>	<div>3</div> <div>Farmer’s Market – Deering Oaks</div> <div>E: 8:15 am</div> <div>W: 8:40 am</div> <div>BUS – FREE (Farm Share vouchers)</div>	<div>4</div> <div>Narrow Gauge Railroad Tour</div> <div>E: 12:45 pm</div> <div>W: 1:15 pm</div> <div>BUS: \$4.00</div>	<div>5</div>	<div>6</div>
<div>7</div>	<div>8</div> <div>No. Light Wellness Clinic: 1700/St Cyr 9:00-10am</div> <div>Mill Cove 10:30-11:30am</div> <div>2:00 pm: Activities Mtg. with Janet BRC in Act. Rm - (5th floor)</div>	<div>9</div> <div>Hann. - Mill Creek</div> <div>E: 9:00 am</div> <div>W: 9:30 am</div> <div>BUS: \$3.00</div> <div>Flash, Dave & Bill – on the Betsy Ross patio with the PB&ME truck</div> <div>E: 11:30 am</div> <div>W: 11:45 am</div> <div>BUS: \$2.00</div>	<div>10</div> <div>Shopping at Market Basket & lunch onsite in Westbrook</div> <div>E: 10:00 am</div> <div>W: 10:30 am</div> <div>BUS: \$4.00</div>	<div>11</div> <div>Portland Players – Anything Goes</div> <div></div> <div>W: 6:20 pm</div> <div>E: 6:45 pm</div> <div>BUS: \$2.00</div>	<div>12</div>	<div>13</div>
<div>14</div>	<div>15</div> <div>No. Light Wellness Clinic: RE: 8:30-9:30 am</div> <div>RG: 10-11 am</div> <div>THC: 11:30-12:30pm</div> <div>10:30 am: Mad Lib Monday-425 & Mill Cove – 2nd floor Comm. Rm</div> <div>2:00 pm: Mad Lib Monday-RE & RG -RE Community rm.</div>	<div>16</div> <div>Hann. - Mill Creek</div> <div>E: 9:00 am</div> <div>W: 9:30 am</div> <div>BUS: \$3.00</div> <div>Res Council Meeting-MC - 3pm</div>	<div>17</div> <div>Senior Day at Oxford Casino</div> <div>E: 8:30 am</div> <div>W: 9:00 am</div> <div>BUS: \$6.00</div>	<div>18</div> <div>SOPo Food Cupboard</div> <div>E: 7:00 am</div> <div>W: 7:15 am</div> <div>BUS: FREE</div>	<div>19</div>	<div>20</div>
<div>21</div>	<div>22</div> <div>Open to ALL</div> <div>Apple Pie BAKING Contest at Betsy Ross Crossing (BRC) – Comm. Room 5th floor</div> <div></div> <div>E: 1:00 pm</div> <div>W: 1:20 pm</div> <div>BUS - FREE</div>	<div>23</div> <div>Hann. - Mill Creek</div> <div>E: 9:00 am</div> <div>W: 9:30 am</div> <div>BUS: \$3.00</div>	<div>24</div> <div>(NEW!)</div> <div>The Dollar store, Nonesuch books, Goodwill & True Value in Mill Creek</div> <div>E: 9:00 am</div> <div>W: 9:30 am</div> <div>BUS: \$2.00</div>	<div>25</div> <div>Cumberland Fair – Senior Citizens Day</div> <div>12-3:30 pm</div> <div>E: 11:00 am</div> <div>W: 11:30 am</div> <div>BUS: \$4.00</div>	<div>26</div>	<div>27</div> <div>Birthday Party at Mill Cove – 3 PM on the 2nd floor</div> <div></div>
<div>28</div>	<div>29</div> <div>10:30 am Crochet Crew @ Mill Cove – 2nd floor Comm. Rm</div> <div>E: 9:30 am</div> <div>W: 10:00 am</div> <div>BUS-FREE (Open to all)</div>	<div>30</div> <div>Hann. - Mill Creek</div> <div>E: 9:00 am</div> <div>W: 9:30 am</div> <div>BUS: \$3.00</div>			<div>SPHA Buildings:</div> <div>BRH – Betsy Ross House</div> <div>BRC- Betsy Ross Crossing</div> <div>MC- Mill Cove 1700/St. Cyr</div> <div>RE- Ridgeland Estates</div> <div>RG-Ridgeland Gardens</div> <div>LV-Landry Vill.</div> <div>THC-Thornton Heights Comm</div> <div>JP-Jocelyn Place 425/Hazard Towers</div>	<div>*Please turn over to read more information about the trips.</div>

Happy Fall SPHA residents,

Let's Welcome Betsy Ross Crossing!!

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 building locations. Please sign up for the onsite activities, since I need to know the size of the group. Also, the earlier you sign up for an activity trip means you're not on the waitlist.**

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 approximate pick-up times.

E-East Side: Betsy Ross Crossing (BRC), Betsy Ross House (BRH), 235 Broadway, 425 Broadway & Mill Cove.

W-West Side: Ridgeland Est. & Gardens, Landry Vill & Adam Ct., Thorn. Heights Community, 1700/St. Cyr & Jocelyn Place. If the SPHA bus is full, please feel free to take your own car, however, just let Janet know ahead of time.

Activities & Activity Trips for September:

9/2, 9/9, 9/16, 9/23 & 9/30: Shopping at Hannaford's in Mill Creek. The Hannaford Scarborough shopping trip is on 9/2. Just a reminder, we have a three (3) bag limit policy on the bus. (Please plan your dates accordingly).

9/3: A visit to Deering Oaks Farmer's Market to get fresh fruits, veggies, baked goods and more. A time to use up your vouchers.

9/4: Relax on the beautiful historic train cars of Maine Narrow Gauge Railroad while you take in the ever-changing scenery along Casco Bay. Onboard narration provides fascinating history about the sights along the route, as well as Maine railroading history. The Group rate for a Senior (65+) ticket price is \$15.07. Also, don't forget the Gift store.

9/8: An Activity Trip Meeting will take place at Betsy Ross Crossing (BRC) to discuss the rules & guidelines for the SPHA bus. The meeting will be in the community room of BRC on the 5th floor at 2:00 pm. If you plan on riding the SPHA bus for future trips, it is required you attend to hear the rules & guidelines. I will provide copies for each resident since signatures are required. Please sign up with Janet ahead of time so she has the necessary amount of paperwork. Thank you.

9/9: Flash! Dave & Bill will entertain out back on the patio of BRH with the PB&ME Food truck. Sign up early for your Lobster roll and seat on the SPHA bus. Let Janet know if you're interested in a Lobster roll. It should be quite a performance!

9/10: Shopping at Market Basket and lunch onsite in Westbrook. They offer a variety of cooked meals, pizza or sandwiches. Please bring your reusable bags. Please remember, we have a 3-bag limit policy on the bus.

9/11: Preview night-Portland Players presents – Anything Goes. *Anything Goes* is a rollicking, romantic comedy set aboard the luxury ocean liner S. S. American, where a colorful cast of characters collide in a madcap, love-filled journey. Tickets are \$5.00 per person & 7:30 pm showtime. (2-hour show with intermission).

9/15: Senior Mad lib Monday. Come have some fun with a group of Mill Cove & 425 residents at 10:30 am on the 2nd floor of Mill Cove Community Room. Mad Libs are a fun word game that replaces specific words in a story with user-provided words, creating humorous & silly narratives.

9/15: Senior Mad lib Monday. Come have some fun with a group of Ridgeland Est. & Ridgeland Gardens residents at 2:00 pm in the Ridgeland Est. Comm. room. Mad Libs are a fun word game that replaces specific words in a story with user-provided words, creating humorous & silly narratives.

9/17: Senior Day (50+). All Seniors receive a FREE cookie. Visit the promotional kiosk which opens at 8:00 am to get your cookie voucher. Please bring a license or state ID. Drawings are hourly 10-1pm. Buy lunch at the Oxford Express.

9/18: Early risers for the Food Cupboard. Max is "5" residents. Carts and reusable bags are welcome.

9/22: Calling all Bakers!! Join us for an Apple Pie Baking contest at BRC on the 5th floor -Community room. Enter the contest by contacting Janet Taylor. SPHA will award three ribbons: 1st, 2nd & 3rd prizes. Come see who will be awarded the most delicious apple pie. We will have official Judges from SPHA staff. (Open to all).

9/24: **New!** "4" stores in 1 trip - (The Dollar store, Nonesuch books, Goodwill & True Value hardware). Please bring your reusable bags.

9/25: Senior Citizens Day (65+) at the 153rd Annual Cumberland County Fair. Tickets will be \$6.00 for Seniors, Adults \$15.00, & wheelchair/power wheelchairs are admitted free. Music on the Main Stage (in front of Exhib, Hall) by Andi Fawcett at 1:30 pm. Other sites: Show steer & log scooting contest, harness racing, antique sawmill demo. and the women's team of horses' distance exhibition in the pulling arena.

9/29: Crochet Crew at Mill Cove. Please bring your crochet needle or loom and yarn. All levels can learn & share in a social and fun environment. Even share your work with the group. Please contact Janet to sign up, and, if you need "Free" transportation from the SPHA bus.

