



OCTOBER 2025 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*MC Res. Council Mtg: Tues. 10/21- 3:00 pm	SPHA Buildings: BRH – Betsy Ross House BRC- Betsy Ross Crossing BP- Broad Pines MC- Mill Cove 1700/St. Cyr RE- Ridgeland Estates RG-Ridgeland Gardens LV-Landry Vill. THC-Thornton Heights Comm JP-Jocelyn Place 425/Hazard Towers	*Please turn over to read more information about the trips.	1 <i>Hann. - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00	2 Shopping at Walmart in Scarborough E: 8:30 am W: 9:00 am BUS: \$3.00	3	4
5	6 <i>No. Light Wellness Clinic:</i> 425: 9-10am <i>Jocelyn Place:</i> 10:30-11:30 am 2:00 PM: Mad Lib Monday – MC & 425 on the second floor in the Comm. rm-MC	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 (Chop Suey) E: 10:15 am W: 10:40 am BUS: \$3.00 (MEDICARE INFO.)	9 Lunch at Lucky Loggers and shopping at RENY’S & SHERMAN’S Book-Store in SACO E: 9:30 am W: 10:00 am BUS: \$4.00	10	11
12	13 No. Light Wellness Clinic: 1700/St Cyr 9:00-10am Mill Cove 10:30-11:30am 2:00 PM: CROSSWORD PUZZLE – RE & RG in Comm rm - RE	14 <i>Hann. - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00	15 Shopping at Market Basket & lunch onsite in Westbrook E: 10:00 am W: 10:30 am BUS: \$4.00	16 SOPO Food Cupboard 1 st trip – 8:30 am 2 nd trip -10:00am BUS: FREE 2:00 PM: CROSSWORD PUZZLE – BRH Activity Room	17	18
19	20 No. Light Wellness Clinic: RE: 8:30-9:30 am RG: 10-11 am THC: 11:30-12:30pm <i>Janet off</i>	21 <i>Janet off</i> Res Council Meeting- MC - 3pm	22 <i>Janet off</i>	23 <i>Janet off</i>	24 <i>Janet off</i>	25 Birthday Party at Mill Cove – 3 PM on the 2 nd floor 
26	27 <i>Janet off</i> 10:30 am Crochet Crew at Mill Cove – 2 nd floor Comm. room (Open to all) No BUS	28 <i>Janet off</i> <i>Hann. - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00	29 <i>Janet off</i>	30 <i>Janet off</i> Halloween Door Decorating Contest- Announce Winners (Please see flyer for rules of contest)	31  <i>Janet off</i>	1 First day of November 
2	3 <i>No. Light Wellness Clinic:</i> 425: 9-10am <i>Jocelyn Place:</i> 10:30-11:30 am	4 <i>Hann. - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00	5 <u>TheDollarstore, Nonesuch books, Goodwill & True Value in Mill Creek</u> E: 9:00 am W: 9:30 am BUS: \$2.00	6 Shopping at Market Basket & lunch onsite in Westbrook E: 10:00 am W: 10:30 am BUS: \$4.00	7	8

Happy October SPHA residents,

The first week of November is included in this calendar. I will be on vacation for two weeks: 10/20-10/31. Please read over the calendar and plan your trips, including the first week of November. It will help ease the process when I am back. Thank you for understanding.

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 October and the first week of November:

A flyer will be distributed to all buildings regarding the Halloween Door Decorating Contest. Please register with Carley Thiboutot (207) 553-3703 or email: cthiboutot@spha.net to participate in the Halloween Door Decorating Contest.

10/1(WED), 10/7, 10/14, 10/28 & 11/4: Shopping at Hannaford's in Mill Creek. The Hannaford Scarborough shopping trip is on 10/7. Just a reminder, we have a three (3) bag limit policy on the bus. (Please plan your dates accordingly).

Please note, the Hannaford trip on "10/28" will be covered by Nicole Linscott. For last-minute signups or cancellations, please call Nicole Linscott @ (207) 773-4140 Ext. 225.

10/2: Shopping at Walmart in Scarborough. Please bring your reusable bags. Just a reminder, we have a three (3) bag limit policy on the bus.

10/6: 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.

10/8: Weekly senior lunches at Scarborough Community Services (SCS). The menu is Chop Suey, and the suggested donation is **\$9.00**. They will be sharing information about Medicare. Please sign up before 10/2. Lunch is served at 11:30 am.

10/9: Early lunch at Lucky Loggers then afternoon shopping at Reny's and the new Sherman's bookstore in Saco.

10/13: Join us (Ridgeland Est. & Ridgeland Gardens residents) solving the giant Crossword puzzle in the Community room at Ridgeland Estates. Coffee & bread will be served.

10/15: 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.

10/16: Two trips are now being offered for the SOPO Food Cupboard. The max is "5" residents for each trip. Carts and reusable bags are welcome. I will call the afternoon before the trip with a pick-up time.

10/16: Join us solving the Crossword Puzzle in the Activity room of Betsy Ross House. Let's put our heads together as a group and help solve the puzzle. Coffee & bread will be served.

10/27: 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. The SPHA bus **will not** be available.

10/30: Announcement of the Winners of the Halloween Door Decorating Contest.

11/5: "4" stores in 1 trip - (The Dollar store, Nonesuch books, Goodwill & True Value hardware). Please bring your reusable bags.

11/6: 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.



