



NOVEMBER 2025 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 No. Light Wellness Clinic: 1700/St Cyr 9:00-10am Mill Cove 10:30-11:30am 2:00 PM: CROSSWORD PUZZLE – RE & RG (Comm rm – RE)	11 VETERAN’S DAY - SPHA CLOSED 	12 Weekly Senior lunches-SCS (Chicken Alfredo) E: 10:15 am W: 10:40 am BUS: \$3.00 (Barber Shop Quartet)	13 Shopping at Walmart in Scarborough E: 8:30 am W: 9:00 am BUS: \$3.00	14	15
16	17 No. Light Wellness Clinic: RE: 8:30-9:30 am RG: 10-11 am THC: 11:30-12:30pm 2:00 PM: BINGO – ST. CYR & LV (Comm. room of 1700)	18 Hann. - Mill Creek E: 9:00 am W: 9:30 am BUS: \$3.00 Hann. -Scarborough E: 12:30 pm W: 1:00 pm BUS: \$3.00 Res Council Meeting- MC - 3pm	19 Old Timer’s shop and Shain’s in Sanford E: 8:00 am W: 8:30 am BUS: \$6.00	20 SOPO Food Cupboard 1 st trip – 8:30 am 2 nd trip -10:00am BUS: FREE	21	22 Birthday Party at Mill Cove – 3 PM on the 2 nd floor 
23	24 10:30 am Crochet Crew at Mill Cove – 2 nd floor Comm. room (Open to all) BUS- FREE W: 10:15 am E: 10:35 am	25 Hann. - Mill Creek E: 9:00 am W: 9:30 am BUS: \$3.00	26 Breakfast at STACKS in Scarborough E: 8:10 am W: 8:30 am BUS: \$3.00	27  Happy Thanksgiving SPHA Offices closed	28 SPHA Offices Closed	29
30					*MC Res. Council Mtg: Tues. 11/18- 3:00 pm *Please turn over to read more information about the trips.	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

Happy Thanksgiving SPHA residents!

As the cooler weather comes upon us, please make sure you dress appropriately, for example, bring a jacket and wear comfortable shoes for the Activity trips.

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 Broad Pines (BP) 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 the rest of November:

11/4: Voting day. All polling locations are open 7:00 am to 8:00 pm.

11/10: Join us (Ridgeland Est. & Ridgeland Gardens residents) solving the giant Crossword puzzle in the Community room at Ridgeland Estates. Coffee & bread will be served.

11/11: Happy Veteran's Day

11/12: Weekly senior lunches at Scarborough Community Services (SCS). The menu is Chicken Alfredo, and the suggested donation is **\$9.00**. A Barber Shop Quartet will perform after lunch. Please sign up before 11/6. Lunch is served at 11:30 am.

11/13: Shopping at Walmart in Scarborough. Please bring your reusable bags. Just a reminder, we have a three (3) bag limit policy on the bus.

11/17: Bingo is at St. Cyr/1700 in the Comm. room. Lots of fun & prizes for the winners. This is open to St. Cyr/1700 and Landry Village residents.

11/18 & 11/25: Shopping at Hannaford's in Mill Creek. The Hannaford Scarborough shopping trip is on 11/18. Just a reminder, we have a three (3) bag limit policy on the bus. (Please plan your dates accordingly).

11/19: We are headed to the OLD TIMERS SHOP to see our friends and do some HOLIDAY shopping. This store is a gold mine! Hand-made or local artists items for sale. Can't beat the prices. After shopping enjoy lunch at SHAINS in Sanford.

11/20: 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. "South Portland Only".

11/24: Crochet Crew at Mill Cove. Please bring your crochet needle or loom and yarn, however, we will lend a crochet needle or yarn if need be. All levels can learn & share in a social and fun environment. Even share your work with the group. Please contact Janet to sign up. The SPHA bus is FREE.

SAVE THE DATE! The first Saturday (12/6) of December is the Christmas Fair at Betsy Ross House. Hours 9:00am-2:00 pm. Mark your calendars.