



# DECEMBER 2025 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>No. Light Wellness Clinic:</b> <b>425: 9-10am</b> <b>Jocelyn Place:</b> <b>10:30-11:30 am</b>  <b>2:00 pm: 425 &amp; MC-Christmas Jeopardy-2<sup>nd</sup> floor of MC</b>	2 <b>Hann. - Mill Creek</b> <b>E: 9:00 am</b> <b>W: 9:30 am</b> <b>BUS: \$3.00</b>	3 <b>Holiday shopping at the outlet of LL Bean&amp; the home store of LL Bean in Freeport w/ lunch at Market Basket</b> <b>E: 8:30 am</b> <b>W: 9:00 am</b> <b>BUS: \$5.00</b> 	4 <b>Preview show at Portland Players</b>  <b>W: 6:20 pm</b> <b>E: 6:45 pm</b> <b>BUS: \$2.00</b>	5	6 <b>9:00 am – 2:00pm Christmas Fair at BRH</b> 
7	8 <b>No. Light Wellness Clinic:</b> <b>1700/St Cyr 9:00-10am</b> <b>Mill Cove 10:30-11:30am</b> <b>2:00 pm: Christmas Jeopardy-RE/RG-Comm. room at RE</b>	9 <b>Hann. - Mill Creek</b> <b>E: 9:00 am</b> <b>W: 9:30 am</b> <b>BUS: \$3.00</b>  <b>Hann. -Scarborough</b> <b>E: 12:30 pm</b> <b>W: 1:00 pm</b> <b>BUS: \$3.00</b>	10 <b>Weekly Senior Lunches-(SCS) (Dickens Carolers)</b> <b>E: 10:15 am</b> <b>W: 10:40 am</b> <b>BUS: \$3.00</b> <b>(Beef Stew)</b>	11 <b>Flash! Bill &amp; Dave – Christmas Sing Along at BRH in the dining room @ 2:30 PM</b> <b>W: 1:00 pm</b> <b>E: 1:20 pm</b> <b>BUS: \$2.00</b>  <b>(**please see back for Contest description)</b>	12	13
14	15 <b>No. Light Wellness Clinic:</b> <b>RE: 8:30-9:30 am</b> <b>RG: 10-11 am</b> <b>THC: 11:30-12:30pm</b> <b>2:00 pm: Christmas Trivia-St. Cyr/1700 &amp; LV in Comm. room-1700</b>	16 <b>Hann. - Mill Creek</b> <b>E: 9:00 am</b> <b>W: 9:30 am</b> <b>BUS: \$3.00</b> <b>Res Council Meeting-MC - 3pm</b>	17 <b>ME Celebration of Lights at the Cumberland Fairgrounds</b> <b>E: 3:45 pm</b> <b>W: 4:10 pm</b> <b>BUS: \$4.00</b> 	18 <b>SOPH Food Cupboard</b> <b>1<sup>st</sup> trip – 8:30 am</b> <b>2<sup>nd</sup> trip -10:00am</b> <b>BUS: FREE</b>  <b>2:00 PM: CROSSWORD PUZZLE – BRH Activity Room</b>	19	20 <b>Birthday Party at Mill Cove – 3 PM on the 2<sup>nd</sup> floor</b> 
21	22 <b>2:00 pm: Crossword Puzzle JP in the Comm. room</b>	23 <b>Hann. - Mill Creek</b> <b>E: 9:00 am</b> <b>W: 9:30 am</b> <b>BUS: \$3.00</b>	24 <b>IHOP and RENY’S in Saco</b> <b>E: 8:30 am</b> <b>W: 9:00 am</b> <b>BUS: \$4.00</b>	25 <b>SPHA OFFICES CLOSED</b> 	26	27
28	29 <b>Crochet Crew at Mill Cove – 2<sup>nd</sup> floor Comm. room</b> <b>BUS- FREE</b> <b>W: 10:15 am</b> <b>E: 10:35 am</b> <b>(Open to all)</b>	30 <b>Hann. - Mill Creek</b> <b>E: 9:00 am</b> <b>W: 9:30 am</b> <b>BUS: \$3.00</b>	31 <b>OLIVE GARDEN – Year End Celebration</b> <b>E: 10:00 am</b> <b>W: 10:30 am</b> <b>BUS: \$2.00</b> 	*MC Res. Council Mtg: Tues. 12/16- 3:00pm	<b>SPHA Buildings:</b> BRH – Betsy Ross House BRC- Betsy Ross Crossing BP- Broad Pines MC- Mill Cove AC-Adam Court 1700/St. Cyr RE- Ridgeland Estates RG-Ridgeland Gardens LV-Landry Village	<b>SPHA Buildings:</b> THC-Thornton Heights Comm JP-Jocelyn Place 425/Hazard Towers ----- *Please turn over to read more information about the trips.

Merry Christmas, Happy Hanukkah and Happy New Year, SPHA residents!

Warmest wishes for a wonderful year ahead...Happy 2026!

As the cold weather comes upon us, please make sure you dress appropriately, i.e., bring a jacket, gloves, hat & wear comfortable boots/shoes for Activity trips.

Please be aware all Activity trips must have “5” or more residents on the SPHA bus. If a resident cancels out the day of a trip and it only leaves “4” residents on the bus, this means the trip will be canceled.

Join us on one of our Holiday 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](mailto: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 Commons, 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 December:

**12/1: 425 & Mill Cove residents - Put on your thinking caps and enjoy a fun game of Christmas Jeopardy with festive categories in the Mill Cove Community Room on the 2<sup>nd</sup> floor. Depending on the amount of participation, it can be run with teams or on an individual basis. Coffee and a holiday dessert item will be available.**

**12/2, 12/9, 12/16, 12/23 12/30: Shopping at Hannaford’s in Mill Creek. The Hannaford Scarborough shopping trip is on 12/9. Just a reminder, we have a three (3) bag limit policy on the bus. (Please plan your dates accordingly).**

**12/3: Holiday shopping at the LL BEAN outlet & home-store. Our first stop will be at the Outlet store then our second stop will be at the home-store of LL Bean. We will have a time limit to shop between the two stores. Lunch will be at the Market Basket in Topsham, so please bring a snack to put in your purse/bag to hold you over until we arrive at Market Basket.**

**12/4: Preview night-Portland Players presents – Annie. A heartwarming holiday classic filled with laughter, love and songs. Tickets are \$5.00 per person & 7:30 pm showtime. (2.5-hour show with intermission).**

**12/8: RE & RG residents – Put on your thinking caps and enjoy a fun game of Christmas Jeopardy with festive categories at 2:00 pm in the Community Room of Ridgeland Estates (RE). Depending on the amount of participation, it can be run with teams or on an individual basis. Coffee and a holiday dessert item will be available.**

**12/10: Weekly Senior Lunches-(SCS): Presenting the Dickens Carolers. The menu is Beef Stew, and the suggested donation is \$9.00. Please sign up before 12/4. Lunch is served at 11:30 am.**

**12/11: Get ready to spread some holiday cheer with Flash! Bill & Dave. A Christmas Sing along will take place at 2:30 pm in the Dining Room of Betsy Ross House (BRH). They will certainly put us in the holiday mood.**

**\*\*Also, SPHA will be holding a fun and festive holiday contest of decorating your adaptive equipment: walkers/rollators and power wheelchairs). Decorations on your adaptive equipment can’t obstruct any moving parts, get caught in wheels, or create a safety hazard. Winners will be chosen by the Judges at the end of the Sing Along. We will offer first, second, and third prizes and the winners will showcase their festive adaptive equipment. The SPHA bus will provide transportation to residents who sign up for the Activity.**

**12/15: 1700/St. CYR & LV residents – Come enjoy fun and festive Christmas Trivia at 2:00 pm in the Community Room of 1700/St. Cyr. Coffee and a holiday dessert item will be available.**

**12/17:ME Celebration of Lights at the Cumberland Fairgrounds. The SPHA bus takes a one-mile drive through a million twinkling lights display and themed scenes in the fairgrounds. It is pure holiday joy. (The cost of the light show will depend on the number of participants on the bus.)**

**12/18: 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.**

**12/22: Jocelyn Place (JP) residents – Let’s put our heads together to complete the Crossword Puzzle at 2:00 pm in the Community Room. Coffee and a holiday dessert item will be available.**

**12/24: Last minute Christmas shopping at RENY’s in Saco. We will stop for a good hearty breakfast at IHOP then head to Reny’s. Please be aware, I will give the wait-listed residents from the October trip first choice for this trip. Thank you for understanding.**

**12/25: Merry Christmas – SPHA OFFICES CLOSED.**

**12/29: Crochet Crew at Mill Cove. Please bring your crochet needles, loom, or extra yarn. All levels can learn & share in a social & fun environment. Share your work with the group. Please contact Janet to sign up. The SPHA bus is Free.**

**12/31: Early lunch at Olive Garden. Let’s all look festive and dazzle each other with our outfits for the end of the year celebration. Let’s look forward to the year ahead with SPHA Activity trips - 2026!**