



# January 2026 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*MC Res. Council Mtg: Tues. 1/20- 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 THC-Thornton Heights Comm JP-Jocelyn Place 425/Hazard Towers	<b>*Please turn over to read more information about the trips.</b>		1  	2	3
4	5 <b>No. Light Wellness Clinic:</b> 425: 9-10am <b>Jocelyn Place:</b> 10:30-11:30 am <b>2:00 pm – 425/MC-Horse racing- 2<sup>nd</sup> floor Comm. rm-MC</b> 	6 <b>No. Light Wellness Clinic:</b> <b>BRH &amp; BRC: 7:30-9:30am</b> <b>Hann. - Mill Creek</b> E: 9:00 am W: 9:30 am BUS: \$3.00 <b>Hann. - Scarborough</b> E: 12:30 pm W: 1:00 pm BUS: \$3.00	7 <b>Shopping at Market Basket &amp; lunch onsite in Westbrook</b> E: 10:00 am W: 10:30 am BUS: \$4.00	8 <b>Mill Creek Plaza: The Dollar Store, Nonesuch Books, Goodwill &amp; True Value</b> W: 8:45 am E: 9:15 am BUS: \$2.00  <b>SOPO Library – The Locker Project (NO SPHA Bus)</b>	9	10
11	12 <b>No. Light Wellness Clinic:</b> 1700/St Cyr 9:00-10am <b>Mill Cove 10:30-11:30am</b> <b>2:00 pm – 1700/LV -BINGO (Comm. room of 1700)</b> 	13 <b>BRH &amp; BRC: 7:30-9:30am</b> <b>Hann. - Mill Creek</b> E: 9:00 am W: 9:30 am BUS: \$3.00 <b>FREE - Cribbage at Westbrook Comm. Center 1-3 pm (Redwood Room)</b> E: 12:15 pm W: 12:40 pm BUS: FREE	14 <b>Weekly Senior Lunches-(SCS) QUICHE</b> E: 10:15 am W: 10:40 am BUS: \$3.00 (Chewonki Owls of Maine) 	15 I loved, I lost, I made spaghetti – Footlight Theatre E: 6:00 pm W: 6:20 pm BUS: \$4.00 (Pre-pay) 	16	17
18	19 <b>SPHA Offices Closed</b> <b>No. Light Wellness Clinic:</b> RE: 8:30-9:30 am RG: 10-11 am THC: 11:30-12:30pm Martin Luther King Day	20 <b>No. Light Wellness Clinic:</b> <b>BRH &amp; BRC: 7:30-9:30am</b> <b>Hann. - Mill Creek</b> E: 9:00 am W: 9:30 am BUS: \$3.00 Res Council Meeting-MC- 3pm	21 <b>Bidd. Shopping Ctr: Target, TJ MAXX &amp; Home Goods with lunch at Golden Apple Buffet</b> E: 8:45 am W: 9:15 am Bus: \$4.00	22 <b>SOPO Food Cupboard</b> 1 <sup>st</sup> trip – 8:30 am 2 <sup>nd</sup> trip -10:00am BUS: FREE  <b>2:00 PM: Crochet Crew – Mill Cove (2<sup>nd</sup> floor Comm. room)</b> Open to all	23	24
25	26 <b>2:00 pm – RE &amp; RG-Horse racing in the Comm. room of RE</b> 	27 <b>No. Light Wellness Clinic:</b> <b>BRH &amp; BRC: 7:30-9:30am</b>  <b>Hann. - Mill Creek</b> E: 9:00 am W: 9:30 am BUS: \$3.00	28 <b>Longhorn Steakhouse &amp; shopping at Hobby Lobby in Auburn</b> E: 9:00 am W: 9:30 am BUS: \$5.00	29 <b>Hannaford Tour – (Guiding Stars &amp; healthy eating)</b> E: 1:15 pm W: 1:40 pm BUS: FREE	30	31 <b>Birthday Party at Mill Cove – 3 PM on the 2<sup>nd</sup> floor</b> 

Happy New Year, SPHA residents!

Winter is here. Please make sure you dress appropriately for the weather conditions, i.e., a jacket, gloves, hat & wear comfortable boots/appropriate shoes for Activity trips.

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.

All adaptive equipment, i.e., walkers or rollators, must be in working order when riding the SPHA bus.

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 (in red) located at specific building locations. Early sign up is recommended since activity trips can fill up quickly.

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 January:

1/5: Join us for a fun filled afternoon with the horse racing game at Mill Cove - the 2<sup>nd</sup> floor Community room. This is open to 425/Hazard Towers and Mill Cove residents. Prizes awarded to the winners.

1/6, 1/13, 1/20, & 1/27: Shopping at Hannaford's in Mill Creek. The Hannaford Scarborough shopping trip is on 1/6. Just a reminder, we have a three (3) bag limit policy on the bus. (Please plan your dates accordingly).

1/7: 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.

1/8: Shopping at Mill Creek Plaza. “4” stores in “1” trip – (The Dollar Store, Nonesuch Books, Goodwill & True Value hardware. Please bring your reusable bags. It is an outside mall. The walkways are covered.

1/8: The Locker Project is at the SOPO Library at 3:30 pm. They will be sharing local farm produce & other nourishing food. The SPHA Bus will not be available.

1/12: Bingo is at 1700/St. Cyr in the Comm. room. Lots of fun & prizes for the winners. This is open to St. Cyr/1700 and Landry Village residents.

1/13: New! SPHA will be joining Westbrook Community Center's Cribbage club (it is open to ages 50+ for FREE). Also, the SPHA bus will be FREE. It is a chance to play cribbage, socialize and meet new friends. They offer free coffee, water and snacks. All residents on the trip will have a chance to win a “Free” gift certificate to ride the SPHA BUS - (any denomination).

1/14: Weekly senior lunches at Scarborough Comm. Services (SCS). The menu is Quiche, and the suggested donation is \$9.00. Please sign up by 1/8. This is a popular traveling educational presentation featuring live, non-releasable owls from the Wildlife Center. Lunch is served at 11:30 am. All residents on the trip will have a chance to win a “Free” gift certificate to ride the SPHA BUS-(any denomination).

1/15: Opening night – I loved, I lost, I made spaghetti (Comedy) at Footlight Theater in Falmouth. This deliciously funny story of food, flings, and figuring it out will be a hilarious way to start the new year! The show is at 7pm & \$25.00 per person. I will be asking for pre-payment. Prior reservation.

1/19: Martin Luther King Day - SPHA Offices Closed.

1/21: Shopping at Biddeford shopping center which includes: Target, TJ Maxx and Home Goods. Lunch is at the Buffet Golden Apple. Senior discount over 65 is \$14.39 with tax. Regular price is \$15.99 with tax.

1/22: 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 pickup time.

12/22: Crochet Crew at Mill Cove. We will meet every other month and on Thursday's now. Please bring your crochet needles, loom or extra yarn. All levels can learn & share in a social and fun environment. Share your work with the group. Please contact Janet to sign up. The SPHA bus is Free.

1/26: Join us for a fun filled afternoon with the horse racing game at Ridgeland Estates - Community room. This is open to Ridgeland Est. and Ridgeland Gardens residents. Prizes awarded to the winners.

1/28: Early lunch at Longhorn Steakhouse then shopping at Hobby Lobby in Auburn. Calling all crafters! This store is full of arts 'n crafts and décor items. A nice scenic ride to Auburn, a great lunch at Longhorn, and shopping at Hobby Lobby.

1/29: Hannaford Tour (Scarborough Location) with Dietitian, Hillary Pride RDN, LD, NASM-CPT. She will cover the Guiding Stars nutrition navigation system, meal planning made easy, and heart healthy nutritional suggestions. Only “10” spots are available for this tour. Depending on the interest, we hope to offer more tours that will be available in the future.

