



February 2026 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<p><u>No. Light Wellness Clinic:</u> <u>425: 9-10am</u> <u>Jocelyn Place: 10:30-11:30 am</u> <u>2:00 pm – Jocelyn Place - Horse Racing- Comm. rm of JP</u></p> 	<p><u>No. Light Wellness Clinic:</u> <u>BRH & BRC: 7:30-9:30am</u> <u>Hann. - Mill Creek</u> <u>E: 9:00 am</u> <u>W: 9:30 am</u> <u>BUS: \$3.00</u> <u>Hann. -Scarborough</u> <u>E: 12:30 pm</u> <u>W: 1:00 pm</u> <u>BUS: \$3.00</u></p>	<p><u>1:00-2:00 PM: Chair Yoga Class at Ridgeland Est.</u> <u>FREE</u> <u>E: 12:10 pm</u> <u>W: 12:40 pm</u> <u>BUS: FREE</u></p>	<p><u>Lunch at Portland Pie & shopping at Walmart in Falmouth</u> <u>E: 10:00 am</u> <u>W: 10:30 am</u> <u>BUS: \$4.00</u></p>		
8	9	10	11	12	13	14
	<p><u>No. Light Wellness Clinic:</u> <u>1700/St Cyr 9:00-10am</u> <u>Mill Cove 10:30-11:30am</u> <u>2:00 pm: Présidents Day Trivia – RE & RG-Comm. rm of RE</u></p>	<p><u>No. Light Wellness Clinic:</u> <u>BRH & BRC: 7:30-9:30am</u> <u>JANET VACATION</u></p>	<p><u>1:00-2:00 PM: Chair Yoga Class at Ridgeland Est.</u> <u>FREE</u> <u>E: 12:10 pm</u> <u>W: 12:40 pm</u> <u>BUS: FREE</u></p>	<p><u>Lunch at Friendly’s & a visit to Haven’s Candies in Westbrook</u> <u>E: 10:00 am</u> <u>W: 10:30 am</u> <u>\$3.00</u></p> <p><u>3:30 pm: SOPO Library – The Locker Project (NO SPHA Bus)</u></p>		<p><u>Valentine’s Day</u></p> 
15	16	17	18	19	20	21
	<p><u>SPHA Offices Closed</u> <u>Presidents Day</u> <u>No. Light Wellness Clinic:</u> <u>RE: 8:30-9:30 am</u> <u>RG: 10-11 am</u> <u>THC: 11:30-12:30pm</u></p>	<p><u>No. Light Wellness Clinic:</u> <u>BRH & BRC: 7:30-9:30am</u> <u>Hann. - Mill Creek</u> <u>E: 9:00 am</u> <u>W: 9:30 am</u> <u>BUS: \$3.00</u> <u>FREE - Cribbage at Westbrook Comm. Center 1-3 pm</u> <u>E: 12:15 pm</u> <u>W: 12:40 pm</u> <u>BUS: FREE</u> <u>Res Council Meeting-MC- 3pm</u></p>	<p><u>1:00-2:00 PM: Chair Yoga Class at Ridgeland Est.</u> <u>FREE</u> <u>E: 12:10 pm</u> <u>W: 12:40 pm</u> <u>BUS: FREE</u></p>	<p><u>SOPO Food Cupboard</u> <u>1st trip – 8:30 am</u> <u>2nd trip -10:00am</u> <u>BUS: FREE</u></p> <p>-----</p> <p><u>2:00 PM: CROSSWORD PUZZLE-BRH/BRC</u></p>		
22	23	24	25	26	27	28
<p><u>Washington’s Birthday</u></p>	<p><u>2:00 pm: Presidents Day Trivia - MC & 425 (2nd floor Comm. Rm-MC)</u></p>	<p><u>No. Light Wellness Clinic:</u> <u>BRH & BRC: 7:30-9:30 am</u> <u>Hann. - Mill Creek</u> <u>E: 9:00 am</u> <u>W: 9:30 am</u> <u>BUS: \$3.00</u></p>	<p><u>1:00-2:00 PM: Chair Yoga Class at Ridgeland Est.</u> <u>FREE</u> <u>E: 12:10 pm</u> <u>W: 12:40 pm</u> <u>BUS: FREE</u></p>	<p><u>The Green Ladle – Lewiston Reg. Tech. Center</u> <u>9:00 am</u> <u>9:30 am</u> <u>BUS: \$6.00</u></p>		<p><u>Birthday Party at Mill Cove – 3 PM on the 2nd floor</u></p> 
<p><u>*MC Res. Council Mtg: Tues. 2/17 - 3:00pm</u></p>		<p><u>SPHA Buildings:</u> <u>BRH – Betsy Ross House</u> <u>BRC- Betsy Ross Crossing</u> <u>BP- Broad Pines</u> <u>MC- Mill Cove</u> <u>AC-Adam Court</u> <u>425/Hazard Towers</u></p>	<p><u>SPHA Buildings:</u> <u>1700/St. Cyr</u> <u>RE- Ridgeland Estates</u> <u>RG-Ridgeland Gardens</u> <u>LV-Landry Village</u> <u>THC-Thornton Heights Commons</u> <u>JP-Jocelyn Place</u></p>			<p><u>*Please turn over to read more information about the trips.</u></p>

Happy February, SPHA residents!

Winter is still 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. Thank you. Early sign up is recommended since activity trips can fill up quickly. If the SPHA bus is full, please feel free to take your own car, however, just let Janet know ahead of time. **Also, keep your eyes out for Onsite Activities (in red) located at specific building locations.**

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.

Activities & Activity Trips for February:

2/2: Join us for a fun afternoon filled with the horse racing game at Jocelyn Place-the Community room on the first floor. Prizes awarded to the winners.

2/3,2/17 & 2/24: Shopping at Hannaford’s in Mill Creek. The Hannaford Scarborough shopping trip is on 2/3. Just a reminder, we have a three (3) bag limit policy on the bus. (Please plan your dates accordingly).

2/4, 2/11, 2/18, 2/25, 3/4 & 3/11: SEA CHANGE YOGA is offering a Chair Yoga Class at RIDGELAND ESTATES. This is a 6-week program – FREE. The SPHA Bus will be FREE, too (Bus spots limited). This is open to BRC, BRH, 425, MC, RE, RG, St. Cyr, LV & JP residents. Please sign up with Nicole Linscott at 773-4140 Ext. 225. Please specify if you need transportation when leaving your message.

2/9: Ridgeland Est. & Ridgeland Gardens – Come test your knowledge with Presidential Trivia in the Community Room at Ridgeland Estates. Depending on the amount of participation, it can be run with teams or on an individual basis. Coffee and a snack will be available.

2/10: Janet vacation day.

2/12: Lunch at Friendly’s in SOPO. Classic diner fare and many ice cream treats. After lunch, we will stop at the famous Haven’s Candies right around the corner in Westbrook. Purchase all your Valentine goodies. It will be a busy place for sure.

2/16: Presidents Day-SPHA Offices Closed.

2/17: 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.

2/19: Two trips are now being offered for the SOPO Food Cupboard at the new location (the old Burlington Coat Factory). 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.

2/19: Betsy Ross House (BRH) & Betsy Ross Crossing (BRC) residents-Let’s put our heads together to complete the Crossword Puzzle at 2:00 pm in BRH Community Room.

2/23: 425/Hazard Towers & Mill Cove - Come test your knowledge with Presidential Trivia in the Community Room on the 2nd floor of Mill Cove. Depending on the amount of participation, it can be run with teams or on an individual basis. Coffee and a snack will be available.

2/26: Lunch at the Green Ladle in Lewiston. This is the culinary arts program at Lewiston Regional Technical Center. The students truly handle all the aspects of the operation. They plan the menu, cost it out, and execute it. It is \$18.00 per person. This includes the buffet and beverages. There is no tax. This is an approx. “50” minute ride to Lewiston.



(No SPHA BUS for these Fresh, Food Events)

