



# APRIL 2026 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*MC: Res. Council Mtg: Tues. 4/21 - 3:00pm	<b>SPHA Buildings:</b> BRH – Betsy Ross House BRC- Betsy Ross Crossing BP- Broad Pines MC- Mill Cove AC-Adam Court 425/Hazard Towers	<b>SPHA Buildings:</b> 1700/St. Cyr RE- Ridgeland Estates RG Ridgeland Gardens LV-Landry Village THC-Thornton Heights Commons JP-Jocelyn Place	1 <b>KEN'S Place Seafood Rest. &amp; Milit. Museum in SOPO</b> E: 9:45 am W: 10:15 am BUS: \$3.00	2 <b>Lucky Loggers &amp; Ocean State Job Lot-Biddeford</b> E: 9:40 am W: 10:10 am BUS: \$4.00	3	4
5 	6 <b>No. Light Wellness Clinic:</b> 425: 9-10am Jocelyn Place: 10:30-11:30 am  2:00 pm: BINGO AT 1700/LV – (Comm. Rm. of 1700)	7 <b>No. Light Wellness Clinic:</b> <b>BRH &amp; BRC: 7:30-9:30am</b> 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	8 <b>Weekly Senior Lunches – (SCS) LASAGNA</b> E: 10:15 am W: 10:40 am BUS: \$3.00 Music by Andrew Favreau	9 <b>Gonneville Farm and Shopping at Renys</b> E: 9:30 am W: 10:00 am BUS: \$4.00 3:30 pm: SOPO Library – The Locker Project (NO SPHA Bus)	10	11
12	13 <b>No. Light Wellness Clinic:</b> 1700/St Cyr 9:00-10am Mill Cove 10:30-11:30am  2:00 pm: GAMES at Jocelyn Place in the Community Room	14 <b>No. Light Wellness Clinic:</b> <b>BRH &amp; BRC: 7:30-9:30am</b> Hann. - Mill Creek E: 9:00 am W: 9:30 am BUS: \$3.00 3:00 pm Portland Comm. Chorus @ BRH – Dining Rm E: 2:00 pm W: 2:30 pm BUS: FREE	15 <b>Longhorn Steakhouse &amp; shopping at Hobby Lobby in Auburn</b> E: 9:00 am W: 9:30 am BUS: \$5.00	16 <b>SOPO Food Cupboard</b> 1 <sup>st</sup> trip – 8:30 am 2 <sup>nd</sup> trip -10:00am BUS: FREE  2:00 PM: Crossword Puzzle – BRH/BRC	17	18
19	20 <b>No. Light Wellness Clinic:</b> RE: 8:30-9:30 am RG: 10-11 am THC: 11:30-12:30pm  Patriots Day – SPHA Offices closed  (Janet VAC.)	21 <b>No. Light Wellness Clinic:</b> <b>BRH &amp; BRC: 7:30-9:30 am</b>  3:00 pm MC - RES. COUNCIL MTG (Janet VAC.)	22 (Janet VAC.)	23 (Janet VAC.)	24 (Janet VAC.)	25 Birthday Party at Mill Cove – 3 PM on the 2 <sup>nd</sup> floor 
26	27 2:00 pm: <b>Bean Bag Baseball At Ridgeland Estates</b> E: 1:00 pm W: 1:15 pm BUS- FREE	28 <b>No. Light Wellness Clinic:</b> <b>BRH &amp; BRC: 7:30-9:30 am</b> SHAW'S - Mill Creek E: 9:00 am W: 9:30 am BUS: \$3.00	29 <b>Shopping at Market Basket &amp; lunch onsite in Westbrook</b> E: 10:00 am W: 10:30 am BUS: \$4.00	30 <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	*Please turn over to read more information about the trips.	

Happy April SPHA residents,

Sweet April showers do bring May flowers 

-Please make sure you dress appropriately for the weather conditions, i.e., a jacket, gloves, rain jacket, & 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. 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.**

**4/1:** Early lunch at Ken’s Place – Seafood Rest. in Scarborough. After lunch we will be visiting/touring the Military Mus. in SOPO. The Museum is free; however, it accepts donations. Also, he has a book sale amongst the many artifacts in the museum. It covers all wars. You will be amazed.

**4/2:** Early lunch at Lucky Loggers in Saco. Afterwards we will drive through Laurel Hill Cemetery to see the daffodils then we will make our way to Ocean State Job Lot in Biddeford. A great selection of discounted items from household, garden, grocery items and much more!

**4/6: 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.**

**4/7 & 4/14 Shopping at Hannaford’s in Mill Creek. The Hannaford Scarborough shopping trip is on 4/7.**

**NEW!! - 4/28 Shopping at Shaw’s in Mill Creek. Shaw’s will provide a laminated Aisle Directory to residents at the Customer Serv. Desk. Please ask for one if you are interested. Just a reminder, we have a three (3) bag limit policy on the bus.**

**(On “4/21” there will not be a Hannaford Shopping Trip so please plan accordingly).**

**4/8:** Weekly Senior lunches at Scarborough Comm. Services (SCS). The menu is Lasagna. Following lunch there will be music by Kevin Favreau. He sings in a wide range of styles and plays the guitar. Please sign up before 4/2 -Thursday. Lunch is served at 11:30 am. Suggested donation is \$9.00 cash.

**4/9:** Early lunch at Gonneville Farms in Dayton. Homestyle cooking and classic comfort food. Don’t forget the Ice cream treats! You order at the register & they will serve your food at the table.

**4/13:** Games at Jocelyn Place in the Community Room. Come have some fun with some stations of games in the Community Room. Give it a try!

**4/14:** Portland Comm. Chorus will perform a Spring program in the BRH Dining Room at 3:00 pm. Parking is limited at BRH. To attend the activity, you must ride the bus. The SPHA Bus is FREE.

**4/15:** 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 end your day shopping at Hobby Lobby. What a fun day!

**4/16:** 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.

**4/16: Betsy Ross House & Betsy Ross Crossing residents – Let’s put our heads together to complete the Crossword Puzzle in the BRH Activity Room.**

**4/19-4/25 Janet is on vacation.**

**4/27: Let’s play ball!! The Bean Bag Baseball game will be run out of Ridgeland Estates. Come learn how to play or just observe the fun activity! Two teams are needed. Bean bag baseball is played similarly to baseball, with players throwing bean bags (like cornhole) at a board with openings and walking to the bases. Tons of laughter, cheer and fun! Refreshments served. The SPHA bus is FREE! Please contact Janet (207) 773-4140 ext. 246 if you’re interested in participating or just want to observe.**

**4/29:** Shopping at Market Basket & lunch onsite in Westbrook. They offer a variety of cooked meals, pizza, or sandwiches. Please remember, we have a “3” bag limit policy on the bus.

**4/30:** Shopping at Mill Creek Plaza. “4” stores in “1” trip – (The Dollar store, Nonesuch Books, Goodwill & True Value Hardware). Great finds in these stores! Please bring your reusable bags.

