



JULY 2026 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*MC: Res. Council Mtg: Tues. 7/21 - 3:00pm</p> <p>*Please turn over to read more information about the trips.</p>	<p>SPHA Buildings:</p> <p>BRH – Betsy Ross House</p> <p>BRC- Betsy Ross Crossing</p> <p>BP- Broad Pines</p> <p>MC- Mill Cove</p> <p>AC-Adam Court</p> <p>425/Hazard Towers</p>	<p>SPHA Buildings:</p> <p>1700/St. Cyr</p> <p>RE-Ridgeland Estates</p> <p>RG-Ridgeland Gardens</p> <p>LV-Landry Village</p> <p>JP-Jocelyn Place</p> <p>THC-Thornton Heights Commons</p>	<p>1</p> <p>SEA DOGS Baseball GAME –</p> <p>E: 10:00 am</p> <p>W: 10:30 am</p> <p>BUS: \$4.00</p>	<p>2</p> <p>195th</p> <p>USA ARMY BAND – FREE Concerts in Park – Scarb.</p> <p>E: 5:00 pm</p> <p>W: 5:30 pm</p> <p>BUS: \$3.00</p>	<p>3</p> <p>HOLIDAY-SPHA Offices closed</p>	<p>4</p> 
5	<p>No. Light 6</p> <p>Wellness Clinic:</p> <p>425: 9-10am</p> <p>Jocelyn Place: 10:30-11:30 am</p> <p>2:00 pm: Trivia and Root Beer Floats -425 & MC residents-on the 2nd Flr Comm. Rm At Mill Cove</p>	<p>No. Light 7</p> <p>Wellness Clinic:</p> <p>BRH & BRC: 7:30-9:30am</p> <p>Hann - Mill Creek</p> <p>E: 9:00 am</p> <p>W: 9:30 am</p> <p>BUS: \$3.00</p> <p>Entertainment w/ the PB & ME food truck at BRH</p> <p>W: 11: 20 am</p> <p>E: 11:50 am</p> <p>BUS: \$2.00</p> <p>(Lobster rolls)</p>	<p>8</p> <p>Farmer’s Market at Deering Oaks in Portland</p> <p>E: 8:30 am</p> <p>W: 9:00 am</p> <p>BUS-\$2.00</p> <p>(Farm Share Vouchers)</p> <p>3:30 pm: SOPO Library/The Locker Project (NO SPHA Bus)</p>	<p>9</p> <p>Shopping at WALMART in Scarborough</p> <p>E: 8:30 am</p> <p>W: 9:00 am</p> <p>BUS: \$3.00</p>	10	11
12	<p>No. Light 13</p> <p>Wellness Clinic:</p> <p>1700/St Cyr 9:15-10:15 am*</p> <p>Mill Cove 10:45-11:45 am*</p> <p>*(please note new times)</p> <p>2:00 pm: Trivia and Root Beer Floats-RE & RG residents at RE Comm. Rm</p>	<p>No. Light 14</p> <p>Wellness Clinic:</p> <p>BRH & BRC: 7:30-9:30 am</p> <p>Hann - Mill Creek</p> <p>E: 9:00 am</p> <p>W: 9:30 am</p> <p>BUS: \$3.00</p> <p>Hann-Scarb.</p> <p>E: 12:30 pm</p> <p>W: 1:00 pm</p> <p>BUS: \$3.00</p>	<p>15</p> <p>LUNCH at Betsy Ross House (BRH)</p> <p>W: 10:30 am</p> <p>E: 11:00 am</p> <p>BUS: \$2.00</p> <p>Lunch: \$13.00</p>	<p>16</p> <p>SOPO Food Cupboard</p> <p>1st trip – 8:30 am</p> <p>2nd trip -10:30am</p> <p>BUS: FREE</p>	17	18
19	<p>No. Light 20</p> <p>Wellness Clinic:</p> <p>RE: 8:30-9:30 am</p> <p>RG: 10-11 am</p> <p>THC: 11:30-12:30pm</p> <p>2:00 pm: Trivia and Root Beer Floats-1700/LV residents at 1700 Comm. Rm</p>	<p>No. Light 21</p> <p>Wellness Clinic:</p> <p>BRH & BRC: 7:30-9:30 am</p> <p>Hann - Mill Creek</p> <p>E: 9:00 am</p> <p>W: 9:30 am</p> <p>BUS: \$3.00</p> <p>3:00 pm MC -RES. COUNCIL MTG</p>	<p>22</p> <p>Ice Cream Ride to Dairy Queen</p> <p>E: 12:45 pm</p> <p>W: 1:15 pm</p> <p>BUS: \$2.00</p> 	<p>23</p> <p>9-12 pm</p> <p>Portland Wheelers at BRH</p> <p>W: 8:00 am</p> <p>E: 8:20 am</p> <p>BUS: FREE</p> <p>(OPEN TO ALL)</p> <p>11:30 am Barry Larry’s Food Truck – Lunch!! (OPEN TO ALL).</p>	24	<p>25</p> <p>Birthday Party at Mill Cove – 2 PM on the 2nd floor</p>
26	<p>27 2:00 pm: BEAN BAG BASEBALL at BRC Comm. Rm with Root Beer floats (BRH & BRC residents)</p>	<p>No. Light 28</p> <p>Wellness Clinic:</p> <p>BRH & BRC: 7:30-9:30 am</p> <p>Hann - Mill Creek</p> <p>E: 9:00 am</p> <p>W: 9:30 am</p> <p>BUS: \$3.00</p>	<p>29</p> <p>Old Timer’s Shop, Ollie’s & SHAINS in Sanford</p> <p>E: 8:00 am</p> <p>W: 8:30 am</p> <p>BUS: \$6.00</p>	<p>30 Shopping at the new ALDI’S Grocery store</p> <p>E: 1:00 pm</p> <p>W: 1:30 pm</p> <p>BUS: \$4.00</p>	31	

Wishing SPHA residents a peaceful and happy 4th of July.

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 group.

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 afternoon before the activity trip with approximate pick-up times.

E: East Side: Betsy Ross House (BRH), Betsy Ross Crossing (BRC), 235 Broadway (BP), 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.

-Since the weather is warming up, please remember the A/C will be on inside the bus, restaurants, stores & theatres. Make sure you have a sweater or jacket.

-All activity trips must have "5" residents on the SPHA bus. If not, the trip will be canceled.

-Also, the earlier you sign up for an activity trip means you're not on the waitlist.

7/1: It is Park & Recreation Day at Hadlock Field. The SEA DOGS are playing the Altoona Curve. "2" seats are still avail. Contact Janet if you're interested. Enjoy lunch at the Ball Park.

7/6, 7/13 & 7/20: Fun Trivia and Root Beer Floats. (Please see diff. locations on front of calendar).

7/2: Join us for a patriotic evening concert by the US ARMY BAND at Scarborough Memorial Park. Bring your chairs and grab something to eat at one of the many food trucks.

7/7: Come enjoy the entertainment of Bill & Dave on the back patio of BRH. Also, lunch can be bought at the PB&ME food truck located in the parking lot of BRH. Did I mention the food truck will have Lobster rolls? Orders will be taken in advance.

7/9: Shopping at Walmart in Scarborough. Please bring your reusable bags & remember we have a 3-bag limit policy on the bus.

7/7, 7/14, 7/21, and 7/28: Shopping at Hannaford's in Mill Creek. The Hannaford Scarborough shopping trip is on 7/14. Just a reminder, we have a three (3) bag limit policy on the bus.

7/8: A visit to Deering Oaks Farmer's Market where residents can enroll at the Information Booth for Senior (Income eligible people ages 60 & older) Farm Share vouchers. The one voucher (\$50.00) is for the whole Summer and is redeemable for fruits & vegetables with farmers at Deering Oaks Farmer's Market.

7/15: Lunch at the Betsy Ross House (BRH) Dining Room. The meal comes with an appetizer, entrée, drink and dessert. A check needs to be made out to South Portland Housing Auth. (SPHA) for \$13.00. I will contact each resident on the trip with the entrée and alternative. A table(s) will be set aside for the whole group.

7/16: With an increase in the number of residents for the SOPO Food Cupboard SPHA will offer two trips. The first trip at 8:30 am & the second trip at 10:30 am with the max of "6" residents on each trip. All residents need to sign up for the trip. The West side will go first then the East side. Please remember pick up times will be approximate times due to loading, unloading, and travel. If you are new to the SOPO Food Cupboard an application must be filled out beforehand and this needs to be done before the actual week of the Food Pantry.

7/22: Enjoy an Ice Cream Ride to DAIRY QUEEN. Enjoy!

7/23: Take a ride with the Portland Wheelers on the Greenbelt & Spring Point Ledge Lighthouse. They will socialize with you throughout the trike ride. At 11:30 am Barry Larry's Food Truck will be OPEN for business, and you will be amazed by his delicious Fried rice and Orange Chicken. You could win a Free lunch or other eligible prizes just by showing up! Parking is limited...Parking is available on the street.

7/29: Heading down South to Sanford to visit our friends at the Old Timer's Shop. Local artists and handmade items are for sale in this shop. We will make a stop at Ollie's before having lunch at Shain's. Good food with super low prices and fantastic ice cream and more!

7/27: Let's play ball! The Bean Bag Baseball game will be run out of the BRC Comm. Room. Come learn how to play or just observe the fun activity. 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! Sign up with Janet if you are interested in playing or just want to observe. The biggest treat is at the end enjoying the Ice Cream sandwiches!

7/30: Shopping at the new ALDI'S Grocery Store. Hints about the store: you must put a quarter in the cart before using it and it will be returned once you're done with it. The veggies and fruits are in bags. Also, the cashier will check you out, but no one will be bagging your groceries. Bring your recyclable bags. Check it out.

