



JUNE 2026 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*MC: Res. Council Mtg: Tues. 6/16 - 3:00pm</p> <p>*Please turn over to read more information about the trips.</p>	<p>1</p> <p>No. Light</p> <p>Wellness Clinic: 425: 9-10am</p> <p>Jocelyn Place: 10:30-11:30 am</p> <p>2:00 pm: The "CUP" Game - RE & RG in the RE Comm. Rm</p>	<p>2</p> <p>No. Light</p> <p>Wellness Clinic: BRH & BRC: 7:30-9:30am</p> <p>Hann - Mill Creek E: 9:00 am W: 9:30 am BUS: \$3.00</p> <p>Hann-Scarb. E: 12:30 pm W: 1:00 pm BUS: \$3.00</p>	<p>3</p> <p>Farmer's Market at Deering Oaks in Portland E: 8:30 am W: 9:00 am BUS-\$2.00 (Farm Share Vouchers)</p>	<p>4</p> <p>LYRIC THEATER- 9 to 5 The Musical W: 6:20 pm E: 6:45 pm BUS: \$2.00</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>No. Light</p> <p>Wellness Clinic: 1700/St Cyr 9:00-10am Mill Cove 10:30-11:30am</p> <p>10:00 am Portland Portrait Society at Betsy Ross Crossing - Comm. RM (BRH & BRC)</p>	<p>9</p> <p>No. Light</p> <p>Wellness Clinic: BRH & BRC: 7:30-9:30am</p> <p>Hann - Mill Creek E: 9:00 am W: 9:30 am BUS: \$3.00</p> <p>Entertainment w/ the PB & ME food truck at BRH W: 11: 20 am E: 11:50 am BUS: \$2.00</p>	<p>10</p> <p>Shopping at Market Basket & lunch onsite in Westbrook E: 10.00 am W: 10:30 am BUS: \$4.00</p> <p>3:30 pm: SOPO Library/The Locker Project (NO SPHA Bus)</p>	<p>11</p> <p>LUNCH at Betsy Ross House (BRH) W: 10:30 am E: 11:00 am BUS: \$2.00 Lunch: \$13.00</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>No. Light</p> <p>Wellness Clinic: RE: 8:30-9:30 am RG: 10-11 am THC: 11:30-12:30pm</p> <p>2:00 pm: The "CUP" Game - MC & 425 on the 2nd floor of MC Comm. Rm.</p>	<p>16</p> <p>No. Light</p> <p>Wellness Clinic: BRH & BRC: 7:30-9:30 am</p> <p>Hann - Mill Creek E: 9:00 am W: 9:30 am BUS: \$3.00</p> <p>3:00 pm MC - RES. COUNCIL MTG</p>	<p>17</p> <p>Scarb. Comm. Lunches (SCS) - Italian Sandwiches AUTHOR, BRUCE COFFIN E: 10:15 am W: 10:40 am BUS: \$3.00</p>	<p>18</p> <p>SOPO Food Cupboard 1st trip - 8:30 am 2nd trip -10:30am BUS: FREE</p> <p>2:00 pm Crossword Puzzle -BRH Act RM (BRH & BRC residents)</p>	<p>19</p> <p>Juneteenth - SPHA Offices Closed</p>	<p>20</p> <p>First day Of Summer</p> 
<p>21</p> <p>Happy Father's Day</p> 	<p>22</p> <p>BINGO at SCARB. COMM. Center E: 11: 15 am W: 11:40 am BUS: \$3.00 Bingo: \$2.00</p>	<p>23</p> <p>No. Light</p> <p>Wellness Clinic: BRH & BRC: 7:30-9:30 am</p> <p>Hann - Mill Creek E: 9:00 am W: 9:30 am BUS: \$3.00</p>	<p>24</p> <p>Marco's Italian Restaurant & Wallingford's Fruit House in Auburn E: 9:00 am W: 9:30 am BUS: \$6.00</p>	<p>25</p>  <p>MOTOR BOOTY AFFAIR - FREE Concerts in Park - Scarb. E: 5:00 pm W: 5:30 pm BUS: \$3.00</p>	<p>26</p>	<p>27</p> <p>Birthday Party at Mill Cove - 3 PM on the 2nd floor Westbrk City Band - FREE 8am - 6 pm 14 Bands & Food Trucks at Westbrk Comm. Ctr. (NO SPHA Bus)</p>
<p>28</p>	<p>29</p> <p>12:00 PM: Order out/Eat In: Kelly's Bakehouse & Deli in the 1700/LV Comm Room & The Box Game -Challenge (1700/LV only)</p>	<p>30</p> <p>No. Light</p> <p>Wellness Clinic: BRH & BRC: 7:30-9:30 am</p> <p>Hann - Mill Creek E: 9:00 am W: 9:30 am BUS: \$3.00</p>		<p>SPHA Buildings: BRH - Betsy Ross House BRC- Betsy Ross Crossing BP- Broad Pines MC- Mill Cove AC-Adam Court 425/Hazard Towers</p>	<p>SPHA Buildings: 1700/St. Cyr RE-Ridgeland Estates RG-Ridgeland Gardens LV-Landry Village</p>	<p>SPHA Buildings: JP-Jocelyn Place THC-Thornton Heights Commons</p>

Welcome June! Hello Sunshine and warmer days. Enjoy the Summer, SPHA residents!

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 apartment 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.

-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.

6/1: The "Cup" Game is at Ridgeland Estates Community Room. The activity is for residents at RE & RG. Try this fun and fast paced reaction game. Participants will sit on either side of the table and have cups in the middle of the table. A "caller" will shout hand movements to follow, I.E., clap or touch your elbow. When the caller shouts "CUP", participants try to grab the cup. Whoever doesn't grab a cup is out and the rest of the group remains until we end up with one CUP and a winner. Prizes awarded.

6/2, 6/9, 6/16, 6/23 and 6/30: Shopping at Hannaford's in Mill Creek. The Hannaford Scarborough shopping trip is on 6/2. Just a reminder, we have a three (3) bag limit policy on the bus.

6/3: 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 & vegetable with farmers at Deering Oaks Farmer's Market.

6/4: Preview night at Lyric Theater for the musical 9 to 5. It will start at 7:30 pm and admission is \$10.00 per person. The high energy, jubilant music by Dolly Parton and book by Patricia Resnick is based on the seminal 1980 hit movie. It explores the theme of female empowerment & the desire for recognition & respect in the workplace.

6/8: Portland Portrait Society (local artists) will come in as a group and draw residents. Sketches of sample drawings will be put on the boards for all to see. This is a free activity and will be run out of BRC Comm. Rm. Please contact Janet Taylor (phone # at the top) to sign up for the event - Only for BRH and BRC residents.

6/9: 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 at Betsy Ross House (BRH).

6/10: Shopping at Market Basket & lunch onsite in Westbrook. "3" bag limit policy on the SPHA BUS.

6/11: LUNCH at the Betsy Ross House (BRH). The meal comes with an appetizer, entrée and dessert. A week ahead of time I will provide each resident with an entrée or alternate meal. A table will be set aside for the whole group by the BRH Dining Room staff. The SPHA bus must have 10 or more residents for lunch at BRH. Also, you must provide a check for the meal made out to the Betsy Ross House. The price is \$13.00.

6/15: The "Cup" Game is at Mill Cove Comm. Room on the 2nd floor. The activity is for residents at Mill Cove & 425. Try this fun and fast paced reaction game. Participants will sit on either side of the table and have cups in the middle of them. A "caller" will shout hand movements to follow, I E, clap or touch your elbow. When the caller shouts "CUP", participants try to grab the cup. Whoever doesn't grab a cup is out and the rest of the group remains until we end up with one CUP and have a winner. Prizes awarded.

6/17: Weekly Senior lunches at Scarb. Comm. Services. The menu is Italian Sandwiches, and the suggested donation is \$9.00. Please sign up before 6/4 – Thursday. Following lunch, Author BRUCE COFFIN will be speaking. Bruce is a retired police detective sergeant with over 27 years in law enforcement; he spent his career in Portland, Maine. He is an international bestselling novelist and short story writer. This is a wonderful opportunity to hear Bruce. He will have books on hand to sell, too.

6/18: 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 as usual. 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 needs to be filled out beforehand.

6/22: Come one and all for BINGO at Scarb. Comm. Services. It costs \$2.00 per resident pay inside where Bingo is held. We will arrive around noon then we will get settled to play at 12:30-2pm. They offer free coffee, water and snacks.

6/24: Come enjoy a nice lunch at Marco's Italian Restaurant. After lunch, we will make a stop at Wallingford's Fruit House in Auburn who offer fresh fruit, cider, donuts and more. Half-price vegetables if you have food stamps.

6/25: SPHA is going to the ultimate disco party at Scarb. Concerts in the Park at Memorial Park. All concerts are "FREE" and begin at 6:30 pm. Each concert will feature 2-3 food trucks. Get down & boogie!

6/29: Order Out/Eat in. This activity is only for 1700 & LV residents. The group max. is "10" residents. I will provide the participants with menus from Kelly's Bakehouse & Deli. Food orders need to be in by Thursday 6/25- with payment. Residents can supply their own drink. All lunches will be brought to the 1700 - Comm. Rm where we can enjoy each other's company in a transformed Community Room/Dining area. If you sign up for this event, please note you must participate in both activities: lunch & the game. After lunch, we will have the box challenge. Prize awarded to the winner.