



AUGUST 2026 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*MC: Res. Council Mtg: Tues. 8/18 - 3:00pm *Please turn over to read more information about the trips.	SPHA Buildings: BRH – Betsy Ross House BRC- Betsy Ross Crossing BP- Broad Pines MC- Mill Cove AC-Adam Court 425/Hazard Towers 1700/St. Cyr	SPHA Buildings: RE-Ridgeland Estates RG-Ridgeland Gardens LV-Landry Village LW-Landry Woods JP-Jocelyn Place THC-Thornton Heights Commons		SAVE THE DATES: -8/12 at 3:00 PM -8/28 at 11:00 AM SOPO Library – The Locker Project (Offering local farm produce & other food). (No SPHA Bus)		1
2	No. Light 3 Wellness Clinic: 425: 9-10am Jocelyn Place: 10:30-11:30 am 2:00 pm: The Hot Seat Game – 425 & MC residents on the 2nd flr. Comm rm at MC	No. Light 4 Wellness Clinic: BRH & BRC: 7:30-9:30am <i>Hann - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00 Entertainment w/ the PB & ME food truck at BRH W: 11: 20 am E: 11:50 am BUS: \$2.00	Shopping at 5 Bidd. Crossing: Target, TJ Maxx & Home Goods with lunch at Market Basket E: 8:45 am W: 9:15 am BUS: \$4.00	6 LUNCH at Betsy Ross House (BRH) W: 10:30 am E: 11:00 am BUS: \$2.00 Lunch: \$13.00	7	8
9	No. Light 10 Wellness Clinic: 1700/St Cyr 9:15-10:15 am Mill Cove 10:45-11:45 am 10-11:30 am Kotzschmar Organ Tour- FREE Bus: \$4.00 E: 9:00 am W: 9:20 am	No. Light 11 Wellness Clinic: BRH & BRC: 7:30-9:30 am <i>Hann - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00 Hann-Scarb. E: 12:30 pm W: 1:00 pm BUS: \$3.00	12 Farmer’s Market at Deering Oaks in Portland E: 8:30 am W: 9:00 am BUS-\$2.00 3:00 pm SOPO Library/The Locker Proj. (No SPHA Bus)	13 Footlight Theatre – A WICKED GOOD TIME (Susan Poulin -ME humorist) E: 5:50 pm W: 6:20 pm BUS: \$4.00 (Pre-Regis.)	14	15
16	17 No. Light Wellness Clinic: RE: 8:30-9:30 am RG: 10-11 am THC: 11:30-12:30pm 2:00 pm: The Hot Seat Game-RE/RG residents at RE Comm rm	No. Light 18 Wellness Clinic: BRH & BRC: 7:30-9:30 am <i>Hann - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00 3:00 pm MC -RES. COUNCIL MTG	19 Annual Senior BBQ – SCS (Scarb.) Entertainment – Tom Dhyrburg E: 10:00 am W: 10:30 am BUS: \$3.00 (pre-regis)	20 SOPO Food Cupboard 1st trip – 8:30 am 2nd trip -10:30am BUS: FREE 2:00 pm CROSSWORD PUZZLE (Open to BRC & BRH in the activity rm)	21	22 Birthday Party at Mill Cove – 2 PM on the 2nd floor 
23	Janet Off 24 31 2:00 pm: The Hot Seat Game- 1700/LV residents at 1700 Comm rm	No. Light 25 Wellness Clinic: BRH & BRC: 7:30-9:30 am <i>Hann - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00	26 Diamond Pass Run – Casco Bay Lines at 1 pm E: 11:45 am W: 12:10 pm 1:15 pm Cruise BUS: \$4.00	27 Lunch at Bay Haven Lobster in Cornish E: 8:50 am W: 9:15 am BUS: \$6.00	28 11:00 am SOPO Library/The Locker Proj. (No SPHA Bus)	29

Happy August SPHA residents and stay cool.

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 Woods & Village, 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.

--Since Summer is here, 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.

8/3, 8/17 and 8/31: Come play a fun game called the “HOT SEAT”. (Plse. see diff. locations on the front of calendar). I utilize a whiteboard with this game. One resident will be in the “Hot Seat” (we will rotate), & the other participants will be the Clue Givers. Put your thinking cap on and join us for some fun.

8/4, 8/11, 8/18 and 8/25: Shopping at Hannaford’s in Mill Creek. The Hannaford Scarborough shopping trip is on 8/11. Just a reminder, we have a three (3) bag limit policy on the bus.

8/5: Shopping at Biddeford Crossing: Target, Home Goods, and TJ Maxx. We will stop for lunch at Market Basket in Biddeford. Get a great value lunch for your money.

8/6: 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. Janet will contact each resident on the trip with the main meal & alternative. A table(s) will be set aside for the whole group.

8/10: Reserve your spot for this FREE tour of the KOTZSCHMAR ORGAN at Merrill Auditorium (MA). This tour has two parts: First, learn how the Kotzschmar came to be in Merrill Aud. and receive a live demo concert. The second part is a tour of the “brain behind the instrument” of the organ. You will have a walking tour inside the organ’s large wind chest to see the intricate inner workings of the organ. It is amazing!

8/12: 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.

8/13: This Activity trip had pre-registration for the show at Footlight Theater – “A Wicked Good Time” with Susan Poulin as Ida LeClair. Tickets - \$25.00 and \$4.00 for the bus. Show runs from 7-8:15 pm.

8/19: This Activity trip had pre-registration for the (SCS) SCARBOROUGH SENIOR BBQ. ENTERTAINMENT with TOM DHYRBURG.

8/20: 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 (W) side will go first then the East (E) side. Please remember pick up times will be approx. times due to loading, unloading, and travel. If you are new to the SOPO Food Cupboard an application must be filled out before the actual week of the Food Pantry.

8/20: Come help solve the Crossword Puzzle in the Activity room of BRH. This activity is for BRH & BRC.

8/26: Diamond Pass Run – Casco Bay Lines Cruise. Catch a glimpse of island life as they travel to four different stops. This cruise is 1.75-2 hours at 1PM. Senior price/Disabled is \$18.00, and Adult is \$22.00 round trip. Narration is provided with 10 or more passengers. No food or drink is offered on the cruise: however, you can bring lunch or drinks with a snack on the boat. Sit and enjoy the views of the cruise. Bring your camera and catch nature at its finest.

8/27: Lunch at Bay Haven Lobster Pound in Cornish. Sit back for a nice scenic ride then be prepared for lunch. The portions are large here.