



SEPTEMBER 2026 SPHA ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPHA Buildings: RE-Ridgeland Estates RG-Ridgeland Gardens LV-Landry Village LW-Landry Woods JP-Jocelyn Place THC-Thornton Heights Commons	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 *Please turn over to read more information about the trips.	No. Light 1 Wellness Clinic: <u>BRH & BRC: 7:30-9:30am</u> <i>Hann - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00 2:00 pm Crochet & CRAFT - BRH (open to all) E: 1:15 pm W: 1:30 pm BUS: FREE	2 Farmer’s Market at Deering Oaks in Portland E: 8:30 am W: 9:00 am BUS-FREE	3 LUNCH at Betsy Ross House (BRH) W: 10:30 am E: 11:00 am BUS: FREE Lunch: \$13.00	4	5
6	No. Light 7 Wellness Clinic: 425: 9-10am Jocelyn Place: 10:30-11:30 am LABOR DAY-SPHA OFFICES CLOSED	No. Light 8 Wellness Clinic: <u>BRH & BRC: 7:30-9:30am</u> <i>Hann - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00 <i>Hann-Scarb.</i> E: 12:30 pm W: 1:00 pm BUS: \$3.00 12 - Music w/PB & ME Food truck - LOBSTER ROLLS	Lobster Shack 9 & Kettle Cove Ice cream stand E: 9:30 am W: 10:00 am BUS: \$4.00 3:00 pm - Locker Project – SOPO. Library	10 Finding Neverland at Lyric Theater E: 6:10 pm W: 6:25 pm BUS: \$2.00	11	12
13	No. Light 14 Wellness Clinic: <u>1700/St Cyr 9:15-10:15 am</u> Mill Cove 10:45-11:45 am Janet off	No. Light 15 Wellness Clinic: <u>BRH & BRC: 7:30-9:30 am</u> <i>Hann - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00 <u>3:00 pm MC -RES. COUNCIL MTG</u>	16 Shopping at Trader Joe’s in Portland E: 12:30 pm W: 1:00 pm BUS: \$4.00	17 SOPO Food Cupboard 1st trip – 8:30 am 2nd trip -10:30am BUS: FREE	18 AGE FRIENDLY RESOURCE FAIR at SOPO Comm. Ctr (FREE) E: 8:15 am W: 8:45 am BUS: FREE	19
20	No. Light 21 Wellness Clinic: RE: 8:30-9:30 am RG: 10-11 am THC: 11:30-12:30pm 2:00 pm Crossword Puzzle-JP Comm. room	No. Light 22 Wellness Clinic: <u>BRH & BRC: 7:30-9:30 am</u> <i>Hann - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00	23 Books a Million Bookstore E: 12:45 pm W: 1:15 pm BUS: \$2.00	24 Lunch at Panera Bread in Bidd. & shopping at Bidd. stores (list of stores on back) E: 9:30 am W: 10:00 am BUS: \$4.00	25	26 Birthday Party at Mill Cove – 2 PM on the 2nd floor 
27	2nd Annual Pie Baking Contest at Betsy Ross Crossing - 5th flr E: 2:00 pm W: 2:20 pm BUS: FREE	No. Light 29 Wellness Clinic: <u>BRH & BRC: 7:30-9:30 am</u> <i>Hann - Mill Creek</i> E: 9:00 am W: 9:30 am BUS: \$3.00	Lunch at Lucky Loggers & Shopping at RENY’S E: 10:00 am W: 10:30 am BUS: \$4.00	10/1 CUMBERLAND FAIR E: 10:30 am W: 11:00 am BUS: \$4.00		

Let's give a big welcome & congratulations to LANDRY WOODS-SPHA'S newest property.

Happy September and hello fall, SPHA residents. **Please note, I am including the 1st day of October on this calendar to complete the week at the bottom.** 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 for food/drink options.

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. (RE)& Gardens (RG), Landry Woods (LW) & Village (LV), Adam Ct. (AC), Thorn.

Heights Commons (THC), 1700/St. Cyr & Jocelyn Place (JP).

If the SPHA bus is full, please feel free to take your own car, however, just let Janet know ahead of time.

-Since Summer/Fall is here, please remember the A/C will be on inside the bus, restaurants, stores & theatres. Make sure you have a sweater or jacket. Also, the earlier you sign up for an activity trip means you're not on the waitlist.

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

9/1, 9/8, 9/15, 9/22 and 9/29: Shopping at Hannaford's in Mill Creek. The Hannaford Scarborough shopping trip is on 9/8. Just a reminder, we have a three (3) bag limit policy on the bus.

9/1: New! Crochet & Craft at Betsy Ross House in the Library. Please contact Janet. The SPHA bus is free. All levels are welcome. Just bring your craft and share in a social and fun environment. Make new friends.

9/2: 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.

9/4: Lunch at Betsy Ross House Dining room. The meal comes with an appetizer, entrée, drink & dessert. A check needs to be made out to 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.

9/9: Lunch at the Lobster Shack in Cape Elizabeth and a stop at Kettle Cove for some ice cream.

9/9: The Locker Project will be at the SOPO Library at 3:00 PM.

9/10: Preview night-Lyric Theater Presents-Finding Neverland. An award-winning motion picture and play which features music and lyrics by Gary Barlow & Eliot Kennedy. Also, a book by James Graham. Admission is \$10.00 and SPHA Bus is \$2.00.

9/16: Shopping at Trader Joe's in Portland where you can find some unique store brand foods & dependable everyday basics. Fall treats, too!

9/17: 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.

9/18: Take advantage of the "FREE" SPHA bus to the annual event organized by Age Friendly South Portland to connect local seniors & their families with over 40 vendors & service providers. They will be covering topics such as healthy aging, wellness, legal services, in-home care, safety preparedness and home modifications. Free balance assessments, raffles and giveaways. Also, try out some of the free & inexpensive activities that SPCC Senior Program offers and tour the Senior Drop-in Center.

9/21: Join us solving the Crossword puzzle in the Community room at Jocelyn Place. Let's put our heads together as a group to help solve the puzzle. Afternoon snack served. Please sign up for the onsite activities w/Janet since I need to know the size of group.

9/23: Looking for a new book, magazine or craft. Books-A-Million is well stocked and organized. They do offer an inside coffee shop, too.

9/24: Lunch at Panera Bread. They offer a wide variety of options that cater to different tastes & dietary preferences. After lunch you can browse or shop at: Michaels, Five Below, & the White Door Home Store.

9/28: Calling all Bakers!! Join us for our 2nd Annual Apple Pie Baking contest at Betsy Ross Crossing (BRC) on the 5th floor – Community room. Enter the contest by contacting Janet Taylor 9207) 773-4140 ext. 246. SPHA will award three ribbons: 1st, 2nd & 3rd prizes. Open to all SPHA residents. FREE – SPHA Bus. We will have official judges from SPHA staff.

9/30: Early lunch at Lucky Loggers then an afternoon shopping at Reny's in Saco.

10/1: Senior Citizens Day at the Cumberland Fair! Tickets will be \$6.00 for Seniors (Age 65+ and older) and \$15.00 for adults. Wheelchair users are admitted free. Admission will be paid at the Gate. Keep your eyes out for Barry Larry's food truck & Mr. Peabody's apple crisp. Enjoy the food, music and exhibitions.