



# OCTOBER 2026 SPHA ACTIVITY CALENDAR



| Sunday                                                                                                                             | Monday                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                    | Wednesday                                                                                                             | Thursday                                                                                                                                                            | Friday | Saturday                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------------------------------------------|
| <b>SPHA Buildings:</b><br>RE-Ridgeland Estates<br>RG-Ridgeland Gardens<br>LV-Landry Village<br>LW-Landry Woods<br>JP-Jocelyn Place | <b>SPHA Buildings:</b><br>BRH – Betsy Ross House<br>BRC- Betsy Ross Crossing<br>BP- Broad Pines<br>MC- Mill Cove<br>AC-Adam Court<br>425/Hazard Towers<br>1700/St. Cyr<br>THC-Thornton Heights Commons | <b>*Please turn over to read more information about the trips.</b>                                                                                                                                                                                         |                                                                                                                       |                                                                                                                                                                     | 2      | 3                                                                                                                  |
| 4                                                                                                                                  | No. Light 5<br><u>Wellness Clinic:</u><br>425: 9-10am<br>Jocelyn Place:<br>10:30-11:30 am<br><i>Hann - Mill Creek</i><br>E: 9:00 am<br>W: 9:30 am<br>BUS: \$3.00                                       | No. Light 6<br><u>Wellness Clinic:</u><br><u>BRH &amp; BRC: 7:30-9:30am</u><br><br><i>SENIOR DAY at FRYEBURG FAIR</i><br>E: 8:00 am<br>W: 8:30 am<br>BUS: \$6.00                                                                                           | 7<br><br><b>Farmer’s Market at Deering Oaks in Portland</b><br>E: 8:30 am<br>W: 9:00 am<br>BUS-FREE                   | 8<br><br><b>LUNCH at Betsy Ross House (BRH)</b><br>W: 10:30 am<br>E: 11:00 am<br>BUS: FREE<br>Lunch: \$13.00                                                        | 9      | 10                                                                                                                 |
| 11                                                                                                                                 | No. Light 12<br><u>Wellness Clinic:</u><br>1700/St Cyr 9:15-10:15 am<br>Mill Cove 10:45-11:45 am<br>Indigenous Peoples’ Day - SPHA Offices closed                                                      | No. Light 13<br><u>Wellness Clinic:</u><br><u>BRH &amp; BRC: 7:30-9:30 am</u><br><i>Hann - Mill Creek</i><br>E: 9:00 am<br>W: 9:30 am<br>BUS: \$3.00                                                                                                       | 14<br>                            | 15<br><b>SOPO Food Cupboard</b><br>1 <sup>st</sup> trip – 8:30 am<br>2 <sup>nd</sup> trip -10:30am<br>BUS: FREE<br><br>2pm – Crossword puzzle BRC/BRH activity room | 16     | 17                                                                                                                 |
| 18                                                                                                                                 | No. Light 19<br><u>Wellness Clinic:</u><br>RE: 8:30-9:30 am<br>RG: 10-11 am<br>THC: 11:30-12:30pm<br><br><u>Bingo at Scarb. Comm. Center</u><br>E: 11:15 am<br>W: 11:35 am<br>BUS: \$3.00              | No. Light 20<br><u>Wellness Clinic:</u><br><u>BRH &amp; BRC: 7:30-9:30 am</u><br><i>Hann - Mill Creek</i><br>E: 9:00 am<br>W: 9:30 am<br>BUS: \$3.00<br><i>Hann-Scarb.</i><br>E: 12:30 pm<br>W: 1:00 pm<br>BUS: \$3.00<br><br>3:00 pm MC -RES. COUNCIL MTG | 21<br><br><b>Mill Creek Plaza: 4 stores in 1</b><br>(read back for stores)<br>E: 9:00 am<br>W: 9:30 am<br>BUS: \$2.00 | 22<br><br><b>Gray Weather Service &amp; China Village</b><br>E: 8:45 am<br>W: 9:10 am<br>BUS: \$5.00                                                                | 23     | 24                                                                                                                 |
| 25                                                                                                                                 | 26<br><b>12:00 pm Order out/Eat in (Kelly’s Bakehouse &amp; Deli) &amp; the Box Challenge – 2<sup>nd</sup> floor of MC Comm. room</b><br>(425 & MC residents only)                                     | No. Light 27<br><u>Wellness Clinic:</u><br><u>BRH &amp; BRC: 7:30-9:30 am</u><br><i>Hann - Mill Creek</i><br>E: 9:00 am<br>W: 9:30 am<br>BUS: \$3.00<br><br>2:00 pm Crochet & Craft - BRH (open to all) BUS: FREE<br>E: 1:15 pm<br>W: 1:30 pm              | 28<br><br><b>Mystery Lunch Trip</b><br>E: 9:45 am<br>W: 10:15 am<br>BUS: \$4.00                                       | Halloween Door<br><b>Decorating Contest – Judging &amp; Announcing Winners</b><br>(Please see flyer for rules of contest)                                           | 30     | 31<br><br>Happy Halloween<br> |

Happy October SPHA residents! Looking forward to seeing all the creative Halloween Door Decorations at SPHA. Just a reminder, please register with Janet. Please see flyer for rules of Door Decorating Contest. Good Luck to all the participants.

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.

**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 (MC).

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.

-A change of seasons (Fall) please remember to have a sweater or jacket with the appropriate comfortable footwear for activity trips. 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.

**10/5, 10/13, 10/20 and 10/27: Shopping at Hannaford's in Mill Creek. The Hannaford Scarborough shopping trip is on 10/20. Just a reminder, we have a three (3) bag limit policy on the bus.**

**(Please note the first Hannaford trip is 10/5 on a Monday. The change in day is due to the Fryeburg Fair – Senior Citizen's Day).**

10/6: Senior Citizen's Day (65 years and older) at the Fryeburg Fair. Seniors get in FREE. Admission for Adults is \$15.00 per day. Sit back & enjoy the scenery. It is about an hour ride to Fryeburg along 302.

10/6, 10/13, 10/20 and 10/27: Crochet and Craft at 2:00 pm in the library of Betsy Ross House. Once a month (10/27) the SPHA Bus will provide transportation. Please feel free to join a carpool on other dates.

10/7: Join us for the last Farmer's Day Market at Deering Oaks for SPHA. Your last chance to utilize your voucher money or just to pick up fresh produce.

10/8: 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. Bring your appetite.

10/15: 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.

10/19: Join us for a fun afternoon at Scarborough Comm. Center for socializing and BINGO! It costs \$2.00 and starts at 12:30pm. Prizes awarded.

10/21: Shopping at Mill Creek Plaza (4 stores in 1 stop): The Dollar Tree, Nonesuch books, Goodwill & True Value hardware. Local shopping for your errands.

10/22: National Weather Service Office – Gray. It is a 24/7 local forecast office that monitors weather, water & climate conditions to issue lifesaving warnings & forecasts. Come listen and have your questions concerning the weather and the data they collect... China Village is where we will stop for lunch.

**10/26: Order out/Eat in. This activity is only for 425 & Mill Cove residents. The group max is "12" residents. I will provide the participants with menus from Kelly's Bakehouse & Deli. Food orders need to be in by 10/21 (Wed.)-with payment. Residents can supply their own drink. All lunches will be brought to 2<sup>nd</sup> floor Comm. room of Mill Cove where we can enjoy each other's company in a transformed Comm. room/Dining area. If you sign up for this event, please note you must participate in both activities: lunch and the game. After lunch we will have the Box Challenge.**

**10/28: The mystery lunch trips are back! Who will be the lucky resident who guesses the restaurant and wins a "FREE" SPHA Bus trip – (any denomination). Hint - Delicious food!!**