NOVEMBER 2026 SPHA ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	***No. Light*** 2 ***Wellness Clinic*:** **425: 9-10am** **Jocelyn Place: 10:30-11:30 am** **9-10am Age Maine-Walk with Ease** **2:00 pm: TRIBOND TRIVIA – 425 & MC residents on the 2nd floor- Comm room at MC**	**No. Light** 3 **Wellness Clinic:** ***BRH & BRC: 7:30-9:30am*** ***Hann - Mill Creek*** **E: 9:00 am** **W: 9:30 am** **BUS: $3.00** **2:00 pm Crochet & Craft - BRH (open to all)** **BUS: FREE** **W: 1:15 pm** **E: 1:40 pm**	4 **Shopping at Walmart in Scarborough** **E: 8:30 am** **W: 9:00 am** **BUS: $3.00**	5 **Footlight Theater- THE PORCH** **E: 5:45 pm** **W: 6:15 pm** **BUS: $4.00**	6	7 **3:30 pm: Maine Flute Choir at BRH in the DR** **(No SPHA Bus)**
8	**No. Light** 9 **Wellness Clinic:** **1700/St Cyr 9:15-10:15 am** **Mill Cove 10:45-11:45 am** **9-10am Age Maine-Walk with Ease** **2:00 pm: TRIBOND TRIVIA- RE & RG residents at RE Comm. room**	**No. Light** 10 **Wellness Clinic:** ***BRH & BRC: 7:30-9:30am*** ***Hann - Mill Creek*** **E: 9:00 am** **W: 9:30 am** **BUS: $3.00** **3:00 pm - Portland Comm. Chorus at BRH (open to all)** **W: 2:15 pm** **E: 2:35 pm** **BUS: FREE**	**Veterans Day** 11  **SPHA Offices - Closed**	12 **LUNCH at Betsy Ross House (BRH)** **W: 10:15 am** **E: 10:35 am** **BUS: FREE** **Lunch: $13.00**	13	14
15	**No. Light** 16 **Wellness Clinic:** **RE: 8:30-9:30 am** **RG: 10-11 am** **THC: 11:30-12:30pm** **9-10am Age Maine-Walk with Ease** **2:00 pm: TRIBOND TRIVIA-1700 & LV residents at 1700 Comm. room**	**No. Light** 17 **Wellness Clinic:** ***BRH & BRC: 7:30-9:30 am*** ***Hann - Mill Creek*** **E: 9:00 am** **W: 9:30 am** **BUS: $3.00** ***3:00 pm MC -RES. COUNCIL MTG***	**The Great Impasta & Shopping at Hobby Lobby** 18 **E: 9:15 am** **W: 9:45 am** **BUS: $5.00** **3:00 pm LOCKER PROJECT – SOPO LIBRARY (no SPHA Bus)**	19 **SOPO Food Cupboard** **1st trip – 8:30 am** **2nd trip -10:30am** **BUS: FREE**	20	21
22	23 **2:00 pm: BINGO AT 1700/St. Cyr in the Comm. rm of 1700**	**No. Light** 24 **Wellness Clinic:** ***BRH & BRC: 7:30-9:30 am*** ***Hann - Mill Creek*** **E: 9:00 am** **W: 9:30 am** **BUS: $3.00**	25 **Breakfast at Stacks in Scarborough** **E: 8:15 am** **W: 8:45 am** **BUS: $3.00**	 **SPHA OFFICES CLOSED** **26**	***27*** **SPHA Offices - Closed**	28 **Birthday Party at Mill Cove – 3 PM on the 2nd flr.** 
29	30 **9-10am Age Maine-Walk with Ease** **Followed by shopping & lunch at the mall.**		***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** **THC-Thornton Heights Commons**	**SPHA Buildings:** **RE-Ridgeland Estates** **RG-Ridgeland Gardens** ***LV-Landry Village*** ***LW-Landry Woods*** **JP-Jocelyn Place**	

Happy Thanksgiving SPHA residents!

Please note, the Gratitude jars will be out for the month of November. Please share your thankfulness and appreciation for the good things, help, or kindness you receive from others. Spread Kindness :)

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 (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.

-Just remember if you have a new phone number please update me with the number. Also, please set up or delete voicemails so I can leave a message. Thank you.

***NEW – 11/2, 11/9 11/16 and 11/30: Age Maine (formerly Southern Maine Agency on Aging) is partnering with the Arthritis Foundation to bring you Walk with Ease at the Maine Mall 9-10 am. It combines walking, health education, stretching exercises & encouragement to help you mover safely & comfortably. You'll develop a walking plan & build motivation to keep moving. Also, a chance to meet other seniors in the community. Pick up times will be announced closer to the dates.**

11/2, 11/9 and 11/16: TRI-BOND TRIVIA: this game is to figure out what the three things have in common. (please see different buildings/locations on the front of calendar). Please sign up with Janet since she will provide a Fall treat.

11/3, 11/10, 11/17 and 11/24: Shopping at Hannaford's in Mill Creek. Just a reminder, we have a three (3) bag limit policy on the bus.

11/3, 11/17 and 11/24: Crochet and Craft at 2:00 pm in the library of Betsy Ross House. Once a month (11/3) the SPHA Bus will provide transportation. Please feel free to join a carpool with other residents on the other dates.

11/4: VOTING DAY. All polling locations are open from 7:00 am to 8:00pm.

11/4: Shopping at Walmart in Scarborough. Please remember to bring your reusable bags.

11/5: Opening night- The Porch (Jack Neary comedy) at Footlight's Theater in Falmouth. The show is at 7 pm and $25.00 with no intermission. 90-minute show. Prior reservation.

11/7: BRH & BRC residents – 3:30 pm Saturday – The Maine Flute Choir will be performing in the Dining room of Betsy Ross House. What a unique musical concert right here at BRH. Enjoy the performance! No bus.

11/10: Portland Community Chorus (PCC) will be singing in the Dining Room of BRH. Always a great concert led by Anne Caton. Free transportation by SPHA Bus!

11/12: 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.

11/18: Early lunch at the new location of the Great Impasta in Brunswick. It is a larger and more spacious & casual atmosphere. After lunch we will shop until we drop at the second location of Hobby Lobby in Maine.

11/19: 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.

11/23: BINGO is at 1700/St. Cyr in the Community room. Lots of fun & prizes for the winners. This is open to 1700/St. Cyr and Landry Village residents.

11/25: Breakfast at Stacks in Scarborough. A nice hearty meal before the big Turkey Day!

11/30: After our walk with Age Maine, feel free to do some shopping then have lunch at the mall. The SPHA Bus will leave at 1:15 pm. Congratulations on finishing the Age Maine walking program!