



In an effort to keep the community up to speed on all the great things happening in our department, we are introducing this online newsletter that will be emailed to our database on a monthly basis, as well as posted on our website and Facebook Page. Content will include reminders of upcoming or added programs, events, and more. This newsletter will be in addition to our seasonal brochure that is created three times per year. We hope you find it beneficial and enjoy reading.

SOUTH PORTLAND COMMUNITY CENTER
21 Nelson Rd. South Portland ME 04106
207-767-7650

HOURS OF OPERATION

Mon - Fri	6:00 am - 9:00 pm
Saturdays	7:00 am - 7:00 pm
Sundays	12:00 - 8:00 pm

For program registration, schedules, department information and more, visit:
WWW.SOPOPARKSREC.COM

WINTERFEST

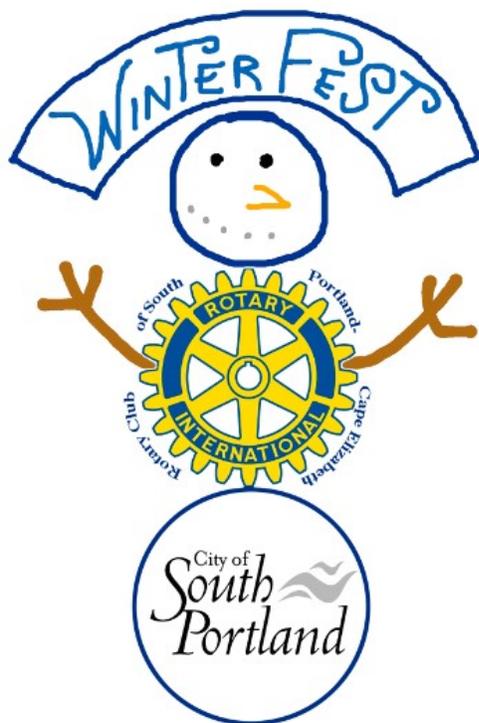
January 25 & 26, 2019



Friday, January 25 from 6-8pm @ Mill Creek Park

LIVE BAND THIS YEAR - STONE FREE!

Party with smores, hot chocolate, fire pits, skating party, and games on the ice for all ages.



Saturday, January 26

8:00 - 10:30 am

Pancake Breakfast at South Portland Community Center

11:30 am - 7:00 pm - Wainwright Recreation Complex
Sledding Hill

Food trucks

NEW - Winter Dash 1 Mile obstacle course @ 11:30am

Touch a Truck

Hockey Clinic by SPHS Boosters @ 1:00 pm

Disc Golf

Horse Drawn Carriage Rides

Turkey Bowling

Snowshoeing

Mascots

Chuck a Puck

Fireworks at 6:30pm

FOR A FULL SCHEDULE OF EVENTS, search South Portland Winterfest on Facebook or visit www.sopoparksrec.com

SENIOR PROGRAMS

NEW YEARS CELEBRATION AT CLARION HOTEL WITH PORTLAND RECREATION!

Date: Friday, Jan. 4
Time: Departs SPCC 11:30a.m.
Cost: \$25.00 Residents/\$35.00 Non-Residents

HAPPY NEW YEAR 2019!

Home pick-up available for residents!
Only 3 spots left!

JANUARY SENIOR LUNCHEON AT SPCC

Connect with other seniors at the community center while enjoying a delicious catered meal. Transportation available, but non-refundable if you cancel.

Date: Tuesday, January 15
Time: 12:00 - 2:00 pm
Location: SPCC Senior Wing
Cost: Under 60: \$8 or \$12 w/ pickup (residents only)
Over 60: \$6 or \$10 w/ pickup (residents only).



WINTER WALKS IN THE WOODS

Join us as we head to Ferry Beach State Park for a winter walk with friends. **Please pre-register.**

Date: Tuesday, January 17
Time: Departs SPCC at 8:30 am
Cost: \$5.00

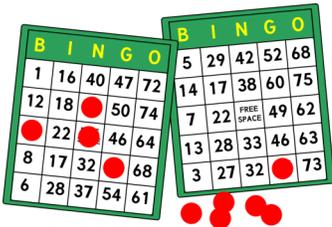
SNOWSHOE WALK @ WELLS RESERVE

Join us on this guided trip. You may either bring your snowshoes or rent some from us. **Please pre-register.**

Date: Tuesday, January 22
Time: Departs SPCC at 10:15 am
Cost: \$10 (bringing own snowshoes, \$15 renting)

BINGO ON MONDAYS!

12:30 - 3:00 pm @ SPCC Senior Wing



\$1.00 (includes coffee, tea, snacks & at least 15 games of bingo)

BOWLING WEDNESDAYS AT EASY DAY!



\$10 to register
\$3 per string

REDBANK COMMUNITY CENTER PROGRAMS!

Did you know that we are offering FREE Senior Programs at the Redbank Community Center (95 MacArthur Circle West)? Stop on by and give these a try!

Senior Badminton & Cornhole
Thursdays at Redbank from 9:30 - 11:30 am



SENIOR ACTIVITY DAYS - January 8 & 29

Free pick up and drop off but must register by Thursday before.

Free Programs on Senior Days:

8:30 - 9:30 am - Coffee & Conversation
9:30 - 10:30 am - Coloring
10:30 - 11:30 am - Indoor Walking
11:30 am - 12:30 pm - Lunchtime (bring own lunch)
12:45 - 1:45 pm - Mini Shuffleboard & Horseshoes
2:00 - 3:00 pm - Tea Time (fancy tea cups & cookies)

Low Cost Activities on Senior Days:

10:30 am -12:00 pm - Coffee Time Support Group \$6.00
1:30-2:30 pm - Exercise w/ Jessamyn: Chair Class \$5.00
11am-12pm - Senior Swimming \$3.00/\$4.00 non-res

MORE SENIOR PROGRAMS!

CARDS & GAMES (FREE) - THURSDAYS!

12:30 - 4:00 pm @ SPCC Senior Wing



CRAFTING WITH JUDY

This project will be constructed with heat-activated adhesive so please bring an iron (and portable ironing board if you have one). If you are more comfortable sewing yours, please bring your sewing machine! We will have 2 irons, you may have waiting time.

Date: Wednesday, January 16

Time: 9:00 am - 12:00 pm

Location: SPCC Senior Wing

Cost: \$10.00 (please register as there is limited space)

MARK YOUR CALENDAR - UPCOMING EVENTS IN FEBRUARY!

Valentines Day High Tea Luncheon

Home pickup available for residents!

Date: February 14

Time: 12:00 - 2:00 pm

Location: SPCC Senior Wing

Cost: \$14.00

Afternoon with April!

Come hear April tell us about her exciting time hiking the Appalachian and Pacific Crest Trails. Coffee and light snacks will be provided.

Date: February 14

Time: 12:00 - 2:00 pm

Location: SPCC Senior Wing

Cost: \$4.00

DON'T MISS THESE GREAT TRIPS!



BOSTON BRUINS VS. LA KINGS - FEBRUARY 9th

Now open to families!

Anyone under 18 must be accompanied by an adult.

Ticket prices reduced to \$160!

Saturday, February 9, 2019 at 1:00pm. This group will be traveling on the Downeaster Amtrak train to and from Boston. The seats are located in balcony section 307. We will be meeting at the Portland Transportation Center/Amtrak Downeaster Station at 8:00 am. Train departure is 8:20 am. Return train departure time from Boston is 4:45 pm.



The Boston Flower & Garden Show is about inspiring, educating and motivating the region's gardeners. Whether for curb appeal, backyard, kitchen, indoor, rooftop or community gardens, this is where New England's green lovers go to discover new ideas while having fun with family and friends.

Pick up for this program will be at the South Portland Community center at 8:00am. Lunch will be on your own. There are several food vendors in walking distance of the show. The price covers transportation and entrance into the show.

Date: Wednesday, March 13

Time: 8:00 am - 5:15 pm

Cost: \$75.00 (No refunds after February 15, 2019)

ADULT PROGRAMS STARTING IN JANUARY !

Program	Dates	Time	Location	Fee	Drop-In Fee
Beginner Pickleball Drop-in	Wed., 1/4 - 4/24	9:00 - 11:30 am	RBCC	N/A	\$3/\$4 NR
Beginner Pickleball Lessons	Tues, 1/8 - 1/29	12:00 - 1:30 pm	RBCC	\$40/\$50 NR	N/A
Beginner Pickleball Lessons	Fri, 1/4 - 1/25	9:00 - 10:30 am	RBCC	\$40/\$50 NR	N/A
Mindful & Self Compassion	Sun, 1/6 - 2/3	4:00 - 5:30 pm	SPCC	\$50/\$60 NR	\$12.00
January Weight Loss Group	Thurs, 1/24 - 3/21	6:00 - 7:30 pm	SPCC	\$80/\$90 NR	N/A

ADULT BASKETBALL 3 v 3 TOURNAMENT

The recreation department will be hosting the first annual adult 3 v 3 tournament this winter. Each team must have 1 female and 1 male on the court at all times. This tournament will be a double elimination format. Teams will be placed in a bracket at random. Tournament rules are available online or at the South Portland Community Center. This tournament will be a fundraiser for the South Portland Redbank Teen Center program.

NEW!



Date: Saturday, February 23
 Time: 9:00 am – 5:00pm
 Cost: \$125.00 per team Deadline Feb. 18 or when team max is reached.
 Location: SPCC Gym

TEEN CENTER

The Teen Center, located in the Redbank Community Center, is open to ANY student in grades 6-12 that resides in South Portland. Teens have access to a full size gym, kitchen and activity room with ping pong, foosball and other games. There is also an area where students can do homework and receive help from staff. Although the Teen Center is a free drop-in program, all participants are required to register each school year. Parents and teens are to sign and agree to the Teen Center Code of Conduct Policy. These forms are available at the Teen Center, South Portland Community Center and online at www.sopoparksrec.com

Hours of Operation (School Year): January 2 – June 2019, Monday – Friday 2:30pm – 5:30pm. Schedule subject to change at any time.

Address: 95 MacArthur Circle West, South Portland ME 04106

Teen Center Number: (207)-347-4145

FMI please contact Jordan Keller, Teen Center Coordinator at jkeller@southportland.org

Stay in touch with the latest updates, schedules and special events at the Teen Center by liking “South Portland Parks & Recreation” on Facebook!





BIG THANKS to SPSHS School Resource Officer Al Guisto for a running boxing clinic for the Teen Center in December. Thank you Al!

MIDDLE SCHOOL EARLY RELEASE SHAWNEE PEAK TRIPS!

Come spend the afternoon skiing or snowboarding at Shawnee Peak! We will pick you up at school and then take you to the mountain. We will arrive at Shawnee Peak a 2PM and enjoy the mountain until 6PM. Pick up will be at the South Portland Community Center. **This program is for South Portland Middle Schools students only.** Min 5/Max 13.

NEW!

Time: 12:30 - 7:30 pm

Location: Pick up at Mahoney & Memorial Middle Schools. Return pickup will be at the South Portland Community Center.

Cost: Lift Only - \$40.00 per trip
Lift & Rental - \$75.00 per trip

Grades: 6-8

Coordinator: April Bolstridge

February Early Release Day - Wednesday, Feb. 6
March Early Release Day - Wednesday, March 27



GR. 6-8 NORDIC SKI LESSONS

Come explore your Maine roots by learning Nordic Skiing! This six week course will cover the basics of classic cross country skiing including equipment care, gliding skills, downhill and uphill skills, and downhill turns. **Participants must bring their own equipment.** Min 4/Max 10

NEW!

Dates: Saturdays, 1/12 - 2/16 (Feb. 23 snow date)
Time: 2:00 pm – 3:00 pm
Location: South Portland Municipal Golf Course
Cost: \$30/\$40 non-residents



TWILIGHT FAMILY SNOWSHOE

Come discover South Portland's many hidden trails! Bring your family along for a guided snowshoe at various South Portland locations. Come to one event or come to them all! We have limited snowshoes, so if you need to borrow a pair contact April Bolstridge at abolstridge@southportland.org. Kids under 12 must be accompanied by a parent. **Participants will need to bring a headlamp or flashlight.**

Time: 6:00 - 7:00 pm
Ages: 5+

FREE
EVENTS!

Long Creek Trail Twilight Snowshoe

Date: Wednesday, January 16
***Meet at end of Lydia Lane**

Clark's Pond Trail Twilight Snowshoe

Date: Wednesday, January 30
***Meet at kiosk on lawn & garden side of Home Depot**

POOL

WINTER SWIM LESSONS DATES (Youth & Adults)

Tuesdays	January 8 - February 1
Wednesdays	January 2 - February 1
Thursdays	January 3 - February 14
Fridays	January 4 - February 15
Saturdays	January 5 - February 16
Sundays	January 6 - February 17



For a full listing of all lessons for both youth & adults: www.sopoparksrec.com

MORE UPCOMING YOUTH PROGRAMS

Program	Dates	Time	Age/Grade	Location	Fee	Drop-In Fee
Kiddie Gym	Tuesdays until 4/30	9:30 11:30 am	5 and under	RBCC	—	\$3/\$4 non-res
Start Smart BB	Saturdays, 1/5 - 2/16	12:15 - 1:00 pm	Ages 3-5	RBCC	\$40	N/A
T'ai Chi	Tuesdays, 1/8 - 2/6	5:00 - 6:00 pm	Ages 10-14	SPCC	\$40	N/A
Clay, Clay, Clay	Tuesdays, 1/15 - 2/5	5:00 - 6:30 pm	K-5	SPCC	\$65	N/A
Discovery Yoga S1	Fridays, 1/18 - 2/15	4:00 - 4:45 pm	K-3	SPCC	\$60	\$12
Kids Yoga S1	Fridays, 1/18 - 2/15	5:00 - 6:00 pm	Gr. 4-8	SPCC	\$60	\$12
Hoop Magic (K)	Sundays, 1/20 - 2/4	11:00 - 11:45 am	Kindergarten	RBCC	\$40	N/A
Hoop Magic (K)	Sundays, 1/20 - 2/4	12:00 - 12:45 pm	Grade 1	RBCC	\$40	N/A
GPS Jr. Soccer	Mondays, 1/21 - 3/4	10:00 - 10:45 am	Ages 3-4	SPCC	\$70	N/A
Karate Kids S1	Mondays, 1/21 - 3/4	5:00 - 6:00 pm	Ages 5- 12	SPCC	\$60	N/A
Hip Hop Dance S1	Mondays, 1/21 - 3/4	4:30 - 5:15 pm	Ages 6-10	SPCC	\$65	N/A
Intro to Dance S1	Mondays, 1/21 - 3/4	5:15 - 6:00 pm	Ages 5-9	SPCC	\$65	N/A
Lego League S1	Wed, 1/23 - 2/27	5:30 - 6:30 pm	Gr. 1-4	SPCC	\$50	N/A

UPCOMING EARLY RELEASE DAY - FEBRUARY 6th!

Open to any South Portland student in grades K - 5. Children will enjoy a fun day of activities and a possible field trip (TBA). Transportation is provided from area elementary schools. Sorry, there are no sibling discounts for this program. Max 50.

Date: Wednesday, February 6

Time: 12:30 - 5:00 pm

Grades: K - 5

Location: SPCC Afterschool Wing

Fee: \$40.00

Questions, contact Emily Ciampi at eciampi@southportland.org.



JANUARY YOUTH OPEN GYM @ SPCC

Day	Time	Grades
Sundays, January 6, 13, 20 & 27	12:15 - 1:30 pm	Pre-school - Grade 12

Cost: \$3.00 for South Portland Residents, \$4.00 for Non-Residents

Youth Open Gym Reminders:

- Children K-5th grade must have an adult with them for the duration of the open gym in which they are participating. We do not charge for the adult who is attending with their child.
- All open gym participants must bring sneakers with them and put them on once they are inside the gym.



2019 WINTER JAM - FREE EVENT!

Together Reaching Unity (T.R.U.) presents the 2nd annual winter jam. T.R.U. provides free youth sports empowerment programs for children in grades K-12 in the Southern Maine area. This is a free educational basketball event for kids in grades K - 12. Visit www.trusports.us for more information. The event will take place on MLK Holiday weekend. T.R.U.org will be honoring the legacy and life of Dr. Martin Luther King Jr with a guest speaker.

Date: January 19, 2019

Time: 1:00pm – 5:00pm

Grades: K - 12

Location: Redbank Community Center

Cost: FREE - please register.

NEW!



All those registered receive 1 FREE Maine Red Claws Ticket (Game TBD)

FUN AT THE COMMUNITY CENTER!



Patrons & staff at the South Portland Community Center raised \$300 through our “Holiday Helper” program this year by purchasing bulbs for this tree that was hung on the wall in the lobby at SPCC.



Seniors enjoying some holiday violin entertainment during their Cards and Games program from sisters Elizabeth Geraghty (right, age 9) and Rosemany Geraghty (left, age 12).



Seniors having a great time dancing at the Holiday Tea Breakfast at the Community Center on December 21.