

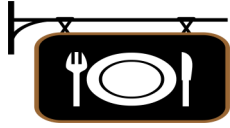


50+ SENIOR SEPTEMBER SCHEDULE



Mon	Tue	Wed	Thu	Fri
3 HOLIDAY	4 	5 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day—must register monthly 	6 Trip—Colby Sunflower Farm Departs SPCC 7:45am \$10 Bring money for lunch—must register 	7
10 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only	11 Senior Activity Day/ See attached 8:30-3:30 10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm. Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)	12 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day—must register monthly Trip: McDougals Orchard - Depart SPCC 8am—\$10—bring picnic lunch—must register Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE	13 12:30-4:00pm Cards&Games FREE Senior Wing Trip: Lyric Theatre—Spelling Bee—Departs SPCC 7pm \$5 (transportation only—\$10 at theatre)—must register Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am	14 
17 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only	18 12-2pm Senior Luncheon \$6 60+/\$8 under 60 Senior Wing— must register (cost is \$10 w/ pick up SP Res. Only 60+ or \$12 under 60) Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)	19 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—must register monthly Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE	20 12:30-4:00pm Cards&Games FREE Senior Wing All About Balance 9:30 -10:30 Senior Wing—FREE but must register—pls. do not just show up Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am	21 Dinner Theater: Bingo Spells Murder—Senior Wing 11:00am—must register—\$35Res/ \$45Non-Res. 
24 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only	25 Senior Activity Day/See attached 8:30-3:30 10:30-12:00 Coffee Time Support Group \$6 drop-ins Upstairs Conf. Rm. Mah Jongg @ Redbank—FREE—drop-ins only—9:30-11:30a.m. (bring own sets)	26 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day— must register monthly Trip: Woodlawn Museum, Black House, Lunch & Croquet—Departs 7am SHARPI Must Register—\$45Res./\$55Non-Res Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE	27 12:30-4:00pm Cards&Games FREE Senior Wing All About Balance 9:30 -10:30 Senior Wing—FREE but must register—pls. do not just show up Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am	28 Trip: Ogunquit Playhouse Backstage Tour Departs SPCC 10am—\$13 Must register—Lunch out afterwards—bring money for lunch




50+ SENIOR OCTOBER SCHEDULE



Mon	Tue	Wed	Thu	Fri
<p>1 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>2 Trip: Fryeburg Fair—Departs SPCC 8:30am \$7—must register</p>  <p>Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)</p>	<p>3 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>4 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>All About Balance 9:30-10:30 Senior Wing—FREE but must register—pls. do not just show up</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am</p>	<p>5 Trip: Olin Arts Center—Bates College Departs SPCC 8:30am—\$9 must register—Lunch out afterwards—bring money for lunch</p> 
<p>8 HOLIDAY</p>  <p>Columbus Day</p>	<p>9 Senior Activity Day/See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p> <p>Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)</p>	<p>10 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>11 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>All About Balance 9:30-10:30 Senior Wing—FREE but must register—pls. do not just show up</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am</p> <p>Trip: Woodward Cranberry Farm—Departs SPCC 8am -\$10 Must register—lunch out after - bring money for lunch</p>	<p>12 Trip: Goat Hike/Walk—\$14—must register—Departs SPCC 3pm</p> 


50+ SENIOR OCTOBER SCHEDULE CONTINUED



Mon	Tue	Wed	Thu	Fri
<p>15 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>16 12-2pm Senior Lunch— \$6 60+/\$8 under 60 Senior Wing— must register (cost w/ pick up is \$10— SP residents only) 60+ or \$12 under 60)</p> <p>Mah Jongg @ Redbank— FREE—drop-ins only—9:30- 11:30a.m. (bring own sets)</p>	<p>17 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>18 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>All About Balance 9:30-10:30 Senior Wing— FREE but must register—pls. do not just show up</p> <p>Senior Cornhole & Badminton @ Redbank— FREE—must register 9:30- 11:30am</p>	<p>19 Mugs&Muffins w/ Neil Novel- lo—Senior Wing—must register—\$5 9-10am Please do not just show up— please register</p> <div style="text-align: center;">  </div>
<p>22 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>23 Mah Jongg @ Redbank— FREE—drop-ins only—9:30- 11:30a.m. (bring own sets)</p>	<p>24 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—must register monthly</p> <p>Fondue Party—\$15 Senior Wing—must register 2-4pm</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>25 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Trip: Mystery Trip—\$10—must register— Departs SPCC 9am—bring money for lunch</p> <p>Senior Cornhole & Badminton @ Redbank— FREE—must register 9:30- 11:30am</p>	<p>26</p> <div style="text-align: center;">  </div>
<p>29 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>30 Senior Activity Day/ See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p> <p>Mah Jongg @ Redbank—FREE—drop -ins only 9:30- 11:30a.m. (bring own sets)</p>	<p>31 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<div style="text-align: center;">  </div>	<p>EXTRA: TRIP: SUNDAY OCT. 28TH FIDDLE- ICIOUS—\$18 RES./\$28 NON- RES. DEPART SPCC 12:30PM MUST REGIS- TER</p>

50+ SENIOR NOVEMBER SCHEDULE



Mon	Tue	Wed	Thu	Fri
<p>EXTRA Trip: More Shenanigans @ Nasson Theatre -Sunday Nov. 4th—\$15—Must Register—Departs SPCC 11:30am—bring money for lunch</p>	<p>EXTRA Trip: Breakfast and Jillson's Chirstimas on the Farm-Saturday Nov. 24th—\$7—must register—bring money for breakfast and purchases-Departs SPCC 8am</p>		<p>1 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-</p>	<p>2</p>
<p>5 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>6 Senior Activity Day/See attached 8:30-3:30</p> <p>Free Meditation Workshop for Seniors 9:30-10:30—FREE but must register—please do not just show up-Senior Wing</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p> <p>Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)</p>	<p>7 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>8 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am</p>	<p>9 Trip: Snowflake Trail-Departs SPCC 9am-\$6 Must register - Bring money for purchases and lunch</p> 
<p>12 HOLIDAY</p> 	<p>13 Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)</p>	<p>14 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>15 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-</p>	<p>16 Trip: Thanksgiving Lunch @ Ocean Gateway-Departs SPCC 11:30am \$15-must register Pick available for South Portland Residents only</p>
<p>19 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>20 Trip: Lewiston Festival of Trees Departs SPCC 8am—\$7—must register—bring money for purchases and lunch</p> <p>Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)</p>	<p>21 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>22 HOLIDAY</p> 	<p>23</p>
<p>26 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>27 Senior Activity Day/ See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p> <p>Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)</p>	<p>28 9:30-11:30am Bowling \$10 Reg. Fee/\$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>29 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am</p> <p>Trip: Lyric Theater White Christmas—Departs SPCC 7pm \$5 (transportation only- \$10 to theater) must register/pick up available for South Portland residents only</p>	<p>30 Trip—Gardens Aglow @ Boothbay Botanical Gardens-Departs SPCC 3pm \$20 Res./\$30 Non-Res. Bring money for dinner</p>

50+ SENIOR DECEMBER SCHEDULE



Mon	Tue	Wed	Thu	Fri
<p>3 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p> <p>Portland Rec will be joining us for lunch & Bingo</p>	<p>4 Senior Activity Day/See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p> <p>Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)</p>	<p>5 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>6 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am</p> <p>Trip: Gardens Aglow w/ home pick up & drop off—pick up is for SP residents only—\$25 Res./\$30 Non-Res.—Departs SPCC 2:30pm Bring money for dinner</p>	7
<p>10 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p> 	<p>11 Senior Activity Day/See attached 8:30-3:30</p> <p>10:30-12:00 Coffee Time Support Group \$6 drop-ins only Upstairs Conf. Rm.</p> <p>Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)</p>	<p>12 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>13 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am</p>	<p>14</p> 
<p>17 12:30-3:00pm Bingo—\$1.00 (.25 snack donation—optional) Senior Wing Drop-ins only</p>	<p>18 12-2pm Senior Luncheon \$6 60+/\$8 under 60 Senior Wing— must register (cost w/ pick up for SP residents only \$10 60+ or \$12 under 60)</p> <p>Mah Jongg @ Redbank—FREE—drop-ins only 9:30-11:30a.m. (bring own sets)</p>	<p>19 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>20 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am</p>	<p>21 Holiday Breakfast Tea 9-11am Senior Wing \$10 Must Register Pick up available For South Portland Residents only</p>
<p>24 NO BINGO TO-DAY</p> 	<p>25 HOLIDAY</p> 	<p>26 9:30-11:30am Bowling \$10 Reg. Fee/ \$3 per game at Easy Day—Must register monthly</p> <p>Cribbage @ Redbank 9:30-11:30 drop-ins only—FREE</p>	<p>27 12:30-4:00pm Cards&Games FREE Senior Wing</p> <p>Senior Cornhole & Badminton @ Redbank—FREE—must register 9:30-11:30am</p>	28
<p>31 NO BINGO TO-DAY</p> 	<p>EXTRA: Trip—Portland Community Chorus-Sat. Dec. 1st—Meet in Senior Wing 1:30pm—\$12 or \$15 w/pick up for SP residents—must register</p>	<p>EXTRA: Trip-Broadway @ Good Theater-Sat. Dec. 8th—\$40 Res./\$50 Non-Res. Departs SPCC 12:30pm Pick-up is available for SP residents—must register</p>		

SENIOR ACTIVITY CALENDAR FALL 2018



SOUTH PORTLAND RESIDENTS ONLY

If you live in South Portland the following activities and trips are offering home pick up and drop off for you:

Senior Activity Days, Tuesdays, Sept. 11&25, Oct. 9&30, Nov. 6&27 and Dec. 4&11 (Free and low cost activities all day at the community center-see brochure for details). (If you are registering for pick up for any of these Tuesdays you must register by the end of the day on the prior Thursday). **Example:** You want to get picked up on Tuesday, Sept. 25th—you will have to be registered by Thursday Sept. 20th in order to be picked up on the 25th) **FREE TRANSPORTATION for residents only!**

Lyric Theatre Dress Rehearsal Nights—shows are at 7:30pm., Thursdays on, Sept. 13th for Spelling Bee and Nov. 29th for White Christmas \$5 transportation only—you pay \$10 to the theater at the show—13 spots only for registrants. **Must register.**

Senior Luncheons 12-2pm, Tuesdays on Sept. 18th, Oct.16th & Dec.18th—transportation is \$4—Luncheon is \$6 for 60+ and \$8 under 60 (**\$10 w/ lunch & pick up 60+ and \$12 total for under 60 w/ lunch & pick-up**). **Must register and payment is due by the Friday before the luncheon.**

Dinner Theater: Bingo Spells Murder 11am seating in SPCC Senior Wing—Friday Sept. 21st—\$35 Residents/\$45 Non-Residents (non-residents can not be picked up) Free transportation for residents only. **Must register.**

Thanksgiving Lunch at Ocean Gateway 12-2pm, Friday Nov. 16th, \$15, Free transportation for residents only. **Must register.**

Gardens Aglow at Boothbay Botanical Gardens, Eating dinner out (on your own) Thursday, Dec. 6th, \$25.00 Res./\$30 Non-Res. (non-residents can not be picked up). 13 spots only for registrants. **Must register.**

Holiday Breakfast Tea, Friday Dec. 21st 9-11am in the Senior Wing at SPCC—\$10. Free transportation for residents only. **Must register.**

Portland Community Chorus, Saturday, Dec. 1st, Meet in Senior Wing at SPCC 1:30pm for hot cocoa & treats, concert is at 2pm, \$12 or \$15 w/ transportation for residents only. **Must register.**

Broadway at Good Theater, Saturday, Dec. 8th, Eating lunch out (on your own), \$40 Residents/\$50 Non-Residents/ (non-residents can not be picked up) Free transportation for residents only. 13 spots only for registrants. **Must register.**

PLEASE DO NOT JUST SHOW UP FOR ANY OF THE ABOVE ACTIVITIES THAT REQUIRE REGISTRATION AS WE HAVE A LIMITED NUMBER OF REGISTRANTS FOR EACH PROGRAM. YOU MAY, HOWEVER, DROP IN ANYTIME DURING THE SENIOR ACTIVITY DAYS, HOWEVER, YOU MUST REGISTER FOR PICK UP! (Please read policy on back)

You can register on-line at www.sopoparksrec.com or in person at SPCC!

SOUTH PORTLAND PICK UP POLICY; SENIOR RESIDENTS ONLY

If you have registered to be picked up at your home by the South Portland Community Center Recreation Bus for a program offering pick up you will be called 1-3 days prior to each program with your approximate pick up time and to confirm. We ask that you be ready 15 minutes prior to your scheduled time as times are approximate. You must also be able to leave your residence and walk to the end of your driveway/front entrance or location of pick up without assistance. Location of pick up and drop off must be the same. The driver is on a schedule and will not be able to wait any longer than 3 minutes after your scheduled pick up time. Please let us know of any accommodations that the driver should be aware of.

City of South Portland CDBG Assisted Project

Please note that this new for us so we ask that you please be patient while we iron out the kinks that may arise. We will do our best to make things run smoothly. Thank you for understanding!