



**SENIOR
FEB. MAR. APRIL
ACTIVITY
CALENDAR
2021**

**Register on-line at www.sopoparksrec.com
or in person at SPCC**

**Registration Dates:
Res.: Monday, January 18th on-line
In person Tuesday January 19th
Non-Res. Thursday. January 22nd**









50+ SENIOR FEB. SCHEDULE



Mon	Tue	Wed	Thu	Fri
<p>1 BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p>	<p>2 SPELLMAN MUSEUM OF STAMPS VIRTUAL PRESENTATION/ MUST REGISTER/ \$5/ ZOOM LINK SENT TO REGISTRANTS DAY BEFORE</p> 	<p>3 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12-1:30p.m.</p>	<p>4 SENIOR CREATE & CHAT/ SPCC SENIOR WING/9:00-11:30a.m./FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m. LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m./ LIMIT 12</p> <p>TRIP: WALK SHAW CHERRY HILL FARM/ DEPARTS SPCC 8:30a.m./\$5/MUST REGISTER/LIMIT 6</p>	<p>5 MAH JONGG/ SPCC SR. WING/ FREE/MUST REGISTER/9a.m.-12p.m./LIMIT 12</p> <p>CORNHOLE/SPCC GYM/FREE/MUST REGISTER/12:30-2:00p.m./LIMIT 12</p> 
<p>8 MORNING MOVIE/SR. WING/ 9:00-11:30a.m./\$2/ MUST REGISTER/ LIMIT 25/BRING CUSHION & OWN BEVERAGE/ SNACK PROVIDED</p> <p>BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p>	<p>9 FREE SENIOR ACTIVITY DAY/SEE ATTACHED 9:00-2:00/ FREE HOME PICK UP FOR RESIDENTS ONLY</p>	<p>10 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12-1:30p.m.</p> <p>TRIP: OUT TO LUNCH BUNCH/ DEPARTS SPCC 10:30a.m./\$5/ BRING MONEY FOR LUNCH/ LIMIT 6</p>	<p>11 SENIOR CREATE & CHAT/ SPCC SENIOR WING/9:00-11:30a.m./FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m. LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m. LIMIT 12</p> 	<p>12 MAH JONGG/SPCC SR. WING/FREE/ MUST REGISTER/9a.m.-12p.m./ LIMIT 12</p> <p>CORNHOLE/SPCC GYM/FREE/MUST REGISTER/12:30-2:00p.m./LIMIT 12</p> <p>TRIP: A DAY OUT IN KENNEBUNKPORT/DEPARTS SPCC 9AM/\$5/ MUST REGISTER/ BRING MONEY FOR LUNCH/ LIMIT 6</p>
<p>15 CLOSED FOR HOLIDAY</p> 	<p>16 TRIP: STONEWALL KITCHEN & DAY AT THE KITTERY OUTLETS/DEPARTS SPCC 9a.m./\$5/MUST REGISTER/BRING MONEY FOR LUNCH/ LIMIT 6</p>	<p>17 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/12-1:30p.m.</p>	<p>18 NO ACTIVITIES TODAY</p>	<p>19 NO ACTIVITIES TODAY</p>
<p>22 BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p> 	<p>23 FREE SENIOR ACTIVITY DAY/SEE ATTACHED 9:00-2:00/FREE HOME PICK UP FOR RESIDENTS ONLY</p>	<p>24 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/12:00-1:30p.m.</p> 	<p>25 SENIOR CREATE & CHAT/ SPCC SENIOR WING/9:00-11:30a.m./FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m. LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m. LIMIT 12</p> <p>TRIP: FONDUE IN AN IGLOO/DEPARTS SPCC 1:30p.m./\$60 Res./\$70 Non-Res./MUST REGISTER/LIMIT 5</p>	<p>26 MAH JONGG/ SPCC SR. WING/ FREE/MUST REGISTER/9a.m.-12p.m./LIMIT 12</p> <p>CORNHOLE/SPCC GYM/FREE/MUST REGISTER/12:30-2:00p.m./LIMIT 12</p> <p>TRIP: SLEIGH RIDE AT HIGH VIEW FARM/ DEPARTS SPCC 9:30a.m./\$15/ MUST REGISTER LIMIT 6</p>

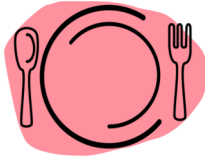





50+ SENIOR MAR. SCHEDULE



Mon	Tue	Wed	Thu	Fri
<p>1 BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p> 	<p>2 NO ACTIVITIES TODAY</p>	<p>3 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.</p>	<p>4 SENIOR CREATE & CHAT/SPCC SENIOR WING/9:00-11:30a.m./ FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/MUST REGISTER/1-3p.m. LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m./LIMIT 12</p> <p>TRIP: OUT TO LUNCH BUNCH/DEPARTS SPCC 10:30a.m./\$5/BRING MONEY FOR LUNCH/LIMIT 6</p>	<p>5 MAH JONGG/SPCC SR. WING/FREE/ MUST REGISTER/9a.m.-12p.m./ LIMIT 12</p> <p>CORNHOLE/SPCC GYM/FREE/MUST REGISTER/12:30-2:00p.m.LIMIT 12</p> 
<p>8 MORNING MOVIE/SR. WING/ 9:00 -11:30a.m./\$2/MUST REGISTER/ LIMIT 25/BRING CUSHION & OWN BEVERAGE/SNACK PROVIDED</p> <p>BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p>	<p>9 TRIP: WALK BLANDINGS PARK WILDLIFE SANCTUARY/ DEPARTS SPCC 8:30a.m./\$5/MUST REGISTER/LIMIT 6</p> 	<p>10 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.</p>	<p>11 SENIOR CREATE & CHAT/SPCC SENIOR WING/9:00-11:30a.m./ FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/MUST REGISTER/1-3p.m./LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m. LIMIT 12</p>	<p>12 MAH JONGG/SPCC SR. WING/FREE/ MUST REGISTER/9a.m.-12p.m./ LIMIT 12</p> <p>CORNHOLE/SPCC GYM/FREE/MUST REGISTER/12:30-2:00p.m./LIMIT 12</p> <p>TRIP: FONDUE IN AN IGLOO/DEPARTS SPCC 1:30p.m./\$60 Res./\$70 Non-Res./ MUST REGISTER/ LIMIT 5</p>
<p>15 BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p>	<p>16 FREE SENIOR ACTIVITY DAY/ SEE ATTACHED 9:00-2:00/FREE HOME PICK UP FOR RESIDENTS ONLY</p>	<p>17 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.</p> <p>CELTIC AFTERNOON VIRTUAL PRESENTATION/MUST REGISTER/\$3/ZOOM LINK SENT TO REGISTRANTS DAY BEFORE</p> 	<p>18 SENIOR CREATE & CHAT/SPCC SENIOR WING/9:00-11:30a.m./ FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/MUST REGISTER/1-3p.m./LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m./LIMIT 12</p> 	<p>19 MAH JONGG/SPCC SR. WING/FREE/ MUST REGISTER/9a.m.-12p.m./ LIMIT 12</p> <p>CORNHOLE/SPCC GYM/FREE/MUST REGISTER/12:30-2:00p.m./LIMIT 12</p> <p>TRIP: MYSTERY/ DEPARTS SPCC 7:30a.m./\$20 RES./ \$30 NON-RES./MUST REGISTER/BRING MONEY FOR LUNCH/ LIMIT 6</p>
<p>22 BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p>	<p>23 NO ACTIVITIES TODAY</p>	<p>24 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.</p> 	<p>25 SENIOR CREATE & CHAT/SPCC SENIOR WING/9:00-11:30a.m./ FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/MUST REGISTER/1-3p.m./LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m./LIMIT 12</p>	<p>26 MAH JONGG/SPCC SR. WING/FREE/ MUST REGISTER/9a.m.-12p.m./ LIMIT 12</p> <p>CORNHOLE/SPCC GYM/FREE/MUST REGISTER/12:30-2:00p.m.LIMIT 12</p>
<p>29 BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p>	<p>30 FREE SENIOR ACTIVITY DAY/ SEE ATTACHED 9:00-2:00/FREE HOME PICK UP FOR RESIDENTS ONLY</p>	<p>31 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.</p> <p>TRIP: OXFORD CASINO/DEPARTS SPCC 9:30a.m./\$5/MUST REGISTER/ BRING MONEY FOR LUNCH/ LIMIT 6</p>		

50+ SENIOR APR. SCHEDULE



Mon	Tue	Wed	Thu	Fri
			<p>1 SENIOR CREATE & CHAT/SPCC SENIOR WING/9:00-11:30a.m./FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/MUST REGISTER/1-3p.m./LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m./LIMIT 12</p>	<p>2 MAH JONGG/SPCC SR. WING/FREE/ MUST REGISTER/9a.m.-12p.m./ LIMIT 12</p> <p>CORNHOLE/SPCC GYM/FREE/MUST REGISTER/12:30-2:00p.m./LIMIT 12</p>
<p>5 BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p>	<p>6 TRIP: OUT TO LUNCH BUNCH/DEPARTS SPCC 10:30a.m./\$5/BRING MONEY FOR LUNCH/ LIMIT 6</p> 	<p>7 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12:00-1:30p.m.</p> 	<p>8 SENIOR CREATE & CHAT/ SPCC SENIOR WING/9:00-11:30a.m./FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/MUST REGISTER/1-3p.m./LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m./LIMIT 12</p>	<p>9 MAH JONGG/SPCC SR. WING/FREE/ MUST REGISTER/9a.m.-12p.m./ LIMIT 12</p> <p>CORNHOLE/SPCC GYM/FREE/MUST REGISTER/12:30-2:00p.m./LIMIT 12</p> <p>TRIP: WALK AT OTTER PONDS/ DEPARTS SPCC 8:30a.m./\$5/MUST REGISTER/ LIMIT 6</p>
<p>12 MORNING MOVIE/SR. WING/ 9:00-11:30a.m./\$2/ MUST REGISTER/ LIMIT 25/BRING CUSHION & OWN BEVERAGE/SNACK PROVIDED</p> <p>BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p>	<p>13 FREE SENIOR ACTIVITY DAY/ SEE ATTACHED 9:00-2:00/ FREE HOME PICK UP FOR RESIDENTS ONLY</p>	<p>14 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12:00-1:30p.m.</p> 	<p>15 SENIOR CREATE & CHAT/SPCC SENIOR WING/9:00-11:30a.m./ FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/MUST REGISTER/1-3p.m./LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m./LIMIT 12</p> <p>TRIP: A DAY IN OWLS HEAD/DEPARTS SPCC 8:00a.m./\$15/MUST REGISTER/BRING MONEY FOR LUNCH/LIMIT 6</p>	<p>16 NO ACTIVITIES TODAY</p>
<p>19 CLOSED FOR HOLIDAY</p> 	<p>20 TRIP: NEGUTAQUET CONSERVATION AREA GUIDED HIKE-WALK/ DEPARTS SPCC 8:30a.m./ \$10/MUST REGISTER/ LIMIT 6</p>	<p>21 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12:00-1:30p.m.</p>	<p>22 NO ACTIVITIES TODAY</p>	<p>23 NO ACTIVITIES TODAY</p>
<p>26 BINGO/SPCC SR. WING/\$1.00/ BRING OWN BEVERAGE & SNACK FOR NOW</p> 	<p>27 FREE SENIOR ACTIVITY DAY/ SEE ATTACHED 9:00-2:00/ FREE HOME PICK UP FOR RESIDENTS ONLY</p>	<p>28 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12:00-1:30p.m.</p>	<p>29 SENIOR CREATE & CHAT/ SPCC SENIOR WING/9:00-11:30a.m./FREE/MUST REGISTER/LIMIT 10</p> <p>HAND & FOOT/SPCC SENIOR WING/FREE/MUST REGISTER/1-3p.m./LIMIT 12</p> <p>SPITE & MALICE/SPCC SENIOR WING/FREE/ MUST REGISTER/1-3p.m./LIMIT 12</p> 	<p>30 MAH JONGG/SPCC SR. WING/FREE/ MUST REGISTER/9a.m.-12p.m./ LIMIT 12</p> <p>CORNHOLE/SPCC GYM/FREE/MUST REGISTER/12:30-2:00p.m./LIMIT 12</p> <p>TRIP: FERRY BEACH RETREAT & CONF. CTR. GUIDED TOUR/ DEPARTS SPCC 9:15a.m./\$15/ MUST REGISTER/ LIMIT 6</p>

SOUTH PORTLAND RESIDENTS ONLY

If you live in South Portland the following activity days are offering free-home pick up and drop off for you:

Senior Activity Days, Tuesdays, Feb. 9 & 13, Mar. 16 & 30 and Apr. 13 & 27

You will be asked to wear your mask at all times, except during lunch where you will be sitting six feet apart.

(Free and low cost activities all day at the community center)

9:00-9:30 Coffee & conversation—**BRING YOUR OWN BEVERAGE FOR NOW**

9:30-10:30 Coloring or activity of your choice

10:30-11:30 Walking (indoor or outdoor)

11:30-12:30 Lunch time (bring your own lunch and enjoy w/ friends)

12:45-1:45 Game time

(Low cost activities)

Senior Swim—11am-12pm \$3 **Res./\$4 Non-Res. –MUST REGISTER**

Vitality Thai Chi—1pm-2pm—\$5—**MUST REGISTER**

(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, Feb. 23rd—you will have to be registered by Thursday Feb. 18th in order to be picked up on the 23rd). **FREE TRANSPORTATION!** You may get picked up and brought home anytime throughout the 9am to 2pm timeframe. Registration is required for pick-up only, otherwise you may drop in anytime!

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.