

MAY, JUNE, JULY, AUG. SENIOR ACTIVITY CALENDAR 2021

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

Registration Dates: Res.: April 12

Non-Res.: April 15



50+ SENIOR MAY SCHEDULE



Mon Wed Thu Fri BINGO/\$1.00/ TRIP: OUT TO **SENIOR CREATE & MAH JONGG/ BOWLING AT SEA** CHAT/ FREE/MUST REGISTER/ REGISTER AT **LUNCH BUNCH/\$5/ DOG BREWING/** 9:00-11:30a.m./FREE/ FRONT DESK **MUST REGISTER/** \$10 MONTH TO **MUST REGISTER/** 9a.m.-12p.m./ **UPON DEPARTS SPCC** SPCC/\$3 PER LIMIT 10 LIMIT 12 **ARRIVAL** 10:30a.m./LIMIT 6 STRING AT SEA **HAND & FOOT/FREE/** 12:30-3p.m./ DOG/MUST MUST REGISTER/1-3p.m. **BRING OWN** REGISTER/ LIMIT 12 **BEVERAGE** 12-1:30p.m. SPITE & MALICE/FREE/ 無 ★ **355** 1# MUST REGISTER/1-3p.m./ LIMIT 12 **MAH JONGG/FREE/** MUST REGISTER/1-3p.m./ LIMIT 12 10 13 11 **BOWLING AT SEA DOG SENIOR CREATE &** BINGO/\$1.00/ FREE **MAH JONGG/ BREWING/\$10 MONTH** CHAT/ FREE/MUST REGISTER AT SENIOR ACTIVITY TO SPCC/\$3 PER 9:00-11:30a.m./FREE/ REGISTER/ FRONT DESK DAY/SENIOR WING/ STRING AT SEA DOG/ **MUST REGISTER**/ 9a.m.-12p.m./ UPON **SEE ATTACHED MUST REGISTER/** LIMIT 10 LIMIT 12 12-1:30p.m. **ARRIVAL** 9:00a.m.-2:00p.m. HAND & FOOT/FREE/ 12:30-3p.m./ TRIP: WALK/LAUREL HILL DAFFODILS/\$5.00/ **MUST REGISTER/1-3p.m. BRING OWN** LIMIT 12 **BEVERAGE** VITALITY MUST REGISTER/ **DEPARTS SPCC** SPITE & MALICE/FREE/ T'AI CHI/ 8:30a.m./ MUST REGISTER/1-3p.m./ 1:00-2:00p.m./ LIMIT 6 LIMIT 12 \$5.00/AEROBIC **ROOM/MUST MAH JONGG/FREE/** MUST REGISTER/1-3p.m./ **REGISTER/LIMIT 10** LIMIT 12 17 18 19 20 **SENIOR CREATE &** AH JONGG/FREE/ BINGO/\$1.00/ **NO ACTIVITIES BOWLING AT SEA** CHAT/ MUST **REGISTER AT** DOG BREWING/ TODAY 9:00-11:30a.m./FREE/ REGISTER/ **FRONT DESK** \$10 MONTH TO **MUST REGISTER/** LIMIT 12 **UPON** SPCC/\$3 PER LIMIT 10 **ARRIVAL** STRING AT SEA HAND & FOOT/FREE/ TRIP: MAINE WILDLIFE PARK & **DOG/MUST** 12:30-3p.m./ **MUST REGISTER/1-3p.m. BRING OWN** REGISTER/ LIMIT 12 PICNIC/\$12.00/ MUST REGISTER/ **BEVERAGE** 12-1:30p.m. SPITE & MALICE/FREE/ **DEPARTS SPCC** 8:45a.m./DON'T FORGET YOUR PICNIC LUNCH/ MUST REGISTER/1-3p.m./ LIMIT 12 **MAH JONGG/FREE/** LIMIT 6 MUST REGISTER/1-3p.m./ LIMIT 12 25 24 26 27 28 SENIOR CREATE & CHAT/ **FREE BOWLING AT SEA MAH JONGG/ BINGO/\$1.00/** 9:00-11:30a-m./FREE/ **DOG BREWING/\$10** FREE/MUST MUST REGISTER/ **REGISTER AT** SENIOR ACTIVITY **MONTH TO SPCC/\$3** REGISTER/ **DAY/SENIOR WING/ FRONT DESK** 9a.m.-12p.m./ **PER STRING AT SEA** HAND & FOOT/FREE/ **SEE ATTACHED UPON DOG/MUST** MUST REGISTER/1-3p.m. LIMIT 12 9:00a.m.-2:00p.m. ARRIVAL/ REGISTER/ 12:30-3p.m./ SPITE & MALICE/FREE/ MUST 12:00-1:30p.m. **BRING OWN** REGISTER/1-3p.m./LIMIT 12 VITALITY MAH JONGG/FREE/ **BEVERAGE** MUST REGISTER/1-3p.m./LIMIT 12 T'AI CHI/ 1:00-2:00p.m./ TRIP: BEDROCK \$5.00/AEROBIC **GARDENS TOUR** 31 PICNIC LUNCH/\$32 RES./ \$42 NON-RES./ ROOM/MUST CLOSED **REGISTER/LIMIT 10** MUST REGISTER/ DEPARTS SPCC 9:00a.m./ BRING PICNIC LUNCH/ memoria

LIMIT 6

50+ SENIOR JUNE SCHEDULE



Mon	Tue	Wed	Thu	Fri
	1 FREE SENIOR ACTIVITY DAY/ SENIOR WING/ SEE ATTACHED/ 9:00a.m2:00p.m. VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM/ MUSTREGISTER/ LIMIT 10	2 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.	3 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/ MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/ MUST REGISTER/1-3p.m. LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./ LIMIT 12	4 MAH JONGG/ FREE/ MUST REGISTER/ 9a.m12p.m./ LIMIT 12
7 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE	8 TRIP: HAMILTON HOUSE TOUR/ DEPARTS SPCC 9:30a.m./ \$15.00/ MUST REGISTER/ LIMIT 6	9 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.	10 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/ MUST REGISTER/1-3p.m. LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/1-3p.m./LIMIT 12	11 MAH JONGG/ FREE/ MUST REGISTER/ 9a.m12p.m./ LIMIT 12
		TRIP: OUT TO LUNCH BUNCH/\$5/ MUST REGISTER/ DEPARTS SPCC 10:30a.m./ LIMIT 6	MAH JONGG/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 TRIP: THE COUNTING HOUSE MUSEUM/\$8/ MUST REGISTER/ DEPARTS SPCC 8:45a.m./ LIMIT 6	三米州州
14 NO BINGO TODAY	15 NO ACTIVITIES TODAY	16 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.	17 SENIOR CREATE & CHAT/ 9:00-11:30a.m./ FREE/MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/ MUST REGISTER/1-3p.m. LIMIT 12 SPITE & MALICE/FREE/MUST REGISTER/1-3p.m./LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./LIMIT 12	18 MAH JONGG/ FREE/ MUST REGISTER/ 9a.m12p.m./ LIMIT 12
21 NO BINGO TODAY	22 NO ACTIVITES TODAY	23 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.	24 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/MUST REGISTER/ 1-3p.m./LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/ 1-3p.m./LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./LIMIT 12	25 MAH JONGG/ FREE/ MUST REGISTER/ 9a.m12p.m./ LIMIT 12
28 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE	FREE SENIOR ACTIVITY DAY/ SENIOR WING/ SEE ATTACHED/ 9:00a.m2:00p.m. VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM/ MUST REGISTER/ LIMIT 12	30 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12:00-1:30p.m. TRIP: DEW HAVEN ZOO & RESCUE/\$15/ MUST REGISTER/ DEPARTS SPCC 8:30a.m./ BRING MONEY FOR LUNCH/ LIMIT 6		

50+ SENIOR JULY SCHEDULE



			To Water	
Mon	Tue	Wed	Thu	Fri
5 NO BINGO TODAY HAPPY INDEPENDENCE DAY OBSERVED	6 FREE SENIOR ACTIVITY DAY/ SENIOR WING/ SEE ATTACHED/ 9:00a.m2:00p.m. VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM/ MUST REGISTER/ LIMIT 12	7 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.	1 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/ MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/ MUST REGISTER/1-3p.m./ LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./ LIMIT 12 8 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/ MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/ MUST REGISTER/1-3p.m./ LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 TRIP: OUT TO LUNCH BUNCH/\$5/ MUST REGISTER/ DEPARTS SPCC 10:30a.m./ LIMIT 6	MAH JONGG/FREE/MUST REGISTER/ 9a.m12p.m./ LIMIT 12 9 MAH JONGG/FREE/MUST REGISTER/ 9a.m12p.m./ LIMIT 12
12 NO BINGO TODAY TRIP: LANGLAIS SCULPTURE PRE- SERVE & MARSHALL POINT LIGHTHOUSE/ \$12.00/MUST REGISTER/ DEPARTS SPCC 8:30a.m./DON'T FOR- GET PICNIC LUNCH	13 NO ACTIVITIES TODAY	14 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/12:00-1:30p.m. TRIP: WALK HARVEY BUTLER RHODODENDRON SANCTUARY/\$5/MUST REGISTER/DEPARTS SPCC 8:30a.m./LIMIT 6	15 NO ACTIVITIES TODAY	16 NO ACTIVITIES TODAY
19 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE	20 FREE SENIOR ACTIVITY DAY/ SENIOR WING/ SEE ATTACHED/ 9:00a.m2:00p.m. VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM/ MUST REGISTER/ LIMIT 12	21 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.	22 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/ MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/MUST REGISTER/1-3p.m./LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 TRIP: BRAUN'S RIVERSIDE LAVENDER FARM & NATURALLY JAMMIN/ \$15/MUST REGISTER/BRING \$10 TO PICK OWN LAVENDER/ LUNCH PROVIDED/LIMIT 6	23 MAH JONGG/ FREE/ MUST REGISTER/ 9a.m12p.m./ LIMIT 12
26 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE	27 TRIP: MONTPELIER TOUR & MAINE STATE PRISON STORE/\$15.00/ MUST REGISTER/ DEPARTS SPCC 9:30a.m./ DON'T FORGET PICNIC LUNCH	28 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.	29 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/ MUST REGISTER/LIMIT 10 HAND & FOOT/FREE/ MUST REGISTER/1-3p.m./ LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./LIMIT 12	30 MAH JONGG/ FREE/ MUST REGISTER/ 9a.m12p.m./ LIMIT 12

50+ SENIOR AUG. SCHEDULE



		Wildon - Walter		
Mon	Tue	Wed	Thu	Fri
2 NO BINGO TODAY TRIP: PIANO MEN AT MAINE STATE MUSIC THEATER/ \$61.00RES./ \$71.00 NON-RES./ MUST REGISTER/ DEPARTS SPCC 12:45p.m./ LIMIT 6	FREE SENIOR ACTIVITY DAY/ SENIOR WING/ SEE ATTACHED/ 9:00a.m2:00p.m. VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM/ MUST REGISTER/ LIMIT 12	4 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/12:00-1:30p.m. TRIP: OUT TO LUNCH BUNCH/\$5/ MUST REGISTER/ DEPARTS SPCC 10:30a.m./LIMIT 6	5 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/ MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/ MUST REGISTER/1-3p.m. LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/1-3p.m./ LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./ LIMIT 12	6 MAH JONGG/ FREE/MUST REGISTER/ 9a.m12p.m./ LIMIT 12
9 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE	TRIP: WALK STONEWOOD TRAIL/ \$5/MUST REGISTER/ DEPARTS SPCC 8:30a.m./ LIMIT 6	11 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m.	12 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/ MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/ MUST REGISTER/1-3p.m. LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 TRIP: ISLES OF SHOALS/ \$50 RES./\$60 NON-RES./ MUST REGISTER/ DEPARTS SPCC 9:30a.m./ BRING OWN LUNCH OR MONEY TO PURCHASE FOOD ON BOAT/ LIMIT 6	13 MAH JONGG/ FREE/MUST REGISTER/ 9a.m12p.m./ LIMIT 12
BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE	17 FREE SENIOR ACTIVITY DAY/ SENIOR WING/ SEE ATTACHED/ 9:00a.m2:00p.m. VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM/ MUST REGISTER/ LIMIT 12	18 BOWLING AT SEA DOG BREW- ING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12:00-1:30p.m. TRIP: MYSTERY TRIP/ \$15/ DEPARTS SPCC 7a.m./ INVOLVES GOOD AMOUNT OF WALKING/ STANDING/ 2 HR. DRIVE/ BRING MONEY FOR LUNCH	19 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/MUST REGISTER/1-3p.m. LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/1-3p.m./ LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./ LIMIT 12	20 MAH JONGG/ FREE/MUST REGISTER/ 9a.m12p.m./ LIMIT 12
23 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL' 12:30-3p.m./ BRING OWN BEVERAGE	24 NO ACTIVITIES TODAY	25 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12:00-1:30p.m.	26 SENIOR CREATE & CHAT/ 9:00-11:30a.m./FREE/ MUST REGISTER/ LIMIT 10 HAND & FOOT/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 SPITE & MALICE/FREE/ MUST REGISTER/1-3p.m./LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./LIMIT 12	27 MAH JONGG/FREE/ MUST REGISTER/ 9a.m12p.m./ LIMIT 12
30 NO BINGO TODAY SHUTDOWN	31 SHUTDOWN			
CAUIDOWN	SIIO I DOWN			

Senior Activity Days,

Tuesdays, May 11 & 25, June 1 & 29, July 6 & 20 and August 3 & 17

You will be asked to wear your mask at all times, except during lunch.

(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-11:45pm \$3 Res./\$4 Non-Res. –MUST REGISTER Vitality T'ai Chi—1pm-2pm—\$5—MUST REGISTER