



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







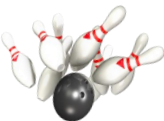

**Register on-line at www.sopoparksrec.com
or in person at SPCC**

**Registration Dates:
Res.: April 12
Non-Res.: April 15**




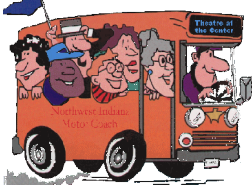


50+ SENIOR MAY SCHEDULE



Mon	Tue	Wed	Thu	Fri
3 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE	4 TRIP: OUT TO LUNCH BUNCH/\$5/ MUST REGISTER/ DEPARTS SPCC 10:30a.m./LIMIT 6 	5 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12-1:30p.m.	6 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	7 MAH JONGG/ FREE/MUST REGISTER/ 9a.m.-12p.m./ LIMIT 12 
10 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE	11 FREE SENIOR ACTIVITY DAY/SENIOR WING/ SEE ATTACHED 9:00a.m.-2:00p.m. VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM/MUST REGISTER/LIMIT 10	12 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/ MUST REGISTER/ 12-1:30p.m. TRIP: WALK/LAUREL HILL DAFFODILS/\$5.00/ MUST REGISTER/ DEPARTS SPCC 8:30a.m./ LIMIT 6 	13 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	14 MAH JONGG/ FREE/MUST REGISTER/ 9a.m.-12p.m./ LIMIT 12
17 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE 	18 NO ACTIVITIES TODAY	19 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12-1:30p.m.	20 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	21 MAH JONGG/FREE/ MUST REGISTER/ 9a.m.-12p.m./ LIMIT 12 TRIP: MAINE WILDLIFE PARK & PICNIC/\$12.00/ MUST REGISTER/ DEPARTS SPCC 8:45a.m./DON'T FORGET YOUR PICNIC LUNCH/ LIMIT 6 
24 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE 31 CLOSED 	25 FREE SENIOR ACTIVITY DAY/SENIOR WING/ SEE ATTACHED 9:00a.m.-2:00p.m. VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM/MUST REGISTER/LIMIT 10	26 BOWLING AT SEA DOG BREWING/\$10 MONTH TO SPCC/\$3 PER STRING AT SEA DOG/MUST REGISTER/ 12:00-1:30p.m. 	27 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: BEDROCK GARDENS TOUR & PICNIC LUNCH/\$32 RES./ \$42 NON-RES./ MUST REGISTER/ DEPARTS SPCC 9:00a.m./ BRING PICNIC LUNCH/ LIMIT 6 	28 MAH JONGG/ FREE/MUST REGISTER/ 9a.m.-12p.m./ LIMIT 12




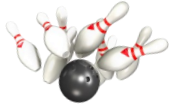
50+ SENIOR JUNE SCHEDULE



Mon	Tue	Wed	Thu	Fri
	1 FREE SENIOR ACTIVITY DAY/ SENIOR WING/ SEE ATTACHED/ 9:00a.m.-2:00p.m. VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM/ MUST REGISTER/ 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.m.-12p.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. TRIP: OUT TO LUNCH BUNCH/\$5/ MUST REGISTER/ DEPARTS SPCC 10:30a.m./ LIMIT 6	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 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	11 MAH JONGG/ FREE/ MUST REGISTER/ 9a.m.-12p.m./ LIMIT 12 
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.m.-12p.m./ LIMIT 12
21 NO BINGO TODAY	22 NO ACTIVITIES 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 REGIS- TER/1-3p.m./LIMIT 12 MAH JONGG/FREE/ MUST REGISTER/1-3p.m./LIMIT 12	25 MAH JONGG/ FREE/ MUST REGISTER/ 9a.m.-12p.m./ LIMIT 12
28 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE 	29 FREE SENIOR ACTIVITY DAY/ SENIOR WING/ SEE ATTACHED/ 9:00a.m.-2:00p.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



Mon	Tue	Wed	Thu	Fri
			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	2 MAH JONGG/ FREE/ MUST REGISTER/ 9a.m.-12p.m./ LIMIT 12 
5 NO BINGO TODAY HAPPY INDEPENDENCE DAY OBSERVED 	6 FREE SENIOR ACTIVITY DAY/ SENIOR WING/ SEE ATTACHED/ 9:00a.m.-2:00p.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.	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	9 MAH JONGG/ FREE/ MUST REGISTER/ 9a.m.-12p.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.m.-2:00p.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 REGIS- TER/1-3p.m./LIMIT 12 SPITE & MALICE/FREE/ MUST REG- ISTER/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.m.-12p.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.m.-12p.m./ LIMIT 12

50+ SENIOR AUG. SCHEDULE



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 	3 FREE SENIOR ACTIVITY DAY/ SENIOR WING/ SEE ATTACHED/ 9:00a.m.-2:00p.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.m.-12p.m./ LIMIT 12
9 BINGO/\$1.00/ REGISTER AT FRONT DESK UPON ARRIVAL/ 12:30-3p.m./ BRING OWN BEVERAGE	10 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.m.-12p.m./ LIMIT 12
16 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.m.-2:00p.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.m.-12p.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.m.-12p.m./ LIMIT 12
30 NO BINGO TODAY SHUTDOWN	31 SHUTDOWN			

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**