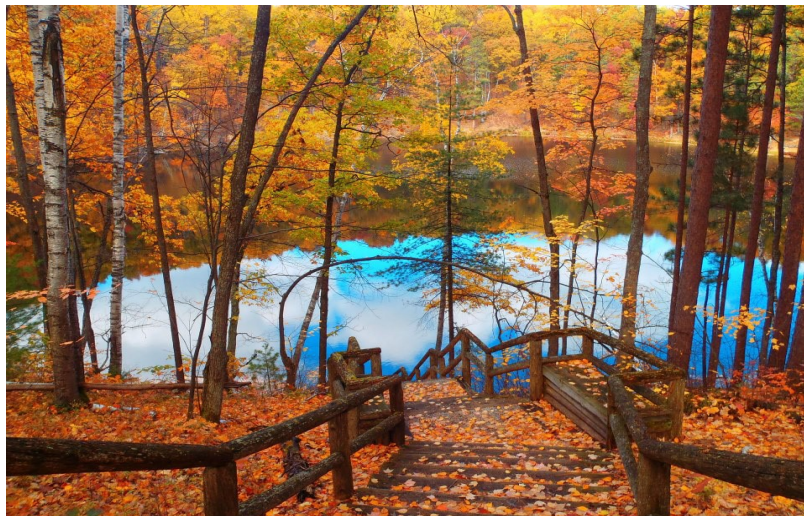




SEPT./OCT./NOV./DEC. SENIOR TRIPS & ACTIVITY CALENDARS 2022







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

**Registration Dates:
Res: Aug. 22
Non-Res: Aug. 25**






50+ SENIOR SEPT. SCHEDULE



Mon	Tue	Wed	Thu	Fri
			1 TRIP: COME ON GET HAPPY AT FOOTLIGHTS THEATRE/ DEPARTS SPCC 6:15p.m./ \$25/\$35NR	2 
5 CLOSED FOR HOLIDAY 	6 FINANCIAL WELLNESS SERIES/ SR DROP-IN CENTER/ 9:00-10:00a.m./ FINANCIAL TIPS FOR LOW INCOME SENIORS/ FREE/ MUST REGISTER	7 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m.	8 STEP INTO FITNESS/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	9 TRIP: OUT TO LUNCH BUNCH/ DEPARTS SPCC 10:30a.m./ \$5.00/ BRING MONEY FOR LUNCH/ GRATUITY
12 NATURE THEMED PRESENTATION/ SR DROP-IN CTR/ 10:00-11:00a.m./ FREE/ MUST REGISTER/ FROM MOTHS TO MONARCHS 	13 FINANCIAL WELLNESS SERIES/ SR DROP-IN CENTER/ 9:00-10:00a.m./ PROTECTING SENIORS FROM FINANCIAL ABUSE & SCAMS/ FREE/ MUST REGISTER TRIP: FIELDSTONES GARDEN TOUR/ DEPARTS SPCC 8:45a.m./ \$9 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM	14 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. TRIP: APPLE ACRES FARM TOUR & LUNCH INCLUDED/ DEPARTS SPCC 8:15a.m./ \$24/\$34NR 	15 STEP INTO FITNESS/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	16
19 TRIP: FORT POINT STATE PARK, LIGHTHOUSE & PICNIC/ DEPARTS SPCC 8:15a.m./ \$10/ DO NOT FORGET YOUR PICNIC LUNCH	20 FINANCIAL WELLNESS SERIES/ SR DROP-IN CENTER/ 9:00-10:00a.m./ PROTECTING SENIORS FROM FINANCIAL ABUSE & SCAMS/ FREE/ MUST REGISTER	21 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. 	22 STEP INTO FITNESS/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	23 TRIP: FLEA MARKET FRIDAY/ DEPARTS SPCC 8:00a.m./ \$8/ BRING MONEY FOR LUNCH & PURCHASES
26 NATURE THEMED PRESENTATION/ SR DROP-IN CTR/ 10:00-11:00a.m./ FREE/ MUST REGISTER/ THE NATURE OF FALL 	27 FINANCIAL WELLNESS SERIES/ SR DROP-IN CENTER/ 9:00-10:00a.m./ BUDGETING & INFLATION/ FREE/ MUST REGISTER TRIP: WALK: PONDICHERY PARK & PICNIC/ DEPARTS SPCC 8:30a.m./ \$5/ DO NOT FORGET YOUR PICNIC LUNCH VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM	28 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. HANNAFORD PRESENTATION/ SHOPPING FOR A HEALTHY HEART/ SR DROP-IN CENTER/ 2:00-3:00p.m./ FREE/ MUST REGISTER	29 TRIP: TOUR OF PINELAND FARMS, CORNMAZE & LUNCH/ DEPARTS SPCC 8:15a.m./ \$15/ BRING MONEY FOR LUNCH	30

50+ SENIOR OCT. SCHEDULE



Mon	Tue	Wed	Thu	Fri
3 	4 ALL ABOUT BALANCE/ SR DROP-IN CENTER/ 9:00-10:00a.m./ FREE/ MUST REGISTER TRIP: FRYEBURG FAIR/ DEPARTS SPCC 8:30a.m./ \$12 	5 NATURE THEMED PRESENTATION/ SR DROP-IN CTR/ 9:00-10:00a.m./ FREE/ MUST REGISTER/ FORAGING MAINE WILD EDIBLES BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m.	6 STEP INTO FITNESS/ \$20/\$30NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$20/\$30NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: WALK: PRIDES PRESERVE, WEST- BROOK RIVER WALK & CAFÉ STOP/ DEPARTS SPCC 8:30a.m./ BRING MONEY FOR CAFÉ PURCHASES	7 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO PRE-REGISTER/ DROP-INS ALWAYS WELCOME!
10 CLOSED FOR HOLIDAY 	11 ALL ABOUT BALANCE/ SR DROP-IN CENTER/ 9:00-10:00a.m./ FREE/ MUST REGISTER VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM	12 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. 	13 STEP INTO FITNESS/ \$20/\$30NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$20/\$30NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	14 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO PRE-REGISTER/ DROP-INS ALWAYS WELCOME! TRIP: MYSTERY TRIP/ DEPARTS SPCC 9:00a.m./ \$40/\$50NR/ BRING MONEY FOR LUNCH
17 TRIP: INLAND RIVER & FALL FOLIAGE CRUISE/ DEPARTS SPCC 10:15a.m./ \$35/\$45NR	18 ALL ABOUT BALANCE/ SR DROP-IN CENTER/ 9:00-10:00a.m./ FREE/ MUST REGISTER	19 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. TRIP: SURPRISE DAY OF ART/ DEPARTS SPCC 9:30a.m./ \$10	20 STEP INTO FITNESS/ \$20/\$30NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$20/\$30NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	21 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO PRE-REGISTER/ DROP-INS ALWAYS WELCOME!
24	25 ALL ABOUT BALANCE/ SR DROP-IN CENTER/ 9:00-10:00a.m./ FREE/ MUST REGISTER TRIP: MAINE FOREST & LOGGING MUSEUM TOUR & PICNIC/ DEPARTS SPCC 8:15a.m./ \$15/ DO NOT FORGET YOUR PICNIC LUNCH VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM	26 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. HANNAFORD PRESENTATION/ PLANT BASED NUTRITION/ SR DROP-IN CENTER/ 2:00-3:00p.m./ FREE/ MUST REGISTER	27 STEP INTO FITNESS/ \$20/\$30NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$20/\$30NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: OUT TO LUNCH BUNCH/ DEPARTS SPCC 10:30a.m./ \$5/ BRING MONEY FOR LUNCH & GRATUITY	28 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO PRE-REGISTER/ DROP-INS ALWAYS WELCOME! 
31 NATURE THEMED PRESENTATION/ SR DROP-IN CTR/ 9:00-10:00a.m./ FREE/ MUST REGISTER/ CREEPY CREATURES				

50+ SENIOR NOV. SCHEDULE



Mon	Tue	Wed	Thu	Fri
	1 	2 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. TRIP: AMERICAN INDEPENDENCE MUSEUM & LUNCH/ DEPARTS SPCC 8:30a.m./ \$30\$40NR 	3 STEP INTO FITNESS/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: MAINE HISTORICAL SOCIETY/ MAINE HISTORY MUSEUM: EXHIBIT: NORTHERN THREADS: CENTURY OF DRESS/ DEPARTS SPCC 12:30p.m./ \$13	4 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO PRE-REGISTER/ DROP-INS ALWAYS WELCOME!
7 	8 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM 	9 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. TRIP: WILBUR'S OF MAINE TOUR/ DEPARTS SPCC 9:30a.m./ \$9	10 STEP INTO FITNESS/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	11 CLOSED FOR HOLIDAY 
14 NATURE THEMED PRESENTATION/ SR DROP-IN CTR/ 9:00-10:00a.m./ FREE/ MUST REGISTER/ INTRO TO NATURE JOURNALING	15 TRIP: DAY OF SHOPPING ON ROOSEVELT TRAIL/ DEPARTS SPCC 8:30a.m./ \$6/ BRING MONEY FOR LUNCH AND PURCHASES	16 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. TRIP: CAROUSEL AT GOOD THEATER/ DEPARTS SPCC 6:00p.m./ \$35/\$45NR	17 STEP INTO FITNESS/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	18 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO PRE-REGISTER/ DROP-INS ALWAYS WELCOME!
21 	22 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM	23 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m.	24 CLOSED FOR HOLIDAY 	25 CLOSED 
28 	29 TRIP: OUT TO LUNCH BUNCH/ DEPARTS SPCC 10:30a.m./ \$5/ BRING MONEY FOR LUNCH & GRATUITY 	30 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m.		

50+ SENIOR DEC. SCHEDULE



Mon	Tue	Wed	Thu	Fri
			1 STEP INTO FITNESS/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: ELF THE MUSICAL AT THE PORTSMOUTH MUSIC HALL--FROM THE OGUN- QUIT PLAYHOUSE/ DEPARTS SPCC12:00p.m./ \$74/\$84NR	2 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO PRE- REGISTER/ DROP-INS ALWAYS WELCOME!
5 HOLIDAY BINGO BASH/ 10:00a.m.- 2:00p.m./ SPCC SENIOR WING/ \$10 	6 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM 	7 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. TRIP: OUT TO LUNCH BUNCH/ DEPARTS SPCC 10:30a.m./ \$5/ BRING MONEY FOR LUNCH & GRATUITY	8 STEP INTO FITNESS/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: PSO'S MAGIC OF CHRISTMAS/ DEPARTS SPCC 1:15p.m./ \$35/\$45NR	9 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO PRE-REGISTER/ DROP-INS ALWAYS WELCOME!
12 NATURE THEMED PRESENTATION/ SR DROP-IN CTR/ 9:00-10:00a.m./ FREE/ MUST REGISTER/ FOSSILS OF MAINE 	13 TRIP: CHRISTMAS AT VICTORIA MANSION TOUR/ DEPARTS SPCC 10:15a.m./ \$14 	14 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m. HANNAFORD PRESENTATION/ HEALTHY HOLIDAY HABITS/ SR DROP-IN CENTER/ 2:00-3:00p.m./ FREE/ MUST REGISTER	15 STEP INTO FITNESS/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$15/\$25NR MONTHLY FEE OR \$5 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: GARDENS AGLOW AT BOOTHBAY BOTANICAL GARDENS/ DEPARTS SPCC 3:00p.m./ \$25/\$35NR/ BRING MONEY FOR DINNER	16 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO PRE- REGISTER/ DROP-INS ALWAYS WELCOME!
19	20 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$5.00/AEROBIC ROOM	21 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m.	22	23
26 CLOSED FOR HOLIDAY 	27	28 BOWLING AT SEA DOG BREWING/ \$10 MONTH TO SPCC/ \$3 PER STRING AT SEA DOG/ 11:45a.m.-1:45p.m.	29	30