

2023 SEPT./OCT./NOV./DEC. SENIOR TRIPS & ACTIVITY CALENDAR

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

Registration Dates:

Res: Aug. 14

Non-Res: Aug. 17



50+ SENIOR SEPT. SCHEDULE

Mon	Tue	Wed	Thu	Fri
				1 SHUTDOWN
Happy Labor Day To ALL Of You	5	FOOTBALL 101/ 9:30-11:30am/ Casco Bay Room/ \$6/ MUST REGISTER	7 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: GET TOGETHER OF GRATITUDE & PICNIC LUNCH PROVIDED/ \$15/ DEPARTS SPCC SR. DROP IN CENTER 10:30a.m./ MUST REGISTER	8 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
11	12 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE/ MULTI-PURPOSE ROOM ENERGY ART WORKSHOP/ 10:00a.m11:30a.m./ SR. DROP IN CENTER/ \$30/\$40NR MUST REGISTER TRIP: TOUR OF MSMT PRODUCTION CENTER & CREATIVE STUDIOS/ \$8.00/ DEPARTS SPCC SR. DROP IN CENTER 12:15p.m./ MUST REGISTER	13 NATURE THEMED PRESENTATION: BEGINNER'S GUIDE TO BOAT WATCHING/ 9:30-10:30a.m./ FREE/ SR. DROP IN CENTER/ MUST REGISTER	14 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: YOU MADE ME LOVE YOU AT FOOTLIGHTS THEATRE/ \$25/\$35NR/ DEPARTS SPCC SR. DROP IN CENTER 6:15p.m./ MUST REGISTER	15 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
18 MAH JONGG LESSONS \$15/ SR. DROP-IN CENTER/ 9:00a.m12:00p.m./ MUST REGISTER	19 TRIP: APPLECREST FARM ORCHARD/ \$26;\$36NR/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER	20 MAH JONGG LESSONS \$15/ SR. DROP-IN CENTER/ 9:00a.m12:00p.m./ MUST REGISTER TRIP: WALK AT GAMBO PRESERVE/ \$7/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER	21 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	22 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE SENIOR RESOURCI FAIR/ 9:00a.m12:00p.m. FREE/ SPCC GYM/ PLEASE REGISTER FOR HEADCOUNT PURPOSES
25 MAH JONGG LESSONS \$15/ \$75/ \$7. DROP-IN CENTER/ 9:00a.m12:00p.m./ MUST REGISTER TRIP: AFTERNOON PRIVATE TEA AT GOLDFINCH CREAMERY/ \$33/\$43NR/ DEPARTS SPCC SR. DROP IN CENTER 1:00P.M./ MUST REGISTER	26 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE/ /MULTI-PURPOSE ROOM JOG YOUR MEMORY/ 10:00-11:00a.m./ FREE/ SPCC SR. DROP IN CENTER/ MUST REGISTER	27 MAH JONGG LESSONS \$15/ SR. DROP-IN CENTER/ 9:00a.m12:00p.m./ MUST REGISTER	28 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: TOOTSIE @ THE OGUNQUIT PLAYHOUSE/ \$82/\$92NR DEPARTS SPCC SR. DROP IN CENTER 12:45p.m./ MUST REGISTER	29 LAUGHTER YOGA/ 12-1pm/ SR. DROP IN CENTER/ FREE/ MUST REGISTER SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE

50+ SENIOR OCT. SCHEDULE

Mon	Tue	Wed	Thu	Fri
2	3 TRIP: FRYEBURG FAIR/ \$14/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER	4	5 STEP INTO FITNESS/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM ALL ABOUT BALANCE/ FREE/ 10:00-11:00a.m./ SPCC SR. DROP IN CENTER/ MUST REGISTER	6 TRIP: FREEPORT FALL FREEPORT FALL FREEPORT FALL FREEPORT FALL FREEPORT FR
Sclosed For Holiday National Indigenous Peoples Day	10 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE/ MULTI-PURPOSE ROOM	11 TRIP: FIREFLIES AT GOOD THEATER/ \$36/\$46NR/ DEPARTS SPCC 6:15p.m./ MUST REGISTER	12 STEP INTO FITNESS/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM ALL ABOUT BALANCE/ FREE/ 10:00-11:00a.m./ SPEC SR. DROP IN CENTER/ MUST REGISTER	13 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
16	17 FALL HARVEST GATHERING/ \$17/\$27NR/ 12:00-2:00p.m./ SPCC CASCO BAY ROOM/ MUST REGISTER	18 NATURE THEMED BATS UNMASKED/ 9:30-10:30a.m./ FREE/ SR. DROP IN CENTER/ MUST REGISTER	19 NO STEP INTO FITNESS OR CHAIR FIT TODAY ALL ABOUT BALANCE/ FREE/ 10:00-11:00a.m./ 9:00-11:00a.m./ MUST REGISTER TRIP: LEAF PEEPING/ \$10/ DEPARTS SPCC SR. DROP IN CENTER 9:00a.m./ MUST REGISTER	20 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
23	24 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE/ MULTI-PURPOSE ROOM TRIP: PORTLAND OBSERVATORY TOUR/ \$10/ DEPARTS SPCC SR. DROP IN CENTER 9:30a.m./ MUST REGISTER	25 ENERGY ART FOR ADULTS/ \$30/\$40NR/ 6:30-7:30p.m./ SPCC CASCO BAY ROOM/ MUST REGISTER	26 STEP INTO FITNESS/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM ALL ABOUT BALANCE/ FREE/ 10:00-11:00a.m./ SPCC SR. DROP IN CENTER/ MUST REGISTER	27 LAUGHTER YOGA/ 12:00-1:00p.m./ SR. DROP-IN CENTER/ FREE/ MUST REGISTER/ DO NOT JUST SHOW UPI SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE TRIP: WALK AT DOUGLASS MOUNTAIN/ \$7/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER
30 TRIP: MYSTERY/ \$25/\$35NR/ DEPARTS SPCC SR. DROP IN CENTER 9:00a.m./ MUST REGISTER	31			

50+ SENIOR NOV. SCHEDULE

Mon	Tue	Wed	Thu	Fri
		1	2	3 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
6	7 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE/ MULTI-PURPOSE ROOM TRIP: STONEWALL KITCHEN/ \$12/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER	8 SNOW DATE: STONEWALL KITCHEN	9 STEP INTO FITNESS/ \$14/\$24NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$14/\$24NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM THANK A VET/MEET A VET/ 9:30-11:30a.m. \$9/ SPCC SR. DROP IN CENTER/ MUST REGISTER (Free for Vets bring ID)	10 CLOSED FOR HOLIDAY
13	14	15 NATURE THEMED NATURE'S NARRATIVES/ 9:30-10:30a.m./ FREE/ SR. DROP IN CENTER/ MUST REGISTER TRIP: ONE STOP CHRISTMAS SHOPPING/ \$11.00/ DEPARTS SPCC SR. DROP IN CENTER 9:00a.m./ MUST REGISTER	16 SNOW DATE: ONE STOP CHRISTMAS SHOPPING	17 LAUGHTER YOGA/ 12:00-1:00p.m./ SR. DROP-IN CENTER/ FREE/ MUST REGISTER/ DO NOT JUST SHOW UPI SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
20	21 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE/ MULTI-PURPOSE ROOM	22	23 CLOSDED FOR HOLIDAY HAPPY THANKSGIVING	24 CLOSED
27 TRIP: DINNER OUT & THE NUBBLE LIGHTHOUSE/ \$9/ DEPARTS SPCC SR. DROP IN CENTER 3:00p.m./ MUST REGISTER	28	29	30 STEP INTO FITNESS/ \$14/\$24NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$14/\$24NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: SOUND OF MUSIC AT PORTSMOUTH MUSIC HALL/ \$85/\$95NR/ DEPARTS SPCC SR. DROP IN CENTER 12:00P.M./ MUST REGISTER	

50+ SENIOR DEC. SCHEDULE

Mon	Tue	Wed	Thu	Fri
				1 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE LAUGHTER YOGA/ 12:00-1:00p.m./ SR. DROP-IN CENTER/ FREE/ MUST REGISTER/ DO NOT JUST SHOW UPII
4	5 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE/ MULTI-PURPOSE ROOM	6 TRIP: STONE MOUNTAIN HOLIDAY LUNCH & CONCERT/ \$62/\$72NR/ DEPARTS SPCC SR. DROP IN CENTER 10:00a.m./ MUST REGISTER	7 STEP INTO FITNESS/ \$14/\$24NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$14/\$24NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	8 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE TRIP: PSO'S MAGIC OF CHRISTMAS/ \$38/\$48NR/ DEPARTS SPCC SR. DROP IN CENTER 1:15p.m./
11	12	13 NATURE THEMED WINTER WONDERS/ 9:30-10:30a.m./ FREE/ SR. DROP IN CENTER/ MUST REGISTER	14 STEP INTO FITNESS/ \$14/\$24NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$14/\$24NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: GARDENS AGLOW/ \$31/\$44NR/ DEPARTS SPCC \$R. DROP IN CENTER 2:00p.m./ MUST REGISTER/ INCLUDES BROWN BAG LUNCH	15 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
18	19 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE/ MULTI-PURPOSE ROOM HOLIDAY HAPPINESS MEAL/ 12:00-2:00P.M./ \$20(\$30NR/ SPCC CASCO BAY ROOM/ MUST REGISTER	20 TRIP: GIFTS OF CHRISTMAS AT FOOTLIGHTS THEATRE/ \$25/\$35NR/ DEPARTS SPCC SR. DROP IN CENTER 6:15p.m./ MUST REGISTER	PUZZLE PALOOZA/ \$3.00/ SPCC SR. DROP IN CENTER/ MUST REGISTER - PLEASE SEE BROCHURE OR READ ON-LINE FOR DETAILS & INSTRUCTIONS	22 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
25 CLOSED FOR HOLIDAY Happy Holidays	26	27	28	29 NO CORNHOLE TODAY LAUGHTER YOGA/ 12:00-1:00p.m./ SR. DROP-IN CENTER/