



CITY OF
**SOUTH
PORTLAND**

JAN./FEB./MAR./APR. SENIOR TRIPS & ACTIVITY CALENDAR 2024

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

**Registration Dates:
Res: Dec. 11
Non-Res: Dec. 14**



50+ SENIOR JAN. SCHEDULE

Mon	Tue	Wed	Thu	Fri
1 CLOSED FOR HOLIDAY 	2	3 TRIP: KITTELY TRADING POST & LUNCH / \$14/ DEPARTS SPCC SR. DROP IN CENTER 8:45a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH	4 STEP INTO FITNESS/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	5 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
8 TRIP: KENNEBEC CABIN CO./LUNCH & LONGFELLOWS/ \$10/ DEPARTS SPCC SR. DROP IN CENTER 9:00a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH & PURCHASES	9 MONTHLY BIRTHDAYS/ 10:00-11:00a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER	10	11 NO STEP INTO FITNESS OR CHAIR FIT TODAY	12 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE KEEPING THE KEYS WORKSHOP/ 10:00-11:00a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER
15 CLOSED FOR HOLIDAY 	16 LET'S TALK ABOUT HOSPICE/ 9:30-10:30a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER	17 CROCHET GRANNY SQUARE CLASS/ 9:30-10:30a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER/ SEE BROCHURE FOR MATERIALS YOU NEED TO BRING TO CLASS	18 STEP INTO FITNESS/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: OSHER MAP LIBRARY/ \$8/ DEPARTS SPCC SENIOR DROP IN CENTER 9:30a.m./ MUST REGISTER	19 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE TRIP: OUT TO LUNCH BUNCH/ \$7/ DEPARTS SPCC SR. DROP IN CENTER 10:30a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH
22 BASIC GENEALOGY/ 1:00-2:00p.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER	23 TIPS, TRICKS & LIFE HACKS HOUR/ 10:00-11:00a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER	24 NATURE PRESENTATION: BELOW THE WATER'S SURFACE/ 9:30-10:30a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER	25 STEP INTO FITNESS/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	26 LAUGHTER YOGA/ 12-1pm/ SR. DROP IN CENTER/ FREE/ MUST REGISTER SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
29 BASIC GENEALOGY/ 1:00-2:00p.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER	30 SNOW DATE: TIPS, TRICKS & LIFE HACKS HOUR	31 PSUEDO BOOK CLUB/ 9:00-10:30a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER/ SEE BROCHURE FOR BOOK GENRE OF THE MONTH		




50+ SENIOR FEB. SCHEDULE

Mon	Tue	Wed	Thu	Fri
			1 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: LUNCH AT THE GREEN LADLE CULINARY ARTS SCHOOL/ \$25/\$35NR/ DEPARTS SPCC SR. DROP IN CENTER 9:30a.m./ MUST REGISTER/ BRING MONEY FOR TIP	2 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE 
5	6 ST. DEMETRIOS GREEK ORTHODOX CHURCH TOUR/ \$6/ DEPARTS SPCC SR. DROP IN CENTER 9:15a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH	7 SNOW DATE: CROCHET GRANNY SQUARE CLASS	8 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	9 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
12 NATURE PRESENTATION: WILD CATS & DOGS/ 9:30-10:30a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER	13 MONTHLY BIRTHDAYS/ 10:00-11:00a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER	14 VALENTINE' DAY TEA BRUNCH/ 11:00a.m-1:00p.m./ SPCC CASCO BAY ROOM/ \$17/\$27NR/ MUST REGISTER 	15 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: THE PLAY THAT GOES WRONG AT PORTLAND STAGE/ \$42/\$52NR/ DEPARTS SPCC SR. DROP IN CENTER 1:15p.m./ MUST REGISTER	16 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
19 CLOSED FOR HOLIDAY 	20 ADVANCE CARE PLANNING/ 9:30-10:30a.m./ SPCC SENIOR DROP IN CENTER/ FREE/ MUST REGISTER	21 BASIC GENEOLOGY/ 1:00-2:00p.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER TRIP: MAINE NEEDHAM CO. TOUR/ \$7.00/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH	22 NO STEP INTO FITNESS OR CHAIR FIT TODAY PRESENTATION: ARLINGTON: GUARDING THE TOMB OF THE UNKNOWN SOLDIER/ 9:30-11:00a.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER	23 LAUGHTER YOGA/ 12:00-1:00p.m./ SR. DROP-IN CENTER/ FREE/ MUST REGISTER/ NO CORNHOLE TODAY
26	27 FUNDAMENTAL FOOT CARE PRESENTATION/ 10:00-11:30a.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER TRIP: SNOWSHOEING AT PINELAND FARMS/ \$25/\$35NR/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER	28 BASIC GENEOLOGY/ 1:00-2:00p.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER PSEUDO BOOK CLUB/ 9:00-10:30a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER SNOWDATE: NEEDHAM CO.	29 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	

50+ SENIOR MAR. SCHEDULE

Mon	Tue	Wed	Thu	Fri
				1 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
4	5	6	7 STEP INTO FITNESS/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$21/\$31NR 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
11 TRIP: UNE ART EXHIBIT/ \$7/ DEPARTS SPCC SR. DROP IN CENTER 10:15a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH	12 MONTHLY BIRTHDAYS/ 10:00-11:00a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER COOKING MATTERS/ 11:00a.m.-1:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER TRIP: MAINE JEWISH MUSEUM/ \$5/ DEPARTS SPCC SR. DROP IN CETER 12:30p.m./ MUST REGISTER (DONATION FOR MUSEUM SUGGESTED)	13	14 STEP INTO FITNESS/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	15 INTIMATE IRISH LUNCHEON/ \$15/ 11:00a.m.-1:00p.m./ SR. DROP IN CENTER/ MUST REGISTER SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE 
18	19 COOKING MATTERS/ 11:00a.m.-1:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER 	20 NATURE PRESENTATION: A NIGHT IN THE WOODS/ 9:30-10:30a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER	21 STEP INTO FITNESS/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$21/\$31NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: MUSEUM OF BEADWORK/ \$12/ DEPARTS SPCC SR. DROP IN CENTER 10:30a.m./ MUST REGISTER	22 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE TRIP: OUT TO LUNCH BUNCH/ \$7/ DEPARTS SPCC SR. DROP IN CENTER 10:30a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH
25	26 COOKING MATTERS/ 11:00a.m.-1:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER	27 PSEUDO BOOK CLUB/ 9:00-10:30a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER TRIP: OXFORD CASINO/ \$10/ DEPARTS SPCC SR. DROP IN CENTER 9:30a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH 	28 NO STEP INTO FITNESS OR CHAIR FIT TODAY TRIP: WALK - TIMBER POINT/ BEACH WALK/ \$7/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER	29 LAUGHTER YOGA/ 12:00-1:00p.m./ SR. DROP-IN CENTER/ FREE/ MUST REGISTER SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE

50+ SENIOR APR. SCHEDULE

Mon	Tue	Wed	Thu	Fri
1 	2 COOKING MATTERS/ 11:00a.m.-1:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER TRIP: HOLOCAUST & HUMAN RIGHTS CENTER OF MAINE/ \$10/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH & SUGGESTED MUSEUM DONATION	3 MDIFW ARCHERY FOR ALL/ 10:00a.m-12:00p.m./ FREE/ SPCC CASCO BAY ROOM/ MUST REGISTER 	4 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	5 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE TRIP: WALK - HOPE CEMETERY & WOODS/ \$7/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER
8 	9 COOKING MATTERS/ 11:00a.m.-1:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER MONTHLY BIRTHDAYS/ 10:00-11:00a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER 	10 TRIP: THE PROM AT USM THEATRE/ \$10/ DEPARTS SPCC SR. DROP IN CENTER 9:15a.m./ MUST REGISTER	11 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM TRIP: SPRING AWAKENINGS AT COMMUNITY LITTLE THEATER/ \$28/\$38NR/ DEPARTS SPCC SR. DROP IN CENTER 5:45p.m./ MUST REGISTER	12 NO CORNHOLE TODAY
15 CLOSED FOR HOLIDAY 	16 COOKING MATTERS/ 11:00a.m.-1:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER	17 	18 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	19 NO CORNHOLE TODAY
22 	23 	24 NATURE PRESENTATION: MAINE'S AMPHIBIANS & REPTILES/ 9:30-10:30a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER PSEUDO BOOK CLUB/ 9:00-10:30a.m./ SR. DROP IN CENTER/ FREE/ MUST REGISTER	25 STEP INTO FITNESS/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 11:30a.m.-12:15p.m./ MULTI-PURPOSE ROOM CHAIR FIT/ \$28/\$38NR MONTHLY FEE OR \$8 DROP-IN FEE/ 12:30-1:15p.m./ MULTI-PURPOSE ROOM	26 LAUGHTER YOGA/ 12:00-1:00p.m./ SR. DROP-IN CENTER/ FREE/ MUST REGISTER SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE
29 TRIP: MYSTERY/ \$26/\$36NR/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER/ BRING PICNIC LUNCH	30 			