



CITY OF
**SOUTH
PORTLAND**

**SEPT./OCT./NOV./DEC.
SENIOR TRIPS & ACTIVITY
CALENDAR
2024**

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

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



50+ SENIOR SEPT. SCHEDULE

Mon	Tue	Wed	Thu	Fri
<p>2 CLOSED FOR HOLIDAY</p> 	<p>3</p>	<p>4 EMERGENCY PREPAREDNESS — GET SOPO READY! 1:00-2:30p.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER</p> 	<p>5 TRIP: WALKING FIELD TRIP/ HOPE CEMETERY & WOODS/ \$7/ DEPARTS SPCC SR. DROP IN CENTER 8:45a.m./ MUST REGISTER</p>	<p>6 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO REGISTER— DROP INS ALWAYS WELCOME!</p> <p>TRIP: WALKING FIELD TRIP/ TIMBER POINT/ \$7/ DEPARTS SPCC SR. DROP IN CENTER 8:45a.m./ MUST REGISTER</p>
<p>9 NATURE THEMED PRESENTATION—GEOLOGY OF WILLARD BEACH/ SR. DROP IN CENTER/ 9:30-10:30a.m./ FREE/ MUST REGISTER</p>	<p>10 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8.00 DROP IN FEE/ SPCC AEROBIC ROOM</p> <p>MONTHLY BIRTHDAYS/ 10:00-11:00a.m./ FREE/ SPCC SR. DROP IN CENTER/ MUST REGISTER</p> <p>BRIDGE LESSONS/ 10:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ YOU MUST BE REGISTERED</p>	<p>11 TRIP: THE SECRET OF CELL BLOCK 7 @ CAROUSEL THEATER/ \$66/\$76NR/ DEPARTS SPCC SR. DROP IN CENTER 9:45a.m./ MUST REGISTER</p>	<p>12</p>	<p>13 AGE FRIENDLY RESOURCE FAIR/ 9:00a.m.-12:00p.m./ FREE/ PLEASE REGISTER/ DROP INS WELCOME! SPCC GYM/CASCO BAY ROOM & SENIOR CENTER</p>
<p>16 MAH JONGG LESSONS/ 9:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ \$15.00/ YOU MUST BE REGISTERED</p> 	<p>19 BRIDGE LESSONS/ 10:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ YOU MUST BE REGISTERED</p> <p>TRIP: MAINE MILL/ \$12/ DEPARTS SPCC SR. DROP IN CENTER 8:45a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH</p>	<p>18 MAH JONGG LESSONS/ 9:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ \$15.00/ YOU MUST BE REGISTERED</p> <p>TRIP: MORSE'S SAURKRAUT & MUSCONGAS BAY/ \$9/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER/ BRING PICNIC LUNCH</p>	<p>19 CHAIR FIT 11:15a.m.-12:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>CORE STABILITY 10:30-11:15a.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p>	<p>20 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO REGISTER— DROP IN ALWAYS WELCOME!</p>
<p>23 NATURE THEMED PRESENTATION—WILD GERMS/ SR. DROP IN CENTER/ 9:30-10:30a.m./ FREE/ MUST REGISTER</p> <p>MAH JONGG LESSONS/ 9:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ \$15.00/ YOU MUST BE REGISTERED</p>	<p>24 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8.00 DROP IN FEE/ SPCC AEROBIC ROOM</p> <p>BRIDGE LESSONS/ 10:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ YOU MUST BE REGISTERED</p> <p>TRIP: BEAU CHEMIN PRESERVATION FARM TOUR, WALK & PICNIC/ \$15/ DEPARTS SPCC SR. DROP IN CENTER 8:45a.m./ MUST REGISTER/ BRING PICNIC LUNCH</p>	<p>25 MAH JONGG LESSONS/ 9:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ \$15.00/ YOU MUST BE REGISTERED</p> <p>PSEUDO BOOK CLUB/ 9:00-10:30a.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER</p>	<p>26 CHAIR FIT 11:15a.m.-12:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>CORE STABILITY 10:30-11:15a.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>TRIP: PIG ROAST/ \$52/\$62NR/ DEPARTS SPCC SR. DROP IN CENTER 2:30p.m./ MUST REGISTER</p>	<p>27 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/ TRY TO REGISTER— DROP IN ALWAYS WELCOME!</p> <p>LAUGHTER YOGA/ 12:00-1:00p.m./ SPCC SENIOR DROP IN CENTER/ FREE/ TRY TO REGISTER— DROP INS ALWAYS WELCOME!</p> 
<p>30</p>				

50+ SENIOR OCT. SCHEDULE

Mon	Tue	Wed	Thu	Fri
	<p>1 TRIP: FRYEBURG FAIR/ \$15/ DEPARTS SPCC 8:30a.m./ MUST REGISTER</p> <p>BRIDGE LESSONS/ 10:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ YOU MUST BE REGISTERED</p>	<p>2 TRIP: MY BEST FRIEND'S WEDDING @ THE OGUNQUIT PLAYHOUSE/ \$84/\$94NR/ DEPARTS SPCC SR. DROP IN CENTER 12:15p.m./ MUST REGISTER</p>	<p>3 CHAIR FIT 11:15a.m.-12:00p.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>CORE STABILITY 10:30-11:15a.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>INTRO TO BIOFIELD TUNING/ 9:30-10:30a.m./ FREE/ SPCC SENIOR DROP IN CENTER/ MUST BE REGISTERED</p>	<p>4 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/TRY TO REGISTER DROP INS ALWAYS WELCOME!</p>
<p>7</p>	<p>8 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8.00 DROP IN FEE PER CLASS/ SPCC AEROBIC ROOM</p> <p>MONTHLY BIRTHDAYS/ 10:00-11:00a.m./ FREE/ SPCC SR. DROP IN CENTER/MUST REGISTER</p> <p>BRIDGE LESSONS/ 10:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ YOU MUST BE REGISTERED</p>	<p>9 PICKLEBALL INJURY PREVENTION PRESENTATION/ 11:15a.m.-12:15p.m./ SPCC SENIOR DROP IN CENTER/ FREE/ MUST REGISTER</p> 	<p>10 TRIP: BUTTERNUT FARM TOUR & PICNIC LUNCH/ \$15/ DEPARTS SPCC SENIOR DROP IN CENTER 9:00a.m./ MUST REGISTER/ BRING PICNIC LUNCH</p>	<p>11 TRIP: GRANITE STATE SCENIC RAILWAY EXCURSION/ \$70/\$80NR/ DEPARTS SPCC SENIOR DROP IN CENTER 9:30a.m./ MUST REGISTER</p>
<p>14 CLOSED FOR HOLIDAY</p> 	<p>15 TRIP: WILD FEW HERB FARM TOUR & TEA/ \$18/\$28NR/ DEPARTS SPCC SENIOR DROP IN CENTER 9:15a.m./ MUST REGISTER</p> <p>BRIDGE LESSONS/ 10:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ YOU MUST BE REGISTERED</p>	<p>16 PROGRESSIVE STRENGTH TRAINING PRESENTATION/ 10:00-11:00a.m./ SPCC SENIOR DROP IN CENTER/ FREE/ MUST REGISTER</p>	<p>17 CHAIR FIT 11:15a.m.-12:00p.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>CORE STABILITY 10:30-11:15a.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>TRIP: ALL THINGS NAVY/ \$17/\$27NR/ DEPARTS SPCC SENIOR DROP IN CENTER 9:00a.m./ MUST REGISTER/ BRING MONEY FOR LUNCH</p>	<p>18 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/TRY TO REGISTER DROP INS ALWAYS WELCOME!</p> 
<p>21 NATURE THEMED PRESENTATION—MAINE'S MYTHS & LEGENDS/ SR. DROP IN CENTER/ 9:30-10:30a.m./ FREE/ MUST REGISTER</p>	<p>22 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8.00 DROP IN FEE PER CLASS/ SPCC AEROBIC ROOM</p> <p>BRIDGE LESSONS/ 10:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ YOU MUST BE REGISTERED</p>	<p>23 TRIP: LITERATURE OF LIFE - THE GREAT GATSBY @ THE MUSIC HALL/ \$16/\$26NR/ DEPARTS SPCC SENIOR DROP IN CENTER 8:00a.m./ MUST REGISTER</p>	<p>24 CHAIR FIT 11:15a.m.-12:00p.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>CORE STABILITY 10:30-11:15a.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>INTRO TO BIOFIELD TUNING/ 9:30-10:30a.m./ FREE/ SPCC SENIOR DROP IN CENTER/ MUST BE REGISTERED</p>	<p>25 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/TRY TO REGISTER DROP INS ALWAYS WELCOME!</p> <p>LAUGHTER YOGA/ 12:00-1:00p.m./ SR. DROP-IN CENTER/ FREE/ MUST REGISTER/ DROP INS ALWAYS WELCOME!</p>
<p>28 MAH JONGG LESSONS/ 9:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ \$15.00/ YOU MUST BE REGISTERED</p>	<p>29 BRIDGE LESSONS/ 10:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ FREE/ YOU MUST BE REGISTERED</p>	<p>30 MAH JONGG LESSONS/ 9:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ \$15.00/ YOU MUST BE REGISTERED</p> <p>PSEUDO BOOK CLUB/ 9:00-10:30a.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER</p>	<p>31 SPOOKTACULAR HALLOWEEN EVENT!/ \$13.00/ 11:00a.m.-2:00p.m. SPCC SENIOR DROP IN CENTER/ MUST REGISTER</p> 	

50+ SENIOR NOV. SCHEDULE

Mon	Tue	Wed	Thu	Fri
				<p>1 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE-TRY TO REGISTER/ DROP INS ALWAYS WELCOME!</p> <p>TRIP: MYSTERY/ \$45/\$55NR/ DEPARTS SPCC SR. DROP IN CENTER 1:30p.m./ MUST REGISTER</p>
<p>4 MAH JONGG LESSONS/ 9:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ \$15.00/ YOU MUST BE REGISTERED</p>	<p>5 MAH JONGG LESSONS/ 9:00a.m.-12:00p.m./ SPCC SR. DROP IN CENTER/ \$15.00/ YOU MUST BE REGISTERED</p> <p>VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8.00 DROP IN FEE PER CLASS/ SPCC AEROBIC ROOM</p>	<p>6 TRIP: TITANIC THE MUSICAL @ THE NORTH SHORE MUSIC THEATRE/ \$85/\$95NR/ DEPARTS SPCC SENIOR DROP IN CENTER 11:30a.m./ MUST REGISTER</p> <p>TEAM TRIVIA GAME/ 1:00-2:30p.m./ SPCC SENIOR DROP IN CENTER/ MUST BE REGISTERED</p>	<p>7 CHAIR FIT 11:15a.m.-12:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>CORE STABILITY 10:30-11:15a.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>BRAIN HEALTH/ \$28/\$38 ALL 3 CLASSES OR \$10 PER CLASS/ 9:30-10:30a.m./ SPCC SENIOR DROP IN CENTER/ MUT BE REGISTERED</p>	<p>8 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE-TRY TO REGISTER/ DROP INS ALWAYS WELCOME!</p> 
<p>11 CLOSED FOR HOLIDAY</p> 	<p>12 MONTHLY BIRTHDAYS/ 10:00-11:00a.m./ FREE/ SPCC SR. DROP IN CENTER/ MUST REGISTER</p> 	<p>13 TEAM TRIVIA GAME/ 1:00-2:30p.m./ SPCC SENIOR DROP IN CENTER/ MUST BE REGISTERED</p>	<p>14 TRIP: PORT CANVAS TOUR/ \$15/ DEPARTS SPCC SENIOR DROP IN CENTR 10:15a.m./ MUST REGISTER</p> <p>BRAIN HEALTH/ \$28/\$38 ALL 3 CLASSES OR \$10 PER CLASS/ 9:30-10:30a.m./ SPCC SENIOR DROP IN CENTER/ MUT BE REGISTERED</p>	<p>15 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE-TRY TO REGISTER/ DROP INS ALWAYS WELCOME!</p>
<p>18 NATURE THEMED PRESENTATION— MAINE'S UNIQUE BIODIVERSITY HOTSPOTS/ SR. DROP IN CENTER/ 9:30-10:30a.m./ FREE/ MUST REGISTER</p>	<p>19 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8.00 DROP IN FEE PER CLASS/ SPCC AEROBIC ROOM</p> <p>A DAY OF THANKS/ 9:00a.m.-2:00p.m./ SPCC SENIOR DROP IN CENTER/ YOU MUST BE REGISTERED/ PLEASE DO NOT JUST SHOW UP!</p> 	<p>20 TEAM TRIVIA GAME/ 1:00-2:30p.m./ SPCC SENIOR DROP IN CENTER/ MUST BE REGISTERED</p> 	<p>21 CHAIR FIT 11:15a.m.-12:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>CORE STABILITY 10:30-11:15a.m./ \$14/\$24NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>BRAIN HEALTH/ \$28/\$38 ALL 3 CLASSES OR \$10 PER CLASS/ 9:30-10:30a.m./ SPCC SENIOR DROP IN CENTER/ MUT BE REGISTERED</p>	<p>22 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE-TRY TO REGISTER/ DROP INS ALWAYS WELCOME!</p> <p>LAUGHTER YOGA/ 12:00-1:00p.m./ SR. DROP-IN CENTER/ FREE/ MUST REGISTER/ DROP INS ALWAYS WELCOME!</p> <p>TRIP: GIANNI SCHICCI (OPERA) @ USM THEATRE/ \$15/\$25NR/ DEPARTS SPCC SR. DROP IN CENTER 9:15a.m./ MUST REGISTER</p>
<p>25</p>	<p>26 TRIP: WENTWORTH'S GREENHOUSE, ROGER'S & RED'S SHOE BARN/ \$13/ DEPARTS SPCC SENIOR DROP IN CENTER 9:00a.m./ MUST REGISTER</p>	<p>27 TEAM TRIVIA GAME/ 1:00-2:30p.m./ SPCC SENIOR DROP IN CENTER/ MUST BE REGISTERED</p> <p>PSEUDO BOOK CLUB/ 9:00-10:30a.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER</p>	<p>28 CLOSED FOR HOLIDAY</p> 	<p>29 CLOSED FOR HOLIDAY</p>

50+ SENIOR DEC. SCHEDULE

Mon	Tue	Wed	Thu	Fri
<p>2</p>	<p>3 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8.00 DROP IN FEE/ SPCC AEROBIC ROOM</p> 	<p>4</p>	<p>5 CHAIR FIT 11:15a.m.-12:00p.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>CORE STABILITY 10:30-11:15a.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>TRIP: STONE MOUNTAIN ARTS CENTER/ \$65/\$75NR/ DEPARTS SPCC SR. DROP IN CENTER 10:00a.m./</p>	<p>6 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/TRY TO REGISTER DROP INS ALWAYS WELCOME!</p> <p>TRIP: BUNDLE UP FOR BATHI/ \$10/ DEPARTS SPCC SR. DROP IN CENTER 1:30p.m./ MUST REGISTER</p>
<p>9</p>	<p>10 MONTHLY BIRTHDAYS/ 10:00-11:00a.m./ FREE/ SPCC SR. DROP IN CENTER/MUST REGISTER</p> 	<p>11 TRIP: FROZEN THE MUSICAL @ THE PORTSMOUTH MUSIC HALL/ \$75/\$85NR/ DEPARTS SPCC SR. DROP IN CENTER 11:45a.m./ MUST REGISTER</p> 	<p>12 CHAIR FIT 11:15a.m.-12:00p.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>CORE STABILITY 10:30-11:15a.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p>	<p>13 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/TRY TO REGISTER DROP INS ALWAYS WELCOME!</p> <p>TRIP: SEASHORE TROLLEY MUSEUM PRELUDE TROLLEY RIDE/ \$18/\$28NR/ DEPARTS SPCC SR. DROP IN CENTER 8:30a.m./ MUST REGISTER</p>
<p>16</p>	<p>17 VITALITY T'AI CHI/ 1:00-2:00p.m./ \$14/\$24NR MONTHLY FEE OR \$8.00 DROP IN FEE/ SPCC AEROBIC ROOM</p>	<p>18 PSEUDO BOOK CLUB/ 9:00-10:30a.m./ SPCC SR. DROP IN CENTER/ FREE/ MUST REGISTER</p> <p>HOLIDAY AFTERNOON POTLUCK PIE SOCIAL/ \$8/ 12:30-2:30p.m./ SPCC SR. DROP IN CENTER/ MUST BE REGISTERED/ PLEASE DO NOT JUST SHOW UP!</p>	<p>19 CHAIR FIT 11:15a.m.-12:00p.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p> <p>CORE STABILITY 10:30-11:15a.m./ \$21/\$31NR MONTHLY FEE OR \$8 DROP IN FEE PER CLASS/ SPCC MULTI-PURPOSE ROOM</p>	<p>20 SENIOR CORNHOLE/ 1:45-3:15p.m./ SPCC GYM/ FREE/TRY TO REGISTER DROP INS ALWAYS WELCOME!</p>
<p>23 NATURE THEMED PRESENTATION— FESTIVE FLORA & FAUNA/ SR. DROP IN CENTER/ 9:30-10:30a.m./ FREE/ MUST REGISTER</p>	<p>24</p>	<p>25 CLOSED FOR HOLIDAY</p> 	<p>26</p>	<p>27 LAUGHTER YOGA/ 12:00-1:00p.m./ SR. DROP-IN CENTER/ FREE/ MUST REGISTER/ DROP INS ALWAYS WELCOME!</p>
<p>30</p>	<p>31</p> 			