







# November 2018



## South Portland Housing Authority ACTIVITIES CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>Cribbage is back! Please sign up for Round 3 of the SPHA Cribbage Tournament. To register, call Phillip at 773-4140, ext. 234 or Sue Woodman, ext. 245. Leave your name, phone number and residence. Let us know your preference for the best day of the week and time (day or evening). NEW MEMBERS ARE ALWAYS WELCOME. COME JOIN THE FUN! Please contact Phillip or Sue by Monday, November 12<sup>th</sup>.</b></p>		<p>1 Cumberland County Sheriff – Turkey Dinner at Camp Sunshine Seniors only!!! Bus: \$4 E: 9:00 W: 9:30</p>	2	3
<p>4</p> 	5	<p>6 Hannaford's – Mill Creek Bus: \$3 W: 9:00 E: 9:15</p> 	<p>7 Walmart/lunch at the Mall Bus: \$4 E: 10:00 W: 10:30</p>	<p>8 Breakfast at Bernie's and shopping at Ocean State Job Lots Bus: \$4 W: 8:15 E: 8:45 *Open to October <u>wait list</u> people first*</p>	9	<p><b>BRH Events:</b> Coffee &amp; muffins every morning Exercise class- Mon/Tues 9:30 Poker – Wed. 5:30 Movies - most nights @6pm Bingo – Mon/Fri 6pm Chorus – Wed. 2pm Residential Council meetings-last Tues.</p> <p><b>1700 Broadway Events:</b> 11/25 - Chop Suey/Baked Bean Supper \$3 each 5-6:30  11/25 - Bingo 7-9 Guests welcome</p>
11	<p>12 Veterans Day SPHA Offices Closed</p>	<p>13 Hannaford's – Mill Creek Bus: \$3 W: 9:00 E: 9:15</p>	<p>14 Christmas Tree Shop/lunch at IHOP Bus: \$4 E: 10:00 W: 10:30</p>	<p>15 S. Portland Food Cupboard &amp; The Clothes Closet Bus: Free E: 7:00am W: 7:30</p>	16	
18	19	<p>20</p>  <p>@ the Portland Players! Tix: \$5 Bus: \$3 W: 6pm E: 6:30</p>	<p>21 Hannaford's – Mill Creek Bus: \$3 W: 9:00 E: 9:15</p>	<p>22</p>  <p>Happy Thanksgiving! SPHA Offices Closed</p>	23	<p>SPHA Offices closed for the holiday weekend</p>
25	26	<p>27 Hannaford's – Mill Creek Bus: \$3 W: 9:00 E: 9:15</p>	<p>28 Marketbasket/lunch on site Bus: \$6 E: 9:30 W: 10:00</p>	<p>29</p> <p><b>"White Christmas" presented @ the Lyric Theater</b> Ticket: \$10.00 Bus: \$3.00  W: 6:15 E: 6:30</p> 	30	<p><b>Mill Cove Events:</b> 11/2 – 50/50 10-11:30 11/3 – Hot Dog/Chili Lunch 12pm 11/8 – Council Meeting 3pm 11/10 – Art Class 2-4 11/16 – Karaoke 3-5</p>

November is a busy month! Don't forget to vote on Tuesday, November 6<sup>th</sup> and to set your clocks back 1 hour on Sunday, November 4<sup>th</sup>. Attention Seniors, sign up early for the Cumberland County Sheriff's Free Turkey Dinner at Camp Sunshine. The food is delicious and the presentations are very informative. We will be attending two plays in November; Mamma Mia on 11/20 and White Christmas on 11/29. Sing along with your favorite ABBA tunes at Mamma Mia and get in the holiday mood while watching White Christmas! I have scheduled another trip to Bernie's for breakfast and Ocean State Job Lots for all the folk who did not get on the bus for the October trip. Let me know if you will be joining us for this trip. Our regular trips to Hannaford's, Walmart, the Christmas Tree Shop, the Marketbasket and the South Portland Food Cupboard round out this month's schedule of excursions. Don't forget to leave your name, residence, phone number and trip dates when you call to reserve your seat on the bus.

The Mill Cove, BRH and 1700 Broadway Councils have scheduled some great activities for their residents in the month of November. They are noted in the yellow boxes. Please let me know if your Residential Council would like to list activities for your building.

**ATTENTION ALL CRIBBAGE PLAYERS** and those who would like to learn how to play cribbage! We are starting a new round of the SPHA Cribbage Tournament. Please refer to the flyer about the tournament for all the details. Give Phillip(ext. 234) or Sue(ext. 245) a call at 207-773-4140 to sign up!

Don't forget to purchase your *As You Like It* vouchers from SMAA!! Seniors can purchase them for \$6 to pay for meals at certain locations. Look for the green highlighted dates on our calendar. Call SMAA at 396-6583 for details. Please note: SMAA will no longer send you vouchers in the mail. We will try to stop at the SMAA office on the way to "As You Like It" restaurants so that you can purchase vouchers.



A V.N.A. Nurse visits each residence to provide health services such as checking one's blood pressure, etc. Nurse visiting hours are posted in each building. Take advantage of this great opportunity!

- Please note that **YOU MUST CALL 48 HOURS IN ADVANCE** if you are unable to attend an event or meal. **Many of our trips fill up quickly and have waiting lists. Cancelling your seat on the trip at the last minute leaves little time for people on the waiting list to prepare! If you cancel within 24 hours of the event, you will still need to pay the bus fee!**
- Please **BE ON TIME** when the bus arrives! Latecomers will be called once and the bus will leave if you are not ready. Mark your calendars! We will leave activities promptly as well; you need to be at the bus pick up spot at the designated time. If you are not there, you risk seeking your own transportation home.

To register; call or email and leave a message for Sue Woodman, Activities Coordinator at my direct line, (207) 289-3745, OR at (207)773-4140 x245 OR at [swoodman@spha.net](mailto:swoodman@spha.net). Make sure to state the following:

- Full name, address and phone number
- All of the activities you would like to attend this month
- Will you be bringing a wheelchair or a walker?

\*\*\*YOU WILL NOT RECEIVE A CONFIRMATION PHONE CALL. I WILL ONLY CONTACT YOU IF A TRIP IS FULL\*\*\*

You must make your own reservations: RESERVATIONS MADE BY OTHERS WILL NOT BE ACCEPTED!

- Nearby trips (South Portland, Portland) require 5 paying attendees
- Longer trips require 10 paying attendees.

### What does this mean?

Trip involves a moderate amount of walking

SC: Senior Citizen

A: Adult

TRIAD: Program for seniors; see flyer in lobby

NT: No Transportation

PP: Must prepay for trip or event

### WEATHER POLICY

Trips or events will be cancelled or rescheduled if .....

-The South Portland Housing Authority is closed due to bad weather.

-Driving may be hazardous during the trip.

-The activity will be unpleasant due to bad weather

Please read pick up times for each event. I plan to arrive on the other side approximately 20-30 minutes after we start picking people up.

**Bus Phone number: 207-209-6635**

**Do not call this number to make reservations!!**

**PLEASE BE ON TIME!!!**

#### E: East

Betsy Ross House

235 Broadway

425 Broadway

Mill Cove

#### W: West

Ridgeland Estates

Ridgeland Gardens

1700 Broadway

Landry Village/Adam Court