






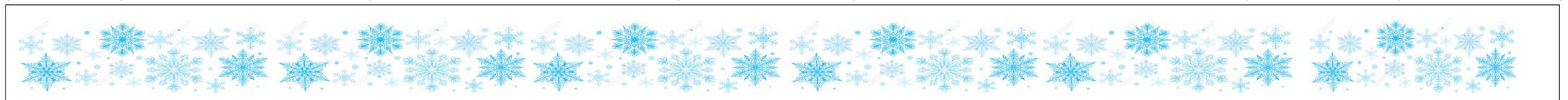
January 2019



South Portland Housing Authority ACTIVITIES CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 1 SPHA OFFICES CLOSED	2	3 Southern Maine Indoor Flea Market/lunch at Blast From the Past Bus: \$4 E: 9:00 W: 9:30	4	5
6	 7 Cribbage Tournament – Round #3 @Landry 2-4pm *call Sue if you need a ride	8 Hannaford's – Mill Creek Bus: \$3 E: 9:00 W: 9:30	9 Walmart/lunch at the Mall Bus: \$4 E: 10:00 W: 10:30	10 Marketbasket/lunch on site Bus: \$6 E: 9:30 W: 10:00	11	12
13	 14 Cribbage Tournament – Round #3 @Landry 2-4pm	15 Hannaford's – Mill Creek Bus: \$3 E: 9:00 W: 9:30 <hr/> Afternoon at the Movies! Bus: \$4 Tickets: Senior-\$8.95 Adult-\$9.95 E: 1:00 W: 1:45 Movie: TBA!!!	16	17 S. Portland Food Cupboard & The Clothes Closet Bus: Free E: 7:00am W: 7:30	18	19
20	 21 SPHA Offices Closed	22 Hannaford's – Mill Creek Bus: \$3 E: 9:00 W: 9:30 <hr/> Mulligan's for lunch/ Reny's Bus: \$4 E: 12:00 W: 12:30 *for December waitlist folk!	23	24 "One Flew Over the Cuckoo's Nest" @ Portland Players Ticket : \$5 Bus: \$3 W: 6:00 E: 6:30	25	26
27	 28 Cribbage Tournament – Round #3 @Landry 2-4pm	29 Hannaford's – Mill Creek Bus: \$3 E: 9:00 W: 9:30	30	31 "Camelot" @ The Lyric Theater Ticket : \$10 Bus: \$3 W: 6:00 E: 6:30		



Winter has arrived and the holidays have passed! Now is the time to hunker down and enjoy the cold, snowy weather. Norma has flown the coop and is sunning in Florida, so I am in the office three days a week. I am scheduling all my trips for Tuesdays and Thursdays, with double trips scheduled on Tuesdays. Make sure to note which trip you are signing up for when you call to schedule your Tuesday trips. For the month of January, I have scheduled a couple of new trips, one to the movies and one to the Southern Maine Indoor Flea Market. For our movie trip, I have chosen a day and a time but not the movie theater or the movie. As we get closer to the date, I will check the movie selections and then call the people signed up for the trip to find out where we will go. Of course, we do not need to all see the same movie, but we will need to all go to the same theater! For all our bargain hunters, I have finally scheduled a trip to the Flea Market. We will shop and then enjoy a nice lunch at Blast From the Past. As noted on January 22nd, I have scheduled a second trip to Mulligan's for all the people that ended up on the waitlist in December. At the end of January, we will be busy with the theater! Two great plays are showing on back to back Thursdays, "One Flew Over the Cuckoo's Nest" at the Portland Players and "Camelot" at the Lyric Theater! Sign up ASAP as these trips usually fill up quickly. Lastly, the South Portland Housing Authority Cribbage Tournament- Round #3 begins in January! Join us for this friendly competition on Monday afternoons from 2-4.

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. 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.

RESIDENTIAL ACTIVITIES:

Mill Cove: 50/50 –Jan. 4th 10-11:30

Birthday party for all residents – Jan 26th 2-4pm

FREE coffee, tea or chocolate – every snowday in the morning on the second floor

Betsy Ross House: Coffee and Muffins -every morning

Exercise Class -Mon/Tues. 9:30am

LCR – Wednesdays 1:30-3

Poker -Wednesdays 5:30

Movies –Most nights 6pm

Bingo – Mon/Fri 6pm

Chorus – Wednesdays 2pm

Residential Council Meeting –last Tues. of the month

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

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