

November 2019 SPHA Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PP – ATTN to Gardens Aglow/Botanical Garden visitors! Please send in the ticket money of \$13.00 by Tuesday, November 5th. Send to SPHA, 100 Waterman Dr., Suite 101, S. Portland, ME 04106 ATTN: Sue Woodman. Make the check or Money Order payable to SPHA. Thank you!</p>					1	2
<p>3</p> <p>FALL BACK DAYLIGHT SAVINGS TIME ENDS Set clocks back one hour</p>	<p>4 Bus Driver Vacation</p>	<p>5 Bus Driver Vacation</p>	<p>6 Hannaford @Mill Creek Bus: \$3 E: 9:00 W: 9:30</p>	<p>7 Walmart/Lunch at the Mall Bus: \$4 E: 10:00 W: 10:30</p>	<p>8 South Portland Recreation Senior Expo Bus: Free W: 8:30 E: 9:00</p>	9
10	<p>11</p> <p>SPHA Offices Closed</p>	<p>12 Hannaford @Mill Cove Bus: \$3 E: 9:00 W: 9:30</p>	<p>13 Marketbasket w/lunch on site Bus: \$6 E: 9:30 W: 10:00</p>	<p>14 South Portland Food Cupboard Bus: Free E: 7:00am W: 7:30</p>	15	16
17	18	<p>19 Hannaford @Mill Creek Bus: \$3 E: 9:00 W: 9:30</p>	<p>20 Cumberland County Turkey Dinner @ Camp Sunshine Seniors Only! Bus: \$4 E: 9:00 W: 9:30</p>	<p>21 Gardens Aglow-Botanical Gardens Ticket: \$13.00PP Bus: \$7.00 E: 1:45 W: 2:15</p>	22	23
24	25	<p>26 Hannaford @Mill Creek Bus: \$3 E: 9:00 W: 9:30</p> <p>Portland Players-Chitty Chitty Bang Bang! Tix: \$5 Bus: \$3 W: 6pm E: 6:30</p>	<p>27 Bus Driver Vacation</p>	<p>28 SPHA Offices Closed</p> <p><i>Happy Thanksgiving</i></p>	<p>29 SPHA Offices closed for the holiday</p>	30

Happy November to all! This month is a busy holiday month. In addition to celebrating Veteran's Day and Thanksgiving, we will be attending a Senior Expo at the South Portland Community Center on Friday, November 8th. There will be a variety of vendors and programs. Some of the topics will be : "Safe Banking for Seniors", "Medicare & Social Security", elder law & more! You will also be able to try out some of the free and inexpensive senior activities offered at the center. Don't forget to sign up for the Cumberland County Turkey Dinner at Camp Sunshine on November 20th. The dinner is delicious and the guest speakers are very informative. On Thursday, November 21st, we will be discovering the beautifully lighted gardens at the "Gardens Aglow" exhibit at the Maine Botanical Gardens. I will need the ticket money of \$13.00 to be sent to me by Tuesday, November 5th so that I can keep our reserved spot on the 21st. The Portland Players will be presenting the play "Chitty Chitty Bang Bang" on Tuesday, November 26th. Relive this childhood classic! As always, please sign up for the trips that interest you as soon as possible! The bus does fill up quickly. Happy Thanksgiving!

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.

- 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 people on the waitlist need a little time to react if a seat opens up on the bus. You may need to pay the bus fee if you cancel within 24 hours of the trip.**
- Please **BE ON TIME** when the bus arrives! Latecomers will be called once and the bus will leave without you 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.

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 calendars. 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.

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

Bus Phone number: 207-209-6635

Do not call this number to make reservations!!

PLEASE BE ON TIME!!!!

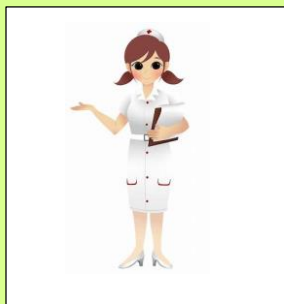
E: east

Betsy Ross House
235 Broadway
425 Broadway
Mill Cove

W: west

Ridgeland Estates
Ridgeland Gardens
1700 Broadway
Landry Village/Adam Court

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 below. Take advantage of this great opportunity!



Location	DAYS	TIME	Clinical Staff
SOUTH PORTLAND			
Landry Village	1 st Wednesday	3:30-4:00	Sally
Betsy Ross	Every Tuesday	8:00-9:45	Holly
1700 Broadway	1 st Wednesday	2:45-3:15	Sally
425 Broadway	1 st & 3 rd Wednesday	1:45-2:15	Sally
Mill Cove	1 st & 3 rd Wednesday	1:00 - 1:30	Sally
Ridgeland Estates	3 rd Wednesday	2:30-3:00	Sally

RESIDENTIAL COUNCIL NEWS

Mill Cove:

11/1 50/50 from 11-12:30
11/5 Bingo 3-5pm \$5 for the day
11/14 Council Meeting at 3pm
11/30 Birthday Party 2pm

BRH:

Coffee/muffins – every morning
Exercise classes – Mon/Tues 9:30am
LCR – Wednesdays 1:30 - 3
Poker – Wednesdays 3:30
Chorus – Wednesdays 2pm
Movies – Saturday night
Board Games - Sunday
Residential Council Meeting – last Tuesday of the month