



**WINTER | SPRING 2020**

## REGISTRATION DATES

### YOUTH & ADULT PROGRAMS

Tuesday, November 5<sup>th</sup>

### 55+ PROGRAMS

Resident | Tuesday, November 12<sup>th</sup>

Non-Resident | Tuesday, November 19<sup>th</sup>

## HOW TO REGISTER

### ONLINE

Starts at 8:00 am on the first day of registration. You will need to have created an account before you can register online.

**Location:** [web1.vermontsystems.com/scarborough.html](http://web1.vermontsystems.com/scarborough.html)

**Hours:** 24/7

**Payment Options:** Visa, Mastercard, or Discover.

### IN-PERSON

Starts at 8:00 am on the first day of registration in the Scarborough Community Services Office.

**Location:** 259 U.S. Route One, 3<sup>rd</sup> Floor

**Hours:** 8:00 - 4:00 pm | Mon - Fri

**Payment Options:** Cash, personal check, money order, or debit card. *Please make checks payable to Town of Scarborough.*

## GENERAL REFUND POLICY

### NO REFUND

If an individual does not attend the program or does not cancel at least 7 days prior to the start of a program.

### FULL REFUND MINUS PROCESSING FEE

For any cancellation or change made by an individual. For Youth and Adult Programs, the processing fee is \$15. For 55+ Programs, the processing fee is \$15 for trips over \$30 and \$5 for trips under \$30.

### FULL REFUND

If Community Services cancels the program.

*Refunds are processed through our Finance Department and mailed to recipients in the form of a check. Please be sure that Community Services has the correct mailing address before refund is processed. Please allow up to two weeks to process refund.*

## CONTACT INFORMATION

 **Main Office** 207-730-4150 | **Child Care Office** 207-730-4170  [scarboroughmaine.org](http://scarboroughmaine.org)

 [comserv@scarboroughmaine.org](mailto:comserv@scarboroughmaine.org)  [@scarboroughmaine](https://www.facebook.com/@scarboroughmaine)  [@scarboroughcomserv](https://www.instagram.com/@scarboroughcomserv)

## PAGE 8 55+ ACTIVITIES



## PAGE 18 YOUTH PROGRAMS



## PAGE 24 SPECIAL EVENTS



# Table of Contents

### 55+ PROGRAMS

|                          |    |
|--------------------------|----|
| Special Events .....     | 7  |
| Activities .....         | 8  |
| Out-to-Lunch Bunch ..... | 9  |
| Trips .....              | 10 |
| Calendars .....          | 14 |

### YOUTH PROGRAMS

|                            |    |
|----------------------------|----|
| Skiing & Snowboarding..... | 18 |
| Softball & Baseball.....   | 19 |
| Basketball.....            | 19 |
| Lacrosse .....             | 20 |
| Soccer .....               | 20 |

### ADULT PROGRAMS

|               |    |
|---------------|----|
| Soccer .....  | 21 |
| Fitness ..... | 21 |

### CHILD CARE PROGRAMS

|                               |    |
|-------------------------------|----|
| Registration Information..... | 22 |
|-------------------------------|----|

### SPECIAL EVENTS

|                        |    |
|------------------------|----|
| Santa in the Park..... | 24 |
| Passport Day .....     | 25 |
| Easter Egg Hunt.....   | 25 |

### COMMUNITY INFORMATION

|                            |    |
|----------------------------|----|
| Brochure Mailing List..... | 26 |
| Dog Information.....       | 26 |
| Passports.....             | 27 |

### FACILITIES & RENTALS

|                         |    |
|-------------------------|----|
| Parks & Fields.....     | 28 |
| Rentals .....           | 29 |
| Outdoor Amenities ..... | 29 |

### SPONSORSHIPS

|                       |    |
|-----------------------|----|
| Opportunities .....   | 30 |
| Current Sponsors..... | 31 |



# LETTER FROM THE DIRECTOR



As we prepare to enter Year 2020, our department looks forward to the ongoing discussion and potential development of several major projects, including a community center, the Hurd Park renovation project, and the turf and track replacement. These three projects would have a large impact on the level of service our department would be able to offer the citizens of Scarborough at all age levels. With an eye on the 2020 school year, our department has been in discussion and will continue to research potential solutions to our need for increased child care options.

While we are excited for new opportunities in the New Year, this past year was one that showed growth in programming. Certain programs now require planning and expansion consideration and certain programs need to be reevaluated to see if their present structure is meeting the community needs. We will continue this work throughout 2020 and look forward to providing new recreational opportunities that encompass physical, mental, and social wellness.

Thank you for your support and enjoy all that Scarborough has to offer!



**Todd Souza, C.P.R.P**  
Director of Community Services  
[tsouza@scarboroughmaine.org](mailto:tsouza@scarboroughmaine.org)

## OUR MISSION

Scarborough Community Services aims to enhance the quality of life for all residents by promoting a community-centered environment through properly maintained public spaces and engaging recreational opportunities.

## OUR VISION

Evolve and develop with a growing community to meet the needs of our residents, while maintaining and developing facilities and programming in a fiscally responsible manner.

## CORE VALUES

- Stewardship
- Inclusivity
- Character
- Innovation
- Health & Wellness



## MEET OUR STAFF



**Audra Keenan**

Intergenerational Programs Manager



**Bill Reichl**

Parks & Recreation Manager



**Nicole Hall**

Operations & Facilities Manager



**Steve Kramer**

Program Coordinator



**Andrea Zglobicki**

Program Coordinator



**Cindy DiBiase**

Seniors Program Coordinator



**Jill Deering**

Administrative Secretary



**Brandi Bradley**

Facilities Scheduler



**Ryan Colpitts**

Program Coordinator

### HOW MANY HOT DOGS?

Search our brochure up and down and all around to find all 8 hidden hot dogs!





The mission of the 55+ Programs is to give all seniors an opportunity to maintain dignity, enrich their quality of living, and actively promote participation in all aspects of community life.

## REGISTRATION

**Resident** Tuesday, November 12<sup>th</sup> | **Non-Resident** Tuesday, November 19<sup>th</sup>

## RESIDENT & NON-RESIDENT

As of the Summer 2019 program brochure, registration is now based on residency. Programs and trips remain open to everyone interested in participating. Scarborough residents receive early registration priority. Fees on trips and programs have also been restructured based on residency.

Program brochures may be mailed to individual households for a fee of \$10 per year. This fee covers the mailing of three annual brochures. This option is open to ALL households, regardless of residency or age.



## CODE OF CONDUCT

The Town of Scarborough would like the 55+ programs' trips, events, and activities to be a great experience for everyone involved. Help us maintain a positive and safe environment that is warm and welcoming to all senior citizens. Participants of the Scarborough 55+ Programs have the following responsibilities:

### Respectful

Show respect to all participants, staff, equipment, and facilities.

### Inclusive

Be welcoming to new participants. A friendly smile goes a long way!

### Considerate

Remember the golden rule: Treat others the way you would like to be treated.

### Constructive

Use a constructive tone and refrain from any abusive or threatening language when reporting or addressing any issues or concerns.



## Senior Program Disclaimer

Information provided in conjunction with this program is solely for informational purposes and is not intended as an endorsement or expression of support. The Town of Scarborough does not assume any liabilities for acts or omissions of such third parties in the provision of these goods and services. If you have an interest in providing educational and informational programming to the population served through the senior program, we encourage you to contact the senior program coordinator to discuss.

## ASSISTANCE

### Assistance Available

#### SENIOR SCHOLARSHIPS:

Community Services offers scholarships for various programs to those who qualify, including the 55+ Programs. Applications are available in the Scarborough Community Services Office.

#### BLANCHE COOK TRANSPORTATION FUND:

In honor of Blanche Marvette Small Cook, a local senior who enjoyed being picked up at her home for many of our 55+ programs, we have created a fund in hopes that it will give other Scarborough residents the opportunity to participate in the 55+ Programs who would otherwise not be able to.



## SPECIAL EVENTS

### Valentine's Day Dinner & Show

We hope to see you and your Valentine at our special Valentine's Day dinner and show. We will indulge in a delicious spaghetti dinner then enjoy wonderful live music by the legend himself, Jose Duddy! *Transportation is available upon request. Pre-registration is required.*

**LOCATION:** Wentworth School Cafeteria  
20 Quentin Dr, Scarborough, ME  
**DATE:** Feb 12 | Wednesday  
**TIME:** 6:00 - 8:00 pm  
**FEE:** \$15 Resident | \$20 Non-resident  
**DEADLINE:** Monday, Feb 3 by 4:00 pm



## PROGRAMS & ACTIVITIES

### iPad 101

Join us for these FREE 90-minute sessions designed to cover the basics of using an iPad. Jim Keenan, owner of Keenan Technologies, will provide you with a simple overview of the iPad and answer your questions! ***Transportation not provided.***

**LOCATION:** Wentworth School, Room D124  
**DATE:** Dec 20, Apr 10 | Fridays  
**TIME:** 1:30 - 3:00 pm  
**FEE:** FREE



### Weekly Programming Held at Martin's Point Community Room

153 US Route One, Scarborough, ME

We hold some of our weekly programs in the Community Room at the Scarborough Martin's Point Health Care Center. *Programs are not held on major holidays.*



### Weekly BINGO

Join us for coffee and socializing beginning at noon. BINGO starts promptly at 12:30 pm. *Registration is not necessary but please call Community Services if you would like to register for door-to-door transportation.*

**LOCATION:** Martin's Point  
**DATE:** Mondays  
**TIME:** 12:30 - 2:00 pm  
**FEE:** \$2 (paid at door)  
**CLOSED ON:** 12/23, 12/30, 1/20, 2/17, 4/20



### Senior Activity Center

Get together for coffee, pastries, games, and comradery, as well as other programs for your benefit. Open to residents and non-residents age 55 and older! *Registration is not necessary. Transportation not provided.*

**LOCATION:** Martin's Point  
**DATE:** Tuesdays & Fridays  
**TIME:** **Tues** 1:00 - 3:30 pm  
**Fri** 9:30 - 12:00 pm  
**FEE:** FREE  
**CLOSED ON:** 12/10, 12/13, 12/24, 12/27, 12/31

### Weekly Senior Lunches

Come enjoy a Wednesday lunch at Martin's Point! The meals and entertainment change weekly, so you're bound to find something that piques your interest. ***Payment is due at time of registration.***

On-site parking is limited. The shuttle departs from the faculty lot of Scarborough High School promptly at 11:00 am.

**LOCATION:** Martin's Point  
**DATE:** Wednesdays  
**TIME:** Doors open | 11:00 am  
 Lunch | 11:30 am  
**FEE:** \$7 resident & non-resident  
**DEADLINE:** Monday prior by 2:00 pm  
**CLOSED ON:** 12/25, 1/1

### Senior Lunch Policy & Rates

For each of our meals attended by a senior member, the Southern Maine Agency on Aging contributes \$2 towards the \$9 cost per person, allowing us to charge a discounted rate of \$7. If a senior has made a reservation and does not attend, we owe the full \$9 for the missed meal. If you do not cancel by the deadline or do not attend, you will still be expected to pay for the missed meal at the \$9 rate.



| Date   | Meal & Entertainment   |
|--------|--|
| Dec 4  | <b>Chicken Pot Pie</b><br>Scarborough Fire Department Presentation<br>Free Blood Pressure Readings |
| Dec 11 | <b>Pot Roast</b><br>Holiday Music with Michael Schools<br><i>Sponsored by Prime Motor Group</i>    |
| Dec 18 | <b>Ham Dinner</b><br>Holiday Gift Exchange (\$5 gift limit)  |
| Jan 8  | <b>Beef Stroganoff</b><br>Music with Gloria Jean<br>Free Blood Pressure Readings                   |
| Jan 15 | <b>Shrimp Scampi</b><br>AFib Presentation, Martin's Point Healthcare                               |
| Jan 22 | <b>Baked Ziti</b><br>Aging Excellence Presentation   |
| Jan 29 | <b>Meatloaf</b><br>Birthdays and BINGO   |
| Feb 5  | <b>Shepherd's Pie</b><br>Music with Soul Gal<br>Free Blood Pressure Readings                       |
| Feb 12 | <b>Macaroni &amp; Cheese</b><br>Normal vs. Not Normal Signs of Aging                               |
| Feb 19 | <b>Chicken Teriyaki</b><br>Fontaine Family Real Estate Presentation                                |
| Feb 26 | <b>Finger Sandwiches</b><br>Birthdays and BINGO  |
| Mar 4  | <b>Brunch</b><br>Southern Maine Agency on Aging Presentation<br>Free Blood Pressure Readings       |
| Mar 11 | <b>Boiled Dinner</b><br>Music with Jim Gallant   |
| Mar 18 | <b>Chicken Alfredo</b><br>Introduction to Beekeeping   |
| Mar 25 | <b>Pizza</b><br>Birthdays and BINGO  |
| Apr 1  | <b>BBQ Pulled Pork Dinner</b><br>The Good Tyme Band<br>Free Blood Pressure Readings                |
| Apr 8  | <b>Chicken Parmesan</b><br>Portland Wheelers Presentation  |
| Apr 15 | <b>Meatloaf</b><br>Comedian/Storyteller David Shikes   |
| Apr 22 | <b>Roast Pork</b><br>Senior Real Estate Presentation   |
| Apr 29 | <b>Meatball Subs</b><br>Birthdays and BINGO  |

**Please note:** If Scarborough Community Services cancels a lunch due to inclement weather, you will be credited the amount you paid for the lunch. This credit can be used for future lunches. We will not automatically sign you up for the next lunch. It is your responsibility to sign up for the next lunch, as we cannot predict your availability. Thank you for understanding.

## OUT-TO-LUNCH BUNCH

Join us for lunch trips to some of the area's popular restaurants, recommended by our group of seniors.

**Please note:** If you meet our group at the restaurant, you will still be charged the trip fee, as you are taking a spot in our overall reservation.

|                  |  |
|------------------|--|
| <b>DATE:</b>     | Various Thursdays  |
| <b>TIME:</b>     | 11:30 - 2:30 pm  |
| <b>FEE:</b>      | \$7 resident & non-resident<br><i>Lunch cost on your own</i> |
| <b>MIN/MAX:</b>  | 5 / 27   |
| <b>DEADLINE:</b> | Friday prior by 2:00 pm                                      |



| Date   | Restaurant   |
|--------|--|
| Dec 5  | <b>Gitty McDuff's</b><br>Freeport, ME                          |
| Dec 12 | <b>Tin Tin Buffet</b><br>Biddeford, ME                         |
| Dec 19 | <b>Bonanza Steakhouse</b><br>Sanford, ME                       |
| Jan 9  | <b>Cole Farms Restaurant &amp; Pub</b><br>Gray, ME             |
| Jan 16 | <b>Fairgrounds Pizza &amp; Pub</b><br>Cornish, ME              |
| Jan 30 | <b>Stockhouse Restaurant &amp; Sports Pub</b><br>Westbrook, ME |
| Feb 6  | <b>The Red Barn</b><br>Augusta, ME                             |
| Feb 20 | <b>Blast From The Past Diner</b><br>East Waterboro, ME         |
| Mar 12 | <b>The Village Inn</b><br>Auburn, ME                           |
| Apr 2  | <b>Town Line Family Restaurant</b><br>Lyman, ME                |
| Apr 16 | <b>Mulligan's</b><br>Biddeford, ME                             |

## TRIPS

**Please note:** This symbol indicates the trip will involve a fair amount of walking.



### Festival of Trees & Mad Hatter's Tea Party

We will be heading to the Westbrook Free Warren Congregational Church to get a look at their beautifully decorated trees at their Festival of Trees event. We will also be there to enjoy some live entertainment and attend their Mad Hatter's Tea Party, so don't forget your hat! *We will make a stop at Panera Bread for lunch before the festival.*

**LOCATION:** Westbrook, ME  
**DATE:** Dec 10 | Tuesday  
**TIME:** 11:30 - 3:30 pm  
**FEE:** \$5 resident & non-resident  
*Lunch cost on your own*  
**MIN/MAX:** 5 / 27  
**DEADLINE:** Tuesday, Dec 3 by 4:00 pm

### Magic of Christmas

Celebrate cherished traditions with music from The Nutcracker, festive carols, and the "Hallelujah!" chorus from Handel's Messiah at the Portland Symphony Orchestra. Music Director, Eckhart Preu, will bring Maine's biggest tradition to the stage! Celebrate the traditions, story and spirit of the season and experience the Magic for yourself! *We will dine at Dimillo's Floating Restaurant before the show. Performance is at 2:00 pm.*

**LOCATION:** Merrill Auditorium, Portland, ME  
**DATE:** Dec 13 | Friday  
**TIME:** 10:45 - 5:30 pm  
**FEE:** \$40 resident | \$50 non-resident  
*Lunch cost on your own*  
**MIN/MAX:** 10 / 27  
**DEADLINE:** Friday, Nov 22 by 4:00 pm



### Annual Christmas Lights Ride

Hop aboard the Community Services bus to be chauffeured through the streets and neighborhoods of Scarborough, South Portland, and Portland to admire the beautifully decorated homes and streets. *We will also make a stop for coffee or hot chocolate along the way.*

**LOCATION:** Greater Portland Area, ME  
**DATE:** Dec 16 | Monday  
 Dec 18 | Wednesday  
**TIME:** 6:00 - 8:30 pm  
**FEE:** \$5 resident | \$7 non-resident  
*Coffee/cocoa on your own*  
**MIN/MAX:** 8 / 27  
**DEADLINE:** One week prior by 4:00 pm



### Happy Hour & Dinner at Atria

Join us as we visit Atria Scarborough residents for happy hour and dinner! Happy hour will feature live music, light refreshments and spirits. Afterwards, we will have dinner in the Atria Scarborough dining room with their residents.

**LOCATION:** Scarborough, ME  
**DATE:** Jan 10 | Friday  
 Jan 24 | Friday  
**TIME:** 3:15 - 7:15 pm  
**FEE:** \$13 resident | \$15 non-resident  
*Includes dinner*  
**MIN/MAX:** 8 / 13  
**DEADLINE:** One week prior by 4:00 pm



## Museum L-A !

Join us for a journey through some of Maine's history! The exhibits at Museum L-A focus on the textile, shoe and brick-making industries of the Lewiston-Auburn area. The exhibits explore the major themes of canals and water power, immigration, and culture in an ever-changing cityscape, and the assembly line of steps in the fabric making process. *After the tour we will walk over to DaVinci's Italian Eatery for lunch, located in the same plaza as the museum.*

**LOCATION:** Lewiston, ME  
**DATE:** Feb 13 | Thursday  
**TIME:** 9:15 - 2:15 pm  
**FEE:** \$8 resident | \$10 non-resident  
*Includes admission*  
*Lunch on your own*  
**MIN/MAX:** 8 / 27  
**DEADLINE:** Monday, Feb 3 by 4:00 pm



## Winter Sleigh Ride

Sit back with a warm blanket and experience a horse-drawn sleigh ride through beautiful Kennebunkport. Sleigh rides at Rockin' Horse Stables depart from their 100 year old barn and last for about 30 minutes. After the ride, you will enjoy hot chocolate next to the fireplace in their reception area. *On the way home, we will stop at Mulligan's for lunch.*

**LOCATION:** Kennebunkport, ME  
**DATE:** Feb 27 | Thursday  
**TIME:** 10:00 - 2:00 pm  
**FEE:** \$20 resident | \$25 non-resident  
*Includes sleigh ride & cocoa*  
*Lunch on your own*  
**MIN/MAX:** 8 / 27  
**DEADLINE:** Friday, Feb 17 by 4:00 pm



## Jillson's Farm & Sugarhouse Brunch

Come visit Jillson's Farm and Sugarhouse in Sabattus during sugar season! Built in the winter of '88, Jillson's currently holds sugar parties, produces maple syrup and maple products, grows and sells fresh vegetables and flowers, and hosts events throughout the year. We will enjoy a delicious brunch with all of your breakfast favorites. Join us afterwards for a tour through the sugarhouse and barn. **Registration is limited to one Jillson's Farm Brunch per registrant.**

**LOCATION:** Sabattus, ME  
**DATE:** Mar 5 | Thursday  
 Mar 19 | THURSDAY  
**TIME:** 10:45 - 2:30 pm  
**FEE:** \$18 resident | \$24 non-resident  
*Includes brunch*  
**MIN/MAX:** 10 / 27  
**DEADLINE:** One week prior by 4:00 pm

## Maine Art Glass Studio & Insect Museum Tour !

Travel into the fascinating world of butterflies and insects as presented by Jim Nutting, owner and operator of Maine Art Glass. You will see beautiful works of glass art in the gallery, as well as some of the world's largest, most bizarre insects, both alive and preserved. *After the tour, we will enjoy a delicious lunch at FLUX Restaurant, which features modern American cuisine and local craft beer.*

**LOCATION:** Lisbon Falls, ME  
**DATE:** Apr 9 | Thursday  
**TIME:** 8:30 - 2:30 pm  
**FEE:** \$10 resident | \$13 non-resident  
*Lunch on your own*  
**MIN/MAX:** 12 / 27  
**DEADLINE:** Monday, Mar 30 by 4:00 pm

**Please Note:** There are stairs to climb to get to each level in the museum. There is NO elevator.

## Big Al's Shopping Trip !

Join us for a fun day of shopping at the odd lot outlet, Big Al's, where you'll find super values and something for everyone! *Afterwards, we will enjoy a delicious lunch at a local favorite, Taste of Maine.*

**LOCATION:** Wiscasset, ME  
**DATE:** Apr 23 | Thursday  
**TIME:** 9:30 - 3:30 pm  
**FEE:** \$8 resident | \$10 non-resident  
*Lunch on your own*  
**MIN/MAX:** 8 / 27  
**DEADLINE:** Friday, Apr 17 by 4:00 pm



## PORTLAND PLAYERS & LYRIC MUSIC THEATER

Scarborough Community Services offers transportation to the Portland Players and Lyric Music Theater Thursday night dress rehearsals. These performances are offered to groups like ours in order to provide non-driving seniors an opportunity to see live theater productions they might otherwise miss. ***Meeting at the theater will not be an option for these trips.***

**TIME:** 6:45 - 10:30 pm (*shows begin at 7:30*)  
**FEE:** \$7 resident & non-resident  
**MIN/MAX:** 8 / 27  
**DEADLINE:** Friday prior by 4:00 pm



### Lyric Music Theater

Thursday | \$10 at the door

**FEBRUARY 20** ***Disney's Frozen Jr.***  
 Directed by Joe & Jamie Swenson

**January 30** ***Love/Sick***  
 Directed by Janie Dorway Maxwell

**March 26** ***Fun Home***  
 Directed by Whitney Brown

### Portland Players

Thursday | \$5 at the door

**January 23** ***Casa Valentina***  
 Directed by Charlie Marengi

**March 19** ***Pride & Prejudice***  
 Directed by Megan Bremermann

## TRANSPORTATION

### 55+ Bus Departure Area



For all of our 55+ trips, the bus departs from the faculty parking lot of Scarborough High School at the start time listed in the trip details.

Please meet in this location if you are not receiving home pick-up. There is ample parking to leave your car during the trips.

#### Directions to the parking lot:

- From Route One, enter Municipal Drive (between Town Hall and Town & Country Credit Union).
- Take your first right after the credit union.
- The bus will be located in the second parking lot on the right. This is Staff Parking Lot E.

### Door-to-Door Transportation

We offer door-to-door transportation (pick-up at home) to any Scarborough residents 55 and older who do not drive and who would like to participate in our trips or programs. There is a fee of \$2 per person that must be paid to the bus driver for this service at the time of pick-up. Please note the \$2 fee is per person, even if pick-ups are at the same location.

If you are being picked up at home for any trip, please be ready at least one hour in advance of the scheduled trip departure time. This allows our driver adequate time to pick everyone up.

*Bus passes are available from our bus driver or at the Community Services Office at Town Hall for \$20. A bus pass will cover 12 trips for the price of 10!*

## Additional Transportation Resources

Do you need transportation to appointments, grocery shopping, or errands? There are two local companies that offer this service. Please give them a call or visit their websites for more information.

#### Regional Transportation Program

207-774-2666 | [rtprides.org](http://rtprides.org)

#### Independent Transportation Network

207-854-0505 | [itnportland.org](http://itnportland.org)

## AFFILIATE ACTIVITIES

The following programs **are not** organized through the Scarborough 55+ Program. Please contact the programs directly with any inquiries.

### Senior Chair Yoga

Help improve mobility, increase range of motion, build strength and flexibility, and improve your balance with chair yoga. No experience is necessary and all abilities are welcome!

*If you have questions about senior yoga, call the Martin's Point message line 1-877-670-2626.*

**LOCATION:** Martin's Point  
**DATE:** Tuesdays & Thursdays  
**TIME:** 9:00 - 10:00 am  
**FEE:** FREE  
**REGISTRATION:** Not Required

### All About Balance

The Maine Balance Center welcomes you to this senior exercise class to reduce your fall risk. Benefits to this class include improving balance, improving your walking, and building strength.

*If you have questions about the balance class, call the Maine Balance Center at 207-303-0612.*

**LOCATION:** Martin's Point  
**DATE:** Mondays  
**TIME:** 9:30 - 10:30 am  
**FEE:** FREE  
**REGISTRATION:** Not Required



### Scarborough Public Library

The Scarborough Public Library provides access to a broad collection and high quality services and programs that promote lifelong learning in a welcoming, community-centered facility. The library offers over 77,000 items in its collection, with millions more available through the library's online catalog.

Anyone who lives or works in Scarborough is eligible for a free library card. Reference staff is available to show cardholders how to search for materials and download eBooks to reading devices. Free programs are offered weekly and monthly and special events are also open to the public and are free to attend.

For Scarborough residents unable to visit the library due to long-term or short-term illness, immobility, or age, the library provides free delivery of materials twice a month.

*Find more information about the Scarborough Public Library at [www.scarboroughlibrary.org](http://www.scarboroughlibrary.org) or call 207-883-4723.*



#### Program

**Monday Movie Matinée**

**Book Discussion**  
*Morning Group*

**Book Discussion**  
*Evening Group*

**Let's Talk America! Forum**

**Sketching Group**

**French Conversation Group**

**Genealogy Group**

**Library Knitting Group**

#### Date

**1<sup>st</sup> Monday** of the month  
 @ 1:30 pm

**1<sup>st</sup> Tuesday** of the month  
 @ 10:00 am

**2<sup>nd</sup> Wednesday** of the month  
 @ 6:30 pm

**1<sup>st</sup> Thursday** of the month  
 @ 6:00 - 8:00 pm

**2<sup>nd</sup> Friday** of the month  
 @ 10:00 - 12:00 pm

**3<sup>rd</sup> Tuesday** of the month  
 @ 6:30 - 8:00 pm

**4<sup>th</sup> Monday** of the month  
 @ 1:00 - 3:00 pm

**Every Saturday**  
 @ 10:00 - 12:00 pm

## DECEMBER

|   |  |  |   |  |
|---|--|--|---|--|
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>2</b>   | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>3</b>                                      | 11:30 am<br>Senior Lunch at Martin's Point<br>-Chicken Pot Pie<br>-Scarborough Fire Dept Presentation<br>-Free BP Readings <b>4</b>          | 11:30 am<br>OTLB Gritty McDuff's <b>5</b>     | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>6</b>   |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>9</b>   | <b>No Activity Center</b> <b>10</b><br><br>11:30 - 3:30 pm<br>Festival of Trees & Mad Hatter's Tea Party | 11:30 am<br>Senior Lunch at Martin's Point<br>-Pot Roast<br>-Holiday Music with Michael Schools <b>11</b>                                    | 11:30 am<br>OTLB Tin Tin Buffet <b>12</b>     | <b>No Activity Center</b> <b>13</b><br><br>10:45 - 5:30 pm<br>Magic of Christmas                                     |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>16</b><br><br>6:00 - 8:30 pm<br>Christmas Lights Ride | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>17</b>                                     | 11:30 am<br>Senior Lunch at Martin's Point<br>-Ham Dinner<br>-Holiday Gift Exchange<br><br>6:00 - 8:30 pm<br>Christmas Lights Ride <b>18</b> | 11:30 am<br>OTLB Bonanza Steakhouse <b>19</b> | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>20</b><br><br>1:30 - 3:00 pm<br>iPad 101 at Wentworth |
| <b>No Programs</b> <b>23</b>  | <b>No Programs</b> <b>24</b><br><br><i>Christmas Eve</i>   | <b>No Programs</b> <b>25</b><br><br><i>Christmas Day</i>   | <b>No Programs</b> <b>26</b>                  | <b>No Programs</b> <b>27</b>   |
| <b>No Programs</b> <b>30</b>  | <b>No Programs</b> <b>31</b><br><br><i>New Year's Eve</i>  |  |   |  |

## JANUARY

|   |  |   |  |   |
|---|--|---|--|---|
|   |  | <b>No Programs</b> <b>1</b><br><br><i>New Year's Day</i>  | <b>No Programs</b> <b>2</b>  | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>3</b>  |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>6</b>                   | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>7</b>  | 11:30 am<br>Senior Lunch at Martin's Point<br>-Beef Stroganoff<br>-Music with Gloria Jean<br>-Free BP Readings <b>8</b> | 11:30 am<br>OTLB Cole Farms Restaurant & Pub <b>9</b>  | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>10</b><br><br>3:15 - 7:15 pm<br>Happy Hour & Dinner at Atria Scarborough |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>13</b>                  | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>14</b> | 11:30 am<br>Senior Lunch at Martin's Point<br>-Shrimp Scampi<br>-AFib Presentation <b>15</b>                            | 11:30 am<br>OTLB Fairgrounds Pizza & Pub <b>16</b>   | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>17</b>   |
| <b>No Programs</b> <b>20</b><br><br><i>Martin Luther King Jr. Day</i> | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>21</b> | 11:30 am<br>Senior Lunch at Martin's Point<br>-Baked Ziti<br>-Aging Excellence Presentation <b>22</b>                   | 6:45 pm<br>Portland Players<br>"Casa Valentina" <b>23</b>  | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>24</b><br><br>3:15 - 7:15 pm<br>Happy Hour & Dinner at Atria Scarborough |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>27</b>                  | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>28</b> | 11:30 am<br>Senior Lunch at Martin's Point<br>-Meatloaf<br>-Birthdays & BINGO <b>29</b>                                 | 11:30 am<br>OTLB Stockhouse Restaurant & Sports Pub <b>30</b><br><br>6:45 pm<br>Lyric Theater<br>"Love/Sick" | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>31</b>   |



## FEBRUARY

|  |  |  |   |   |
|--|--|--|---|---|
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>3</b>        | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>4</b>  | 11:30 am<br>Senior Lunch at Martin's Point<br>-Shepherd's Pie<br>-Music with Soul Gal<br>-Free BP Readings <b>5</b>  | 11:30 am<br>OTLB The Red Barn <b>6</b>  | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>7</b>                                |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>10</b>       | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>11</b> | 11:30 am<br>Senior Lunch at Martin's Point<br>-Macaroni & Cheese<br>-Normal vs. Not Normal<br>Signs of Aging Workshop<br>6:00 - 8:00 pm<br>Valentine's Dinner & Show <b>12</b> | 9:15 - 2:15 pm<br>Museum L-A <b>13</b>  | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>14</b><br><br><i>Valentine's Day</i> |
| <b>No Programs</b> <b>17</b><br><br><i>President's Day</i> | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>18</b> | 11:30 am<br>Senior Lunch at Martin's Point<br>-Chicken Teriyaki<br>-Fontaine Family Real Estate Presentation <b>19</b>   | 11:30 am<br>OTLB Blast from the Past Diner <b>20</b><br><br>6:45 pm<br>Lyric Theater<br>"Disney's Frozen Jr." | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>21</b>                               |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>24</b>       | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>25</b> | 11:30 am<br>Senior Lunch at Martin's Point<br>-Finger Sandwiches<br>-Birthdays & BINGO <b>26</b>   | 10:00 - 2:00 pm<br>Winter Sleigh Ride <b>27</b>   | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>28</b>                               |
|  |  |  |   |   |

## MARCH

|  |  |   |   |   |
|--|--|---|---|---|
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>2</b>  | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>3</b>                                  | 11:30 am<br>Senior Lunch at Martin's Point<br>-Brunch<br>-Southern Maine Agency on Aging Presentation<br>-Free BP Readings <b>4</b> | 10:45 - 2:30 pm<br>Jillson's Farm & Sugarhouse Brunch <b>5</b>  | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>6</b>  |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>9</b>  | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>10</b>                                 | 11:30 am<br>Senior Lunch at Martin's Point<br>-Boiled Dinner<br>-Music with Jim Gallant <b>11</b>                                   | 11:30 am<br>OTLB The Village Inn <b>12</b>  | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>13</b> |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>16</b> | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>17</b><br><br><i>St. Patrick's Day</i> | 11:30 am<br>Senior Lunch at Martin's Point<br>-Chicken Alfredo<br>-Introduction to Beekeeping <b>18</b>                             | 10:45 - 2:30 pm<br>Jillson's Farm & Sugarhouse Brunch <b>19</b><br><br>6:45 pm<br>Portland Players<br>"Pride & Prejudice" | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>20</b> |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>23</b> | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>24</b>                                 | 11:30 am<br>Senior Lunch at Martin's Point<br>-Pizza<br>-Birthdays & BINGO <b>25</b>  | 6:45 pm<br>Lyric Theater<br>"Fun Home" <b>26</b>  | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point <b>27</b> |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point <b>30</b> | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point <b>31</b>                                 |   |   |   |

## APRIL

|  |  |   |  |  |
|--|--|---|--|--|
|  |  | 11:30 am<br>Senior Lunch at Martin's Point<br>-BBQ Pulled Pork Dinner<br>-The Good Tyme Band<br>-Free BP Readings | 11:30 am<br>OTLB Town Line Family Restaurant           | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point  |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point | 11:30 am<br>Senior Lunch at Martin's Point<br>-Chicken Parmesan<br>-Portland Wheelers Presentation                | 8:30 - 2:30 pm<br>Maine Art Glass & Insect Museum Tour | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point<br><br>1:30 - 3:00 pm<br>iPad 101 at Wentworth |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point | 11:30 am<br>Senior Lunch at Martin's Point<br>-Meatloaf<br>-Comedian/Storyteller David Shikes                     | 11:30 am<br>OTLB Mulligan's                            | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point  |
| No Programs                                | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point | 11:30 am<br>Senior Lunch at Martin's Point<br>-Roast Pork<br>-Senior Real Estate Presentation                     | 9:30 - 3:30 pm<br>Big Al's Shopping Trip               | 9:30 - 12:00 pm<br>Senior Activity Center at Martin's Point  |
| 12:30 - 2:00 pm<br>BINGO at Martin's Point | 1:00 - 3:30 pm<br>Senior Activity Center at Martin's Point | 11:30 am<br>Senior Lunch at Martin's Point<br>-Meatball Subs<br>-Birthdays & BINGO                                |  |  |

## IMPORTANT 55+ SERVICES

### Southern Maine Agency On Aging

Here are just some of the ways SMAA fulfills its mission to improve the quality of life for older adults, adults with disabilities, and the people who care for them.

- **As You Like It:** Enjoy a delicious and nutritious meal at 13 dining sites and restaurants in Southern Maine for only \$6.
- **Meals on Wheels:** If you're age 60+, homebound, and having difficulty preparing meals, then you may qualify for this program.
- **Simply Delivered to ME:** For individuals who want a delicious and nutritious meal without having to cook. Meals are purchased in advance for a nominal cost per meal (delivery included).
- **Matter of Balance:** An eight-week, nationally-recognized workshop designed to reduce the fear of falling and encourage physical activity.
- **Welcome to Medicare:** Seminars offer participants valuable information. A \$40 donation includes the seminar and a follow-up one-on-one meeting.
- **Benefits Counseling:** Have a question about aging, care-giving, or living with a disability? Resource specialists can help you identify and apply for benefits.
- **Family Caregiver Support:** If you find yourself helping an older friend or family member with managing day-to-day needs, SMAA is there to help.
- **Maine Senior Games:** Improving the health and fitness of adults 45 and older.
- **Adult Day Centers:** Our adult day centers provide members with cognitive loss a chance to foster their own creativity, take part in hobbies, and socialize with others.
- **Volunteer Opportunities:** Enrich your own life while benefiting others.
- **Tai Chi for Health and Balance:** A nine-week, low impact exercise class.
- **Senior News:** A bi-monthly newspaper covering topics important to older adults and their families. Available free for pickup at over 150 locations in Southern Maine.

For more information, please contact SMAA at 207-396-6500.

## 211 Maine

*Getting help is a sign of strength*

Do you know someone who is becoming overwhelmed by health-related issues, legal challenges, or they're struggling with the loss of a loved one or a serious financial struggle?

211 Maine is an easy-to-remember telephone number that links people to information about resources in their area. Callers are connected to trained specialists who can help them find a variety of needed services. The call is free, confidential, and help is available 24 hours a day, 7 days a week for people of all ages.

Dial **211** or **1-866-811-5695**

(TTY and video relay accessible)

For those outside of Maine, dial **1-877-463-6207**

## FREE Red Cross Home Safety Visits

The American Red Cross is joining forces with the State Fire Marshal's office and local fire departments on a campaign to reduce the number of fire-related deaths and injuries.

Trained volunteers will come to your home free of charge and....

- Share fire safety tips
- Help you map out an emergency escape plan
- Check existing smoke alarms
- Install free smoke alarms where needed

To schedule a free appointment, call **207-874-1192, Ext. 113** or online at **www.redcross.org**

## SPECIAL THANKS

### Senior Advisory Board

This group provides directional advice for the development of 55+ programs and services to the Seniors Programs Coordinator. Meetings are held at Town Hall on the third Tuesday of every month. All are welcome to attend.

- Philip Christy
- Penny Boles
- Carol Rancourt
- Anne Bailey
- Denise Smith
- Carol Spencer
- Kenneth N. Simons
- Jane Palmer
- Erica Jordan



### Upcoming Meetings

January 21, February 18, March 17, April 14

## Sponsors | Benefactors | Donors

Scarborough Community Services is pleased to acknowledge sponsors and donors within our community who support the 55+ Programs. Each form of support helps to provide countless activities to the residents in and around Scarborough.

We would like to thank the following organizations and businesses for supporting our 55+ Programs:







Youth Programs Registration **begins November 5<sup>th</sup>**

## SKIING & SNOWBOARDING

### Shawnee Peak Program



Scarborough Community Services is once again sponsoring the ski and snowboard program for five selected Tuesday evenings. Program participants may choose from a lift-only option or may enroll in a lesson to enhance skiing and riding abilities. Lessons are for all skier or rider skill levels, from the beginner right through the expert. They last 60 minutes with free time reserved afterwards (instructors approval is necessary). Alternatively, program participants may choose to purchase our lift-only option and ski or snowboard the entire time. ***Reminder to all middle school band students that this program typically aligns with a middle school band concert and you may miss a ski session.***

This program is limited to 86 participants. Similar to last year, we will be taking two coach buses to and from the mountain. Everyone is required to ski or snowboard with a buddy, so be sure to mention the program to friends before it fills up!

**GRADES:** 4-8  
**LOCATION:** Shawnee Peak Mountain  
**DATE:** Jan 14 - Feb 11 | Tuesdays  
**FEE:** Leave from Wentworth at 3:15 pm  
 Return to Wentworth at 9:15 pm  
**MIN/MAX:** 40 / 86  
**DEADLINE:** Monday, Jan 3 by 4:00 pm

**FEES:**

|                          |       |
|--------------------------|-------|
| Lift Only:               | \$250 |
| Lift & Rentals:          | \$325 |
| Lift & Lessons:          | \$325 |
| Lift, Lessons & Rentals: | \$415 |
| Bus Only:                | \$160 |

### Parent volunteers are welcome and accepted for this program!

We are looking for parents who can commit to all 5 weeks.  
 You will be assigned tasks and duties throughout the program.

For more information about becoming a parent volunteer,  
 please contact **Ryan Colpitts** at 207-730-4153  
 or [rcolpitts@scarboroughmaine.org](mailto:rcolpitts@scarboroughmaine.org)

## SOFTBALL & BASEBALL

### Softball Pitching Clinic

Open to girls interested in learning the basic technique of windmill-style pitching. Experience playing softball is not required. Lessons consist of instruction in technique, pitching, drills, and fielding.

**Instructor:** Tom Griffin.

**Participants must bring a catcher.** There is no charge for the catcher.

**GRADES:** 2-8  
**LOCATION:** Plummer Gym  
**MIN/MAX:** 10 / 26  
**DEADLINE:** Wednesday prior by 4:00 pm

#### SESSION 2

**DATE:** Jan 5 - Mar 1 | Sundays  
 No session on Feb 23  
**TIME:** 10:00 - 11:15 am  
**FEE:** \$70

#### SESSION 3

**DATE:** Mar 8 - MAR 29 | Sundays  
**TIME:** 10:00 - 11:15 am  
**FEE:** \$35

### Mini Hits

This 40-minute program is an introduction to the sport of baseball designed to develop basic skills while having fun. The learning outcomes of this program include communication, social interaction, trust, patience, and general improved interest in a team sport. Parent involvement for this program is encouraged.

*Participants should wear comfortable clothing, such as a t-shirt, sweatpants, and sneakers. A glove is recommended but not required.*

**AGES:** 2½-4  
**LOCATION:** High School Turf Field  
**DATE:** May 5 - May 26 | Tuesdays  
**TIME:** 10:00 - 10:40 am  
**FEE:** \$45  
**MIN/MAX:** 10 / 24  
**DEADLINE:** Friday, May 1 by 4:00 pm

## BASKETBALL

### Spring Basketball Training

This program is designed to develop each player's individual skills in a competitive environment and incorporate those skills into game settings. Players will work on ball handling, shooting, rebounding, post moves and defense. There will be an instructor posted at every basket to ensure participants are getting the most out of the drills. The players will incorporate their skills while playing 3 on 3 games at the end of each session. Open to both girls and boys. **Instructor:** Varsity Boys Coach Phil Conley.

**GRADES:** 2-8  
**LOCATION:** Wentworth Gym  
**DATE:** Mar 17 - Apr 9 | Tues & Wed  
**TIME:** Gr 2-5 5:30 - 6:45 pm  
 Gr 6-8 6:45 - 8:00 pm  
**FEE:** \$100  
**MIN/MAX:** 10 / 50  
**DEADLINE:** Friday, Mar 13 by 4:00 pm



## LACROSSE

### Learn to Lax

Engineered to teach youngsters the very basics of lacrosse, this program will prepare players for the upcoming spring season. It is also a great way to stay active during the winter months. Participants will have a blast while competing in various lacrosse games like storm lacrosse, chumash, ultimate, and more. Older and more skilled players will play in small-field lacrosse games. **Instructor: Dave St. Germain.**

*Grades 5-8 must bring equipment. Girls need goggles and sticks; boys need helmets, gloves, and sticks. You may borrow equipment upon request at the time of registration. Grades 2-4 will have sticks and goggles available to use.*

**GRADES:** 2-8  
**LOCATION:** Plummer Gym  
**DATE:** TBD  
**TIME:** TBD  
**FEE:** \$15  
**MIN/MAX:** 8 / 125

## CROSS COUNTRY

### COMING SOON! Spring Cross Country

Registration for cross country typically begins in February and the program begins in April. *Please keep an eye on our website and Facebook page for more details in the coming months.*

### Can't Find a Program?

**Looking for an activity but it isn't listed in this brochure?** Community Services occasionally adds additional programs to the lineup after the brochure has been published.

Any programs that are added after the brochure is finalized will be advertised on our website under the Youth Recreation and Adult Recreation web pages.

## SOCCER

### Indoor Soccer

Continue all the fun and excitement of fall soccer indoors! This fast-paced indoor soccer program allows kids to work on skills they learned during the fall soccer season. Divisions will be broken up by grade (PreK-K, 1-2, 3-4, 5-6) and gender.

**Register early to receive a discount.**

**GRADES:** PreK-6  
**LOCATION:** Scarborough Gyms  
**DATE:** Feb 8 - Mar 21 | Saturdays  
**TIME:** At or after 1:00 pm  
**FEE:** \$50  
**MIN/MAX:** 24 / 140  
**DEADLINE:** Friday, Jan 31 by 4:00 pm







Adult Programs Registration **begins November 5<sup>th</sup>**

## SOCCER

### Adult Indoor Soccer

This recreation soccer program is for adults of all abilities who want to get out and play soccer. Each week teams will change to ensure a competitive level of play. **Registration is required.**

**AGES:** 35+  
**LOCATION:** High School Alumni Gym  
**DATE:** Apr 5 - May 17 | Sundays  
**TIME:** 6:30 - 8:30 pm  
**FEE:** \$30  
**MIN/MAX:** 12 / 20  
**DEADLINE:** Wednesday, Apr 1 by 4:00 pm



## FITNESS

### Healthline

Healthline is an exercise program designed around walking, jogging, and running with light stretching and free-weight training mixed in. This self-led program works towards developing cardiovascular, aerobic, and muscular strength. This program will keep you moving year round but the best part is the comradery that the group develops while keeping you motivated and committed to a fitness routine.

**AGES:** 18+  
**LOCATION:** Wentworth Gym & Fitness Room  
**DATE:** Apr 6 - JUNE 29 | Mon, Wed, Fri  
**TIME:** 6:00 - 7:45 am  
**FEE:** \$70  
**MIN/MAX:** 10 / 24

*This program needs a minimum of ten participants per session for the class to run.*

### Outside Sports Leagues, Activities, and Organizations

Looking for an activity or league but it isn't offered through Community Services? Oftentimes, Community Services receives questions regarding local groups, leagues, and organizations, such as men's softball, bowling leagues, and adult enrichment classes. While these groups are not associated with us, we do our best to provide links to their information and websites under our Adult Recreation section online.



Scarborough Community Services Child Care welcomes all Scarborough school-age children to our before and after-school program. We offer care for children in Kindergarten through Grade 8, all conveniently located in each child's school. Our mission is to promote the physical, mental, social, and emotional development of each child by providing a high-quality child care program. This program enriches the experiences of children as we view the home, school, community, and child care settings as complementary domains that affect children's growth and development. This program offers outside play or indoor physical activities, crafts and special projects, as well as some quiet time. A nutritious snack is provided each day.

***We are a non-profit recreational program complying with all the rules for the licensing of child care facilities established by the State of Maine. If you have any questions about the programs offered, please contact the Child Care Administrative Office at 207-730-4170.***

## REGISTRATION

- Registration must be completed in person in the Community Services Office at Town Hall. We will update your household information in our system and have you sign a few waivers.
- A non-refundable registration fee of \$125 will be expected upon registration.
- Please bring the credit or debit card you would like your monthly or bi-monthly payments to be withdrawn from.
- Registrations are accepted on a first-come, first-served basis.
- Waiting lists for spots will be started and maintained as necessary for each site.
- There is a three business day waiting period if registering any time after the first day of school in August.

**2019-20 Childcare Registration began April 10, 2019**  
*Please call 207-730-4150 to check site-specific availability*

Information about the 2020-21 year will be posted on our website and Facebook page when it becomes available, as well as in the Summer 2020 brochure.

## PROGRAMS

The following information is designed to give you a more in-depth look at our programs. We welcome and encourage you and your child to visit any of our child care sites prior to registering.

### Primary School Program (Grades K-2)

**Blue Point** 207-730-5340  
**Eight Corners** 207-730-5235  
**Pleasant Hill** 207-730-5260

- Before-school care and after-school care are both held at the primary school each child attends.
- Morning care opens at 7:00 am and includes quiet activities such as drawing, puzzles, and cards.
- After-school care runs until 6:00 pm sharp and consists of outside time, story time, projects, activity centers, and free play. An afternoon snack will be provided daily.

### Intermediate School Program (Grades 3-5)

**Wentworth** 207-730-4657

- Before-school care and after-school care are both held at Wentworth School.
- Morning care opens at 7:00 am every morning.
- After-school care runs until 6:00 pm sharp. Outside time runs from 3:30 to 4:00 pm for all students, weather permitting. From 4:00 to 4:30 pm children are given an opportunity to complete homework and assigned reading or do quiet activities. At 4:30 pm more choices are offered, including clubs, table games, arts and crafts, etc. An afternoon snack will be provided daily.

### Club Teen Program (Grades 6-8)

**Middle School** 207-730-4848

- Club Teen is located at the Scarborough Middle School in the cafeteria.
- Morning care opens at 7:00 am every morning.
- After-school care runs until 6:00 pm sharp. An afternoon snack will be provided daily.

## MONTHLY FEES

**\$125 registration fee** (*non-refundable*)

| Grades K-5          |        |        |        |        |
|---------------------|--------|--------|--------|--------|
|                     | 5 Days | 4 Days | 3 Days | 2 Days |
| Before Care         | \$235  | \$220  | \$185  | \$150  |
| After Care          | \$370  | \$325  | \$275  | \$220  |
| Before & After Care | \$445  | \$390  | \$315  | \$240  |

| Grades 6-8          |  |
|---------------------|--|
| Before & After Care | <b>\$290 per month</b><br>( <i>regardless of days used</i> ) |

| Extra Days                      |   |
|---------------------------------|---|
| Included in Child Care Fees     | <ul style="list-style-type: none"> <li>• <b>February and April Vacations:</b> Requires pre-registration</li> <li>• <b>Partial No School Days</b> (<i>Early Release or Delayed Opening Days due to weather</i>): Only open to children already enrolled for those specific days.</li> <li>• See below regarding <b>Late Start Days</b>.</li> </ul> |
| NOT Included in Child Care Fees | <ul style="list-style-type: none"> <li>• <b>Teacher &amp; Staff Days:</b> Requires pre-registration.</li> <li>• <b>December Vacation Days:</b> Requires pre-registration.</li> </ul> <p><b>\$65 per day</b><br/><i>Early registration discounts available.</i></p>  |
| Late Start Days                 | <p>Open to children regularly scheduled for Wednesday mornings and to anyone who registers for the Late Start School Days package. Requires pre-registration for all days.</p> <p><b>\$175.00 for package</b></p>   |

**Please note:** We reserve the right to change the rates on any of the payment options with at least one month's written notice.

**FEDERAL TAX ID 01-6000357**





## COMMUNITY EVENTS

### Santa in the Park

Bundle up and gather with friends, families, and neighbors in Memorial Park where we'll all be anxiously awaiting for Santa's arrival! Join us for a night of performances, activities, fireworks, and much more. Don't forget to bring your camera to snap a picture with Santa!

**LOCATION:** Memorial Park  
**DATE:** Dec 7 | Saturday  
**TIME:** 5:00 - 6:30 pm  
**FEE:** FREE

Help us spread the holiday cheer!  
**Bring Santa a nonperishable item to donate to the Scarborough Food Pantry!**



## COMING SOON!

Keep an eye on our Facebook and website for exciting new Winter events!



## Passport Day in Scarborough

Scarborough Community Services is hosting a passport event to provide passport information to U.S. citizens and to accept passport applications outside of our scheduled acceptance times. We welcome everyone to this special day, even if it is only to ask questions. See **Page 27** for more passport information and what to bring with you to this event.

**LOCATION:** Scarborough Municipal Building  
Council Chambers  
**DATE:** Mar 7 | Saturday  
**TIME:** 10:00 - 3:00 pm



## Easter Egg Hunt

Join us for this exciting spring event! Grades PreK through 5 are invited to run around Wentworth field and collect eggs left by the bunny. Be sure to check in at the Wentworth Cafeteria to receive a free bag to collect your eggs in and participate in some pre-hunt activities.

**GRADES** PreK-5  
**LOCATION:** Wentworth School  
**DATE:** Apr 4 | Saturday  
**TIME:** **Pre-Hunt Activities** 3:00 pm  
**Egg Hunt Begins** 3:30 pm  
**FEE:** FREE



## Flashlight Egg Hunt

Want to take your egg hunting skills to the next level? Bring your flashlight and collect eggs in the dark! Be sure to check in at the Wentworth Cafeteria to receive a free bag to collect your eggs in and participate in some pre-hunt activities.

**GRADES** PreK-5  
**LOCATION:** Wentworth School  
**DATE:** Apr 4 | Saturday  
**TIME:** **Pre-Hunt Activities** 7:00 pm  
**Egg Hunt Begins** 7:30 pm  
**FEE:** FREE





## STAY CONNECTED

### Brochure Mailing List

Want the next brochure sent to your house? Now you have the option! For \$10 per year, you can receive the summer, fall, and winter/spring brochures in the mail prior to registration.

To sign up for the mailing list, you can register in the Community Services Office or online.

*Brochures will still be available for free in our office, the Scarborough Public Library, and to view online.*



### Scarborough Community TV

SCTV is Scarborough's local programming station that airs official town meetings, a bulletin board slideshow, and public access shows, such as sporting events and concerts.

Local programming was originally aired on Channels 2 and 3, but are now aired on Channels 1301 and 1302 due to Spectrum's switch to digital programming.

**If you are affected by this change, order your Spectrum Receiver(s) or converter at Spectrum.com/digitalnow or call 1-844-278-3409.**

Live streaming of programs and archived videos can be viewed online 24/7 at [sctv.viebit.com](http://sctv.viebit.com).

### Town E-Newsletter

Want to stay up to date with the town happenings? Sign up for the Town of Scarborough E-Newsletter and get sent an email every month with the latest news and upcoming events. Visit [scarboroughmaine.org](http://scarboroughmaine.org) to join the mailing list.

## DOG INFORMATION

### Dog Licensing

For details on how to register your dog in the Town of Scarborough, please visit the Town Clerk's website:

[www.scarboroughmaine.org/departments/town-clerk](http://www.scarboroughmaine.org/departments/town-clerk)

### Dogs on the Beaches

For dog regulations and owner responsibilities, please view our town ordinances by visiting the Town's website:

[www.scarboroughmaine.org/town-government/town-ordinances](http://www.scarboroughmaine.org/town-government/town-ordinances)



## Scoop the Poop!

Clean up after your pets and help keep the watershed healthy for humans, fish and wildlife.

Besides being unpleasant to the eyes and nose, pet waste is an environmental pollutant that can cause serious harm to Maine's waterways. A quick rain is all it takes to transfer dog droppings from the ground into our streams, rivers, lakes, and ocean. Pet waste carries bacteria, viruses and parasites that threaten the health of humans and wildlife. By scooping the poop you are removing harmful nutrients and bacteria from local waterways keeping our citizens healthy and our yards and shoes clean.

### Help Stop the Poo-llution!

- Make use of the provided poop bag dispensers at all of our beaches and parks or bring your own. Take multiple bags on walks, just in case.
- Tie the bags shut and dispose in a trash receptacle. Do not drop bags to the side of the trash receptacle, into the trees, or off to the side of a trail.
- Never throw pet poop in a compost pile.
- Educate your children on the importance of picking up after your pets.





## PASSPORTS

For your convenience, Scarborough Community Services accepts passport applications on behalf of the U.S. Department of State. U.S. citizens planning international travel may apply for their passports in the Community Services Office located at the Scarborough Municipal Building.



**Passport Acceptance Location and Hours**

Scarborough Community Services  
259 U.S. Route One, 3<sup>rd</sup> Floor  
207-730-4150

Tuesday through Thursday by appointment  
9:00 am to 3:00 pm  
*No Monday or Friday acceptance hours*

### What to Bring to Your Passport Appointment

**YOURSELF:** Anyone applying for a passport, including newborn babies, must be present for the passport acceptance.

**PROOF OF U.S. CITIZENSHIP:** Certified U.S. birth certificate OR previous U.S. Passport.

**PHOTO IDENTIFICATION:** Maine driver's license or Maine ID (If you only have an out-of-state driver's license, you must bring additional photo ID).

**PASSPORT PHOTOS:** This service is provided by area businesses. We do not provide this service.

**PERSONAL CHECK FOR PAYMENT:** Must bring at least one check or money order for payment of each application. The acceptance fee (\$35), which is paid separately, may be paid by cash, check, or debit card.

**MINORS AGE 15 & UNDER:** It is REQUIRED that minors apply in person with both parents listed on their birth certificates. If both parents cannot be present, additional documentation must be completed or presented.

**ADULTS AGE 16 & 17:** It is recommended that one parent be present at the appointment to show parental awareness. This can also be done by writing the check for the passport or putting a parent down as the emergency contact on the form.

**We recommend completing the passport application prior to coming to our office for acceptance.**

For printable applications, information on documentation, required fees, and other passport and international travel information, please visit the only official website for passport information at **Travel.State.Gov** or call us at **207-730-4150**.





## PARKS & FIELDS

Community Services oversees the maintenance and construction of many parks and fields in Scarborough. Please view our Amenities Guide in this brochure for more detailed information about all Scarborough parks, trails, fields, beaches, and more.

### Blue Point Park

**241 Pine Point Road**

- Tennis/pickle ball court
- Pickle ball court (uses existing tennis nets)
- Basketball court

### Black Point Park

**160 Black Point Road**

- Multi-use field
- Community gardens

### Memorial Park

**5 Durant Drive**

- Memorial Park is located directly behind the Municipal Building at Oak Hill. This park includes both active and passive recreation opportunities for your enjoyment. Amenities include a pond with two fountains, gazebo, trails, athletic fields, a skateboard park, and a new community gaming area, which includes pickle ball courts, corn hole boards, a bocce court, and chess tables.

### Peterson Sports Complex

**138 Old Blue Point Road**

- Amenities include three multi-use fields, one Little League regulation-sized baseball field with concession stand, one Little League regulation-sized softball field, one high school regulation-sized softball field, playground equipment, and a walking trail around the perimeter of the complex.

### Scarborough Middle School Sports Complex

**21 Quentin Drive**

- Multi-use field
- Baseball field
- Softball field

### Scarborough High School Sports Complex

**11 Municipal Drive**

- Turf field
- Track
- Baseball field
- Softball fields
- Multi-use fields
- Tennis courts
- Basketball courts
- Pickle ball courts (must bring own nets)
- Ice rink

### Springbrook Sports Complex

**11 Longmeadow Road**

- This 9.9-acre recreational area has a full-sized men's softball field, a full-sized Little League softball field, a multi-purpose area, a full concession stand with two handicapped bathrooms, a jogging path around the perimeter, a playground for children, and two sets of bleachers at each ball field. There are also four park benches and a parking lot for 75 cars.

### Willey Sports Complex

**42 Tenney Lane**

- This recreational area contains a full-sized adult baseball field, a full-sized Little League baseball/softball field, a soccer/football field, a multi-purpose area, a jogging path around the perimeter, a playground for children, and two sets of bleachers at each ball field. Also has a parking lot for 75 cars.

## RENTALS & RESERVATIONS

### Field & Facility Reservations

Community Services has made booking a field or facility simpler by allowing online reservation requests! Using your organization's username and password, you are able to log onto our online reservation system on our website and access the following features:

- Update your organization's contact information. We ask that each group or organization only maintain one primary contact person to keep communications consistent throughout the reservation process.
- Check field and facility availability in real-time.
- Request a field or facility.
- Print request confirmation for your records.
- Make a payment for reservation online using a debit or credit card.

To access your group's username and password, or to create a new account, please contact Community Services at 207-730-4150, or email us:

[reservations@scarboroughmaine.org](mailto:reservations@scarboroughmaine.org)

### Community Gardens

Have a green thumb but don't have the space or resources to plant your own garden? We have the solution! We have eight raised-bed 8-foot x 16-foot plots located in the Black Point Community Park. *\$15 one-time fee and \$15 annual fee per gardener. Previous garden renters are given first rights of refusal for their spot year to year.*

**All garden plots are currently rented**

Call 207-730-4150 to add your name to the waitlist

### Kayak Rack Rentals

Tired of lugging your kayak to and from the beach? Community Services has the answer for you! We have two eight-spot kayak racks available at the Pine Point Co-Op and a three-spot rack at Ferry Beach. Stop by our office to register and receive your rack decal. *\$100 for residents, \$150 for non-residents. Previous rack renters are given first rights of refusal for their spot year to year.*

**All racks are currently filled**

Call 207-730-4150 to add your name to the waitlist

## OUTDOOR AMENITIES

### Community Gaming Area

Come enjoy the Community Gaming Area at Memorial Park! We are delighted to provide two pickle ball courts, a bocce ball court, a corn hole area, and chess tables that can be enjoyed by all.

Game items, such as pickle ball paddle and balls, corn hole bags, and bocce ball sets, as well as croquet sets, are available to borrow from the Community Services Office at Town Hall.



### Outdoor Lighting Management

Our wireless lighting system allows users within the community to schedule field lights. The Clifford Mitchell Sports Complex (High School Complex) light system is set up in seven zones as follows:

- Basketball Courts
- McFarland Baseball Field
- Tennis Courts
- Track
- Turf Field
- Rt. 114 Multi-Use Field
- Varsity Softball Field

#### RATES

|                                |               |
|--------------------------------|---------------|
| Basketball/Tennis Courts ..... | \$15 per hour |
| Track.....                     | \$15 per hour |
| Fields* .....                  | \$70 per hour |

\* Turf, McFarland, Varsity, and Softball Fields

### Scarborough Trails

When you tour this great town of Scarborough by foot or bicycle, we hope you enjoy the scenery, the rocky coast, the beaches, the park system, and most of all, the wonderful trail system that we are creating for your enjoyment.

Visit our trails web page for maps and more information:

[www.scarboroughmaine.org/departments/community-services/trails](http://www.scarboroughmaine.org/departments/community-services/trails)





## SPONSORSHIP OPPORTUNITIES

Scarborough Community Services works with businesses of all sizes, as well as individuals, to form partnerships through sponsorship and advertising opportunities. With you by our side, we can meet the needs of our growing community in new and engaging ways. Your partnership with us demonstrates that you share our dedication to enhancing the quality of life for all residents.

We have always relied on the generosity of our sponsors to help us offer our popular special events, such as Summerfest, Winterfest, the Easter Egg Hunts, and the Annual 55+ BBQ. We are able to offer these fun public events to our residents at little to no cost while providing the sponsor with name and brand recognition throughout the year.

Our new campaign, called “50 for \$500” seeks 50 local businesses, groups, organizations, or individuals who are just as passionate as us to see these events carry on and grow. If we raise 50 donations of \$500, we are set for an entire year!

### **Annual supporters of Scarborough’s special events will receive the following benefits:**

- Recognition in three annual program brochures.
- Recognition on local cable access channels.
- Mention in local paper ads or articles on special events (when applicable).
- Logo on event promotional material, such as posters.
- Acknowledgment on the Community Services in-office Community Monitor.
- Logo on event sponsor banner, displayed at all events.
- Logo with hyperlink on Community Services website (directs to your website).
- Thank-you post on Town of Scarborough Facebook page (over 3,000 followers to date).
- Dedicated social media “spotlight” post through Town of Scarborough Facebook page, Community Services Twitter feed, and Community Services Instagram page (Choice of week in 2019 year; first to pledge is the first to pick date).

**For more information on current or upcoming opportunities, visit our web page or contact Nicole Hall at 207-730-4158.**

## CURRENT SPONSORS

Thank you to our current sponsors for your support!



