







# Scarborough Community Se

# 55+ PROGRAMS



# **FEB, MAR, APR 2022**

REGISTRATION BEGINS RESIDENTS: JAN 11 NON-RESIDENTS: JAN 14 (DETAILS ON PG. 3)







# **SCS HUB**

418 PAYNE ROAD
SCARBOROUGH, ME 04074
730-4150
WWW.SCARBOROUGHMAINE.ORG
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### **HELLO FRIENDS!**

We are so excited to share some of our new program offerings with you! We are working hard to add even more exciting new programs to our calendar, so keep an eye out for those. We hope to see you soon!

#### Don't miss out!

Ask us for an updated calendar when you visit the Hub or check our bulletin board. You can also subscribe to the Scarborough E-newsletter or follow us on Facebook for the most up-to-date information!

- Subscribe to the Scarborough E-newsletter: <a href="https://www.scarboroughmaine.org/stay-connected/town-e-newsletter/">https://www.scarboroughmaine.org/stay-connected/town-e-newsletter/</a>
- Follow us on Facebook: Scarborough Community Services



#### Some Changes:

- Masks are mandatory in the SCS Hub and on our buses, regardless of vaccination status.
- Please sanitize your hands when you enter the SCS Hub or board our SCS bus.
- When we go on a field trip, we will follow the location's mask requirements.
- Registration is REQUIRED for all programs, except the Senior Drop-Ins and BINGO.
- Our Senior Drop-Ins are free currently. We are exploring options for a membership program and evaluating how we can offer more programs for you. Keep an eye out for upcoming changes.
- Right now, door-to-door transportation is not available. This option may be possible in the future.
- Senior lunch payment has changed to a pay-at-the-door format.
- If you are sick, please stay home!
- WEATHER CANCELLATIONS: If we need to close the Hub due to inclement weather, we will share notifications on Channel 6, 8 and 13. Please also keep an eye on our website and Facebook page.

Registration begins **Tuesday**, **January 11**, for residents and **Friday**, **January 14**, for non-residents. Registration can be over the phone using a debit or credit card (you may need to leave a message and wait for a return call) OR you can stop by the SCS Hub between 10:00 am and 4:00 pm, Monday through Friday. We will also be open until 6:00 pm on Wednesdays.

Call 730-4150 SCS Hub: 418 Payne Road, Scarborough

#### **BOOK AND PUZZLE EXCHANGE**

Finished a good book? Completed a puzzle? What do you do with it now? How about swap it with someone else! Bring your gently used book or puzzle to our SCS Hub's bookshelf. Check out what we have, and take home a different book or puzzle. Please only bring in gently used books and puzzles with no missing pieces.



## **SENIOR BINGO**

Join us for coffee and socializing beginning at noon. BINGO starts promptly at 12:30 pm. (*Registration is not necessary.*)

LOCATION: SCS Hub, 418 Payne Road

**DATE:** Mondays

**TIME:** 12:00 pm - 2:00 pm **FEE:** \$2 (paid at door)

**CLOSED ON:** February 21, April 18

### **SENIOR DROP-IN**

Get together for coffee, snacks, games and comradery. Open to residents and non-residents age 55 and older. *Registration is not necessary.* 

Come play cribbage, mahjong, cards, bridge, and many other games!

LOCATION: SCS Hub, 418 Payne Road

**DATE:** Tuesdays and Fridays **TIME:** 10:00 am - 2:00 pm

FEE: Free

**CLOSED ON:** Tuesday: February 22, April 19

Friday: February 25, March 18, April 22

## **ALL ABOUT BALANCE**

The Maine Strong 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 303-0612.

\*Please note: The Balance Center requires COVID vaccination to participate in this class.

LOCATION: SCS Hub, 418 Payne Road

**DATE:** Wednesdays

**TIME:** 9:30 am - 10:30 am

**FEE:** Free

**REGISTRATION:** Not required **CLOSED ON:** February 23, April 20



## **COFFEE WITH A COP**

Chat with local police officers over a cup of coffee.

Coffee with a Cop provides an opportunity for community members and Scarborough Police officers to come together and discuss issues, ask questions, and learn more about each other.

Coffee with a Cop is a national initiative supported by The United States
Department of Justice, Office of Community Oriented Policing Services.
Similar events are being held across the country as local police departments strive to make lasting connections with the communities they serve.





Coffee with a Cop is on a mission to improve trust, break down barriers, and build relationships - one cup of coffee at a time.

LOCATION: SCS Hub, 418 Payne Road

**DATE:** First Friday each month

TIME: 9:30 am FEE: Free

**REGISTRATION:** Not required



## **SENIOR LUNCHES**

Come enjoy lunch with friends! All lunches include coffee, a roll, and dessert. Payment is due at the door.



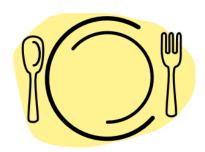
LOCATION: SCS Hub, 418 Payne Road

**DATE:** Wednesdays **TIME:** 11:00 am

Doors will open at 11:00 am, lunch is served at 11:30 am. **FEE:** \$8 suggested donation (cash or check at the door)

**DEADLINE:** Monday prior by 2:00 pm **CLOSED ON:** February 23, April 20

Please call to register so we can order enough food.



February	March	April
Feb 2 - Beef Stroganoff	Mar 2 - Finger Sandwiches	Apr 6 - Beef Stew
Feb 9 - Chop Suey	Mar 9 - Sausage and Peppers	Apr 13 - Grilled Chicken Dinner
Feb 16 - Chicken Pot Pie	<b>Mar 17</b> - Boiled Dinner Irish Music by Michael Schools	<b>Apr 27</b> - Pizza <i>Bingo</i>
	Mar 23- Lasagna	
	<b>Mar 30</b> - BBQ Pulled Pork <i>Bingo</i>	

# **ACTIVE GAME DAY IN THE GYM!**

Come play some active games in our gym! We will have cornhole, shuffle board, washer toss, darts, and bowling. *Registration is not necessary*.

LOCATION: SCS Hub, 418 Payne Road

**DATE:** Thursdays

**TIME:** 1:00 pm - 2:30 pm

FEE: Free

CLOSED ON: February 24, March 17, April 21

## VALENTINE'S DAY TEA

Join us for our first ever Valentine's Day Tea!

Bring your favorite teacup to the SCS Hub for some tea and delicious Valentine's Day treats. Come on your own or bring someone you love – all are welcome. We are excited to see you, it's sure to be a tea-riffic time!

LOCATION: SCS Hub, 418 Payne Road

**DATE:** Monday, February 14 **TIME:** 10:00 am - 12:00 pm **FEE:** \$12 resident & non-resident *Please bring your own tea cup/saucer*.

**DEADLINE:** Tuesday, February 8, by 4:00 pm



# **BLOOD DRIVE: SAVE THE DATE!**

Roll up your sleeves and help save lives! Each pint of blood we collect can help save up to three lives and will touch the lives of so many more. The Red Cross is experiencing the worst blood shortage in over a decade. Make a difference with us and consider donating blood. We look forward to seeing you at the blood drive.

**LOCATION:** 418 Payne Road **DATE:** Thursday, March 10 **TIME:** 9:00 am - 2:00 pm

**REGISTRATION:** Information will be available about a month before the Blood Drive.



## **CRAFTS WITH FRIENDS**

Get creative with us and enjoy some crafts with friends! We will have an assortment of small ceramic animal friends to paint (examples pictured). These are pre-fired so you will be able to take whatever you paint home with you. We will also have blank canvases to paint your own masterpieces.

LOCATION: SCS Hub, 418 Payne Road

**DATE:** Monday, March 14 **TIME:** 10:00 am - 12:00 pm

**FEE:** Free

**DEADLINE:** Monday, March 7, by 4:00 pm



# ST. PATRICK'S DAY LUNCH

Join us for a traditional boiled dinner and celebrate St. Patrick's Day with friends. We will also enjoy some live Irish music, performed by Michael Schools.

LOCATION: SCS Hub, 418 Payne Road

**DATE:** Thursday, March 17 **TIME:** 10:00 am - 12:00 pm

**FEE:** \$8 suggested donation (cash or check at the door)

**DEADLINE:** Friday, March 11, by 4:00 pm

Please call to register so we can order enough food.





## **TRIPS**

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



#### Senior Living at Portland Stage

By Tor Hyams and Lisa St. Lou

#### **WORLD PREMIERE**

A play about people dying to live. At Riverdale Manor, a retirement community in the Bronx, seniors contemplate the possibility of dying from a broken heart, if divorce is even worth it at a certain age, and when is the right time to have sex again. A talent show, with the promise of cake for dessert, sets the scene for a series of life-changing vignettes that debate what to do with the time we have left. COVID-19 Vaccination card, or negative COVID-19 test (taken within 72 hrs.) must be shown with matching photo ID to enter theater.

LOCATION: Portland, ME

**MEET US:** SCS Hub, 418 Payne Road **DATE:** Thursday, February 10

**TIME:** 1:15 pm - 5:00 pm

**FEE:** \$43 resident / \$53 non-resident *Transportation and admission included.* 

**DEADLINE:** Wednesday, January 26, by 4:00 pm





#### Southworth Planetarium

The Southworth Planetarium is located in the science building at the University of Southern Maine's Portland campus. We will see the show *Hubble Vision 2*. Since its launch in 1990, the Hubble Space Telescope has provided incredible images in unprecedented detail to astronomers and made an astonishing array of discoveries, from nearby objects in the solar system to the most distant galaxies at limits of the observable universe.

Southworth Planetarium has taken the best and most exciting Hubble images and woven them into an engaging story of cosmic exploration, bringing the wonders of the universe to audiences everywhere. *Hubble Vision 2* is a fascinating tour of the cosmos from Earth's orbit.

Join us for an out of this world day!

LOCATION: Portland, ME

MEET US: SCS Hub, 418 Payne Road

**DATE:** Thursday, February 17 **TIME:** 12:30 am - 3:00 pm

**FEE:** \$8 resident / \$13 non-resident *Transportation and admission included.* 

**DEADLINE:** Thursday, February 10, by 4:00 pm





#### Kittery Trading Post and Lunch

Join us as we visit Kittery Trading Post, an outdoor and hunting tradition in Maine for over 80 years. Their main level features apparel, footwear, accessories, gifts, collectibles, and a homemade fudge shop. Their upper level features seasonal specialty sports equipment and related apparel. Lastly, their lower level is filled with fishing tackle and related accessories. After spending some time at Kittery Trading Post, we will stop at When Pigs Fly Pizzeria and Company Store for lunch and a little shopping. When Pigs Fly Pizzeria features a large selection of wood-fired pizzas, appetizer plates, craft beers and draft wines. This restaurant location is also home to the When Pigs Fly Company Store, which offers over 25 varieties of artisan breads, a huge selection of infused olive oils and balsamic vinegars, and other great products.

**LOCATION:** Kittery, ME

MEET US: SCS Hub, 418 Payne Road

**DATE:** Thursday, February 24 **TIME:** 9:00 am - 2:30 pm

FEE: \$10 resident / \$15 non-resident

Transportation included. Lunch cost is on your own. **DEADLINE:** Thursday, February 17, by 4:00 pm









#### Out to Lunch Bunch: Mike's American Diner

Mike's American Diner is Kennebunk and Arundel's year-round full-service diner. They feature homemade breakfast, lunch, dinner, and baked goods. You won't want to miss this trip!

LOCATION: Arundel, ME

MEET US: SCS Hub, 418 Payne Road

**DATE:** Thursday, March 3 **TIME:** 11:30 am - 2:30 pm

FEE: \$7 resident / \$12 non-resident

Transportation included. Lunch cost is on your own. **DEADLINE:** Thursday, February 24, by 4:00 pm

MIN/MAX: 8/13



#### **Brick Store Museum**



The Brick Store Museum is an active, community museum focusing on local history, art and culture of the Kennebunks and surrounding communities. The museum will feature a special Jane Morgan exhibit, showcasing some of the singer's costumes, albums, and biographical artifacts. This is a self-guided tour and museum staff will be available to answer questions. We will stop at Sebago Brewing Company for lunch after our visit.

LOCATION: Kennebunk, ME

MEET US: SCS Hub, 418 Payne Road

**DATE:** Thursday, March 24 **TIME:** 9:45 am - 2:30 pm

**FEE:** \$10 resident / \$15 non-resident *Transportation and admission included.* 

Lunch cost is on your own.

**DEADLINE:** Thursday, March 17, by 4:00 pm



#### Flagship Cinemas

Come enjoy a movie with us! Flagship Cinemas features power reclining seats, digital projection, digital surround sound, and a comfortable atmosphere. *Movie will be selected the week before the trip. We will call you to let you know what we're seeing.* 

LOCATION: Falmouth, ME

MEET US: SCS Hub, 418 Payne Road

**DATE:** Thursday, March 31 **TIME:** 11:45 am - 3:30 pm

FEE: \$20 resident / \$25 non-resident

Includes ticket, transportation, 16 oz. refillable

cup, and a small bag of popcorn.

**DEADLINE:** Thursday, March 24, by 4:00 pm

MIN/MAX: 8/13



#### Out to Lunch Bunch: Gonneville Farm

Gonneville Farm Ice Cream and Homestyle Cookin is a local favorite in Dayton. They offer a delicious homestyle breakfast and lunch menu, as well as a variety of yummy ice cream treats. Gonneville Farm serves Gifford's hard and soft serve ice cream, as well as other specialty drinks and sundaes.

LOCATION: Dayton, ME

MEET US: SCS Hub, 418 Payne Road

**DATE:** Thursday, April 7 **TIME:** 11:30 am - 2:30 pm

FEE: \$7 resident / \$12 non-resident

Transportation included. Lunch cost is on your own.

**DEADLINE:** Thursday, March 31, by 4:00 pm



#### International Cryptozoology Museum and Tony's



Explore the unknown with us.

Cryptozoology is the study of hidden or unknown animals, and you have discovered the world's only cryptozoology museum. The International Cryptozoology museum was founded in 2003 and is home to a wide range of exhibitions highlighting cryptozoological specimens, oddities, artifacts, and novelty items surrounding the study of unknown creatures. The museum includes exhibits about cryptids (beyond Bigfoot and Nessie) and is filled with unique items, including the full-sized art sculptures of the Crookston Bigfoot (by Curtis Christensen), Freaky Links' pterodactyl (by Haxan sfx), P.T. Barnum's FeeJee Mermaid (by Erik Gosselin), the Naden Harbor Caddy (by Lee Murphy), a life-size bronze of a Thylacine, and other cryptid and new species replicas, evidence, and more.



After visiting the museum, we will stop at Tony's Donut Shop to grab some sweet treats!

**LOCATION:** Portland, ME

MEET US: SCS Hub, 418 Payne Road

DATE: Thursday, April 14 **TIME:** 1:00 pm - 3:45 pm

FEE: \$15 resident / \$20 non-resident

Transportation and admission included. Donut cost is on your own.

**DEADLINE:** Thursday, April 7, by 4:00 pm







#### Stonewall Kitchen

Join us as we visit the home of Stonewall Kitchen. The welcoming environment of their Company Store is exemplified in the friendly staff ready to greet you, offer you samples, or assist you in picking out the ideal gift. The store features the entire line of specialty foods, plus useful kitchen gadgets, cookware, tableware and home décor. Staff in the demonstration kitchen are often cooking up something delicious to taste and are on-hand to share recipes. After browsing all the store has to offer, you can stop by the Company Store Café for lunch.

LOCATION: York, ME

MEET US: SCS Hub, 418 Payne Road

**DATE:** Thursday, April 21 **TIME:** 10:30 am - 2:00 pm

FEE: \$10 resident / \$15 non-resident

Transportation included. Lunch cost is on your own.

**DEADLINE:** Thursday, April 14, by 4:00 pm

MIN/MAX: 8/13



# **STAY TUNED...**

We are working diligently to add even more exciting new programs to our calendar, so keep an eye out!

#### Here's how you can find out about upcoming programs:

- Ask us for an updated calendar when you visit the Hub, or check our bulletin board.
- Subscribe to the Scarborough E-newsletter:
   https://www.scarboroughmaine.org/stay-connected/town-e-newsletter/
- Follow us on Facebook: Scarborough Community Services



# FEBRUARY 2022 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub  11:00 am Senior Lunch at the Hub -Beef Stroganoff	1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	9:30 am Coffee with a Cop  10:00 am - 12:00 pm Senior Activity Center at the Hub
7	8	9	10	11
12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub  11:00 am Senior Lunch at the Hub -Chop Suey	1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub  1:15 pm - 5:00 pm Senior Living at Portland Stage	10:00 am - 2:00 pm Senior Activity Center at the Hub
14	15	16	17	18
10:00 am - 12:00 pm Valentine's Day Tea 12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub  11:00 am Senior Lunch at the Hub -Chicken Pot Pie	12:30 pm - 3:00 pm Southworth Planetarium 1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub
21	22	23	24	25
CLOSED President's Day	CLOSED	CLOSED	CLOSED  9:00 am - 2:30 pm  Kittery Trading Post and Lunch	CLOSED
28				
12:00 pm - 2:00 pm BINGO at the Hub				

# MARCH 2022 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub  11:00 am Senior Lunch at the Hub -Finger Sandwiches	11:30 am - 2:30 pm Out to Lunch Bunch  1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	9:30 am Coffee with a Cop  10:00 am - 2:00 pm Senior Activity Center at the Hub
7	8	9	10	11
12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub  11:00 am Senior Lunch at the Hub -Sausage and Peppers	9:00 am - 2:00 pm Blood Drive at the Hub 1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub
14	15	16	17	18
10:00 am - 12:00 pm Crafts with Friends 12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub NO SENIOR LUNCH	11:00 am St. Patrick's Day Lunch -Boiled Dinner -Irish Music by Michael Schools NO ACTIVE GAME DAY	CLOSED
21	22	23	24	25
12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub  11:00 am Senior Lunch at the Hub -Lasagna	9:45 am - 2:30 pm Brick Store Museum 1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub
28	29	30	31	
12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub  11:00 am Senior Lunch at the Hub -BBQ Pulled Pork -BINGO	11:45 am - 3:30 pm Flagship Cinemas  1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	

# **APRIL 2022 CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:30 am Coffee with a Cop  10:00 am - 12:00 pm Senior Activity Center at the Hub
4	5	6	7	8
12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub  11:00 am Senior Lunch at the Hub -Beef Stew	11:30 am - 2:30 pm Out to Lunch Bunch  1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub
11	12	13	14	15
12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub  11:00 am Senior Lunch at the Hub -Grilled Chicken Dinner	1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub  1:00 pm - 3:45 pm Cryptozoology Museum and Tony's	10:00 am - 2:00 pm Senior Activity Center at the Hub
18	19	20	21	22
CLOSED	CLOSED	CLOSED	CLOSED 10:30 am - 2:00 pm Stonewall Kitchen	CLOSED
25	26	27	28	29
12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	9:30 am - 10:30 am All About Balance at the Hub  11:00 am Senior Lunch at the Hub -Pizza -BINGO	1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub