



# 55+ PROGRAMS



**SEPT  
2021**

## SCS HUB

418 Payne Road  
Scarborough, ME 04074  
[www.scarboroughmaine.org](http://www.scarboroughmaine.org)  
[comserv@scarboroughmaine.org](mailto:comserv@scarboroughmaine.org)



REGISTRATION BEGINS SEPT 1 FOR RESIDENTS, SEPT 3 FOR NON-RESIDENTS  
(DETAILS ON PG. 3)

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# WELCOME FALL!

Hello Fall! We are so excited to share some of our new program offerings with you! Thank you for continuing to remain flexible as we adapt to restarting programming and everything that goes along with it. We are working hard to add even more exciting new programs to our calendar, so keep an eye out for those.

## *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:  
<https://www.scarboroughmaine.org/stay-connected/town-e-newsletter/>
- Follow us on Facebook: Scarborough Community Services 

## *Some Changes:*

- **Effective September 8, masks are mandatory in the SCS Hub, 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.
- Right now, our Senior Drop-Ins are free. 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!**

## *Registration:*

Registration begins **Wednesday, September 1** for residents and **Friday, September 3** 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 on Tuesdays, Wednesdays, or Fridays between 10:00 am and 2:00 pm.

Call 730-4150

SCS Hub: 418 Payne Road, Scarborough

**Starting September 8, we will be open 8:00 am – 4:00 pm Monday through Friday**

## 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.*



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## SENIOR WALKING CLUB

Dust off those walking shoes and join us for a walk at Memorial Park in Scarborough. Come enjoy some fresh air and set some personal walking goals. Pedometers will be available to borrow if you would like to keep track of your steps and distance. Registration is required and all skills are welcome.

**LOCATION:** Memorial Park (5 Durant Dr. Scarborough)

**DATE:** Mondays through September 27

**TIME:** 9:00 - 10:00 am

**FEE:** Free

**CLOSED ON:** Sept 6

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## SENIOR BINGO

**Back by popular demand!** 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:** Sept 6 and Oct 11

# SENIOR CHAIR YOGA – COMING SOON!

Help improve mobility, increase range of motion, build strength and flexibility, and improve your balance with chair yoga. No experience necessary and all abilities are welcome! If you have questions, please message [community@martinspoint.org](mailto:community@martinspoint.org)

Martin's Point also offers free weekly online chair yoga classes via Zoom. For more information and to register, please visit <https://tinyurl.com/mpchairyoga>

**LOCATION:** SCS Hub, 418 Payne Road

**DATE:** Tuesdays (Starting October 5)

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

**FEE:** Free

**REGISTRATION:** Not required

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## 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



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## 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

***If you are not registered with SMAA, we will need you to fill out a form over the phone.***

Sept 1	Brunch
Sept 8	Chicken Alfredo
Sept 15	Beef Stroganoff <i>MedCOR Presentation</i>
Sept 22	Chicken Parmesan
Sept 29	Baked Ham

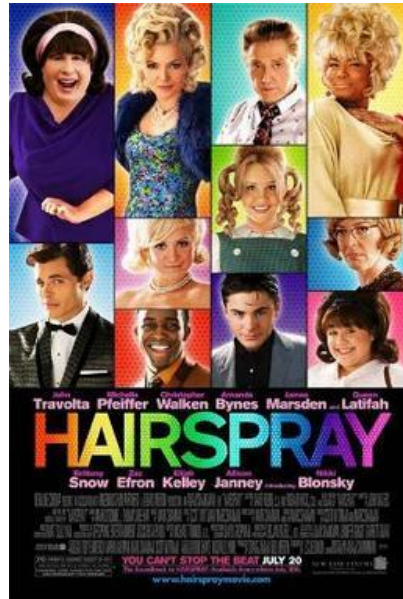
# MOVIE MATINEES AT THE HUB!

Come watch a movie with us! We will enjoy a movie on our big screen, and indulge in some delicious popcorn. We hope to see you there!



**Thursday, September 23**

*Casablanca (1942), 1 hr. 43 mins*



**Thursday, October 7**

*Hairspray (2007), 2 hrs*



**Thursday, November 18**

*TBD*

**LOCATION:** SCS Hub, 418 Payne Road

**DATE:** Thursday, September 23; Thursday, October 7; Thursday, November 18

**TIME:** Movie starts at 10:00 am

*We will plan to have a brief intermission halfway through the movie.*

**FEE:** FREE

**DEADLINE:** Thursday prior by 2:00 pm

*Please call to register so we have enough seats and popcorn! We will be seated in folding chairs, feel free to bring a lawn chair if you would like something more comfortable.*

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# 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:** Thursday, September 30

**TIME:** 10:00 am - 12:00 pm

**FEE:** Free

# AN AFTERNOON WITH ECOMAINE

Join us for an afternoon of fun with ecomaine!

ecomaine provides comprehensive, long-term solid waste solutions in a safe, environmentally responsible, economically-sound manner, and is a leader in raising public awareness of sustainable waste management strategies. At ecomaine, they prioritize the solid waste hierarchy, which is guidance from the federal Environmental Protection Agency and enshrined in Maine state statute. They look to push waste up the hierarchy as far as possible: Reduction of waste generated, reuse of resources, recycling and employing materials back into the marketplace, composting or digestion of organic waste, creating electricity via waste-to-energy, and landfilling as a last resort.

ecomaine's environmental educator, Vanessa, will visit us at the Hub and walk us through a virtual tour of the facilities and all that goes along with it! After the virtual tour, we will do a fun hands-on activity and make our own paper using recycled paper pulp! You won't want to miss this!

**LOCATION:** SCS Hub, 418 Payne Road

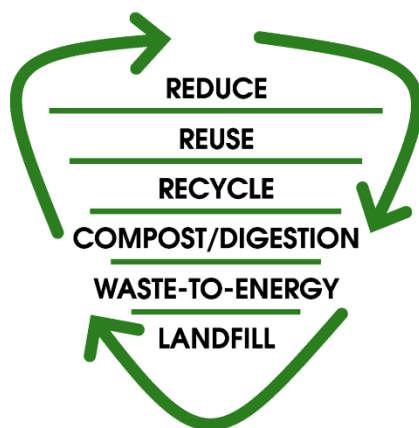
**DATE:** Tuesday, September 14

**TIME:** 1:00 pm - 3:30 pm

**FEE:** Free

**DEADLINE:** Friday, September 10, by 4:00 pm

*Please call to register so we have enough seats and supplies.*





# TEA 101: NELLIE'S TEA CO.

Come learn about tea with us! Tea 101 will cover the history of tea, how it gets from plant to cup, explanation of the four basic types of tea with examples of each type, display of various tea equipment from various cultures, followed by Q&A. We will learn how professionals perform tea tasting, and will taste the basic types ourselves. We will also have a variety of cookies to go with your samples. You won't want to miss this class!

**LOCATION:** SCS Hub, 418 Payne Road

**DATE:** Thursday, September 30

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

**FEE:** \$10

**DEADLINE:** Tuesday September 21, by 4:00 pm





# TRIPS

## *Oxford Casino*

Join us onboard the Community Services bus as we head to the Oxford Casino for the day! Come and test your luck and you just may leave a winner! For lunch, the Oxford Express is the perfect place to grab a snack and get back to your winning streak! They feature fresh-made sandwiches, hearty soups, and enticing pastries. Come and “spend” the day with us!

**LOCATION:** Oxford, ME

**MEET US:** SCS Hub, 418 Payne Road

**DATE:** Thursday, September 9

**TIME:** 7:45 am - 1:00 pm

**FEE:** \$10 resident, \$15 non-resident

*Transportation included, lunch on your own.*

**DEADLINE:** Thursday, September 2 by 4:00 pm

**MIN/MAX:** 8/13



## *Breakfast and Maine Classic Car Museum*

Enjoy a homemade breakfast at Arundel’s year-round full-service diner, Mike’s American Diner. Afterwards, we will visit the Maine Classic Car Museum, featuring 50 of the world's finest motorcars, including a Tucker, President Roosevelt's Packard, and Doc Hudson, the Fabulous Hudson Hornet. Interesting artifacts, displays, and short-subject fields.

**LOCATION:** Arundel, ME

**MEET US:** SCS Hub, 418 Payne Road

**DATE:** Thursday, September 16

**TIME:** 8:00 am - 12:30 pm

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

*Transportation and admission included. Lunch on your own.*

**DEADLINE:** Thursday, September 9 by 4:00 pm

**MIN/MAX:** 8/13



## Encore Boston Harbor Casino Day Trip

Join VIP Tour & Charter Bus Company on an exciting trip to Encore Boston Harbor Casino. Try your luck with 1,800+ slot machines, including favorites, automated tables and the newest game titles and enjoy over 185 state-of-the-art table games with superior service. Experience a full day of gaming fun made easy and affordable. It's time to discover what you've been missing! **BONUS: \$20 Casino Bonus for Slot Play.**

[www.encorebostonharbor.com](http://www.encorebostonharbor.com)

**Note:** *This is a self-led, unchaperoned trip. We will be sharing a bus with other area trip participants. We will transport you to the Marginal Way Park & Ride to meet the tour bus. The tour bus will make 2 stops to pick up passengers before arriving at the casino.*

**LOCATION:** Boston, MA

**MEET US:** SCS Hub, 418 Payne Road

**DATE:** Wednesday, September 22

**TIME:** 8:15 am - 7:30 pm (approx.)

**FEE:** \$55 resident / \$60 non-resident

*Includes transportation to/from park & ride, charter bus transportation, driver gratuity, and \$20 casino bonus for slot play. Lunch on your own.*

**DEADLINE:** Thursday, September 9 by 4:00 pm

**MIN/MAX:** 8/13



# SEPTEMBER 2021 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		11:00 am Senior Lunch at the Hub -Brunch  RESIDENT REGISTRATION BEGINS		10:00 am - 2:00 pm Senior Activity Center at the Hub  NON- RESIDENT REGISTRATION BEGINS
6	7	8	9	10
CLOSED	10:00 am - 2:00 pm Senior Activity Center at the Hub	11:00 am Senior Lunch at the Hub -Chicken Alfredo	7:45 am – 1:00 pm Oxford Casino	10:00 am - 2:00 pm Senior Activity Center at the Hub
13	14	15	16	17
9:00 am - 10:00 am Senior Walking Club at Memorial Park  12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub  1:00 pm - 3:30 pm An Afternoon with ecomaine	11:00 am Senior Lunch at the Hub -Beef Stroganoff -MedCOR Presentation	8:00 am - 12:30 pm Maine Classic Car Museum and Breakfast	10:00 am - 2:00 pm Senior Activity Center at the Hub
20	21	22	23	24
9:00 am - 10:00 am Senior Walking Club at Memorial Park  12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	11:00 am Senior Lunch at the Hub -Chicken Parmesan  8:15 am – 7:30 pm Encore Boston Harbor Casino Day Trip	10:00 am Movie Matinee at the Hub -Casablanca	10:00 am - 2:00 pm Senior Activity Center at the Hub
27	28	29	30	
9:00 am - 10:00 am Senior Walking Club at Memorial Park  12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	11:00 am Senior Lunch at the Hub -Baked Ham	10:00 am - 12:00 pm Active Game Day in the Gym  1:00 pm - 2:30 pm Tea 101 Class at the Hub	

# STAY TUNED...

We are working hard 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 