



55+ PROGRAMS



**OCT
& NOV
2021**

SCS HUB

418 Payne Road
Scarborough, ME 04074
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comserv@scarboroughmaine.org



REGISTRATION BEGINS SEPT 27 FOR RESIDENTS AND SEPT 30 FOR NON-RESIDENTS.
(DETAILS ON PG. 3)

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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:

- **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.
- 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 **Monday, September 27**, for residents and **Thursday, September 30**, 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 2:00 pm, Monday through Friday.

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

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)

This fee covers bingo supplies, coffee/snack, and prizes.

Prize will be awarded to the coverall game winner.

CLOSED ON: October 11

SENIOR CHAIR YOGA

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

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 pm - 2:00 pm

FEE: Free

REGISTRATION: Not required



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: November 26

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 207-303-0612.

LOCATION: SCS Hub, 418 Payne Road

DATE: Wednesdays

TIME: 9:30 am - 10:30 am

FEE: Free

REGISTRATION: Not required

CLOSED ON: November 24



COFFEE WITH A COP

Chat with local police officers over a cup of coffee.

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

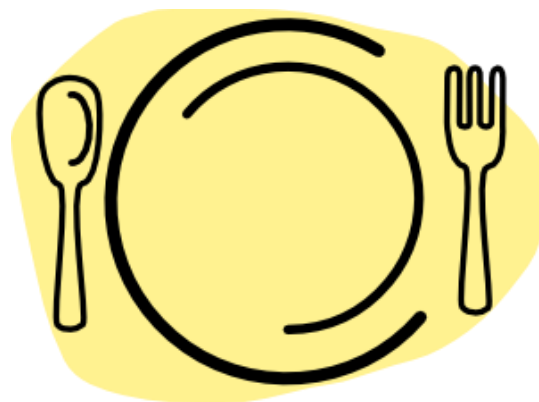
CLOSED ON: November 24

Please call to register so we can order enough food.



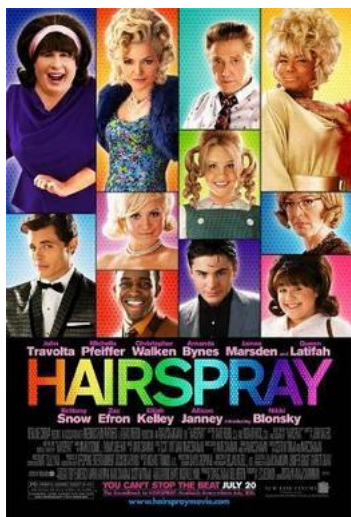
Oct 6	Chop Suey
Oct 13	Chicken Pot Pie
Oct 20	Finger Sandwiches
Oct 27	Meatloaf <i>BINGO</i>

Nov 3	Brunch
Nov 10	Lasagna
Nov 17	Roast Turkey



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, October 7
Hairspray (2007), 2 hrs



Thursday, November 18
It's a Wonderful Life (1946), 2 hrs 9 min

LOCATION: SCS Hub, 418 Payne Road

DATE: 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.

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: November 11 and November 25

TRIPS

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



Fryeburg Fair

The Fryeburg Fair has grown to become the state's largest agricultural fair, featuring livestock shows, harness racing, horse pulling, antique farm equipment displays and demonstrations, horticultural and culinary contests, a petting zoo, live musical acts, amusement rides, food stands, and more! **We are going on Senior Day so if you are 65 and older, admission is FREE!**

LOCATION: Fryeburg, ME

MEET US: SCS Hub, 418 Payne Road

DATE: Tuesday, October 5

TIME: 8:30 am - 3:30 pm

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

Admission (if under 65) and lunch on your own.

DEADLINE: Thursday, September 30 by 4:00 pm

MIN/MAX: 8/13



Bravo Maine! Cooking Class

Join us for our first-ever cooking class adventure! Split into groups of 2 or 3, each team will prepare its own menu. Participants will learn how to chop correctly, cook on a professional stove, mix the spices, and more! This class is hands-on and participants will cook the entire menu from start to finish. After the class, you will enjoy your meals around a nice table. OPA!

We will cook a Greek cuisine; the menu will include:

- Spanakopita
- Greek Meatballs
- Greek Salad

LOCATION: Portland, ME

MEET US: SCS Hub, 418 Payne Road

DATE: Thursday, October 14

TIME: 9:45 am - 12:30 pm

FEE: \$75 resident / \$85 non-resident

Transportation, class instruction, and lunch included.

DEADLINE: Friday, October 1, by 4:00 pm

MIN/MAX: 8/13



Trolls at the Coastal Maine Botanical Gardens



Join us as Coastal Maine Botanical Gardens sets the stage to focus on Maine's woods, from their history to their sustainability. Danish artist Thomas Dambo's magical, mysterious, and mammoth recycled-wood sculptures anchor their efforts. The trolls will help you discover new ways to lose—and find—yourself in their forests.

Hidden throughout their native, natural wooded areas, these giant trolls wait to be unearthed. They're friendly but their message is something you'll want to discover for yourself. Find the trolls and uncover the teachings they impart, then put all the clues together and learn the secret of **Guardians of the Seeds**. This is your chance to disconnect from the world, only to reconnect with the Earth.

We hope to arrive at the gardens at around 1:30 pm. Feel free to bring extra money if you would like a light lunch or snack in the cafe. The self-guided tour starts as soon as we arrive. The docent-led golf cart tour will start at 3:00 pm and end at 4:15. There are only 5 seats on the golf cart. We will plan to leave the gardens around 4:30 pm.

LOCATION: Boothbay, ME

MEET US: SCS Hub, 418 Payne Road

DATE: Friday, October 15

TIME: 12:00 pm - 6:00 pm

FEE: \$25 resident, \$30 non-resident
\$10 extra for accessible golf cart
and docent-led tour (5 max)

Includes admission. Lunch is not included, you can bring a bagged lunch, or purchase lunch in the café on your own.

DEADLINE: Monday, October 4, by 4:00 pm

MIN/MAX: 10/13

(5 docent led golf cart tour, 8 self-guided tour)



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, October 21

TIME: 11:45 am - 3:00 pm

FEE: \$13 resident / \$18 non-resident

Includes ticket, transportation, 16 oz. refillable cup, and a small bag of popcorn.

DEADLINE: Thursday, October 14, by 4:00 pm

MAX: 13

Our bus transportation is limited, but we have additional spots available for this trip. Contact us if you would like to meet us there! Registration is still required.



Turkey Dinner Train

Join us as we board the Turkey Dinner Train and enjoy a traditional turkey dinner with all the fixings while we enjoy the beautiful view! The turkey dinner is catered by Hart's Turkey Farm, and includes freshly carved roast turkey, stuffing, whipped potato, butternut squash, gravy, rolls with butter and warm apple crisp for dessert.



The Turkey Dinner Train departs from Meredith Station and travels south along the western shore of Lake Winnepesaukee through the village of Weirs Beach and along the Paugus Bay towards Lakeport, NH. While aboard the Turkey Dinner Train you'll enjoy panoramic views of New Hampshire's largest lake while sneaking a peek at some of the many beautiful lakeside vacation homes you'll pass along the way. The train ride is two hours in length.

LOCATION: Meredith, NH

MEET US: SCS Hub, 418 Payne Road

DATE: Friday, October 22

TIME: 7:30 am - 3:30 pm

FEE: \$60 resident / \$65 non-resident

Includes transportation, turkey dinner, and train ride.

DEADLINE: Monday October 4, by 4:00 pm

MIN/MAX: 22/27



Saltwater Grille and Lighthouse Trip

Join us as we enjoy the best view of Portland, right from our table at Saltwater Grille. Enjoy the view of Casco Bay and watch boats enter the harbor while you indulge in fresh lobster, oysters, and other seafood selections. Their menu is carefully crafted by local and distinguished chefs to bring you the highest-quality fresh seafood that Portland has to offer. After lunch we will take a short ride over to visit Spring Point Ledge Lighthouse. Spring Point Ledge Lighthouse is the only caisson-style light station in the United States that visitors can walk to. Located on the breakwater at Southern Maine Community College in South Portland, the lighthouse has been an integral part of the history of Portland harbor and Casco Bay since 1897. It was listed on the National Historic Register in 1988. Please bring sneakers if you plan to walk out to the lighthouse.

LOCATION: South Portland, ME

MEET US: SCS Hub, 418 Payne Road

DATE: Thursday, October 28

TIME: 11:45 am - 3:00 pm

FEE: \$8 resident, \$13 non-resident

Includes transportation, cost of lunch on your own.

DEADLINE: Thursday, October 21, by 4:00 pm

MAX: 13



Salem Haunted Happenings “Boo Bus”



LOCATION: Salem, MA

MEET US: SCS Hub, 418 Payne Road

DATE: Friday, October 29

TIME: 11:30 am - 10:30 pm

FEE: \$60 resident / \$65 non-resident

Includes transportation to/from park & ride, coach bus transportation, and driver gratuity. Cost of activities and dinner on your own.

DEADLINE: Friday, October 15, by 4:00 pm

MAX: 13

Haunted Happenings is a festive celebration of Halloween and fall in New England. Experience a unique one of a kind Halloween experience – eat, drink, and be scary! We will let VIP Tour & Charter Company do the driving, as we relax aboard their coach bus. The day will be yours to explore all that Salem has to offer during the month of October. We welcome you to wear your spookiest costume – don’t be shy! Salem’s psychics, museums, tours, reenactments and more will be sure to scare you. There’s something for everyone in the heart of Salem Village.

Visit www.hauntedhappenings.org to help plan your day!

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 two stops to pick up passengers before arriving in Salem.



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, November 4

TIME: 8:45 am - 2:00 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



SPECIAL EVENTS

Fall Passport Acceptance Fair

Planning your next trip? Wherever you go, a passport will get you home! Scarborough Community Services is hosting their Fall Passport Acceptance Fair to assist individuals and families with the acceptance of U.S. passport applications.

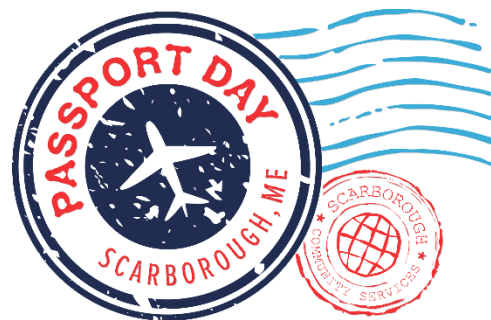
APPOINTMENTS ARE REQUIRED to ensure social distancing. Call ahead to book your individual or family appointment at (207)730-4158.

LOCATION: SCS Hub, 418 Payne Road

DATE: Saturday, October 16

TIME: 10:00 am - 3:00 pm

NOTES: We highly recommend checking all requirements and fees prior to appointment by visiting [Travel.State.Gov](https://www.travel.state.gov), but we will discuss over the phone when setting the appointment and will have all necessary forms at the event for your convenience and staff to answer all of your questions.



Scarborough Day at the Maine Mariners

Come join the Town of Scarborough and all of your friends, family, and neighbors for this special event! Scarborough Community Services has secured 150 tickets to the December 5 game against the Adirondack Thunder. Not only is this the day after our annual Santa in the Park event but we were also able to secure an after-game skate experience and photo opportunity for our ticket holders! *Transportation not provided.*

LOCATION: Cross Insurance Area, Portland

DATE: Sunday, December 5

TIME: 3:00 pm game

FEE: \$16 per ticket (limited to 150 people)


NOTES: Tickets may be purchased and picked up at the Community Services Hub at 418 Payne Road. We are open Monday through Friday from 8:00 am to 4:00 pm (doors open 10:00 am to 2:00 pm but curbside and in-person can be arranged outside of those hours).



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 

OCTOBER 2021 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				9:30 am Coffee with a Cop 10:00 am - 2:00 pm Senior Activity Center at the Hub
4	5	6	7	8
12:00 pm - 2:00 pm BINGO at the Hub	8:30 am - 3:30 pm Fryeburg Fair 10:00 am - 2:00 pm Senior Activity Center at the Hub 1:00 pm - 2:00 pm Senior Chair Yoga 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	10:00 am Movie Matinee at the Hub -Hairspray 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
CLOSED <i>Indigenous Peoples' Day</i>	10:00 am - 2:00 pm Senior Activity Center at the Hub 1:00 pm - 2:00 pm Senior Chair Yoga 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	9:45 am - 12:30 pm Bravo Maine! Cooking Class 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 12:00 pm – 6:00 pm Trolls at Coastal Maine Botanical Gardens
18	19	20	21	22
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 - 2:00 pm Senior Chair Yoga 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	11:45 am - 3:00 pm Flagship Cinemas 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 7:30 am - 3:30 pm Turkey Dinner Train
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 1:00 pm - 2:00 pm Senior Chair Yoga at the Hub	9:30 am - 10:30 am All About Balance at the Hub 11:00 am Senior Lunch at the Hub -Meatloaf -BINGO	11:45 am - 3:00 pm Saltwater Grille and Lighthouse Trip 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 11:30 am -10:30 pm Salem Haunted Happenings "Boo Bus"

NOVEMBER 2021 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 12:00 pm - 2:00 pm BINGO at the Hub	2 10:00 am - 2:00 pm Senior Activity Center at the Hub 1:00 pm - 2:00 pm Senior Chair Yoga at the Hub	3 9:30 am - 10:30 am All About Balance at the Hub 11:00 am Senior Lunch at the Hub -Brunch	4 8:45 am - 2:00 pm Oxford Casino 1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	5 9:30 am Coffee with a Cop 10:00 am - 2:00 pm Senior Activity Center at the Hub
8 12:00 pm - 2:00 pm BINGO at the Hub	9 10:00 am - 2:00 pm Senior Activity Center at the Hub 1:00 pm - 2:00 pm Senior Chair Yoga at the Hub	10 9:30 am - 10:30 am All About Balance at the Hub 11:00 am Senior Lunch at the Hub -Lasagna	11 CLOSED <i>Veterans Day</i>	12 10:00 am - 2:00 pm Senior Activity Center at the Hub
15 12:00 pm - 2:00 pm BINGO at the Hub	16 10:00 am - 2:00 pm Senior Activity Center at the Hub 1:00 pm - 2:00 pm Senior Chair Yoga at the Hub	17 9:30 am - 10:30 am All About Balance at the Hub 11:00 am Senior Lunch at the Hub -Roast Turkey	18 10:00 am Movie Matinee at the Hub <i>-It's a Wonderful Life</i> 1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	19 10:00 am - 2:00 pm Senior Activity Center at the Hub
22 12:00 pm - 2:00 pm BINGO at the Hub	23 10:00 am - 2:00 pm Senior Activity Center at the Hub 1:00 pm - 2:00 pm Senior Chair Yoga at the Hub	24 CLOSED	25 CLOSED <i>Thanksgiving</i>	26 CLOSED
29 12:00 pm - 2:00 pm BINGO at the Hub	30 10:00 am - 2:00 pm Senior Activity Center at the Hub 1:00 pm - 2:00 pm Senior Chair Yoga at the Hub			