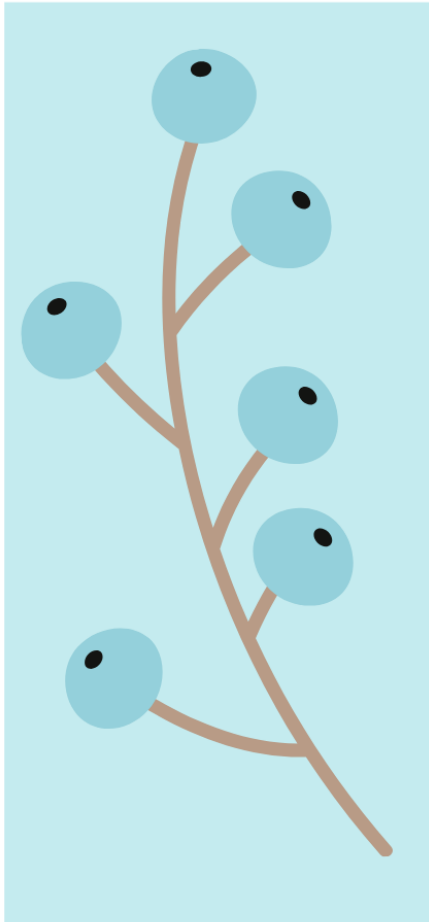


55+ PROGRAMS



**DEC
JAN
2021-22**

SCS HUB

730-4150
418 Payne Road
Scarborough, ME 04074
www.scarboroughmaine.org
comserv@scarboroughmaine.org



REGISTRATION BEGINS NOV 9 FOR RESIDENTS, NOV 12 FOR NON-RESIDENTS
(DETAILS ON PG. 3)

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WELCOME WINTER!

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:
<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.
- 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, November 9**, for residents and **Friday, November 12**, 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

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: January 17

VIRTUAL 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 offers this free weekly online chair yoga classes via Zoom. For more information and to register, please visit <https://tinyurl.com/mpchairyoga>

LOCATION: On Zoom (In person classes are coming soon!)

DATE: Tuesdays

TIME: 1:00 pm - 2:00 pm

FEE: Free

REGISTRATION: Not required



Two in-person trial classes will be offered this December.

Tuesday, December 7 and 14
SCS Hub, 418 Payne Road

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: December 24, December 31

*Note: Senior Drop-In will end at 12:00 pm on Friday, December 3.

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: December 22, December 29



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

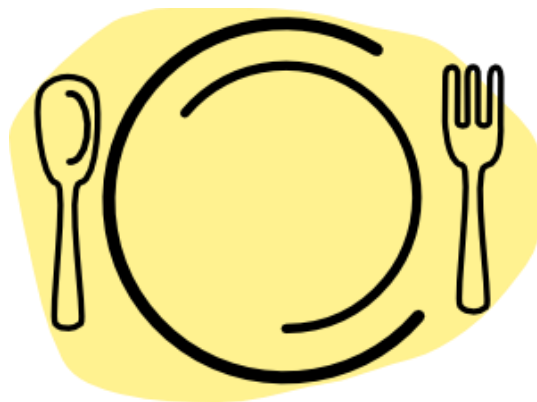
CLOSED ON: December 22, December 29

Please call to register so we can order enough food.



Dec 1	Chicken Pot Pie
Dec 8	Beef Stew
Dec 15	Baked Ham <i>Holiday Gift Swap (bring a wrapped gift, valued at no more than \$10 if you would like to participate)</i>

Jan 5	BBQ Pulled Pork <i>SMAA Presentation</i>
Jan 12	Tortellini with Chicken
Jan 19	Meatloaf
Jan 26	Pizza



FUN CHEFS COOKING CLASS

How to Turn a Rotisserie Chicken into 3 Meals

Fun Chefs Cooking Academy and the non-profit Dream Chefs was founded by Stacey Stolman, an accomplished culinary educator, cookbook developer and food stylist. Ms. Stolman graduated from Boston University, the Culinary Institute of America and Cornell University's T. Colin Campbell Center for Nutrition Studies. Her food styling and recipe development clients consist of Kraft, Nabisco, Campbell's Soup Company, and Lipton. She is the recipe developer and stylist for various cookbooks including *Catch—Cookbook for the Maine Coast Fishermen's Association*, *Confessions of a Serial Entertainer* and *Jewish Holiday Style* and is a contributing writer for various publications. She resides with her husband and goldendoodle, Rosie, in South Portland.

LOCATION: SCS Hub, 418 Payne Road

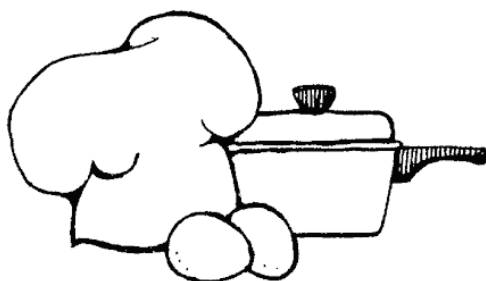
DATE: Tuesday, December 7

TIME: 11:00 am - 12:00 pm

FEE: \$25 resident & non-resident

DEADLINE: Monday, November 29, by 2:00 pm

MIN/MAX: 8/10



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: December 23, December 30

TRIPS

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



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, December 2

TIME: 1:00 pm - 3:45 pm

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

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

DEADLINE: Monday, November 22, by 4:00 pm

MIN/MAX: 8/13

**TONY'S
DONUT SHOP**



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, December 9

TIME: 9:00 am - 2:30 pm

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

Transportation included. Lunch cost is on your own.

DEADLINE: Monday, December 6, by 4:00 pm

MIN/MAX: 8/13



Magic of Christmas Preview

Celebrate the holiday season by experiencing the one-of-kind cherished tradition of Magic of Christmas. With Portland Symphony Orchestra's 42nd year of Magic of Christmas, you will be sure to leave Merrill Auditorium in the Christmas spirit! Enjoy music from The Nutcracker, the "Hallelujah!" chorus from Handel's Messiah, to all of your favorite festive carols. Portland Symphony Orchestra's Musical Director, Eckart Peru, conducts a magical and unforgettable show you won't want to miss.

LOCATION: Portland, ME

MEET US: SCS Hub, 418 Payne Road

DATE: Friday, December 10

TIME: 1:15 pm - 5:30 pm

FEE: \$45 resident, \$50 non-resident

Transportation and ticket included.

DEADLINE: Friday, November 19, by 4:00 pm

MIN/MAX: 20/27

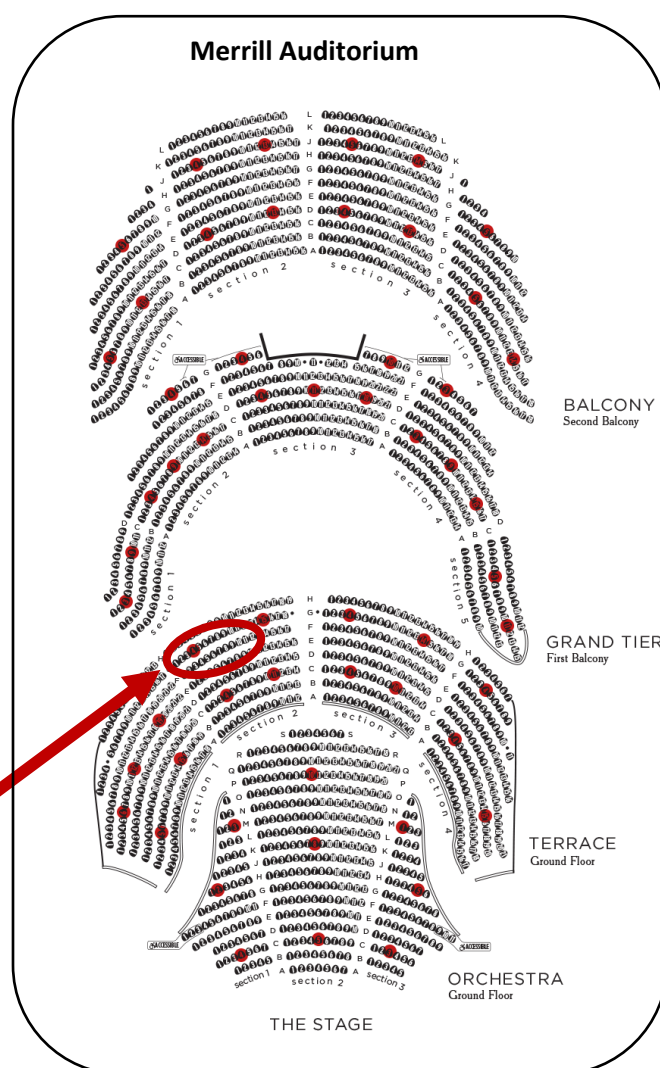
*Please note Merrill Auditorium will require masks and COVID vaccination or negative test to attend this event. (See policy details below).

Merrill Auditorium Policy:

Effective Monday, October 4, all attendees age 12 and over for public events at Merrill Auditorium will be required to provide proof of vaccination against COVID-19 or provide printed proof of a negative COVID-19 PCR test from an authorized provider within 72 hours prior to the event start time or a negative rapid test within 12 hours prior to the event start time. A photo ID will also be required. Masks are also required for all attendees over 2 years of age, and are to be worn at all times while in the facilities, unless actively eating or drinking.



Our Seats





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: Monday, December 13

TIME: 6:00 pm - 8:00 pm

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

Transportation included, coffee/hot cocoa cost is on your own.

DEADLINE: Monday, December 6, by 2:00 pm

MIN/MAX: 8/27

*We will offer a home pick-up option for residents by request.

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. Every car has a story, and this museum can't wait to share them with you.

LOCATION: Arundel, ME

MEET US: SCS Hub, 418 Payne Road

DATE: Thursday, December 16

TIME: 8:00 am - 12:30 pm

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

Transportation and admission included.

Breakfast cost is on your own.

DEADLINE: Thursday, December 9, 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. You won't want to miss this trip!

LOCATION: Dayton, ME

MEET US: SCS Hub, 418 Payne Road

DATE: Thursday, January 6

TIME: 11:30 am - 2:30 pm

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

Transportation included. Lunch cost is on your own.

DEADLINE: Monday, January 3, by 4:00 pm

MIN/MAX: 8/13



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, January 13

TIME: 10:30 am - 2:00 pm

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

Transportation included. Lunch cost is on your own.

DEADLINE: Monday, January 10, by 4:00 pm

MIN/MAX: 8/13



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, January 20

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, January 13, by 4:00 pm

MIN/MAX: 8/13



Maine Art Glass Studio and Insect Museum



Come join us for a unique experience you will never forget. Travel into the fascinating world of butterflies and insects. You will see beautiful works of glass art in the gallery, as well as some of the world's largest, most beautiful, most bizarre and unusual insects, both alive and preserved. After visiting the museum, we will enjoy a delicious lunch at FLUX Restaurant which features modern American cuisine and local craft beer.

LOCATION: Lisbon Falls, ME

MEET US: SCS Hub, 418 Payne Road

DATE: Thursday, January 27

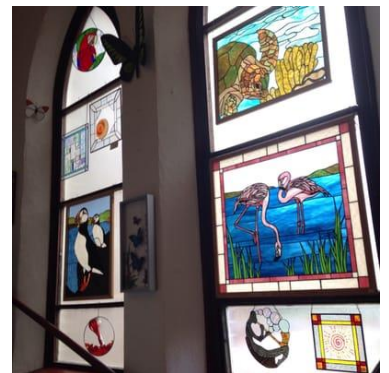
TIME: 9:00 am - 2:15 pm

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

Transportation included. Lunch cost is on your own.

DEADLINE: Thursday, January 20, by 4:00 pm

MIN/MAX: 8/13



SPECIAL EVENTS

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 4:00 pm but curbside and in-person can be arranged outside of those hours).



Virtual Tree Lighting

Watch our Tree Lighting at Memorial Park from the comfort of your home! Grab some cocoa and join us in this festive holiday tradition!

LOCATION: Your Home

DATE: Friday, December 3

TIME: 6:00 pm


NOTES: This is a virtual event and can be watched on Scarborough Community Services' Facebook page. It will also be available to watch on the Scarborough community channel after the event.



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 

DECEMBER 2021 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:30 am - 10:30 am All About Balance at the Hub 11:00 am Senior Lunch at the Hub -Chicken Pot Pie	1:00 pm - 3:45 pm International Cryptozoology Museum and Tony's	9:30 am Coffee with a Cop 10:00 am - 12:00 pm Senior Activity Center at the Hub 6pm: Virtual Tree Lighting
6	7	8	9	10
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 - 12:00 pm Fun Chefs Cooking Class 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 -Beef Stew	1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub 9:00 am - 2:30 pm Kittery Trading Post and Lunch	10:00 am - 2:00 pm Senior Activity Center at the Hub 1:15 pm - 5:30 pm: Magic of Christmas
13	14	15	16	17
12:00 pm - 2:00 pm BINGO at the Hub 6:00 pm - 8:00 pm Annual Christmas Lights Ride	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 -Baked Ham -Holiday Gift Exchange	8:00 - 12:30 pm Breakfast and Maine Classic Car 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
20	21	22	23	24
12:00 pm - 2:00 pm BINGO at the Hub	10:00 am - 2:00 pm Senior Activity Center at the Hub	NO PROGRAMS	NO PROGRAMS	CLOSED <i>Christmas Eve</i>
27	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	NO PROGRAMS	NO PROGRAMS	CLOSED <i>New Year's Eve</i>

JANUARY 2022 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 12:00 pm - 2:00 pm BINGO at the Hub	4 10:00 am - 2:00 pm Senior Activity Center at the Hub	5 9:30 am - 10:30 am All About Balance at the Hub 11:00 am Senior Lunch at the Hub -BBQ Pulled Pork -SMAA Presentation	6 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	7 9:30 am Coffee with a Cop 10:00 am - 2:00 pm Senior Activity Center at the Hub
10 12:00 pm - 2:00 pm BINGO at the Hub	11 10:00 am - 2:00 pm Senior Activity Center at the Hub	12 9:30 am - 10:30 am All About Balance at the Hub 11:00 am Senior Lunch at the Hub -Tortellini with Chicken	13 10:30 am - 2:00 pm Stonewall Kitchen 1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	14 10:00 am - 2:00 pm Senior Activity Center at the Hub
17 CLOSED <i>Martin Luther King Jr. Day</i>	18 10:00 am - 2:00 pm Senior Activity Center at the Hub	19 9:30 am - 10:30 am All About Balance at the Hub 11:00 am Senior Lunch at the Hub -Meatloaf	20 11:45 am - 3:30 pm Flagship Cinemas 1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	21 10:00 am - 2:00 pm Senior Activity Center at the Hub
24 12:00 pm - 2:00 pm BINGO at the Hub	25 10:00 am - 2:00 pm Senior Activity Center at the Hub	26 9:30 am - 10:30 am All About Balance at the Hub 11:00 am Senior Lunch at the Hub -Pizza -BINGO	27 9:00 am - 2:15 pm Maine Art Glass Studio and Insect Museum 1:00 pm - 2:30 pm Active Game Day in the Gym at the Hub	28 10:00 am - 2:00 pm Senior Activity Center at the Hub
31 12:00 pm - 2:00 pm BINGO at the Hub				