

SENIORity Bus Trips · Bus trip key at www.sacorec.com

III - Portland Jetport Tour

We're heading behind-the-scenes for a tour of the Portland Jetport! By the end of the tour, we will have a better understanding of how airports and aviation play a crucial role in the community, as well as the diverse range of careers available in the aviation industry. After the tour, we will stop for a late lunch at Thames Landing in Portland.



**Tuesday, October 6
10:15am– 3:00pm**

Trip Fee: \$5/members; \$8/non-members
Registrations covers tour and transportation only; lunch is at your own cost.

III – Nyte Walk Moon Lantern Forest

Hunt for hidden surprises as you wander the whimsical forest trail. You'll find glowing lanterns, cozy woodland scenes, playful seasonal displays, and little surprises along the way. There's also a non-spooky Halloween area and a Christmas area. This trail in Lebanon, ME, is just under a mile long and most visits take 30–60 minutes, depending on your speed. We will have an early dinner in Rochester, NH before our walk.



**Thursday, October 29
3:00pm-8:30pm**

Trip Fee: \$20/members; \$23/non-members
Registration covers transportation and Nyte Walk only; dinner at your own cost.

III - Americus Restaurant and LaBelle Lights Festival

LaBelle Winery in Derry, NH starts our adventure with dinner at Americus Restaurant, just steps away from the wonder of LaBelle Lights! Afterward we'll make our way outside to the LaBelle Lights Festival for a fun evening walking through the lights with musicians, fire pit bowls, ice carving demonstrations, fireworks, holiday themed LED performers, and more! Must be able to walk through the trail and festival on your own.



**Friday, November 20
2:30pm-9:30pm**

Trip Fee: \$27/members; \$30/non-members
Registration covers transportation and festival ticket; dinner and any other purchases at your own cost!

I - Merrill Auditorium: Portland Ballet's *The Nutcracker* and Lunch

Enjoy a special morning showing of the Nutcracker Ballet! It's a great show to get you in the holiday spirit. Other senior groups, home-schoolers, and schools will also be in attendance. This is a great opportunity to see this show at discounted rate. Lunch TBD after the show.

**Tuesday, December 15
8:45am-2:30pm**

Trip Fee: \$13/members; \$15/non-members
Registration covers transportation and show only; lunch at your own cost.

II - Hart's Turkey Dinner Train

Enjoy a turkey dinner catered by Hart's Turkey Farm and a 2-hour train ride along the western shore of Lake Winnepesaukee. The train departs from Meredith Station. The menu includes turkey, stuffing, mashed potatoes, gravy, butternut squash, rolls, a beverage and apple crisp for dessert.

**Thursday, October 8
8:15am-3:00pm**

Trip Fee: \$77/members; \$80/non-members
Registration covers transportation, train ride and full meal! Please bring tip money for train staff.

III - Winslow Homer Studio Tour and Portland Museum of Art

Our day begins at the Portland Museum of Art, where we'll meet our tour guide and ride together to Homer's historic seaside studio. The guided portion of the trip will last about 2.5 hours. After returning to the museum, we'll enjoy lunch at the café and spend an additional hour exploring the museum's galleries at our own pace. Please note: this tour requires walking on uneven ground and climbing stairs at the studio site.



**Wednesday, November 4
9:45am-2:30pm**

Trip Fee: \$50/members; \$53/non-members
Registration covers transportation, tour fee and museum fee. Lunch at museum at your own cost.

III - Stage House Inn Restaurant and Sandy Hill Lights

Our festive evening begins in South Berwick at the Stage House Inn Restaurant for a set menu dinner. You will choose your meal selection at registration. There will be 3 choices. Following our dinner we will make our way to Sandy Hill to walk through the beautifully festive lighted trails. Hot cocoa available for purchase as well. Must be able to walk the full distance of the trail on your own.



**Thursday, December 3
3:30pm-9:00pm**

Trip Fee: \$65/members; \$68/non-members
Registration covers transportation, full meal, and Sandy Hill tickets!

I - Widow's Watch Haunted Trolley Tour

Experience the ghosts, graveyards, shipwrecks & seaside legends of the Kennebunks with New England Curiosities' very own Roxie Zwicker. During this 90-minute tour, you'll be taken to six different stops and travel through centuries of history, tragedy, mystery, and maritime legend. We will provide a goodie bag of snacks & water. No meal included, so have an early or late dinner that night.

**Tuesday, October 27
4:45pm-7:30pm**

Trip Fee: \$45/members; \$48/non-members
Registration covers transportation, trolley ride, tip, snacks, and water.

III - Concord's Colonial Inn Tea & Concord Walking Tour

An early afternoon tea awaits, steeped in charm and delicate flavors: teas, finger sandwiches, freshly baked breads, and seasonal mini pastries. Following tea time, we will have a walking tour of Concord. This tour gives you an overview of the town's stories: the early settlers, Indigenous people, the start of the American Revolution and the literary revolution of the 19th century.



**Friday, November 6
8:15am-4:30pm**

Trip Fee: \$62/members; \$65/non-members
Registration covers transportation, full afternoon tea lunch, and walking tour. Please bring tip for walking tour guide.

I - Stone Mountain: Bob Marley

Settle in for dinner and a night of unforgettable laughs as Bob Marley takes the stage at the Stone Mountain Arts Center. Dinner seating begins at 6:00pm and the show starts at 8:00pm. We will stay in the same seats for dinner and the show. Dinner will be at your own cost from their menu.

**Wednesday, December 9
4:15pm-11:00pm**

Trip Fee: \$50/members; \$53/non-members
Registration covers transportation, and show tickets; dinner at your own cost!

III - Victoria Mansion and Lunch

Come see the beautiful Victoria Mansion right in Portland decorated for the holidays! We will have a guided tour of the mansion and have time to visit the gift shop. Must be able to climb a set of stairs and walk throughout the house for this tour. Lunch following our tour TBD.



**Friday, December 11
9:45am-2:30pm**

Trip Fee: \$17/member; \$20/non-members
Registration covers transportation and tour only; lunch is at your own cost.

SENIORity Newsletter

Fall Edition 2026



October - November - December



Important Newsletter Update! PLEASE READ

At the beginning of 2027 we will be starting fresh with a brand-new newsletter mailing list. We have started compiling the new list and we need all of you to communicate your preference for receiving newsletters going forward. We will email a digital copy, post a link on our website for the digital copy, and offer paper copies in our lobby. If you prefer to also have a paper copy mailed to you at home, please make sure you are on the new mailing list!

If you wish to continue receiving newsletters in the mail please do one of the following:

- Contact Courtney at 207-283-3139 x816 or email at cprak@sacomaine.org
- Register online at www.sacorec.com under the activity “SENIORity Newsletter Mailing”

This will help us keep the mailing list relevant and accurate and our printing costs in check! Thank you!

Join Saco's New One-Minute-a-Month Survey Panel

Do you have about one minute a month to help make Saco better? The City of Saco is working with FlashVote to gather valuable input from residents to inform City decisions through a new and ongoing statistically valid survey panel, aimed to increase resident engagement in municipal processes. We encourage residents to sign up here now - flashvote.com/sacome - or call (775) 235-2240 to participate by phone or text only.

Sign up takes less than one minute and your input is always kept anonymous. Personal or demographic information collected by FlashVote is never shared with the City or anyone else. When residents sign up, they can determine how surveys are received – whether by email, text or phone call. They will receive a notification whenever there is a new survey, and they will have 48 hours to participate before voting closes. Once a survey is closed, everyone who participates will automatically receive a summary of the overall results and be able to see how their responses compare to the group.

Sign up now at flashvote.com/sacome so you don't miss the first survey. Residents with questions may reach out to Andrew Dickinson, Saco Communications Director, at communications@sacomaine.org.



Fall Stage Bus Trips

I - Sanford Performing Art's Michael Jackson



Let's go to Sanford's Performing Arts Center for an exciting night celebrating Jackson's creative genius with live performances. Garth Field is electrifying in his role as Jackson, accompanied by a live band, choreographed dancers, authentic costumes, state-of-the-art sound and theatrical lighting, vision and effects. Dinner at Shain's of Maine before the show.

Thursday, October 15

4:30pm-10:00pm

Trip Fee: \$67/member; \$70/non-member

Registration covers transportation and tickets to the show only; dinner at your own cost.!

I - North Shore Music Theatre's Phantom



Our first trip to the North Shore Music Theatre in Beverly, MA to see *Phantom*! This mesmerizing musical by Maury Yeston and Arthur Kopit, reimagines Gaston Leroux's classic tale with soaring emotion and unforgettable beauty. This lavish production combines an exquisitely crafted story with a breathtaking score that has captivated audiences around the world.

Before the show, we will have lunch at The Castle Restaurant in Beverly.

Wednesday, October 21

9:45am-6:00pm

Trip Fee: \$82/member; \$85/non-member

Registration covers transportation and ticket to the show only!

I - Castleton Banquet Center: Beatlemania Again



Dinner AND a show! A plated meal and performance at the Castleton Banquet Center, Windham, NH. Menu includes full Thanksgiving themed meal, dessert and coffee/tea. *Beatlemania Again* relives the music, the magic, and the mania of The Beatles live on stage!

Thursday, November 12

10:00am-5:00pm

Trip Fee: \$100/member; \$103/non-member

Registration covers transportation, full meal, tax, tip & the show !

I - Portland Stage's It's a Wonderful Life

The beloved American classic is presented as a live 1940s-style radio play. With the help of the town and an angel named Clarence, George Bailey discovers the importance of each person in their community. Join us for this heartwarming story that will inspire and delight young and old.



Thursday, December 17

4:00pm-10:00pm

Trip Fee: \$42/member; \$45/non-member

Registration covers transportation and tickets to the show only!

UPCOMING EVENTS:

3rd Annual

HOEDOWN

Join us for a fun night of dancing, music, dinner and more!

\$7/person– registration required!

Saco Community Center
75 Franklin Street, Saco

October 16, 2026

5:00 - 8:00 pm



14th Annual

Thanksgiving Lunch

Registration
Opens
October 5th!

Thursday, November 19th

Doors open 11:00am

(Food served 11:15am)

Members Free; Non-Members \$7.00

Adults ages 50+

Registration Required!

Saco Community Center Gym

Holiday Craft Sessions

Fall Pumpkin



Friday, October 30th

10:15am-12:30pm

With Amelia and Courtney

Christmas Ornament

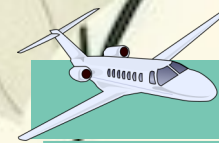


Tuesday, December 1st

10:15am-12:30pm

December 2026 • Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
<i>*December Bus Trips are subject to change. Please check online for accurate dates and times!</i> Indoor Walking Mon, Tues, Thur, Fri 9am-12pm	1 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm Christmas Craft 10:15am-12:30pm	2 Drop-in Pickleball 9:00am-11:00am CHAIR YOGA w/WEIGHTS 9:15am-10:00am GENTLE YOGA 10:30am-11:30am	3 YOGA FUSION 9:30am-10:30am TAI CHI CHIH 11:00am-12:00pm BUS TRIP: Stage House Inn Restaurant and Sandy Hill Lights 3:30pm-9:00pm	4 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA with WEIGHTS 9:45am-10:45am
7 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm Lunch & Learn	8 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm	9 Drop in Pickleball 9:00am-11:00am CHAIR YOGA with WEIGHTS 9:15am-10:00am GENTLE YOGA 10:30am-11:30am BUS TRIP: Stone Mountain: Bob Marley Dinner and Show 4:15pm-11:00pm	10 YOGA FUSION 9:30am-10:30am TAI CHI CHIH 11:00am-12:00pm	11 No Yoga Today BUS TRIP: Victoria Mansion and Lunch 9:45am-2:30pm
14 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm	15 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm BUS TRIP: Merrill Auditorium: The Nutcracker 8:45am-2:30pm	16 Drop-in Pickleball 9:00am-11:00am CHAIR YOGA with WEIGHTS 9:15am-10:00am GENTLE YOGA 10:30am-11:30am	17 YOGA FUSION 9:30am-10:30am TAI CHI CHIH 11:00am-12:00pm BUS TRIP: Portland Stage "It's a Wonderful Life" 4:00pm-10:00pm	18 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA with WEIGHTS 9:45am-10:45am
21 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm	22 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am No Tai Chi Today Community Bridge 10:30am-1:30pm	23 No Yoga Today	24 NO SENIORity Programs Today	25 NO SENIORity Programs Today
28 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm	29 No Yoga Today TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm	30 No Yoga Today	31 NO SENIORity Programs Today	<i>*DEC YOGA DATES are subject to change. Please see the online schedule for accurate class dates!</i>



Travel the World with collette



Oct-Nov-Dec 2026

We recently welcomed back our SENIORity group who went on the Canadian Rockies trip with Collette! We had 24 participants sign up for this tour and from the sounds of it, the trip was one for the books! Some describing it as "one of the best trips they have ever been on." We are so happy it was a success!



Spring 2027: Spain & Portugal

Embark on an Iberian adventure as you take in medieval architecture, idyllic landscapes, and delectable cuisine. Explore Spain and Portugal's priceless treasures of art, history, and culture set against a backdrop of sunny Mediterranean shores and grand mountain ranges.

Highlights: Barcelona, La Sagrada Familia, Valencia, Paella Experience, Seville, Flamenco Show, The Alhambra, Cordoba, Madrid, The Prado Museum, Winery Tasting, Alentejo, Lisbon, and more!



Trip Dates: April 3, 2027 – April 17, 2027
Seats are guaranteed until October 4!

Fall 2027: Pacific Northwest

From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Explore the natural beauty from Seattle to San Francisco.

Highlights: Mount St. Helens Visitor Center, Columbia River Gorge, Hood River, Yaquina Head Lighthouse, Bandon State Natural Area, Rogue River Cruise, Redwood National Park, Avenue of the Giants, San Francisco Bay Cruise

Trip Dates: September 13, 2027 – September 20, 2027

JUST ADDED! Discover American Heritage

Experience the grandeur of The Greenbrier amid the West Virginia mountains and explore American history throughout Washington, D.C. and Virginia on a fascinating journey. This grand historic tour features a two-night stay at The Greenbrier, a classic American resort.

Highlights: Twilight Monument Tour, Arlington National Cemetery, Greenbrier History Tour, Monticello, Colonial Williamsburg, Smithsonian Museum, Mount Vernon, Tavern Dinner.

Trip Dates: May 14, 2027 – May 21, 2027

Lunch & Learns: October & November

Bone Builders Program

Presented by Lifelong Maine's Master Trainer, Pat Fitzgerald

Bone Builders is coming to Saco Parks and Rec in partnership with Age Friendly Saco! Come learn more about this FREE strength building class that will be offered in 2027. This evidence-informed program is based on research by Tufts and MA Dept of Public Health to prevent or even reverse osteopenia, while improving balance to prevent falls.

When: Wednesday, October 14
Time: 11:45am-1:30pm

Sugar Intake

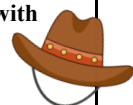
Presented by Julia Williams RD,LD

Join Hannaford Dietitian, Julia Williams, for an interactive class on sugar where we'll explore the difference between natural and added sugars, learn how to spot added sugars on food labels and discuss realistic ways to balance our plates.

When: Monday, November 2
Time: 11:45am-1:00pm



October 2026 · Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
<i>*October Bus Trips are subject to change. Please check online for accurate dates and times!</i> 	Weekday Mornings: Cribbage & other card games: 8:00am-10:00am 	Indoor Walking Mon, Tues, Thur, Fri 9am-12pm 	1 YOGA FUSION 9:30am-10:30am Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm	2 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA with WEIGHTS 9:45am-10:45am BUS TRIP: Mystery Breakfast 9:00am-12:00pm
5 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm 	6 YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm BUS TRIP: Portland Jet Port Tour 10:15am-3:00pm	7 CHAIR YOGA with WEIGHTS 9:15am-10:00am GENTLE YOGA 10:30am-11:30am	8 YOGA FUSION 9:30am-10:30am Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm BUS TRIP: Hart's Turkey Farm Dinner Train 8:15am-3:00pm 	9 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA with WEIGHTS 9:45am-10:45am YOGA NIDRA 11:00-12:00pm 
12 NO SENIORity Programs Today Indigenous Peoples' Day 	13 YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm	14 CHAIR YOGA with WEIGHTS 9:15am-10:00am GENTLE YOGA 10:30am-11:30am 	15 YOGA FUSION 9:30am-10:30am Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm BUS TRIP: Michael Jackson History Show 4:30pm-10:00pm	16 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA with WEIGHTS 9:45am-10:45am 3rd Annual Hoedown Dinner Dance 5:00pm-8:00pm 
19 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm 	20 YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm	21 Drop-in Pickleball 9:00am-11:00am CHAIR YOGA with WEIGHTS 9:15am-10:00am GENTLE YOGA 10:30am-11:30am BUS TRIP: Phantom 9:45am-6:00pm  	22 YOGA FUSION 9:30am-10:30am Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm NOV BUS TRIPS: Registration Opens at 10AM!	23 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA with WEIGHTS 9:45am-10:45am BREAKFAST CLUB 9:00am-10:30am 
26 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm 	27 YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm BUS TRIP: Haunted Trolley Tour 4:45pm-7:30pm 	28 Drop-in Pickleball 9:00am-11:00am CHAIR YOGA with WEIGHTS 9:15am-10:00am GENTLE YOGA 10:30am-11:30am 	29 YOGA FUSION 9:30am-10:30am Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm BUS TRIP: Nyte Walk Moon Lantern Forest 3:00pm-8:30pm 	30 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA with WEIGHTS 9:45am-10:45am Fall Pumpkin Craft 10:15am-12:30pm 

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Mon	Tue	Wed	Thu	Fri
2 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm LUNCH & LEARN Sugar Intake 11:45am-1:00pm 	3 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm	4 Drop-in Pickleball 9:00am-11:00am CHAIR YOGA with WEIGHTS 9:15am-10:00am GENTLE YOGA 10:30am-11:30am BUS TRIP: Winslow Homer Studio Tour & Museum of Art 9:45am-2:30pm	5 YOGA FUSION 9:30am-10:30am TAI CHI CHIH 11:00am-12:00pm 	6 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA with WEIGHTS 9:45am-10:45am BUS TRIP: Colonial Inn Tea and Concord Walking Tour 8:15am-4:30pm 
9 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm 	10 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm BUS TRIP: Adventurous Mystery Lunch 11:00am-2:00pm 	11 NO SENIORity Programs Today Veteran's Day 	12 YOGA FUSION 9:30am-10:30am TAI CHI CHIH 11:00am-12:00pm BUS TRIP: Beatlemania Castleton Banquet Center 10:00am-5:00pm 	13 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA with WEIGHTS 9:45am-10:45am Yoga Nidra 11:00-12:00pm 
16 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm 	17 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am TAI CHI CHIH 11:00am-12:00pm Community Bridge 10:30am-1:30pm	18 Drop in Pickleball 9:00am-11:00am CHAIR YOGA with WEIGHTS 9:15am-10:00am GENTLE YOGA 10:30am-11:30am  	19 No Walking Today YOGA FUSION 9:30am-10:30am TAI CHI CHIH 11:00am-12:00pm Annual Thanksgiving Lunch 11:00am-1:00pm	20 YOGA with WEIGHTS 8:30am-9:30am CHAIR YOGA with WEIGHTS 9:45am-10:45am BUS TRIP: Americus Restaurant & LaBelle Lights Festival 2:30pm-9:30pm 
23 GENTLE YOGA 10:30am-11:30am Knitting & Craft Club 1:30pm-3:00pm 	24 YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am No Tai Chi Chih Today Community Bridge 10:30am-1:30pm DEC BUS TRIPS: Registration Opens at 10AM!	25 NO SENIORity Programs Today 	26 NO SENIORity Programs Today 	27 NO SENIORity Programs Today 
30 No Yoga Today Knitting & Craft Club 1:30pm-3:00pm <i>*November YOGA DATES are subject to change. Please see the online schedule for accurate class dates!</i>	Indoor Walking Mon, Tues, Thur, Fri 9am-12pm	Weekday Mornings: Cribbage & other card games: 8:00am-10:00am 		<i>*November Bus Trips are subject to change. Please check online for accurate dates and times!</i> 