

I-Dancing with the Stars at the Merrill Auditorium


Straight from Hollywood, See Dancing with the Stars, Live! This ALL-NEW SHOW starring your favorite pros Emma Slater, Alan Bersten, Brandon Armstrong, Britt Stewart, Daniella Karagach, Gleb Savchenko, Pasha Pashkov, Rylee Arnold and special guests to be announced! The group will have dinner before the show!

**Tuesday, January 14th
4:30pm-10:30pm**

Trip Fee: \$97/member; \$100/non-member
Registration covers transportation & ticket to the show!

II- Maine Needham Tour

Experience a tour of the new Maine Needham facility in Saco! The tour will include a brief history of the Maine Needham, (the Maine potato chocolate candy!) After the tour the group will go out for brunch/lunch!

 **Wednesday, January 29th
8:45am-12:30pm**

\$7/members; \$10/non-members
Registration covers transportation and tour!

I- EP Rock Covers: The Beatles!

Join Don Boudreau for his solo tribute Beatles performance at the Merrill Auditorium! His repertoire consists of early Beatles songs with Ed Sullivan Era costuming. The Merrill will only be open for surrounding senior programs for the day allowing us all to have floor seats!!

**Monday, February 10th
11:00am-4:30pm**

Trip Fee: \$22/members; \$25/non-members
Registration covers transportation and ticket to the show!

I-Creative Soul & Lunch at Duffy's!

Have some creative fun at The Creative Soul in Kennebunk! Pick your own fun project to paint, no artist skills are needed, it's just for fun! Projects run from \$5-\$40. We can choose from pottery, sea glass art, painting, etc. Following our creative session, we will have lunch in Kennebunk at Duffy's Tavern and Grill!

**Wednesday, March 5th
9:15am-3:00pm**

Trip Fee: \$7/members; \$10/non-members
Registration covers transportation and studio fee only!

I-Lunch at Dimillo's

Join us to experience waterfront dining at DiMillo's in their quiet season! Located in the heart of Portland's Old Port, the historic floating restaurant offers award-winning cuisine, panoramic views of the iconic Portland harbor, and an ambiance unique to DiMillo's.

**Thursday, January 16th
11:15am-2:00pm**

Trip Fee: \$2/members; \$5/non-members
Registration covers transportation only!

I- Green Ladle Lunches

The Green Ladle Restaurant is a student-run restaurant for the culinary arts program at Lewiston Regional Technical Center. This buffet-style lunch will include several delicious dishes made by the students. Theme and menus TBD! You must register for each month individually.

**Friday, January 31st
Thursday, February 27th
Thursday, March 20th**

10:00am-1:30pm

Trip Fee: \$22/members; \$25/non-members
Registration covers transportation, buffet lunch, tax and gratuity!

I- Cellardoor Wine Tasting

Cellardoor's winery and vineyard is located in Lincolnville, ME, but they also have a beautiful tasting room in the Old Port! The group will get a flight of wine to sample, as well as some delicious charcuterie snacks to munch on while we learn about wine!


**Thursday, February 13th
12:30pm-4:00pm**

Trip Fee: \$40/members; \$43/non-members
Registration covers transportation, wine tasting, charcuterie snacks, tax & gratuity!

II- Peary-MacMillan Arctic Museum at Bowdoin College

Bowdoin's Peary-MacMillan Arctic Museum is dedicated entirely to all things Arctic. It is named after Arctic explorers and Bowdoin graduates Robert E. Peary (Class of 1877) and Donald B. MacMillan (Class of 1898).

The group will enjoy a guided tour of the museum and then head to lunch in Brunswick!

 **Tuesday, March 11th
9:15am-2:30pm**

Trip Fee: \$5/members; \$8/non-members
Registration covers transportation & entrance to museum!

I- Buffet at the Golden Apple


Join us for a fun lunch experience at the Golden Apple Buffet right in Biddeford! All-you-can eat buffet with an endless selection of sushi, hibachi, pho, and other delicious dishes, all for one great price!

**Wednesday, January 22nd
11:15am-1:00pm**

\$20/members; \$23/non-members
Registration covers transportation, buffet lunch, 1 non-alc beverage, tax & tip!

II- Wilbur's Tour

Experience a private tour and a presentation on the History of Chocolate, a video showing behind-the-scenes of our Factories, a walk and talk through the store and peek through the factory windows. Six samples of their favorite Chocolate is included. After the tour the group will go for lunch!

 **Thursday, February 6th
9:45am-2:30pm**

Trip Fee: \$7/members; \$10/non-members
Registration covers transportation and tour tickets!

II-Brunswick Naval Aviation Museum


Our group will enjoy a private tour of the Military Naval Aviation Museum. Participants will also get a chance to try out the flight simulator to feel the experience of flying a plane! The group will head to the Wild Oats cafeteria after the tour for lunch.

 **Tuesday, February 18th
9:00am-2:30pm**

Trip Fee: \$5/members; \$8/non-members
Registration covers transportation. Entrance to the museum is free but donations are gratefully accepted for tour guides. Please bring cash!

II-Brewery Tour

Join us for a brief tour of Shipyard Brewing Company's original brewing equipment & facility. After we learn about how it all began (with a video), the group will enjoy an All You Can Eat Pizza buffet on site. Pizza & 1 beverage (beer or an N/A option) included in your registration fee. Only Shipyard beers available to order.

 **Monday, March 17th
11:00am-2:30pm**

Trip Fee: \$42/members; \$45/non-members
Registration covers transportation, tour, pizza buffet, 1 beverage (beer or N/A option, tax & gratuity!

Winter Edition

SENIORity Programs

January-February-March 2025

www.sacorec.com



parksandrec@sacomaine.org

(207) 283-3139

Happy New Year!

Happy New Year!

Before we jump into 2025 we want to reflect on the incredible year that was 2024! Thank you to all of our loyal participants who continue to utilize our programs and services. We appreciate your support as we grow, change, and try new things. Here are some highlights from 2024:

- * Held two new and successful themed dinner dances: *The Sock Hop & The Hoedown!*
- * Offered new dance classes: *swing dancing & line dancing*
- * The yoga participants had a *Reny's commercial debut!*
- * Knitting club begins
- * Held our largest Thanksgiving Lunch to-date, serving over 160 people
- * Traveled with our 3rd (and largest) tour with *Premiere World Discovery*. Destination: *Louisville, Nashville, & The Smoky Mountains*



We cannot wait to see what is in store for 2025! We have our first group traveling internationally to Italy! We also hope to schedule more trips to Boston, and continue to plan new and exciting excursions. Of course it's not only about the travel and we will continue to offer new and different lunch & learn topics, exercise classes, and ways to get people connected with the community. We hope to see you in the new year!

Cheers!
Amelia & Courtney

Cover design credit: Thornton Academy Digital Design student, Leah Kane, Class of '26. Thank you!

New Trip Announcement: America's Cowboy Country Tour

We are excited to announce our FALL 2025 trip! We have chosen **America's Cowboy Country Tour** as our next domestic destination! **September 30th– October 7th, 2025**

Enjoy stunning views of the American West as you make your way through Yellowstone, Grand Teton National Park, and more. Overnight in the cowboy towns of Jackson Hole and Cody. Experience the Wild West as it once was with a visit to Deadwood, a town built on gold and gunpowder. Experience Yellowstone National Park, home to an incredible array of wild-life. Search for free-ranging herds of buffalo in Custer State Park. Marvel at Grand Teton National Park's towering peaks, marked with mountain glaciers. Soak in stunning views of Mt. Rushmore and the Crazy Horse Memorials. Grab your Stetson hat and saddle up for an adventure as you discover natural wonders and cultural treasures.

Join us on **Wednesday, January 8th** for an Informational Lunch & Learn! We will be joined by our Collette Travel Rep to discuss all things travel: the itinerary, pricing, deposit information, and more! We also have brochures available in our lobby and linked on our NEW travel page.

If you would like to stay in-the-know about all of our future travel plans we have a **NEW Informational Travel Page** on our website at www.sacorec.com You can register for free to stay in the know. We will utilize this registration list to update interested travelers with trip announcements and for surveys so you can all help us pick our new destinations!

Registration is required for the information lunch and learn as well. Just a reminder that you will first need to purchase your 2025 SENIORity membership in order for the transaction to recognize that you are a 2025 member. Please email Amelia at Afoster@sacomaine.org with any questions!



Monthly Breakfasts Return!

January 24th:
French Toast

February 28th:
Eggs Benedict Bake

March 28th:
Corned Beef Hash

***Meals also typically include a side of bacon or sausage, home fries, and fruit! (plus juice and coffee!)**

We are thrilled to announce the return of our monthly Breakfast Club with a different theme each month. This is open to anyone 50 years and older. All are welcome! (residents & non-residents). The menu will change each month and will be posted online. Registration is required!

Fee: \$7.00/members and non-members (per month)

Location: Saco Community Center

Time: Doors open at 9:15am!

Date and Theme: Menu changes monthly and will be posted online once we have it planned!

FREE Line Dancing Classes Return!

Back by popular demand! This FREE dance session is designed to teach the basics of line dancing to people of all abilities. No experience necessary! Instructors, Andy & Diane Dutremble, want these classes to be welcoming and FUN. They both have about 20+ years of experience line dancing, with 3 years of instructional experience. We are happy that they want to bring their expertise to the Saco community! Please wear comfortable clothes and shoes. (You can save the cowboy boots!)

You may register for individual days, or the full session. Please come to as many classes as you can! Registration is required.

When: Returning Tuesday, January 14th! Tuesdays & Thursdays
Time: 10:00am-11:00am (with time after to ask questions and practice!)
Fee: FREE
Registration: Space is limited. Registration is required!



SENIORity 2025 Membership & Indoor Walking

Open Walking: This program will run January through late May 2025! Indoor walking fees are included in the Annual SENIORity membership. If you are not a member then you can become one! **Indoor walking will be scheduled daily, Mondays, Tuesdays, Thursdays, and Fridays from 9:00AM-12:00PM.** Indoor walking is closed and not available on holidays or when the schools have vacation days. Please see the calendar for the full list of dates!

2025 Membership: The annual membership fee is \$25.00 and runs from January 1st to December 31st each year. Members save on SENIORity programs throughout the year. As a bonus, all members can participate in our Indoor Walking program at no additional cost. Any members joining us age 85 and older will receive their lifetime membership for free! Registration is still necessary as we need to input this into your account.


Saco Parks and Recreation
SENIORity Membership 2025

Membership Includes:

- Admission for daily open walking at the Community Center
- FREE Spring BBQ Event Lunch- registration required
- FREE Thanksgiving Event Lunch- registration required
- Membership discount on Lobster Bake Event Lunch
- Membership discounts on all SENIORity Bus Trips
- Membership discounts on all Lunch & Learns

\$25 annual fee
Free for participants 85+
Open to residents & non-residents
Register online at www.sacorec.com or visit our front office at 75 Franklin Street, Saco.

March 2025 · Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
3 No Yoga Today! Knitting/ Craft Club 1:30pm-3:00pm 	4 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 10:30am-1:30pm	5 Pickleball Drop-In 9:00am-11:00am YOGA 10:30am-11:30am BUS TRIP: Creative Soul & Lunch 9:15am-3:00pm	6 	7 YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am
10 No Yoga Today! Knitting/ Craft Club 1:30pm-3:00pm 	11 No Yoga Today! Community Bridge 10:30am-1:30pm BUS TRIP: Brunswick Arctic Museum 9:15am-2:30pm	12 Pickleball Drop-In 9:00am-11:00am No Yoga Today! LUNCH & LEARN Streaming Devices with Age Friendly Saco 11:45am-1:00pm 	13 	14 No Yoga Today!
17 YOGA 10:30am-11:30am Knitting/ Craft Club 1:30pm-3:00pm BUS TRIP: Shipyard Brewery Lunch & Tour 11:00am-2:30pm 	18 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 10:30am-1:30pm 	19 Pickleball Drop-In 9:00am-11:00am YOGA 10:30am-11:30am 	20 BUS TRIP: Green Ladle Lunch 10:00am-1:30pm 	21 YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am 
24 YOGA 10:30am-11:30am Knitting/ Craft Club 1:30pm-3:00pm 	25 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 10:30am-1:30pm	26 Pickleball Drop-In 9:00am-11:00am YOGA 10:30am-11:30am 	27 BUS TRIP: Mystery Lunch 11:00am-3:00pm 	28 YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am Breakfast Club 9:00am-10:30am 
31 YOGA 10:30am-11:30am Knitting/ Craft Club 1:30pm-3:00pm		Weekday Mornings: Cribbage & other card games: 8:30am-10:00am 	*MARCH YOGA DATES are subject to change. Please see the online schedule for accurate class dates!	*March Bus Trips are subject to change. Please check online for accurate dates and times!

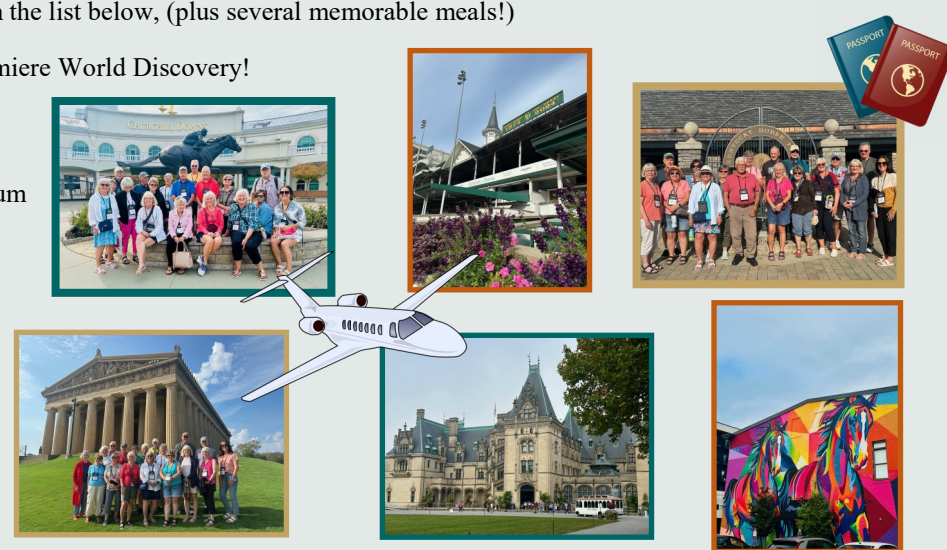
Recap from Kentucky, Nashville, & Asheville!

January-March 2025

Some of our SENIORity members recently completed our 3rd (and largest) tour with Premiere World Discovery. This time the group traveled to Louisville, KY, Gatlinburg, TN, and Nashville, TN, with several stops in between. We had 17 travelers from the Saco area and our group was paired up with 2 more groups from Texas; enough to fill the coach bus for the week! We had the best time, weather, and tour guide. A trip for the books, complete with tours and adventures from the list below, (plus several memorable meals!)

Highlights from our recent trip with Premiere World Discovery!

- Churchill Downs
- Evan Williams Bourbon Experience
- Louisville Slugger Factory & Museum
- Muhammad Ali's burial site
- The Ark Encounter
- Kentucky Horse Park
- The Biltmore Estate
- Smokey Mountains National Park
- Dollywood
- Grand Ole Opry
- City Tour of Nashville
- Country Music Hall of Fame
- (Oh and a stop at Buc-ees!)



A little something for everyone! If you missed this and are interested in joining us on our next adventure, we have a new page on our website dedicated to these travel opportunities: SENIORity Travel with Collette! You can also email Amelia at Afoster@sacomaine.org

Spring 2025: Reflections of Italy with Collette
 NEW TRIP Fall 2025: America's Cowboy Country Tour

Lunch & Learns at the Saco Community Center

Register at www.sacorec.com · \$5.00/members; \$8.00/non-members

Collette Travel: America's Cowboy Country Tour Presented by Andrew Leighton

Come learn about our next big destination trip with Collette! This informational session will give you all the details about how these trips work, pricing, itineraries, and more! Highlights include stunning views of the American West as you make your way through Yellowstone, Grand Teton National Park, Badlands National Park, Mount Rushmore, Crazy Horse Memorial, and MORE!

When: Wednesday, January 8th
 Time: 11:45am-1:00pm

Senior Tax Assistance Program

Presented by City of Saco Finance Department Staff
 The Senior Tax Assistance Program provides property tax relief to low-income senior citizens who live in the City of Saco. To qualify, applicants must be 65 years of age or older and have lived in Saco for 10 consecutive years. Applicants must also have received a Maine Property Tax Fairness Credit for the 2024 income tax year prior to the application.

When: Wednesday, February 26th
 Time: 11:45am-1:00pm

Staying Active in the Winter Presented by Andrew P. Genova, PT, DPT, OCS, CMTPT, CSCS Managing Partner | Physical Therapist | MVPT – Biddeford, ME

Join Andrew P. Genova, physical therapist, for an informative discussion on how to make sure the Winter months do not get the best of you. It's easy to become sedentary, pack on a few pounds and struggle to get moving in the Winter. Don't succumb to stiff joints; learn how to best maintain muscle strength and functional mobility so you're ready to do all of the things you love to do when Spring arrives.

When: Wednesday, February 5th
 Time: 11:45am-1:00pm



January 2025 · Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
Indoor walking daily: <i>Mon, Tues, Thurs, Fri</i> 9:00am—12:00pm 	Weekday Mornings: Cribbage & other card games: 8:30am-10:00am 	1 No Yoga Today! 	2 TAI CHI CHIH 11:00am-12:00pm JANUARY BUS TRIPS: Registration Opens at 10AM! 	3 YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am
6 YOGA 10:30am-11:30am Knitting/ Craft Club 1:30pm-3:00pm 	7 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am TAI CHI CHIH 11:00am-12:00pm Community Bridge 1:00pm-4:00pm	8 Pickleball Drop-In 9:00am-11:00am YOGA 10:30am-11:30am LUNCH & LEARN Collette Travel: New Trip Info Session 11:45am-1:00pm 	9 TAI CHI CHIH 11:00am-12:00pm	10 YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am BUS TRIP: Mystery Lunch 11:00am-3:00pm 
13 YOGA 10:30am-11:30am Knitting/ Craft Club 1:30pm-3:00pm 	14 YOGA FUSION 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 1:00pm-4:00pm BUS TRIP: Dancing with the Stars 4:30pm-10:30pm	15 Pickleball Drop-In 9:00am-11:00am YOGA 10:30am-11:30am 	16 Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm BUS TRIP: Lunch at DiMillo's 11:15am-2:00pm 	17 YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am 
20 NO SENIORity Programs Today! 	21 YOGA FUSION 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 1:00pm-4:00pm	22 Pickleball Drop-In 9:00am-11:00am YOGA 10:30am-11:30am BUS TRIP: Buffet Lunch at the Golden Apple 11:15am-1:00pm 	23 Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm FEBRUARY BUS TRIPS: Registration Opens at 10AM!	24 YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am Breakfast Club 9:00am-10:30am 
27 YOGA 10:30am-11:30am Knitting/ Craft Club 1:30pm-3:00pm 	28 YOGA FUSION 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 1:00pm-4:00pm	29 Pickleball Drop-In 9:00am-11:00am YOGA 10:30am-11:30am BUS TRIP: Maine Needham Tour 8:45am-12:30pm 	30 Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm 	31 YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am BUS TRIP: Green Ladle Lunch 10:00am-1:30pm

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10 YOGA 10:30am-11:30am Knitting/ Craft Club 1:30pm-3:00pm BUS TRIP: EP Rock Covers: The Beatles at the Merrill Auditorium 11:00am-4:30pm 	11 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Line Dancing 10:00am-11:00am TAI CHI CHIH RETURNS! 11:00am-12:00pm 	12 Pickleball Drop-In 9:00am-11:00am YOGA 10:30am-11:30am 	13 Line Dancing 10:00am-11:00am TAI CHI CHIH 11:00am-12:00pm BUS TRIP: Cellardoor Wine Tasting Portland 12:30pm-4:00pm 	14 YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am Valentine's Day Potluck 12pm-2pm 
17 NO SENIORity Programs Today! 	18 No Yoga Today! No Line Dancing! TAI CHI CHIH 11:00am-12:00pm Community Bridge 1:00pm-4:00pm BUS TRIP: Brunswick Naval Aviation Museum 9:00am-2:30pm 	19 No Pickleball Today! No Yoga Today! 	20 No Line Dancing! TAI CHI CHIH 11:00am-12:00pm 	21 No Yoga Today! BUS TRIP: Mystery Breakfast 9:00am-11:30am 
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