


**II-Ocean House Tour, OOB**


The Ocean House was built in 1895, and is the oldest hotel on the beach in Old Orchard. Although it had not been updated significantly since 1947, the current owners saw its potential, and wanted to return it to its roots. Come visit and see our beautifully re-finished original floors, lots of restored antiques, and our dazzling new decor. This tour will be conducted by the interior designer, who will enjoy sharing the history of many of the antiques, and anecdotes about the process of restoring an old gem. The group will go to Birdie's in OOB for lunch after the tour.

**Thursday, April 11th**  
10:00am-2:00pm 

**Trip Fee:** \$2/members; \$5/non-members

**I-Portland Seadogs Game**


Come catch a Portland Seadogs game in a luxury skybox with us! Our group will have a private suite (climate controlled) sky box, complete with indoor/outdoor seating options, TV, catered snacks, bar options and more!

**Tuesday, May 7th**  
5:00pm-9:00pm 

**Trip Fee:** \$55/members; \$58/non-members  
**Registration covers transportation, game ticket in the sky box, and catered game snacks!**

**III- Coastal Maine Botanical Gardens**


Come visit the Coastal Maine Botanical Gardens in Boothbay! Explore the gardens at your own pace, eat lunch at the café, and go on a scavenger hunt to find all of the trolls!

**Thursday, May 23rd**  
9:00am-4:00pm 

**Trip Fee:** \$25/members; \$28/non-members  
**Registration covers transportation and entrance to the garden!**

**II-Cabbage Island Clambakes**

Enjoy a scenic tour of Boothbay Harbor as the group travels to the 5 acre Cabbage Island for a clambake! The authentic meal includes a steaming cup of New England fish chowder, two lobsters, steamed clams, sweet golden corn on the cob, and egg, onion and potatoes, as well as coffee and dessert!

**Thursday, June 20th**  
9:00am-6:30pm 

**Trip Fee:** \$97/members; \$100/non-members  
**Registration covers transportation, cruise, meal, tax, and gratuity!**

**I-Dinner at David's Restaurant**


Join us for a nice dinner out in Monument Square, in Portland, at David's Restaurant. This location is the culinary anchor to award winning chef David Turin's popular restaurant group. Prices are \$\$\$ so please check the menu before signing up!

**Wednesday, April 24th**  
4:30pm-7:30pm

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

**III- Hammond Castle Museum**

First time visitors are often surprised to see a true European castle on the New England shoreline. Hammond Castle was built in the late 1920s by scientist, inventor, and interestingly enough, an art connoisseur of the highest order, John Hays Hammond, Jr. (1888-1965). Sitting high on a bluff overlooking the Atlantic Ocean in Gloucester, MA, the castle brings together a unique combination of art, architectural elements and culture. The group will go to lunch after the tour!

**Thursday, May 9th**  
9:00am-4:30pm 

**Trip Fee:** \$20/members; \$23/non-members  
**Registration covers transportation and guided tour of castle!**

**II- Casco Bay Mailboat**


Hop on the Mailboat Run! The locals' favorite way to experience Casco Bay – this true working boat carries passengers, mail and freight to Little Diamond, Great Diamond, Long, Cliff and Chebeague Islands. Bring your own picnic lunch to enjoy on the 2.5-hour boat ride.

**Wednesday, May 29th**  
8:45am-1:30pm

**Trip Fee:** \$17/members; \$20/non-members  
**Registration covers transportation and boat ticket!**

**II- Wright Museum of WWII**


Come with us to explore more than 14,000 items in the collection at the Wright Museum. These irreplaceable items, along with fully operational military vehicles, introduce visitors to a seminal period in American History. Our group will have an orientation with one of the docents and then will be sent off to tour the museum on our own with docents available in each of the galleries to answer questions. Following our tour, we will enjoy a lunch out at a local Wolfboro restaurant.

**Wednesday, June 26th**  
8:15am-3:00pm 

**Trip Fee:** \$17/members; \$20/non-members  
**Registration covers transportation & entrance to the museum!**

**II- Thrift Store Shopping Tour & Lunch**

Enjoy a day of Thrift store shopping with us and lunch at the 110 Grill in Portsmouth. We will stop at a couple of stores in York and Kittery before lunch. Following lunch we will stop at a couple more!

**Thursday, May 2nd**  
9:30am-3:00pm 

**Trip Fee:** \$5/member; \$8/non-members  
**Registration covers transportation only!**

**II-Broadway National Tour of Mean Girls the Musical**

Direct from Broadway, Mean Girls is the hilarious hit musical from an award-winning creative team, including book writer Tina Fey. Cady Heron may have grown up on an African savanna, but nothing prepared her for the vicious ways of her strange new home: suburban Illinois. The group will go to dinner before heading to the SOLD OUT show at the Merrill Auditorium!

**Thursday, May 16th**  
4:00pm-10:00pm

**Trip Fee:** \$75/members; \$78/non-members  
**Registration covers transportation and ticket**

**I-Ogunquit Playhouse presents Waitress**

Meet Jenna, a waitress and expert pie-maker who dreams of a way out of her small town and rocky marriage. Pouring her heart into her pies, she crafts desserts that mirror her topsy-turvy life. Change is on the menu, as long as Jenna can write her own perfectly personal recipe for happiness. Featuring music and lyrics by Grammy Award winner Sara Bareilles, this hit musical is a little slice of Broadway heaven.

**Wednesday, June 5th**  
10:45am-5:30pm

**Trip Fee:** \$75/members; \$78/non-members  
**Registration covers transportation & ticket!**

**I- Lunches w/ No Mystery!**

**North 43 Bistro in So. Portland**  
**Tuesday, April 9th; 11:30am-3:00pm**  
**Trip Fee:** \$5/members; \$8/non-members  
**Registration covers transportation only!**

**Black Point Inn in Scarborough**  
**Friday, May 31st; 11:30am-3:00pm**  
**Trip Fee:** \$5/members; \$8/non-members  
**Registration covers transportation only!**

**Five Islands Lobster Co. in Georgetown**  
**Friday, June 28th; 10:30am-2:30pm**  
**Trip Fee:** \$5/members; \$8/non-members  
**Registration covers transportation only!**



Saco Parks and Recreation

# Spring Edition

Celebrating 10 Years of SENIORity Programs



## April-May-June 2024

[parksandrec@sacomaine.org](mailto:parksandrec@sacomaine.org) - [www.sacorec.com](http://www.sacorec.com) - (207) 283-3139

# Happy Spring!

## Happy Spring!

Spring has sprung and we are excited for all of the adventures this time of year! During our upcoming Spring BBQ, we will be celebrating 10 years of SENIORity programs! It has been so incredible to watch this program evolve over the years. What started as one group of cribbage players has grown into a program so large that we have too many offerings to even fit into this newsletter. We appreciate the support and loyalty over the years and we hope to be able to offer new programs and create memories together. Cheers to more and more!

~Amelia and Courtney

**Congratulations and thank you to Marea Decker, Thornton Academy Class of '25, for your cover art design in this Spring Edition of the SENIORity newsletter!**

## SPR Reny's Commercial



If you haven't already seen this circulating, we are so proud to announce that there is a current Saco Parks and Recreation SENIORity Yoga Reny's commercial airing now statewide! This group of athletic women from our different yoga class offerings came to us with this idea and their commercial submission was chosen. A special thanks to the instructor, Amanda Kezal, for helping to organize and run the rehearsals. You all did such a fantastic job and it was so fun to watch. Thank you for representing our department with this creative project—**Bravo!**



## Annual Spring BBQ: Celebrating 10 Years of SENIORity Programs!



**Annual Spring BBQ**  
Celebrating 10 years of SENIORity!  
Friday, May 17TH 11:00AM-12:30PM  
Saco Community Center  
REGISTRATION IS REQUIRED  
WWW.SACOREC.COM 207-283-3139  
FREE FOR MEMBERS: \$7NON/MEMBERS  
BURGERS, HOT DOGS, SALADS, DESSERTS & MORE!



## NEW Bus Trip "Key" to Show Activity Levels

The SENIORity newsletter now features a key for all of our bus trips so that everyone who wants to participate has a clear understanding of the activity level required for each trip. We try our best to describe the trip details but there isn't always enough room for all of the info. This key will help individuals decide what is best for them! We also will keep the sneaker icons on each trip (see back page), which will emphasize trips that involve more walking.



**LEVEL 1 (I):** Trip requires limited extra walking. Typically involves door to door service. You can climb at least one flight of stairs. **Trip examples:** mystery meals, other restaurant outings, or trips to some theaters!

**LEVEL 2 (II):** Trip requires walking for at least 60 minutes. This may involve a self-guided or guided tour. Terrain could be uneven and require flights of stairs, or be on a dock/boat that is not steady. Trip allows for breaks and places to sit. **Trip examples:** museum tours, boat rides, theaters, shopping trips, fairs.

**LEVEL 3 (III):** Trip requires confident, unassisted, mobility, and walking for at least 60-90 minutes. Tours involve several flights of stairs, sometimes in historic buildings that are not accessible. Some strength or athleticism might be expected for specific outings. **Trip examples:** outdoor adventures, kayaking, historic tours, fairs.

## Nordic Walking Returns!

Try Nordic Walking with us! Designed for those who want to try a new sport, or need somewhere to walk with others! We will provide the poles and some instruction (on most days), or you can bring your own. Please bring water and wear your best walking shoes. There will be a porta potty on site.



**Spring Session (May & June):** Wednesday mornings  
**Time:** 9:30AM-11:00AM  
**Where:** Diamond Riverside Park  
Located on Irving Street in Saco  
**Fee:** FREE

*The trail is flat and maintained. About 5 laps= 1 mile*

## Age Friendly Saco Announcements

**Maine HomeShare: Putting Extra Rooms to Work for Personal & Social Good.**



MaineHousing recently signed a contract with Nesterly, a social justice corporation, to offer supportive services and guidance to link homeowners with rooms to rent with interested renters. Nesterly goes beyond the typical landlord-tenant relationship to create mutually beneficial shared living experiences.

The Nesterly platform (see <https://www.nesterly.com/>) is now available for residents throughout Maine. Nesterly works to help people who have rooms or a small apartment to rent and supports people renting the rooms.

### Age Friendly Saco Contact Information:

**Website:** [www.agefriendlysaco.org](http://www.agefriendlysaco.org) **Phone:** (207)710-5029 **Email:** [agefriendlysaco@gmail.com](mailto:agefriendlysaco@gmail.com)  
**Facebook:** <http://www.facebook.com/AgeFriendlySaco> **Instagram:** @AgefriendlySaco



# June 2024 · Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
<b>3</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm	<b>4</b> <b>YOGA FUSION</b> 8:30am-9:30am  <b>CHAIR YOGA</b> 9:45am-10:30am	<b>5</b> <b>NORDIC WALKING</b> 9:30am-11:00am  <b>No Yoga Today!</b>  <b>BUS TRIP:</b> Ogunquit Playhouse presents: <i>Waitress</i> 10:45am-5:30pm	<b>6</b> 	<b>7</b> <b>YOGA w/ WEIGHTS</b> 8:30am-9:30am  <b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am  <b>BUS TRIP:</b> Lunch on Peaks Island 10:15am-3:30pm
<b>10</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm  	<b>11</b> <b>YOGA FUSION</b> 8:30am-9:30am  <b>CHAIR YOGA</b> 9:45am-10:30am  <b>Community Bridge</b> 10:30am-1:30pm	<b>12</b> <b>NORDIC WALKING</b> 9:30am-11:00am  <b>YOGA</b> 10:30am-11:30am	<b>13</b> <b>BUS TRIP:</b> Lunch on Great Diamond Island 9:00am-3:30pm  	<b>14</b> <b>No Yoga Today!</b>  
<b>17</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm	<b>18</b> <b>YOGA FUSION</b> 8:30am-9:30am  <b>CHAIR YOGA</b> 9:45am-10:30am  <b>Community Bridge</b> 10:30am-1:30pm	<b>19</b> <b>NORDIC WALKING</b> 9:30am-11:00am  <b>YOGA</b> 10:30am-11:30am	<b>20</b> <b>BUS TRIP:</b> Cabbage Island Clambakes 9:00am-6:30pm  	<b>21</b> <b>YOGA w/ WEIGHTS</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:45am  <b>22</b> Annual Saco Main Street Arts Festival  
<b>24</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm  	<b>25</b> <b>YOGA FUSION</b> 8:30am-9:30am  <b>CHAIR YOGA</b> 9:45am-10:30am  <b>Community Bridge</b> 10:30am-1:30pm	<b>26</b> <b>NORDIC WALKING</b> 9:30am-11:00am  <b>YOGA</b> 10:30am-11:30am  <b>BUS TRIP:</b> The Wright Museum of WWII 8:15am-3:00pm	<b>27</b> 	<b>28</b> <b>YOGA w/ WEIGHTS</b> 8:30am-9:30am  <b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am  <b>BUS TRIP:</b> Five Islands Lunch 10:30am-2:30pm 
<b>Weekday Mornings: Cribbage &amp; other card games: 8:30am-10:00am</b>  	<b>*JUNE YOGA DATES are subject to change. Please see the online schedule for accurate class dates!</b>  			

## Island Lunch Excursions in Casco Bay

April-May-June 2024



### PEAKS ISLAND



### GREAT DIAMOND ISLAND

Join us to explore Peaks Island! We will take the Casco Bay ferry out to Peaks Island for lunch at the Peaks Island Inn, with some time following lunch to explore shops or get ice cream before taking the ferry back to Portland.

**Trip Date:** Friday, June 7<sup>th</sup>, 10:15am-3:30pm  
**Trip Fee:** \$10/members; \$13/non-members  
 Registration covers transportation and Ferry Ticket. Lunch is at your own cost.  
**\*Activity Level: II**

Enjoy lunch at Diamond's Edge Restaurant and Marina. The group will take the Casco Bay Ferry out to the island for a wonderful afternoon. There will be time to relax on the porch or explore the island. Ferry times are limited this time of year.

**Trip Date:** Thursday, June 13<sup>th</sup>, 9:00am-3:30pm  
**Trip Fee:** \$10/members; \$13/non-members  
 Registration covers transportation and Ferry Ticket. Lunch is at your own cost.  
**\*Activity Level: II**

## Lunch & Learns at the Saco Community Center

Register at [www.sacorec.com](http://www.sacorec.com) · \$5.00/members; \$8.00/non-members

### Maine Death with Dignity

*Presented by Valerie Lovelace, Executive Director*

In effect since September 2019, the Maine Death with Dignity Act permits physicians to practice medical aid-in-dying under specific circumstances. Over four years later, there is still a lot of misunderstanding and misinformation about Maine's compassionate end-of-life care option. Many providers and patients in Maine are still not familiar with Maine's Death with Dignity Act. Join Valerie Lovelace to get fact-based information and all the details you need to know about Maine's law, how to have the conversation with your physician, and how to qualify for the law or support your loved one who may be qualifying.

**When: Friday, April 5th**  
**Time: 11:45am-1:00pm**

### Longevity

*Presented by Maine Strong Balance Center*

Please join Dr. Lauren St. Pierre, PT, DPT, GCS for a Lunch and Learn presentation about the benefits of exercise for longevity. Lauren is a doctor of physical therapy, Geriatric Certified Specialist, and Geriatric Program Coordinator at the Maine Strong Balance Centers. Participants will learn about recent medical studies that identify reduced mortality and other benefits for individuals who participate in exercise programs, as well as the type, intensity, and frequency necessary to live a longer, healthier life.

**When: Wednesday, April 10th**  
**Time: 11:45am-1:00pm**

### Nesterly Homeshare Program

*Presented by Jean Saunders, Age Friendly Saco*

Learn about the new opportunity for home sharing in Maine. MaineHousing recently signed a contract with Nesterly, a social justice corporation, to offer supportive services and guidance to link homeowners with rooms to rent with interested renters. Nesterly goes beyond the typical landlord-tenant relationship to create mutually beneficial shared living experiences.

The Nesterly platform is now available for residents throughout Maine. If you are interested in learning more about home sharing, please join us for this presentation about how Nesterly works to help people who have rooms or a small apartment to rent and supports people renting the rooms. We will also hear from people who have tried home sharing. There will be a generous amount of time for questions and answers.

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

### Stroke Awareness

*Presented by Maine Strong Balance Center*

Join Drs. Nicole Milad, PT, DPT, NCS and Katie Heller, PT, DPT for a Lunch and Learn presentation about Stroke Awareness in recognition of Stroke Awareness Month. Participants will learn how to identify their individual stroke risk factors, strategies for making steps to reduce their stroke risk, and participate in a blood pressure screening. Participants will leave with resources to help discuss stroke risk with their primary care doctors.

**When: Wednesday, May 15th**  
**Time: 11:45am-1:00pm**

# April 2024 · Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm	<b>2</b> <b>YOGA FUSION</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:30am  Community Bridge 10:30am-1:30pm	<b>3</b> <b>YOGA</b> 10:30am-11:30am  <b>BUS TRIP:</b> Maine Needham Tour 8:45am-12:30pm 	<b>4</b> <b>TAI CHI CHIH is BACK!</b> 10:00am-11:00am  	<b>5</b> <b>YOGA w/WEIGHTS</b> 8:30am-9:30am <b>CHAIR YOGA w/WEIGHTS</b> 9:45am-10:45am  Last Pickleball until Fall! 9:00am-11:00am  <b>LUNCH &amp; LEARN</b> Maine Death w/ Dignity 11:45am-1:00pm
<b>8</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm  	<b>9</b> <b>YOGA FUSION</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:30am  Community Bridge 10:30am-1:30pm <b>TAI CHI CHIH</b> 11:00am-12:00pm  <b>BUS TRIP:</b> North 43 Bistro Lunch 11:30am-3:00pm	<b>10</b> <b>YOGA</b> 10:30am-11:30am  <b>LUNCH &amp; LEARN</b> Longevity 11:45am-1:00pm	<b>11</b> <b>No Indoor Walking!</b>  <b>TAI CHI CHIH</b> 10:00am-11:00am  <b>BUS TRIP:</b> Ocean House Tour & Lunch at Birdie's 10am-2:00pm  	<b>12</b> <b>No Indoor Walking!</b>  No Yoga Today!
<b>15</b> <b>NO SENIORity Programs Today!</b>  	<b>16</b> <b>No Indoor Walking!</b>  No Yoga Today!  Community Bridge 10:30am-1:30pm <b>TAI CHI CHIH</b> 11:00am-12:00pm	<b>17</b> <b>No Indoor Walking!</b>  No Yoga Today!  	<b>18</b> <b>No Indoor Walking!</b>  <b>TAI CHI CHIH</b> 10:00am-11:00am  	<b>19</b> <b>No Indoor Walking!</b>  No Yoga Today!  <b>Annual EARTH DAY Event!</b>  
<b>22</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm  	<b>23</b> <b>YOGA FUSION</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:30am  Community Bridge 10:30am-1:30pm <b>TAI CHI CHIH</b> 11:00am-12:00pm  <b>MAY BUS TRIPS: Registration Opens at 10AM!</b>	<b>24</b> <b>YOGA</b> 10:30am-11:30am  <b>BUS TRIP:</b> Dinner at David's Restaurant 4:30pm-7:30pm 	<b>25</b> <b>TAI CHI CHIH</b> 10:00am-11:00am  <b>Breakfast Club</b> 9:00am-10:30am  	<b>26</b> <b>YOGA w/WEIGHTS</b> 8:30am-9:30am <b>CHAIR YOGA w/WEIGHTS</b> 9:45am-10:45am  <b>BUS TRIP:</b> Longer Distance Mystery Lunch 11:00am-3:00pm 
<b>29</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm	<b>30</b> <b>YOGA FUSION</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:30am  Community Bridge 10:30am-1:30pm <b>TAI CHI CHIH</b> 11:00am-12:00pm	<b>Indoor Walking Daily</b> 11:00am-1:00pm except on holidays and school's out days (noted on calendar)  	<b>Weekday Mornings: Cribbage &amp; other card games:</b> 8:30am-10:00am  	

# May 2024 · www.sacorec.com · 283-3139

Mon	Tue	Wed	Thu	Fri
<b>Indoor Walking Daily</b> 11:00am-1:00pm except on holidays and scheduled school's out days (noted on calendar)  	<b>Weekday Mornings: Cribbage &amp; other card games:</b> 8:30am-10:00am  	<b>1</b> <b>NORDIC WALKING BEGINS!</b> 9:30am  <b>YOGA</b> 10:30am-11:30am	<b>2</b> <b>TAI CHI CHIH</b> 10:00am-11:00am  <b>BUS TRIP:</b> Spring Thrift Store Shopping & Lunch 9:30am-3:00pm	<b>3</b> No Yoga Today!
<b>6</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm  	<b>7</b> <b>YOGA FUSION</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:30am  Community Bridge 10:30am-1:30pm <b>TAI CHI CHIH</b> 11:00am-12:00pm  <b>BUS TRIP:</b> Portland Seadogs Game 5:00pm-9:00pm	<b>8</b> <b>NORDIC WALKING</b> 9:30am-11:00am  <b>YOGA</b> 10:30am-11:30am  <b>LUNCH &amp; LEARN</b> Nesterly Homeshare 11:45am-1:00pm	<b>9</b> <b>TAI CHI CHIH</b> 10:00am-11:00am  <b>BUS TRIP:</b> Hammond Castle Museum 9:00am-4:30pm	<b>10</b> <b>YOGA w/WEIGHTS</b> 8:30am-9:30am <b>CHAIR YOGA w/WEIGHTS</b> 9:45am-10:45am  
<b>13</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm  	<b>14</b> <b>YOGA FUSION</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:30am  Community Bridge 10:30am-1:30pm <b>TAI CHI CHIH</b> 11:00am-12:00pm	<b>15</b> <b>NORDIC WALKING</b> 9:30am-11:00am  <b>YOGA</b> 10:30am-11:30am  <b>LUNCH &amp; LEARN</b> Stroke Awareness 11:45am-1:00pm	<b>16</b> <b>TAI CHI CHIH</b> 10:00am-11:00am  <b>BUS TRIP:</b> Mean Girls the Musical 4:00pm-10:00pm  	<b>17</b> <b>YOGA w/WEIGHTS</b> 8:30am-9:30am <b>CHAIR YOGA w/WEIGHTS</b> 9:45am-10:45am  <b>Annual BBQ Lunch</b> 11:00am-12:30pm  
<b>20</b> <b>YOGA</b> 10:30am-11:30am  <b>Knitting Club</b> 1:30pm-3:00pm  <b>Spring/Summer Craft Sign Painting</b> 10am-1pm  	<b>21</b> <b>JUNE BUS TRIPS: Registration Opens at 10AM!</b>  <b>YOGA FUSION</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:30am  Community Bridge 10:30am-1:30pm <b>TAI CHI CHIH</b> 11:00am-12:00pm	<b>22</b> <b>NORDIC WALKING</b> 9:30am-11:00am  <b>YOGA</b> 10:30am-11:30am  	<b>23</b> <b>TAI CHI CHIH</b> 10:00am-11:00am  <b>BUS TRIP:</b> Coastal Maine Botanical Gardens 9:00am-4:00pm  	<b>24</b> <b>Last day of indoor walking!</b>  <b>YOGA w/WEIGHTS</b> 8:30am-9:30am <b>CHAIR YOGA w/WEIGHTS</b> 9:45am-10:45am
<b>27</b> <b>NO SENIORity Programs Today!</b>  	<b>28</b> <b>YOGA FUSION</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:30am  Community Bridge 10:30am-1:30pm <b>LAST TAI CHI CHIH</b> Until August 2024! 11:00am-12:00pm	<b>29</b> <b>NORDIC WALKING</b> 9:30am-11:00am  <b>YOGA</b> 10:30am-11:30am  <b>BUS TRIP:</b> Casco Bay Mailboat 8:45am-1:30pm  	<b>30</b> <b>Breakfast Club</b> 9:00am-10:30am  	<b>31</b> <b>YOGA w/WEIGHTS</b> 8:30am-9:30am <b>CHAIR YOGA w/WEIGHTS</b> 9:45am-10:45am  <b>BUS TRIP:</b> Black Point Inn 11:30am-3:00pm