

**I - Waterville Opera House:  
Menopause the Musical 2:  
Cruising Through 'The Change'**

Join us for this hysterical sequel to the smash hit Menopause The Musical. *Cruising Through 'The Change'*, is a hilarious and heartfelt look at the joys of menopause and friendship - plus hot flashes, mood swings, memory lapses & more! Dinner is next to the theater at the Proper Pig before the show.

**Tuesday, April 7  
3:00pm-11:00pm**

**Trip Fee:** \$62/members; \$65/non-members  
*Registration covers transportation and ticket to the show only. Dinner is at your own cost.*

**III - New England Botanical  
Gardens at Tower Hill**

Experience the wonder of plants at a botanic garden in the heart of New England. We will have a self guided tour of their gardens, formal and naturalistic gardens, a Garden Shop, and expansive views of the Wachusett Reservoir. Our tour is from 11:00am-12:00pm, then time to eat your own packed lunch or dine in the café on site.



**Tuesday, May 5  
8:45am-3:30pm**

**Trip Fee:** \$20/members; \$23/non-members  
*Registration covers transportation and entrance fee to the gardens only. Lunch is on your own.*

**III - Mount Washington Cruise on  
Lake Winnepesaukee**

Enjoy a narrated scenic tour aboard the historic M/S Mount Washington. We will disembark from Weirs Beach then cruise to Wolfeboro. You'll have a couple hours to explore Wolfeboro - browse the shops and enjoy a meal at a local restaurant, or bring a packed lunch - before the return cruise. Participants must be able to walk independently.



**Wednesday, June 3rd  
8:00am-4:30pm**

**Trip Fee:** \$57/members; \$60/non-members  
*Registration covers transportation and cruise tickets only. Lunch is on your own.*

**III - Portsmouth House Tours:  
Jackson and Langdon House**

Join us for tours of two historic homes. First we will visit Jackson House, the oldest surviving wood-frame house in New Hampshire. This tour involves standing, walking, and stairs. We'll break for lunch, and tour of Langdon House afterward. Langdon House is an exceptional Georgian mansion which George Washington "esteemed the first" in Portsmouth.



**Tuesday, June 16th  
9:30am-3:00pm**

**Trip Fee:** \$24/members; \$27/non-members  
*Registration covers transportation, and house tours only. Lunch is at your own cost.*

**I - Merrill Auditorium:  
Wabanaki Stories**

First we will have breakfast to fill up before our 12:00pm school showing of *Wabanaki Stories* at The Merrill Auditorium. This is a vibrant performance celebrating the music, stories, and traditions of the Wabanaki People, who have lived on the land now known as Maine for over 12,000 years.

**Friday, April 10  
8:45am-1:45pm**

**Trip Fee:** \$13/members; \$16/non-members  
*Registration covers transportation and show ticket only. Breakfast is at your own cost.*

**I - Rochester Opera House: Joseph  
& the Amazing Technicolor  
Dreamcoat**

Tim Rice and Andrew Lloyd Weber's *Joseph and the Amazing Technicolor Dreamcoat* is a dazzling, family-fun musical adventure. From outcast to Pharaoh's right-hand man, Joseph's journey is a joyous explosion of catchy tunes, dazzling colors, and irresistible energy. This high-spirited show is perfect for all ages and will fill your Spring with laughter and song. We will dine in Rochester before the show.

**Thursday, May 14  
4:30pm-11:00pm**

**Trip Fee:** \$37/members; \$40/non-members  
*Registration covers transportation and show only. Dinner is at your own cost.*

**I - Portland Discovery  
Sunset Cruise**

Embark on a fully narrated evening cruise showcasing Portland's photogenic coastal landmarks bathed in the soft light of sunset. Your knowledgeable guide will share fascinating stories about the bay's maritime heritage while you relax and enjoy the gentle rhythm of the water. Snacks and drinks will be available for purchase on the cruise.

NO dinner included on this trip.

**Wednesday, June 10th  
6:00pm-9:30pm**

**Trip Fee:** \$50/members; \$53/non-members  
*Registration covers transportation and cruise only.*

**III - Harpswell Schooner Cruise**

Climb aboard a private charter sail on the Schooner ALERT for a 2 hour tour that leaves from Bailey Island and takes you around the beautiful ocean waters of Bailey Island and Harpswell. Sailboat seats have limited or no back support. We provide a picnic lunch, treat, and water to eat while sailing. Select your wrap choice during registration.



**Friday, June 26th  
10:30am-3:30pm**

**Trip Fee:** \$62/members; \$65/non-members  
*Registration covers transportation, cruise, and picnic lunch.*

**III - Louisa May Alcott's Orchard  
House and Concord's Colonial Inn  
Restaurant**

We're headed to Concord, MA, for a guided tour of the Louisa May Alcott Orchard House. The tour introduces the family members, household items that held meaning to them, and their individual and collective achievements. The tour will also display the influence on the characters in the novel, *Little Women*. Lunch at Concord's Colonial Inn will follow the tour.



**Wednesday, April 29  
8:45am-4:00pm**

**Trip Fee:** \$17/members; \$20/non-members  
*Registration covers transportation and entry fee only. Lunch is at your own cost.*

**III - Chapman-Hall House Tour**

Chapman-Hall House was named to honor the two families who resided in the house over a period of 153 years, the Chapman family and then the Hall family. Join us to view Chapman-Hall's unique architectural details and walk through time, as each room on the first floor represents a different time period of the house. This house is located on Main St. in Damariscotta. Lunch downtown will follow our tour.



**Wednesday, May 27  
9:00am-3:30pm**

**Trip Fee:** \$20/members; \$23/non-members  
*Registration covers transportation and tour only. Lunch is at your own cost.*

**I - Foster's Downeast Clambake**

Let's go to York Harbor for a traditional New England clambake at Foster's Downeast Clambake. The luncheon features New England clam chowder, fresh Maine clams, cultivated mussels, succulent Maine lobster, sweet corn on the cob, hot drawn butter, roasted red bliss potatoes and onions, rolls & butter, and blueberry crumb cake!

**Thursday, June 11th  
10:30am-2:00pm**

**Trip Fee:** \$55/members & non/members  
*Registration covers transportation and full meal!*

**I - Oceanfront Dining Meals**

**Warren's Seafood-Kittery**

**Thursday, April 23rd  
10:45am-2:00pm**

**Warren's Seafood-Kittery**

**Friday, May 1st  
4:15pm-7:30pm**

*Please only register for ONE of the Warren's trips.*

**Five Islands Lobster Co.-Georgetown**

**Friday, May 29  
10:00am-2:00pm**

**North43 Bistro-South Portland**

**Tuesday, June 23  
11:00am-1:30pm**

**Trip Fees:** \$3/members; \$6/non-members  
*Registration covers transportation only!*

# SENIORity Programs 2026 Spring Edition April- May - June



# Letter from SENIORity Staff

Happy Spring!

Thank you to all of our loyal participants who stick with us through these winter months. We hope our programs provide a good outlet for you during this season. We are excited for what's to come this year and we hope you enjoy the new programs, outings and events! We are thrilled to offer a Boston adventure on a Northeast Passage Coach Bus this spring. We will get to bring a larger group to Boston, and ride in style! Find more information about this excursion on the last page.

As always, please send us your ideas so we can continue to offer new and different activities for our community!

~Amelia & Courtney

Cover design credit: Thornton Academy Digital Design student, Christopher Guillemette, TA Class 2027!



## Earth Day

Help us care for the Saco community this Earth Day by volunteering to refresh our local parks for the spring and summer seasons. Volunteers will assist with trash pick-up, weeding, mulching, raking, and more. This event takes place (light) rain or shine!

**When:** Friday, April 24th

**Time:** 9AM-1PM

**Where:** Our very own Saco parks, schools, trails, and open spaces!

**Fee:** Free but registration is required



## Spring Events—Registration Open Now

SACO PARKS AND RECREATION'S ANNUAL  
**SENIORity Spring BBQ**

Friday, May 15, 2026  
11:00 PM – 12:30 PM  
The Saco Community Center  
75 Franklin St. Saco

Free for members  
\$7 non-members  
Registration Required  
Burgers, Hot Dogs, Salad, Dessert, and More!

Register at [www.sacorec.com](http://www.sacorec.com)

**Breakfast Club**

- **Thursday, April 9th:** Biscuits and Gravy
- **Friday, May 8th:** Spring Veggie Bake

**Fee:** \$7 member/non-members  
**Location:** Saco Community Center Room 106  
**Time:** Doors open at 9:30am!

Registration Required! [www.sacorec.com](http://www.sacorec.com)  
All breakfasts are typically served with a side of bacon or sausage, fruit, and coffee.

## We are going to BOSTON!



### SENIORITY Boston Day Trip

Start your day at the Harvard Museum of Natural History, enjoy lunch on your own at Quincy Market, and finish with a guided tour of the Isabella Stewart Gardner Museum.

Price **\$75** /Person

#### STOPS INCLUDE

- ✓ Harvard Museum of Natural History
- ✓ Quincy Market
- ✓ Isabella Stewart Gardner Museum

#### DEPARTURE

5th June 2026  
7:30am-6:00pm

#### PICK-UP POINT

Saco Community Center  
75 Franklin St. Saco, ME.

Registration Opens with April Bus Trips on March 31st!

**OGUNQUIT PLAYHOUSE Bus Trips**

**AIN'T TOO PROUD**  
THE LIFE AND TIMES OF THE TEMPTATIONS  
Wednesday, May 20th  
11:00am-5:30pm  
Trip Fee: \$82/members  
\$85/non members  
Registration covers transportation and show tickets.  
Lunch is at your own cost.

**HELLO, DOLLY!**  
BACK WHERE SHE BELONGS!  
Thursday, June 18th  
11:00am-5:30pm  
Trip Fee: \$82/members  
\$85/non members  
Registration covers transportation and show tickets.  
Lunch is at your own cost.

## SMCC Culinary Arts Center Luncheons




SMCC public luncheons at the Culinary Arts Dining Center offers spectacular views of Casco Bay, and serve as upscale "labs" for students. Enjoy a gourmet experience while their talented culinary and hospitality students further their skill sets. Both dates we visit will be an International Cuisine, a la Carte Menu. Please only register for one of the dates listed.



Thursday, April 16  
or Thursday, May 7  
11:00am-1:30pm  
Trip Fee: \$3/members; \$6/non-members  
**Please bring \$24 cash or check for the meal. This will cover full meal, tax & tip!**



# June 2026 • Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
<b>1</b>  GENTLE YOGA 10:30am-11:30am Knitting / Craft Club 1:30pm-3:00pm	<b>2</b> YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 10:30am-1:30pm	<b>3</b> GENTLE YOGA 10:30am-11:30am BUS TRIP: Mount Washington Cruise 8:00am-4:30pm 	<b>4</b> YOGA FUSION 9:30am-10:30am COLLETTE TRAVEL: Spain & Portugal Trip Information Session 10:00am-11:00am 	<b>5</b> YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am BUS TRIP: Boston Trip 7:30am-6:00pm 
<b>8</b> GENTLE YOGA 10:30am-11:30am Knitting / Craft Club 1:30pm-3:00pm 	<b>9</b> YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 10:30am-1:30pm	<b>10</b> GENTLE YOGA 10:30am-11:30am BUS TRIP: Sunset Cruise 6:00pm-9:30pm 	<b>11</b> YOGA FUSION 9:30am-10:30am BUS TRIP: Foster's Clambake 10:30am-2:00pm 	<b>12</b> YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am Yoga Nidra 11:00am-12:00pm 
<b>15</b> GENTLE YOGA 10:30am-11:30am Knitting / Craft Club 1:30pm-3:00pm 	<b>16</b> YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am NEW TIME Community Bridge 1:00pm-4:00pm BUS TRIP: Portsmouth House Tours 9:30am-3:00pm	<b>17</b> GENTLE YOGA 10:30am-11:30am 	<b>18</b> YOGA FUSION 9:30am-10:30am BUS TRIP: Ogunquit Playhouse: Hello Dolly 11:00am-5:30pm 	<b>19</b> YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am 
<b>22</b> GENTLE YOGA 10:30am-11:30am Knitting / Craft Club 1:30pm-3:00pm 	<b>23</b> YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 1:00pm-4:00pm BUS TRIP: North43 Bistro Lunch 11:00am-1:30pm	<b>24</b> GENTLE YOGA 10:30am-11:30am 	<b>25</b> YOGA FUSION 9:30am-10:30am 	<b>26</b> YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am BUS TRIP: Schooner Cruise 10:30am-3:30pm 
<b>29</b> GENTLE YOGA 10:30am-11:30am Knitting / Craft Club 1:30pm-3:00pm	<b>30</b> YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 1:00pm-4:00pm	Weekday Mornings: Cribbage & other card games: 8:30am-10:00am 	*JUNE YOGA DATES are subject to change. Please see the online schedule for accurate class dates!	*JUNE BUS TRIPS are subject to change. Please check online for accurate dates and times!

## Collette Travel: Discover Spain's Classics & Portugal

April-June 2026

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.



**Trip Dates:** April 3 - April 17, 2027

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

We will be hosting an **informational session on Thursday, June 4 at 10AM** at the Saco Community Center. **Registration is required! \$2/person.** We will provide coffee and refreshments. If you are interested but cannot attend please email Amelia at [afoster@sacomaine.org](mailto:afoster@sacomaine.org)



### Lunch & Learns at the Saco Community Center

Register at [www.sacorec.com](http://www.sacorec.com) • \$7.00/members; \$10.00/non-members

#### Travels of Ocean Trash: Maine Debris Presented by Blue Ocean Society for Marine Conservation

Discover how marine debris moves through ocean ecosystems—and why keeping our beaches clean matters. A marine educator will lead this engaging presentation, a perfect way to celebrate Earth Day later this month.

**When: Friday, April 3rd**  
**Time: 11:45am-1:00pm**



#### Cooking Matters Store "Tour" Denise Gaudette RDN, LDN, Community Nutrition Manager at Good Shepherd Food Bank with Halle Huizenga, UNE Intern

Learn to read Nutrition Facts labels, use ingredient lists to spot healthier foods, compare unit prices for the best value, identify whole grains, and stretch your grocery budget. (This Lunch and Learn is at the Saco Community Center.)

**When: Monday, April 6th**  
**Time: 11:45am-1:00pm**

#### Eat Well, Spend Less Whitney Blethen, Community Engagement Manager with University Credit Union

Learn how to plan and prepare affordable and nutritious meals on a budget. Whitney will review the benefits of prepping ahead, having fun while cooking, economical recipes, and how keep your food budget on track.



**When: Wednesday, May 13th**  
**Time: 11:45am-1:00pm**



# April 2026 · Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
<b>Indoor walking daily:</b> <i>Mon, Tues, Thurs, Fri</i> 9:00am—12:00pm  <b>LAST DAY: Fri 5/22</b> Outdoor Pickleball courts on Beach St. open this month!	<b>Weekday Mornings:</b> <b>Cribbage &amp; other</b> <b>card games:</b> 8:30am-10:00am  	<b>1</b> Pickleball Drop-In 9:00am-11:00am GENTLE YOGA 10:30am-11:30am  <b>BUS TRIP:</b> Mystery Breakfast 9:00am-12:00pm	<b>2</b> YOGA FUSION 9:30am-10:30am  Line Dancing 9:45am-10:45am  Yoga Nidra 11:00am-12:00pm	<b>3</b> YOGA w/ WEIGHTS 8:30am-9:30am  CHAIR YOGA w/ WEIGHTS 9:45am-10:45am  <b>LUNCH &amp; LEARN</b> Travels of Ocean Trash 11:45am-1:00pm
<b>6</b> GENTLE YOGA 10:30am-11:30am  Knitting / Craft Club 1:30pm-3:00pm  <b>LUNCH &amp; LEARN</b> Cooking Matters 11:45am-1:00pm  	<b>7</b> YOGA w/WEIGHTS 8:30am-9:30am  CHAIR YOGA 9:45am-10:30am  Line Dancing 9:45am-10:45am  TAI CHI CHIH 11:00am-12:00pm  Community Bridge 10:30pm-1:30pm  <b>BUS TRIP:</b> Waterville Opera House: Menopause the Musical 2 3:00pm-11:00pm	<b>8</b> Pickleball Drop-In 9:00am-11:00am    GENTLE YOGA 10:30am-11:30am  	<b>9</b> YOGA FUSION 9:30am-10:30am  Line Dancing 9:45am-10:45am  TAI CHI CHIH 11:00am-12:00pm  <b>Breakfast Club</b> 9:00am-10:30am  	<b>10</b> YOGA w/ WEIGHTS 8:30am-9:30am  CHAIR YOGA w/ WEIGHTS 9:45am-10:45am  <b>BUS TRIP:</b> Merrill Auditorium: Wabanaki Stories 8:45am-1:45pm   
<b>13</b> No Yoga Today Knitting / Craft Club 1:30pm-3:00pm  <b>LUNCH &amp; LEARN</b> Mediterranean Eats 11:45am-1:00pm  	<b>14</b> No Yoga Today LAST Line Dancing 9:45am-10:45am  TAI CHI CHIH 11:00am-12:00pm  Community Bridge 10:30pm-1:30pm	<b>15</b> LAST DAY Pickleball Drop-In 9:00am-11:00am    No Yoga Today	<b>16</b> No Yoga Today No Indoor Walking TAI CHI CHIH 11:00am-12:00pm  <b>BUS TRIP:</b> SMCC Luncheon 11:00am-1:30pm	<b>17</b> No Indoor Walking No Yoga Today  
<b>20</b> NO SENIORity Programs Today    No Indoor Walking this week	<b>21</b> No Yoga Today TAI CHI CHIH 11:00am-12:00pm  Community Bridge 10:30am-1:30pm	<b>22</b> No Yoga Today  	<b>23</b> No Yoga Today TAI CHI CHIH 11:00am-12:00pm  <b>BUS TRIP:</b> Warren's Seafood 10:45am-2:00pm  	<b>24</b> No Yoga Today <b>Annual Earth Day</b> <b>Clean-Up Event</b>  
<b>27</b> No Yoga Today Knitting / Craft Club 1:30pm-3:00pm  	<b>28</b> No Yoga Today TAI CHI CHIH 11:00am-12:00pm  Community Bridge 10:30pm-1:30pm  <b>May Bus Trip</b> <b>Registrations Open</b> <b>at 10:00am!</b>  	<b>29</b> GENTLE YOGA 10:30am-11:30am  <b>BUS TRIP:</b> Louisa May Alcott House 8:45am-4:00pm  	<b>30</b> YOGA FUSION 9:30am-10:30am  TAI CHI CHIH 11:00am-12:00pm  	

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Mon	Tue	Wed	Thu	Fri
<b>*MAY BUS TRIPS</b> are subject to change. Please check online for accurate dates and times!  <b>*MAY YOGA DATES</b> are subject to change. Please see the online schedule for accurate class dates!	<b>Indoor walking daily:</b> <i>Mon, Tues, Thurs, Fri</i> 9:00am—12:00pm  <b>LAST DAY: Fri 5/22</b>  			<b>1</b> YOGA w/WEIGHTS 8:30am-9:30am  CHAIR YOGA w/ WEIGHTS 9:45am-10:45am  <b>BUS TRIP:</b> Warren's Seafood 4:15pm-7:30pm
<b>4</b> GENTLE YOGA 10:30am-11:30am  Knitting / Craft Club 1:30pm-3:00pm  	<b>5</b> YOGA w/WEIGHTS 8:30am-9:30am  CHAIR YOGA 9:45am-10:30am  TAI CHI CHIH 11:00am-12:00pm  Community Bridge 10:30am-1:30pm  <b>BUS TRIP:</b> New England Botanical Gardens 8:45am-3:30pm	<b>6</b> GENTLE YOGA 10:30am-11:30am  	<b>7</b> YOGA FUSION 9:30am-10:30am  TAI CHI CHIH 11:00am-12:00pm  <b>BUS TRIP:</b> SMCC Luncheon 11:00am-1:30pm	<b>8</b> YOGA w/WEIGHTS 8:30am-9:30am  CHAIR YOGA w/ WEIGHTS 9:45am-10:45am  Yoga Nidra 11:00am-12:00pm  <b>Breakfast Club</b> 9:00am-10:30am  
<b>11</b> GENTLE YOGA 10:30am-11:30am  Knitting / Craft Club 1:30pm-3:00pm  	<b>12</b> YOGA w/WEIGHTS 8:30am-9:30am  CHAIR YOGA 9:45am-10:30am  TAI CHI CHIH 11:00am-12:00pm  Community Bridge 10:30am-1:30pm	<b>13</b> GENTLE YOGA 10:30am-11:30am  <b>LUNCH &amp; LEARN</b> Eat Well, Spend Less 11:45am-1:00pm  	<b>14</b> YOGA FUSION 9:30am-10:30am  TAI CHI CHIH 11:00am-12:00pm  <b>BUS TRIP:</b> Rochester Opera House 4:30pm-11:00pm	No Indoor Walking No Yoga Today <b>Annual Spring</b> <b>BBQ Lunch!</b> 11:00am-12:30pm  
<b>18</b> No Yoga Today Knitting/ Craft Club 1:30pm-3:00pm  	<b>19</b> No Yoga Today TAI CHI CHIH 11:00am-12:00pm  Community Bridge 10:30am-1:30pm  	<b>20</b> No Yoga Today <b>BUS TRIP:</b> Ogunquit Playhouse: 11:00am-5:30pm  	<b>21</b> No Yoga Today TAI CHI CHIH 11:00am-12:00pm  	<b>22</b> No Yoga Today LAST DAY Indoor Walking  <b>BUS TRIP:</b> Mystery Lunch 11:00am-2:30pm  
<b>25</b> NO SENIORity Programs Today  	<b>26</b> YOGA w/WEIGHTS 8:30am-9:30am  CHAIR YOGA 9:45am-10:30am  TAI CHI CHIH 11:00am-12:00pm  Community Bridge 10:30am-1:30pm	<b>27</b> GENTLE YOGA 10:30am-11:30am  <b>BUS TRIP:</b> Chapman-Hall House Tour 9:00am-3:30pm	<b>28</b> YOGA FUSION 9:30am-10:30am  LAST TAI CHI CHIH until August! 11:00am-12:00pm  <b>JUNE BUS TRIPS:</b> <b>Registrations Open at</b> <b>10:00am!</b>	<b>29</b> YOGA w/WEIGHTS 8:30am-9:30am  CHAIR YOGA w/ WEIGHTS 9:45am-10:45am  <b>BUS TRIP:</b> Five Islands Lobster 10:00am-2:00pm  