

### I-Casco Bay Wind Symphony

Experience the Casco Bay Wind Symphony for an extraordinary evening of music with “American Celebration” at the Sanford Performing Arts Center! This dynamic concert showcases the Symphony’s impressive ability to blend traditional and modern wind band pieces, offering a rich and diverse musical experience. Before the show, we will dine at Lord’s Clambox, right up the road from the Sanford Performing Arts Center.

**Wednesday, July 2nd  
4:15pm-9:30pm**

**Trip Fee:** \$20/member; \$23/non-member  
**Registration covers transportation and tickets to the show only!**

### 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.



**Friday, July 25th  
9:00am-1:30pm**

**Trip Fee:** \$23/members; \$26/non-members  
**Registration covers transportation and boat ticket!**

### II-Bath Ironworks Story: By Land and Sea

Come with us for a combination trolley tour/ cruise. The tour begins in the immersive exhibit BIW: Building America’s Navy where we will experience a look at the people, processes, and ships of Bath Iron Works. Then board the trolley for a narrated ride past the shipyard. The trolley will drop you off to board the museum’s cruise boat, *Merrymeeting*, for a one-hour cruise featuring spectacular water views of modern shipbuilding construction and naval destroyers. Guests are welcome to bring aboard food and there is a snack bar onboard with beer, wine, soda and light snacks. We recommend packing a lunch for this trip!



**Friday, August 15th  
9:15am-3:45pm**

**Trip Fee:** \$67/members; \$70/non-members  
**Registration covers transportation and tour!**

### III-Knox Museum and Maine State Prison Store—Thomaston, ME

We invite you to explore for yourself the people and purpose behind the American Revolution. The Knox Museum doors and grounds are open for you to touch, feel, smell, and even taste life as it was 242 years ago and imagine, in new ways, what it was like to participate in creating monumental, historic change. Please not that the museum has 3 flights of stairs to climb during the tour! Following our tour we will take a stop at the Maine state prison store. Also stopping for lunch on the drive home!



**Friday, August 22nd  
8:15am-4:00pm**

**Trip Fee:** \$12/members; \$15/non-members  
**Registration covers transportation and museum fee only!**

### II-SaltBox Lavender Farm

Join us for a lavender wreath making at SaltBox in Buxton. All materials and instructions are included. Complimentary homemade lavender lemonade, bottled water, and work stations under shaded canopies. After wreath-making, we’ll enjoy a picnic lunch on the farm. Everyone can pack a lunch in a small lunch box to bring!



**Thursday, July 17th  
9:30am-1:30pm**

**Trip Fee:** \$57/member; \$60/non-member  
**Registration covers transportation, lavender**

### II- Beauport Cruiselines: Lobster Lunch Cruise

Spend a delightful three hours cruising beautiful Gloucester Harbor, chowing down on clam chowder, lobster, corn on the cob, sautéed new potatoes and chocolate mousse. Grilled chicken is available to eat along with or instead of lobster. There’s also a cash bar and a DJ. When not eating you can enjoy the view and breezes from the covered top deck. The ship moves so slowly and the harbor is so protected that even those subject to sea sickness will not have to worry.

**Thursday, July 31st  
8:45am-4:00pm**

**Trip Fee:** \$112/members; \$115/non-members  
**Registration covers transportation, tickets for cruise and full meal, water, coffee, and tea! Cash bar available but not included.**

### III-Historical House Tours

**Beauport: The Sleeper McCann House**  
Gloucester, MA, House Tour and Lunch



**Thursday, September 4th  
8:00am-4:00pm**

**Trip Fee:** \$27/members; \$30/non-members  
**Registration covers transportation and tour: lunch at your own cost!**

**Historic Portsmouth Walking Tour:**  
**Historical Society and John Paul Jones House**

Join us for a full day of exploring and lunch break in between. Be prepared for lots of walking on this tour!



**Tuesday, September 16th  
8:45am-4:00pm**

**Trip Fee:** \$35/members; \$38/nonmembers  
**Registration covers transportation and 3 tours: lunch is at your own cost!**



### Scenic Summer Meals

**Five Islands Lobster Co.—Georgetown, ME**

**Tuesday, July 29th  
9:45am-2:30pm**

\$5/members; \$8/non-members

**III-Peaks Island: Lunch of your choice!**



**Tuesday, August 5th  
10:15am-4:45pm**

\$10/members; \$13/non-members\*

**Dolphin Marina & Restaurant—Harpswell**

**Tuesday, August 26th  
9:45am-2:00pm**

\$5/members; \$8/non-members

**II-Chebeague Island Inn Dinner**



**Thursday, August 28th  
3:30pm-9:00pm**

\$25/members; \$28/non-members\*

**\*Registrations covers transportation and ferry ride\* All Meals are at your own cost!**

### 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 will have a couple hours to explore Wolfeboro and eat at your leisure, before the cruise back across the lake.



**Wednesday, July 23rd  
7:30am-5:00pm**

**Trip Fee:** \$45/members; \$48/non-members  
**Registration covers transportation and cruise only!**

### III- Granite State Whale Watch, Rye, NH

Join us for a Whale watching tour in New Hampshire! On this 4-5 hour expedition we will have a likely chance of encountering 40 ton Humpback Whales, 70 ft. Finback Whales, Minke Whales, and Atlantic White-sided Dolphins. Other species sighted include highly endangered Right Whales, Harbor Porpoises, Grey and Harbor Seals, Tuna, Ocean Sunfish and sharks. Please pack snacks and a picnic lunch to eat while onboard!



**Tuesday, August 19th  
7:00am-2:45pm**

**Trip Fee:** \$55/members; \$58/non-members  
**Registration covers transportation and whale watch tour!**

### III- Wood Island Lighthouse Tour

Your trip begins as you embark LightRunner at Vines Landing in Biddeford Pool for a 15-min trip to the island. Upon arrival at the island, your volunteer host will welcome you and share what life was like for a keeper on this island station. You will then take a beautiful half-mile walk along the elevated wooden boardwalk to the lighthouse itself. Visitors have the opportunity to tour the keeper’s house, climb the tower, explore the grounds and take photos. Once back to Biddeford Pool we will eat lunch at Goldthwaite’s, take out style eating outside.



**Wednesday, August 13th  
9:15am-2:00pm**

**Trip Fee:** \$27/members; \$30/non-members  
**Registration covers transportation & tour!**

### III-LaBelle Winery

Visit Amherst, NH for a 1-hour private walking tour of the Tasting Room, Vineyard, and Production space with a Tasting Associate dedicated to our group, while learning about LaBelle history, winemaking, grapes, and more! You will all sample the same 6 wines as a 1oz pour each, while you’re walking around. This occurs rain or shine and has time indoors and outdoors. This experience is completely mobile and seating isn’t available. They will choose the 6 wines for the tasting. Following our tour, we have reservations for the Bistro for lunch.



**Friday, September 12th  
10:15am-4:00pm**

**Trip Fee:** \$45/member; \$48/non-members  
**Registration covers transportation, tour and tasting only; lunch is at your own cost!**

# SENIORity Programs Summer Edition



July-August-September 2025

[parksandrec@sacomaine.org](mailto:parksandrec@sacomaine.org)

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

(207) 283-3139



## Happy Summer!

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We are excited to offer you another fun-filled summer of adventures and activities! Our bus trip calendar is busy, with some summertime staples and some new trips. As always, we cannot emphasize enough that it does pay off to get on the wait list. It's helpful for us to see the true demand for each trip, and if schedules allow then we are sometimes able to book a second outing for ones that are extremely popular. That being said, we will still be down one staff member for the summer, so we will do our best. Thank you for your continued patience and for your loyalty! We hope to see you this summer.

Cheers!  
Amelia & Courtney

Cover design credit: Thornton Academy Digital Design student, Colby Ray, Class of '28. Thank you!



## Summer Theater Bus Trips

### I-Guys and Dolls

Come with us to the Playhouse! Often called Broadway's perfect musical, this Tony Award-winner finds big-time high roller Sky Masterson gambling everything he's got to make reluctant Salvation Army reformer Miss Sarah Brown fall in love! Featuring such memorable tunes as "Sit Down You're Rockin' the Boat," "Luck Be a Lady," and "I've Never Been in Love Before."

Before the 2:00pm show will we stop for lunch!

Wednesday, July 9th  
10:30am-6:00pm

Trip Fee: \$90/member; \$93/non-member  
Registration covers transportation and tickets to the show only!



### I-When Elvis Met The Beatles

The clock struck 11 PM at Elvis Presley's Los Angeles mansion. Under the glow of red and blue lights, The Beatles stepped into a room that seemed to echo the future of music—a jukebox, a crescent couch, and a bar set the stage. Elvis stood at the center, ready for the convergence of two worlds. That night, rock 'n' roll royalty sealed its legacy.

Before the 2:00pm show will we stop for lunch!

Wednesday, September 10th  
11:00am-6:00pm

Trip Fee: \$90/member; \$93/non-member  
Registration covers transportation and tickets to the show only!



### I-Footloose

Maine State Music Theatre presents Footloose! This musical features a high-energy score with unforgettable hits like "Holding Out for a Hero" and the iconic title song "Footloose." As Ren rallies his classmates to fight for their right to dance, the town undergoes a significant change, highlighting themes of freedom, expression, and community. Footloose is a spirited and dynamic production that celebrates the joy of dancing and the courage to stand up for your beliefs.

Before the 2:00pm show will we stop for lunch!

Friday, July 18th  
10:45am-6:00pm

Trip Fee: \$117/member; \$120/non-member  
Registration covers transportation and tickets to the show only!



### I-West Side Story

Join us as we experience West Side Story at the Maine State Musci Theatre. This is a timeless musical about two young lovers, Tony and Maria, who are caught in the crossfire of a violent gang rivalry in New York City. Set against the backdrop of warfare between rival gangs, the Jets and the Sharks, the musical explores themes of love, prejudice, and the destructive power of hatred.

Before the 2:00pm show will we stop for lunch!

Friday, August 8th  
10:45am-6:00pm

Trip Fee: \$117/member; \$120/non-member  
Registration covers transportation and tickets to the show only!



## Monthly Breakfasts Return!

July-August-Sept 2025

### September 26th

Eggs, Pancakes, Bacon, Potatoes and Fruit!



### October 24th

Hunters Hash!

Potatoes, Steak, Peppers, Onions, Scrambled Eggs, Sausage, Biscuits, and Fruit!



Juice and Coffee also included.

Come socialize and enjoy breakfast with us!

We will have two more of our Breakfast Club events this fall! These are open to anyone 50 years and older. All are welcome (residents & non-residents)! The menu changes 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– update for Fall

**Line Dancing**  
Free Classes

- LEARN THE MOVES
- WEAR COMFORTABLE SHOES
- REGISTRATION IS REQUIRED  
SPACE IS LIMITED

SEPTEMBER 9th-  
OCTOBER 16th  
TUESDAYS AND  
THURSDAYS  
10:00AM - 11:00AM

WWW.SACOREC.COM



## Bayview Beach Accessibility

In 2018, Age Friendly Saco received an AARP Challenge Grant to provide beach accessibility mats at the main entrance of Bayview Beach to provide ease of access to the beach for all in the summertime. In 2019, the Saco Parks and Recreation Department acquired a beach wheelchair and beach walker for visitors to borrow. These are both available upon request and managed on a first-come, first-served basis. From the middle of June, until the end of August, the equipment can be requested onsite by the lifeguards on duty. For any requests outside of that season, or after hours, please call the Saco Parks & Recreation at (207) 283-3139 or e-mail [parksandrec@sacomaine.org](mailto:parksandrec@sacomaine.org). We are happy to accommodate all requests depending on schedules and availability, and we can often take reservation requests!





# September 2025 · Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>NO SENIORity Programs Today!</b> 	<b>2</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>3</b> <b>YOGA</b> 10:30am-11:30am 	<b>4</b> <b>BUS TRIP:</b> Beauport House Tour 8:00am-4:00pm 	<b>5</b> <b>No Yoga Today!</b>
<b>8</b> <b>YOGA</b> 10:30am-11:30am <b>Knitting / Craft 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 <b>Line Dancing Begins!</b> 10:00am-11:00am <b>Community Bridge</b> 10:30am-1:30pm	<b>10</b> <b>YOGA</b> 10:30am-11:30am <b>BUS TRIP:</b> Ogunquit Playhouse: When Elvis Met the Beatles 11:00am-6:00pm 	<b>11</b> <b>YOGA FUSION</b> 9:30am-10:30am <b>Line Dancing</b> 10:00am-11:00am 	<b>12</b> <b>YOGA w/ WEIGHTS</b> 8:30am-9:30am <b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am <b>BUS TRIP:</b> LaBelle Winery 10:15am-4:00pm 
<b>15</b> <b>YOGA</b> 10:30am-11:30am <b>Knitting / Craft Club</b> 1:30pm-3:00pm 	<b>16</b> <b>YOGA FUSION</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:30am <b>Line Dancing</b> 10:00am-11:00am <b>Community Bridge</b> 10:30am-1:30pm <b>BUS TRIP:</b> Portsmouth Historical Tour 8:45am-4:00pm	<b>17</b> <b>YOGA</b> 10:30am-11:30am  <b>LUNCH &amp; LEARN</b> Breakthrough Physical Therapy 11:45am-1:00pm 	<b>18</b> <b>YOGA FUSION</b> 9:30am-10:30am <b>Line Dancing</b> 10:00am-11:00am 	<b>19</b> <b>YOGA w/ WEIGHTS</b> 8:30am-9:30am <b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am 
<b>22</b> <b>YOGA</b> 10:30am-11:30am <b>Knitting / Craft 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 <b>Line Dancing</b> 10:00am-11:00am <b>Community Bridge</b> 10:30am-1:30pm	<b>24</b> <b>YOGA</b> 10:30am-11:30am <b>BUS TRIP:</b> Mystery Lunch 11:00am-2:00pm	<b>25</b> <b>YOGA FUSION</b> 9:30am-10:30am <b>Line Dancing</b> 10:00am-11:00am 	<b>26</b> <b>YOGA w/ WEIGHTS</b> 8:30am-9:30am <b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am <b>Breakfast Club</b> 9:15am-10:30am 
<b>29</b> <b>YOGA</b> 10:30am-11:30am <b>Knitting / Craft Club</b> 1:30pm-3:00pm <b>Indoor Walking Begins!</b> 9am-12pm *Times subject to change	<b>30</b> <b>YOGA FUSION</b> 8:30am-9:30am <b>CHAIR YOGA</b> 9:45am-10:30am <b>Line Dancing</b> 10:00am-11:00am <b>Community Bridge</b> 10:30am-1:30pm	<b>Weekday Mornings:</b> <b>Cribbage &amp; other card games:</b> 8:30am-10:00am 	<b>*SEPT YOGA DATES are subject to change. Please see the online schedule for accurate class dates!</b> <b>TAI CHI CHIH</b> will return in October! 	<b>*September Bus Trips are subject to change. Please check online for accurate dates and times!</b> 



## Reflections of Italy Recap



July-August-Sept 2025

Buongiorno!

We recently welcomed back our group who went abroad to tour Italy on Collette's Reflections of Italy trip! This was our first time sending a group on an international adventure, and it was a success!! We had 13 participants sign up for this tour and it was everyone's first time in Italy. From what we heard, it was a trip of a lifetime. A bucket list trip for many and non-stop excitement, tours, good food, cooking classes, boat rides, and of course wine!

Some of their stops included:

- Sicily
- Rome
- Florence
- Tuscany
- Venice
- Lake Como



We look forward to planning more domestic and international trips for the community and hope to do two per year! Please email Courtney Prak at [cprak@sacomaine.org](mailto:cprak@sacomaine.org) for more information.



**Spring 2026: Shades of Ireland**



(Don't miss out! Registration is still open, but only a limited number of seats available!)

**NEW TRIP Late Summer/Fall 2026: The Canadian Rockies—information coming soon!**

## Lunch & Learns at the Saco Community Center

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

### Maine Audubon's Coastal Birds Project

*Presented by Dr. Katie Burns, Outreach Coordinator*

The Coastal Birds Project is an effort to monitor and conserve Maine's endangered shorebirds, namely Piping Plovers and Least Terns. Katie will be giving a presentation on Maine's endangered shorebirds, with a large focus on Piping Plovers and their conservation. She will also provide educational materials for anyone who would like to learn more about how to help these tough little birds!



**When: Wednesday, July 30th**  
**Time: 11:45am-1:00pm**

### Move Better, Hurt Less: Workshop for Achey Hips & Knees

*Presented by Bryan Cloutier DPT, Cert. DN, VRS Break-through Physical Therapy*

Are stiff joints slowing you down? Learn how to take control of your knee or hip arthritis – without relying on endless medications or jumping straight to surgery. Join us for a relaxed, informative session where you'll discover:

- what's really causing your joint pain
- why movement is your best medicine
- simple strategies to stay active and independent



**When: Wednesday, September 17th**  
**Time: 11:45am-1:00pm**

### Gulf of Maine Whales and Human Impact

*Presented by Niki Sullivan, Marine Science Educator*

Join us as we learn from a Marine Science educator about Whales! They will give us a presentation on these charismatic animals that we love, as well as ways we impact them and how we can protect them! A great Lunch and Learn to attend before our Whale Watching Trip planned for August! Information on this trip is on the last page.



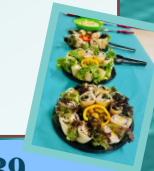
**When: Wednesday, August 6th**  
**Time: 11:45am-1:00pm**

### Good Gut, Great Life: A Guide to Digestive Wellness for Older Adults

*Presented by Hannaford Registered Dietitian, Julia Williams*

Join us for an engaging and informative seminar all about gut health. As we age, our digestive systems change—and taking care of your gut can have a big impact on your overall wellness, from boosting immunity and energy to improving mood and managing chronic conditions.

**When: Wednesday, August 20th**  
**Time: 11:45am-1:00pm**


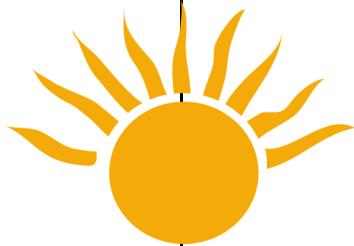






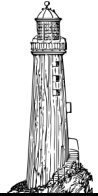









# July 2025 · Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
<p><i>*July Bus Trips are subject to change. Please check online for accurate dates and times!</i></p> 	<p><b>1</b></p> <p><b>YOGA FUSION</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA</b> 9:45am-10:30am</p> <p><b>TAI CHI CHIH</b> 11:00am-12:00pm</p> <p><b>Community Bridge</b> 1:30pm-4:00pm</p>	<p><b>2</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>BUS TRIP:</b> Casco Bay Wind Symphony 4:15pm-9:30pm</p> 	<p><b>3</b></p> <p>No Tai Chi Chih Today!</p>	<p><b>4</b></p> <p><b>NO SENIORity Programs Today!</b></p> 
<p><b>7</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>Knitting/ Craft Club</b> 1:30pm-3:00pm</p> 	<p><b>8</b></p> <p><b>YOGA FUSION</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA</b> 9:45am-10:30am</p> <p><b>TAI CHI CHIH</b> 11:00am-12:00pm</p> <p><b>Community Bridge</b> 1:30pm-4:00pm</p>	<p><b>9</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>BUS TRIP:</b> Ogunquit Playhouse: Guys and Dolls 10:30am-6:00pm</p> 	<p><b>10</b></p> <p><b>TAI CHI CHIH</b> 11:00am-12:00pm</p> 	<p><b>11</b></p> <p><b>YOGA w/ WEIGHTS</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am</p>
<p><b>14</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>Knitting/ Craft Club</b> 1:30pm-3:00pm</p> 	<p><b>15</b></p> <p><b>YOGA FUSION</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA</b> 9:45am-10:30am</p> <p><b>TAI CHI CHIH</b> 11:00am-12:00pm</p> <p><b>Community Bridge</b> 1:30pm-4:00pm</p>	<p><b>16</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> 	<p><b>17</b></p> <p><b>TAI CHI CHIH</b> 11:00am-12:00pm</p> <p><b>BUS TRIP:</b> Saltbox Lavendar Farm: 9:30am-1:30pm</p> 	<p><b>18</b></p> <p><b>YOGA w/ WEIGHTS</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am</p> <p><b>BUS TRIP:</b> Maine State Music Theatre: Footloose 10:45am-6:00pm</p> 
<p><b>21</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>Knitting/ Craft Club</b> 1:30pm-3:00pm</p> 	<p><b>22</b></p> <p><b>YOGA FUSION</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA</b> 9:45am-10:30am</p> <p><b>TAI CHI CHIH</b> 11:00am-12:00pm</p> <p><b>Community Bridge</b> 1:30pm-4:00pm</p>	<p><b>23</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>BUS TRIP:</b> Mount Washington Cruise 7:30am-5:00pm</p> 	<p><b>24</b></p> <p><b>TAI CHI CHIH</b> 11:00am-12:00pm</p> <p><b>AUGUST BUS TRIPS: Registration Opens at 10AM!</b></p>	<p><b>25</b></p> <p><b>YOGA w/ WEIGHTS</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am</p> <p><b>BUS TRIP:</b> Casco Bay Mailboat 9:00am-1:30pm</p>
<p><b>28</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>Knitting/ Craft Club</b> 1:30pm-3:00pm</p> 	<p><b>29</b></p> <p><b>YOGA FUSION</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA</b> 9:45am-10:30am</p> <p><b>TAI CHI CHIH</b> 11:00am-12:00pm</p> <p><b>Community Bridge</b> 1:30pm-4:00pm</p> <p><b>BUS TRIP:</b> Five Island Lobster Co. 9:45am-2:30pm</p> 	<p><b>30</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>LUNCH &amp; LEARN</b> Maine Audubon's Coastal Bird Project 11:45am-1:00pm</p> 	<p><b>31</b></p> <p><b>LAST TAI CHI CHIH until October!</b> 11:00am-12:00pm</p> <p><b>BUS TRIP:</b> Beauport Cruise Lines: Lobster Lunch Cruise 8:45am-4:00pm</p> 	<p>Weekday Mornings: Cribbage &amp; other card games: 8:30am-10:00am</p> 

# August 2025 · www.sacorec.com · 283-3139

Mon	Tue	Wed	Thu	Fri
<p>Weekday Mornings: Cribbage &amp; other card games: 8:30am-10:00am</p> <p><i>*NO Cards week of 8/4 &amp; 8/11</i></p>	<p><i>*August Bus Trips are subject to change. Please check online for accurate dates and times!</i></p> 			<p><b>1</b></p> <p><b>YOGA w/WEIGHTS</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am</p>
<p><b>4</b></p> <p>No Drop-In Exercise Classes this week!</p> <p>No Knitting Club Today!</p>	<p><b>5</b></p> <p><b>BUS TRIP:</b> Peaks Island: Lunch of your choice! 10:15am-4:45pm</p>  <p>No Community Bridge!</p>	<p><b>6</b></p>  <p><b>LUNCH &amp; LEARN</b> Gulf of Maine Whales and Human Impact 11:45am-1:00pm</p> 	<p><b>7</b></p> 	<p><b>8</b></p> <p><b>BUS TRIP:</b> Maine State Music Theatre: West Side Story 10:45am-6:00pm</p> 
<p><b>11</b></p> <p>No Drop-In Exercise Classes this week!</p> <p>No Knitting Club Today!</p>	<p><b>12</b></p> <p>No Community Bridge!</p> 	<p><b>13</b></p> <p><b>BUS TRIP:</b> Wood Island 9:15am-2:00pm</p> 		<p><b>15</b></p> <p><b>BUS TRIP:</b> Bath Iron Works Story: By Land and Sea 9:15am-3:45pm</p>
<p><b>18</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>Knitting/ Craft Club</b> 1:30pm-3:00pm</p> 	<p><b>19</b></p> <p><b>YOGA FUSION</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA</b> 9:45am-10:30am</p> <p><b>Community Bridge</b> 10:30am-1:30pm</p> <p><b>BUS TRIP:</b> Granite State Whale Watch 7:00am-2:45pm</p> 	<p><b>20</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>LUNCH &amp; LEARN</b> Hannaford Dietician 11:45am-1:00pm</p> 	<p><b>21</b></p>	<p><b>22</b></p> <p><b>YOGA w/WEIGHTS</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am</p> <p><b>BUS TRIP:</b> Knox Museum and The Prison Store 8:15am-4:00pm</p>
<p><b>25</b></p> <p><b>YOGA</b> 10:30am-11:30am</p> <p><b>Knitting/ Craft Club</b> 1:30pm-3:00pm</p> <p><i>*August YOGA DATES are subject to change. Please see the online schedule for accurate class dates!</i></p>	<p><b>26</b></p> <p><b>YOGA FUSION</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA</b> 9:45am-10:30am</p> <p><b>Community Bridge</b> 10:30am-1:30pm</p> <p><b>BUS TRIP:</b> Dolphin Marina and Restaurant 9:45am-2:00pm</p> 	<p><b>27</b></p> <p><b>YOGA</b> 10:30am-11:30am</p>	<p><b>28</b></p> <p><b>SEPTEMBER BUS TRIPS: Registration Opens at 10AM!</b></p> <p><b>BUS TRIP:</b> Chebeague Island Inn Dinner 3:30pm-9:00pm</p> 	<p><b>29</b></p> <p><b>YOGA w/WEIGHTS</b> 8:30am-9:30am</p> <p><b>CHAIR YOGA w/ WEIGHTS</b> 9:45am-10:45am</p>