SENIORity Spring Bus Trips · See previous page for new bus trip key!

II-Two Diamond Art Farm



and Grill 65

Visit this local gem that includes four acres of sculptures placed amid fields and woods, integrating art with nature. The large horse barn is also a gallery with the stalls displaying a variety of artwork.

Wednesday, October 2nd 9:45am-2:00pm

Trip Fee: \$2/member; \$5/non-member Registration covers transportation, & art farm tour!

III- Portland Observatory and **Brickyard Hollow**







Discover and tour a local landmark together at the Portland Oservatory! We will have a guided tour at the Observatory and learn the history of this great landmark. Following our tour, we will dine at Brickyard Hollow down on Commerical st. in the Old Port. Please note the tour includes 104 steps to the top.

Wednesday, October 16th 9:30am-2:00pm

Trip Fee: \$12/members; \$15/non-members Registration covers transportation & tour!

I- Taj Indian Cuisine Buffet Meal

Be adventurous and enjoy authentic Indian cuisine together as a large group! The cuisine at Taj is known for its flavor, savory sauces, enriched by nuts, cream and fruits. Their new location is large and fun for all of us to experience with many options at their lunch buffet.

Tuesday, November 5th 11:00am-2:00pm

Trip Fee: \$22/members; \$25/non-members Registration covers <u>transportation, full meal, no</u> -acholic drink, tax and gratuity!

III-Merrimack Premium Outlets Christmas Shopping Bus Trip





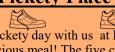


Discover New England's premier outlet destination featuring 100+ stores in tax free Merrimack New Hampshire. Upon our arrival our group will receive a coupon book to use at many of their stores. Great way to do some Christmas shopping! There is also an indoor food court to visit and take a break from shopping while we are there.

Wednesday, November 20th 8:30am-3:00pm

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

II-Pickety Place Lunch



Have a Pickety day with us at Pickety Place for a delicious meal! The five course luncheon features fresh herbs harvested daily from their very own culinary garden. After the luncheon we can look around the property and explore the gift shops!

Tuesday, October 8th 9:15am-4:00pm

Trip Fee: \$47/members; \$50/non-members Registration covers transportation and full meal with tax and gratuity included!

I- Turkey Train Dinner

Join us for a 2-hour Turkey Dinner, (catered by Hart's Turkey Farm), and a train along the western shore of Lake Winnipesaukee which departs from, and returns to, Meredith Station. The menu includes freshly carved roast turkey, stuffing, whipped potato, gravy, butternut squash, rolls & butter, a beverage and warm apple crisp dessert.

Wednesday, October 23rd 8:30am-3:00pm

Trip Fee: \$60/members; \$63/non-members Registration covers transportation, train ride, and full meal!

I-Jolie Tea Company

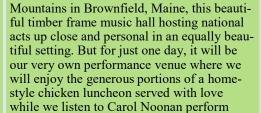
Experience our first trip to Beverly Massachusetts to explore Jolie Tea Company This tea house is a European inspired retail shop and tea café. They carry an extensive selection of tea from around the world. We will have a 3 course prix fix lunch while there and enjoy a personal pot of tea! Also exploring the retail shop while we are there.

Friday, November 8th 9:00am-3:30pm

Trip Fee: \$47/members; \$50/non-members Registration covers transportation, 1 pot of tea, lunch, tax and gratuity

I-Stone Mountain Arts Center Holiday Lunch

Nestled in the foothills of the White



traditional holiday music. Thursday, December 5th 10:00am-2:30pm

Trip Fee: \$65/person

Registration covers transportation & meal! **REG OPENS W/ OCTOBER TRIPS!**

I- My Best Friend's Wedding

Time for laughs and a good time at this world premiere musical! My Best Friend's Wedding the musical at the Ogunquit Playhouse is based on the romantic comedy Movie, featuring pop anthems by Burt Bacharach and Hal David, including I'll Never Fall in Love Again, Walk on By, Say A Little Prayer, and What's New Pussycat. The group will have lunch before heading to the show!

Thursday, October 10th 10:45am-5:30pm

Trip Fee: \$65/member; \$68/non-members Registration covers transportation & ticket!

III– Salem History and Haunting Walking Tour



Get ready for a mysterious journey through almost 400 years of Salem's rich history. With our tour guide, we will experience approximately two hours of captivating tales of the city's history, of the supernatural, view the breathtaking architecture, and discover the fascinating truth of the Salem Witch Trials. Following our tour we will dine in Salem for lunch.

Tuesday, October 29th 8:15am-4:00pm

Trip Fee: \$35/members; \$38/non-members Registration covers transportation and tour tickets!

I-Creative Soul and Federal Jacks Lunch

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 Kennebunkport at Federal Jacks!

Wednesday, November 13th 9:15am-2:30pm

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

III-Gardens Aglow







This winter, don't miss the biggest and brightest light display in Maine! With over 500,000 energy efficient LED lights decorating the central gardens and buildings, Gardens Aglow is a special event for everyone! The group will enjoy dinner before the visit to the

Thursday, December 12th 3:15pm-10:00pm

Trip Fee: \$20/members; \$23/non-members Registration covers transportation and entrance ticket!



October ~ November ~ December



Travel with our group to Italy!!

Book your next big trip with us and check Italy off your bucket list!

We have partnered with Collette Travel for our first international trip. The Reflections of Italy trip will allow you to see the best of in this country. **Trip dates:** April 30th, 2025– May 9th, 2025

Trip Information for Reflections of Italy: Embark on a captivating journey that takes you from the piazzas of Rome to the canals of Venice. Discover the rolling hills of the scenic Tuscan and Umbrian countryside. Explore medieval hill towns and visit Assisi, the birthplace of St. Francis. Spend time at a historic winery in the heart of the Chianti region and enjoy a chef-led cooking class with lunch. Discover the masterpieces of the Renaissance in Florence. See glass transformed into exquisite art on Murano Island. Linger in iconic Venice for 2 nights. Journey to the shores of glamorous Lake Como. Encounter a land rich in history, culture, art and romance.

We have guaranteed space for 26 participants until 11/1/24, and we already have over 15 people signed up. We have brochures in our lobby or you can request one my email.

For more information, please email Amelia at afoster@sacomaine.org

Upcoming Special Events!





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.

Fall Session (September-November)
Wednesday mornings Time: 9:00AM-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



SENIORity 2025 Membership & Indoor Walking

Open Walking: This program will begin on Tuesday, October 15th, 2023 and run 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.

Indoor Pickleball COMING SOON! Information will be posted on our website and Facebook—stay tuned!

Age Friendly Saco Announcements

ANNUAL WELLNESS FAIR - SAVE THE DATE!

Join us for a FREE event that will include informational seminars, community vendors, free coffee, lunch, raffles, and more!

Saturday, November 9th, 2024 9:30am-2:00pm Thornton Academy Atrium, 438 Main Street, Saco

To register for this event please email agefriendlysaco@gmail.com or call the office at 207-710-5029

Details and event schedule will be shared online and FB in October!

SEMINAR OPTIONS INCLUDE:

- 1. Hospice of Southern Maine presents: A Guide to a Good End
- 2. AARP presents: Fraud Watch
- 3. Saco Fire Department & Maine Strong Balance Center presents: Fall Prevention and Emergency Planning

Age Friendly Saco Contact Information:

Website: www.agefriendlysaco.org Phone: (207)710-5029 · Email: agefriendlysaco@gmail.com Facebook: http://www.facebook.com/AgeFriendlySaco · Instagram: @AgefriendlySaco



December 2024 · Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
2 YOGA 10:30am-11:30am Knitting Club 1:30pm-3:00pm	3 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 10:30am-1:30pm TAI CHI CHIH 11:00am-12:00pm	4 YOGA 10:30am-11:30am	TAI CHI CHIH 10:00am-11:00am BUS TRIP: Stone Mountain Lunch 10:00am-2:30pm	6 YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am Holiday Craft Board Painting! 1:00pm
YOGA 10:30am-11:30am Knitting Club 1:30pm-3:00pm	YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 10:30am-1:30pm TAI CHI CHIH 11:00am-12:00pm	YOGA 10:30am-11:30am LUNCH & LEARN Streaming Devices with Age Friendly Saco 11:45am-1:00pm	TAI CHI CHIH 10:00am-11:00am BUS TRIP: Coastal Maine Botanical Gardens Aglow 3:15pm-10:00pm	No Yoga Today!
16 YOGA 10:30am-11:30am Knitting Club 1:30pm-3:00pm	YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 10:30am-1:30pm TAI CHI CHIH 11:00am-12:00pm BUS TRIP: Victorian Nutcracker 4:00pm-10:00pm	18 YOGA 10:30am-11:30am	TAI CHI CHIH 10:00am-11:00am BUS TRIP: Rochester Opera House presents: A Christmas Carol 8:15am-3:30pm	YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am Holiday Potluck & Cookie Decorating at the Community Center! 12:00pm-2:00pm
No Indoor Walking until January 2 —> YOGA 10:30am-11:30am Knitting Club 1:30pm-3:00pm	NO SENIORity Programs Today!	NO SENIORity Programs Today!	26 TAI CHI CHIH 10:00am-11:00am	YOGA w/ WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am
No Yoga Today! Knitting Club 1:30pm-3:00pm	NO SENIORity Programs Today!	Weekday Mornings: Cribbage & other card games: 8:30am-10:00am	*DECEMBER YOGA DATES are subject to change. Please see the online schedule for accurate class dates!	

Holiday Show Bus Trips!

II- Portland Ballet's Victorian Nutcracker

Come and experience the magic feeling of Christmas with Portland Ballet's A Victorian Nutcracker! This version is unique to Portland and its history, as the first act takes place in the Victoria Mansion with characters pulled directly from Portland's past. This performance at the Merrill Auditorium will feature the Portland Ballet Orchestra! Before the show we will dine at Oishi Restaurant in Scarborough.

Tuesday, December 17th 4:00pm-10:00pm

Trip Fee: \$72/members; \$75/nonmembers

Registration covers transportation and tickets only?



II-Rochester Opera House The Christmas Carol

Let's take a trip to Rochester New Hampshire to see The Christmas Carol! This ghostly tale of the Past, Present, and Future is brought to life in this exciting musical adaptation. Keeping true to the original text and bringing the atmosphere of Victorian Christmas traditions to the stage, it draws upon the themes of time, family, and redemption to warm even the coldest of hearts. Following the show, we will have lunch in Rochester.

Thursday, December 19th 8:15am-3:30pm

Trip Fee: \$15/members; \$18/nonmembers

Registration covers transportation and tickets only?



October-December 2024

Holiday Board Painting



Friday October 4th 1:00pm-3:00pm

Friday December 6th 1:00pm-3:00pm

\$15/person—Supplies and refreshments provided. Registration required.



Christmas Potluck & Cookie Decorating



Friday December 20th 11:30am-1:30pm



Each person should bring a dish to share, and it does not need to be homemade. If you can't bring a dish, we hope you'll bring your appetite! Cookie decorating for dessert & beverages will be provided.

Free event but registration is required.

Lunch & Learns at the Saco Community Center

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

Aetna Medicare Solutions

Presented by Aetna

Join Cindy Cogswell from Aetna for a discussion of all things Medicare. Take a deep dive into what your options for 2025 are and learn more about the benefits the Aetna Medicare Advantage plan. A seasoned professional within a wealth of knowledge in the field, Cindy can help simplify the process and answer any questions you may have.

When: Wednesday, October 9th Time: 11:45am-1:00pm

Streaming Devices for your TV

Presented by Age Friendly Saco

Age Friendly Saco will present a session on "how to cut the cord". Maybe you're looking for a more cost effective solution to watch the latest episodes of your favorite show. Or maybe you are interested in learning how to stream TV! During this session, the Tech Handy Helpers will pass out a streaming device at no cost to you and introduce you to the art of streaming. The tech helpers will be able to help you with how to set-up and troubleshoot!

> When: Wednesday, December 11th Time: 11:45am-1:00pm

Saco Parks and Rec Online **Registration Tutorial**

Presented by SPR Staff

This helpful and hands-on tutorial will help those who would like to learn how to register for our Saco Parks and Recreation programs from home! Or for those who would like to get better at it. Our SPR office staff will do a step-by-step tutorial presentation for the whole group, and then will have time to work with individuals on their own devices. Please bring in your laptop, tablet, or cell phone so that we can all practice!

> When: Friday, November 1st Time: 11:45am-1:00pm





SENIORity Program October-November-December 2024 · www.sacorec.com · 283-3139

October 2024 · Saco Parks & Rec SENIORity Programs 50+

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
Indoor walking starts	YOGA FUSION	NORDIC WALKING	ТАІ СНІ СНІН	***************************************
October 15!	8:30am-9:30am	9:00am-11:00am	10:00am-11:00am	YOGA w/ WEIGHTS 8:30am-9:30am
Mon, Tues, Thurs, Fri 9:00am—12:00pm	CHAIR YOGA	YOGA	Breakfast Club	
9.00am—12.00pm	9:45am-10:30am	10:30am-11:30am	9:00am-10:30am	CHAIR YOGA w/ WEIGHTS
	ТАІ СНІ СНІН	BUS TRIP:		9:45am-10:45am
	11:00am-12:00pm	Two Diamond Art Farm		Holiday Craft Board
	Community Bridge	& Lunch		Painting! 1:00pm
	1:00pm-4:00pm	9:45am-2:00pm		
7	8 YOGA FUSION	9	10	11
•	8:30am-9:30am		10	
YOGA 10:30am-11:30am	CHAIR YOGA	NORDIC WALKING 9:00am-11:00am	TAI CHI CHIH 10:00am-11:00am	YOGA w/ WEIGHTS 8:30am-9:30am
	9:45am-10:30am	NOG!	10:00am-11:00am	6.30am-9.30am
Knitting Club	ТАІ СНІ СНІН	YOGA 10:30am-11:30am	BUS TRIP:	CHAIR YOGA w/ WEIGHTS
1:30pm-3:00pm	11:00am-12:00pm		Ogunquit Playhouse	9:45am-10:45am
	Community Bridge	LUNCH & LEARN Aetna Medicare	presents: My Best Friends Wedding	
	1:00pm-4:00pm	Solutions	10:45am-5:30pm	
	BUS TRIP:	11:45am-1:00pm	my best	
	Pickety Place Lunch	Lunch &	Wedding	
	9:15am-4:00pm	Ledin		
14	15	16	17	18
NO SENIORity	Indoor Walking Begins!	NORDIC WALKING 9:00am-11:00am		No Yoga Today!
Programs	YOGA FUSION		TAI CHI CHIH 10:00am-11:00am	/19
Today!	8:30am-9:30am	YOGA 10:30am-11:30am	10.00am-11.00am	
	CHAIR YOGA	10.000		Annual
	9:45am-10:30am	BUS TRIP:		Pumpkin Harvest
INDIGENOUS PEOPLES DAY	ТАІ СНІ СНІН	Portland Observatory		Fest on Saco
	11:00am-12:00pm	Tour & Lunch		Main Street!
+	Community Bridge	9:30am-2:00pm		
21	1:00pm-4:00pm	22	2.4	25
21	22 YOGA FUSION 8:30am-9:30am	23 NORDIC WALKING	24 TAI CHI CHIH	25 YOGA w/ WEIGHTS
YOGA	CHAIR YOGA	9:00am-11:00am	10:00am-11:00am	8:30am-9:30am
10:30am-11:30am	9:45am-10:30am	YOGA		CHAIR YOGA w/
Knitting Club	ТАІ СНІ СНІН	10:30am-11:30am		WEIGHTS
1:30pm-3:00pm	11:00am-12:00pm		NOVEMBER BUS	9:45am-10:45am
	Community Bridge	BUS TRIP:	TRIPS: Registration	BUS TRIP:
	1:00pm-4:00pm	Turkey Train Lunch 8:30am-3:00pm	Opens at 10AM!	Mystery Breakfast
20	20	·	21	9:30am-12:30pm
28	29 YOGA FUSION 8:30am-9:30am	30	31	
YOGA	CHAIR YOGA	NORDIC WALKING	ТАІ СНІ СНІН	
10:30am-11:30am	9:45am-10:30am	9:00am-11:00am	10:00am-11:00am	Weekday Mornings
Knitting Club	ТАІ СНІ СНІН	YOGA		Cribbage & other
1:30pm-3:00pm	11:00am-12:00pm	10:30am-11:30am		card games: 8:30am-10:00am
•	Community Bridge		69	0.3vam-10.0vam
	1:00pm-4:00pm			* * * *
	BUS TRIP:			
	Salem Witch Tour 8:15am-4:00pm			

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November 2024 · www.sacorec.com · 283-3139						
Mon	Tue	Wed	Thu	Fri		
Weekday Mornings: Cribbage & other card games: 8:30am-10:00am	*NOVEMBER YOGA DATES are subject to change. Please see the online schedule for accurate class dates! Indoor walking starts October 15! Mon, Tues, Thurs, Fri 9:00am—12:00pm	NORDIC WALKING will continue this month as long as weather allows!		1 No Yoga Today! LUNCH & LEARN SPR Online Reg. 11:45am-1:00pm Hoedown Dinner Dance 5:00pm-8:00pm		
4 YOGA 10:30am-11:30am Knitting Club 1:30pm-3:00pm	5 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am TAI CHI CHIH RETURNS! 11:00am-12:00pm BUS TRIP: Taj Indian Cuisine 11:00am-2:00pm	6 NORDIC WALKING 9:00am-11:00am YOGA 10:30am-11:30am	7 TAI CHI CHIH 10:00am-11:00am	8 Possible No Yoga Date- BUS TRIP: Jolie Tea Company 9:00am- 3:30pm Annual Age Friendly Wellness Fair @ Thornton Academy		
NO SENIORity Programs Today! **THANK YOU ** **VELETALS** **NOVEMBER 1178*	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	NORDIC WALKING 9:00am-11:00am YOGA 10:30am-11:30am BUS TRIP: Creative Soul & Federal Jacks 9:15am-2:30pm	14 TAI CHI CHIH 10:00am-11:00am	YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am Annual Thanksgiving Lunch Event 11:00am-1:00pm		
18 YOGA 10:30am-11:30am Knitting Club 1:30pm-3:00pm	19 YOGA FUSION 8:30am-9:30am CHAIR YOGA 9:45am-10:30am Community Bridge 10:30am-1:30pm TAI CHI CHIH 11:00am-12:00pm	20 NORDIC WALKING 9:00am-11:00am YOGA 10:30am-11:30am BUS TRIP: Merrimack Outlets Shopping 8:30am-3:00pm	TAI CHI CHIH 10:00am-11:00am DECEMBER BUS TRIPS: Registration Opens at 10AM!	YOGA w/WEIGHTS 8:30am-9:30am CHAIR YOGA w/ WEIGHTS 9:45am-10:45am BUS TRIP: Mystery Lunch 11:00am-3:00pm		
YOGA 10:30am-11:30am Knitting Club 1:30pm-3:00pm	26 No Indoor Walking Today Possible No Yoga Date- check online schedule! Community Bridge 10:30am-1:30pm TAI CHI CHIH 11:00am-12:00pm	27 No Indoor Walking Today NORDIC WALKING 9:00am-11:00am No Yoga Today!	NO SENIORity Programs Today!	NO SENIORity Programs Today!		