

55+ Programs Newsletter

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Scarborough Community Services 55+ Programs

259 US Route One, 3rd Floor
P.O. Box 360, Scarborough, ME 04070-0360
207-730-4150
www.scarborough.me.us/commserv

55+ Membership

For \$10 per year (or \$17.50 per couple) you will receive online registration privileges and the 55+ newsletter sent to your home six times a year. This membership also gives discounts to various local businesses. Membership is required to attend 55+ trips and to use transportation to the following 55+ programs: BINGO, Wednesday Lunches, Out-to-Lunch Bunch, Senior College, and Theater. Membership expires one year from registration. *Please see Page 9 for membership discounts.* For more information, contact Community Services at 730-4150.

Bus Location

Our Community Services bus is located next to the high school. **Directions:** Once you enter Municipal Drive (between the town hall and credit union/bank), take your first right after the Stop sign. The bus will be located in the second parking lot on the right (Staff Parking Lot E) just after the chain-link

Friendly Reminder!

Please check your membership cards for the expiration date. If you need to renew your membership, please call 730-4150.

How to Register for Activities

Community Services accepts registrations in person, through our website, and for Wednesday luncheons and transportation via the telephone.

55+ Programs Online Registration

<http://www.scarborough.me.us/commserv/index.html>

Steps for Online Registration

1. Click on: **55+ Programs**, then **Online Registration**.
2. Enter your User Name and Password
 - * **User Name:** This is your HH number which is located on your 55+ Membership card.
 - * **Password:** This is your last name, as shown on your 55+ Membership card.
3. Click **Sign In**. Once a year you will be asked to update your contact information; otherwise, go directly to Step 4.
4. On the right side, click on **Search**, then **Activity**, then **Search by Type** to browse through all offered activities. Then select the category to access available activities.

Payment Policy

Payment can be received in the form of cash, personal check, money order, or debit card. Please make all checks payable to *Town of Scarborough*.

55+ Financial Assistance Programs

There is a limited amount of financial assistance funds available for trips and transportation through the Alternative Payment Program and the Blanche Cook Fund. Participants may request financial assistance at Community Services. A non-intrusive application must be completed before assistance is provided.

55+ Refund Policy

100% refund: If Community Services cancels the activity/trip.

Wednesday Lunches: All lunches must be cancelled by 2:00 pm on Mondays to avoid being charged that fee on individual household accounts. If a balance has accrued, it must be paid before registering for future programs.

Transportation: Households will be charged for any transportation fee if the participant chooses to cancel less than 24 hours prior to the scheduled program. If a balance has accrued, that must be paid before registering for future programs.

Trips: If participant cancels a trip, no refund will be issued.

55+ Trip -- Openings still available



Scarborough Night at the Portland Sea Dogs

Come watch the “boys of summer” battle it out with the New Hampshire Fisher Cats. You will be conveniently dropped off and picked up in front of Hadlock Field. Enjoy all the stadium has to offer, from peanuts and popcorn to hotdogs and Sea Dog biscuits.

Wednesday, June 27

\$15 (High School)

\$20 (Door-to-Door)

Price includes admission (General Admission Seating)

Bus Schedule

Bus Departs 5:45 pm

Bus Returns (*approx.*) 10:00 pm

Game begins at 7:00 pm

55+ Trips - Members Only Registration Starts May 14

ANNOUNCEMENT – Fantastic News!!

As of May 2, 2012, the Town Council has approved the funding for a 27-passenger bus, funding effective July 1. This new bus will enable us to increase the number of participants on our trips. Community Services is in the process of ordering this bus, with the arrival date to be determined.

Bowdoin College Museum of Art

Spend some time at The Bowdoin College Museum of Art, which has one of the oldest art collections in the nation. The museum encompasses more than 15,000 objects including ancient European, American, non-Western, modern, and contemporary art. There will be time to enjoy a walk around the beautiful Bowdoin campus (weather permitting). Lunch will be at Captain Mike’s.

Thursday, May 31

\$15 (High School)

\$20 (Door-to-Door)

** Plus the cost of lunch*

Bus Schedule

Bus Departs 9:00 am

Bus Returns (*approx.*) 3:00 pm

Bailey Island Lunch and Shop

Be a tourist for the day. We will visit Bailey Island and have lunch at Cook’s Lobster House. After lunch we will visit the Lands End Gift Shop.

Tuesday, June 26

\$15 (High School)

\$20 (Door-to-Door)

** Plus the cost of lunch*

Bus Schedule

Bus Departs 10:30 am

Bus Returns (*approx.*) 3:00 pm

55+ Trips - Members Only (Continued)

Summer Mystery Lunches

Are you feeling courageous? Sign up for the Mystery Lunches to explore Southern Maine and some of Maine's greatest restaurants. Come with us and explore some of the best dining Maine has to offer as we try many local restaurants. Locations are not announced ahead of time.

Bus Schedule

Bus Departs10:30 am

Tuesday, July 10

Tuesday, August 7

Tuesday, August 28

\$10 (High School)

\$15 (Door-to-Door)

* *Plus the cost of lunch*

Botanical Gardens

Wow is the word heard most often from Coastal Maine Botanical Gardens visitors. Come experience the 250-acre phenomenon some are calling "The Miracle in Maine." You'll want to tell everyone you know about this spectacular garden that's full of wondrous surprises year-round! Enjoy your lunch at The Kitchen Garden Café in the Coastal Maine Botanical Gardens Visitor Center where they offer fresh and delicious fare, whether for lunch or a snack, or bring a picnic lunch to enjoy.

Thursday, July 12

\$25 (High School)

\$30 (Door-to-Door)

Bus Schedule

Bus Departs 8:30 am

Bus Returns (*approx.*) 4:00 pm

Museums of Old York

Victory Garden and House Tour . . . Spend an hour and a half at a riverside estate. Begin your visit by strolling through the flower garden, rose arbors, victory garden, and orchard overlooking the York River. Next, tour the estate house which features an eclectic array of collectibles, decorative arts, and rare antiques from around the world. Finally, retire to the riverside porch and enjoy a glass of lemonade or tea with your fellow travelers.

Tuesday, July 17

\$20 (High School)

\$25 (Door-to-Door)

* *Plus the cost of lunch*

Bus Schedule

Bus Departs 9:30 am

Bus Returns (*approx.*) 2:00 pm

55+ Trips - Members Only (Continued)

Tate House

Tate House was built in 1755 for Captain George Tate (1700-1794) and his family who had recently arrived in the Colonies from Britain. With its clapboards still unpainted, Tate House is one of two residences in Maine with an unusual indented gambrel roof. As the only pre-Revolutionary home in Greater Portland that is open to the public, the impressive period furnishings, beautiful grounds and herb gardens, and unique architecture of Tate House offer an insightful glimpse at the 18th century and life in Colonial Maine.

Friday, July 20

\$15 (High School)

\$20 (Door-to-Door)

** Plus the cost of lunch*

Bus Schedule

Bus Departs 9:30 am

Bus Returns (*approx.*) 2:00 pm

Casco Bay Lines Diamond Pass Cruise



Take this scenic cruise of the Inner Bay past lovely Victorian cottages on the shorelines of Little and Great Diamond Island and Peaks Island. Catch a glimpse of island life as you travel to four different stops. Be sure to pack a picnic lunch and beverages as there is no snack bar on board.

Tuesday, July 24

\$20 (High School)

\$25 (Door-to-Door)

Bus Schedule

Bus Departs 10:15 am

Bus Returns (*approx.*) 1:30 pm

Cruise Schedule

11:00 am - 12:45 pm

Oxford Casino

Come join us for a trip to the Oxford Casino, New England's exciting new gaming destination! Check out their 12 heart-pounding table games, their 24/7 gaming action, over 500 state-of-the-art slot machines, and try their "Maine original dining experience"!

Tuesday, July 31

\$25 (High School)

\$30 (Door-to-Door)

Bus Schedule

Bus Departs 8:30 am

Bus Returns (*approx.*) 4:00 pm

55+ Trips - Members Only (Continued)

Nickels-Sortwell House - Wiscasset

Located on Wiscasset's Main Street, the Nickels-Sortwell House is one of the region's finest examples of high Federal-style architecture. Built by successful ship owner Captain William Nickels, the house epitomizes the brief period when shipbuilding and the maritime trade brought wealth and sophisticated tastes to this coastal Maine village. Lunch at Le Garage Restaurant after the tour.

Friday, August 3
\$15 (High School)
\$20 (Door-to-Door)
** Plus the cost of lunch*

Bus Schedule

Bus Departs 9:30 am
Bus Returns (*approx.*) 2:00 pm

Tour Schedule

Tour begins 11:00 am

Isles of Shoals Cruise

Join us aboard the Victorian style M/V Thomas Loughton and experience the fascinating legends of our seacoast. Little known but historically crucial, the legendary Isles of Shoals, located 6 miles off our coast, are an intriguing archipelago of 9 islands steeped with history. You will see the nation's oldest and active naval yard, the closed castle-like prison "the Alcatraz of the East," 5 historic forts, and 3 lighthouses proudly guiding mariners safely through our waters.

Wednesday, August 15
\$40 (High School)
\$45 (Door-to-Door)
**Plus the cost of lunch*

Bus Schedule

Bus Departs 10:15 am
Bus Returns (*approx.*) 5:00 pm

Cruise Schedule

Boarding begins at 1:25 pm
Cruise begins at 1:55 pm

Pineland Farms

Located in the rolling hills of New Gloucester, Maine, Pineland Farms is a 5,000-acre working farm, diverse business campus and educational and recreational venue that welcomes visitors to enjoy its beautiful rural landscape. We will start our day at the visitor center and make our way around the Farm to visit the Equestrian Center and the creamery. It will be a day of fun and education on the farm.

Tuesday, August 21
\$25 (High School)
\$30 (Door-to-Door)
**Plus the cost of lunch*

Bus Schedule

Bus Departs 8:30 am
Bus Returns (*approx.*) 4:00 pm

Ongoing Weekly Programming

55+ Activities at Hillcrest

Hillcrest Recreation Center, 108 Hillcrest Avenue, Scarborough

Weekly lunches are held on Wednesdays at Hillcrest Recreation Center. You may register for each lunch by calling the Scarborough Community Services Office at 730-4150. Registration must be prior to 2:00 p.m. the prior Monday.*

All participants 60 years old and older may become a member of the *As You Like It* program and pay just \$4 at the door; all other participants pay \$7. To become a member of the *As You Like It* program, you may register at the door by showing a state ID or license to verify age.

*Cancellation for any lunch must be made the Monday prior before 2:00 p.m.; otherwise, your household will be charged and your balance due before registering for any other 55+ program.

Lunch is served at 11:30 with programs to follow.

May

May 2

- Ziti w/Meatballs
- Program: Container Gardening by Scarborough Garden Club

May 9

- Roast Pork Dinner
- Program: Scarborough High School Chorus

May 16

- Meatloaf Dinner
- Program: Summer Sun & Safety w/ Jane Mullen

May 23

- Chicken à la King
- Program: Entertainer Gloria Jean

May 30

- Turkey Dinner
- Program: May and June Birthdays and Bingo

June

June 6

- Pulled Pork Dinner
- Program: TBD

June 13

- BBQ
- Program: WOW Players



Free Blood Pressure Readings at Hillcrest



Judy Roy, RN, will be at Hillcrest Recreation Center at the first Wednesday lunch of each month from 10:30 am to 11:30 am for free blood pressure readings.

BINGO Days at Hillcrest Mondays and Fridays



Door-to-door transportation is available for a \$5 fee for Scarborough residents who are 55+ members. Contact Community Services at 730-4150 to register for transportation.

Game Times

Mondays 1:00 to 3:00 pm

Games begin promptly at 1:00 pm
No BINGO transportation May 28

Fridays..... 11:30 to 1:00

Games begin promptly at 11:30 am
No BINGO transportation May 25

Thank You to the Desfosses Family

Scarborough Community Services and the seniors of Scarborough would like to extend sincere thanks to the Desfosses family and State Manufactured Homes for their ongoing support of Scarborough seniors and their generosity for the use of the Hillcrest Recreation Center.

Ongoing Weekly Programming

55+ Activities at Bessey Commons

272 US Route One, Scarborough

Choices Program

This Healthy Living program will meet every two weeks from 10:00 to 11:00 am at Bessey Commons. Contact Scarborough Community Services at 730-4150 for further information about the Choices meeting schedule.

May Meetings

May 7 and May 21

June Meetings

June 4 and June 18



Free Blood Pressure Readings



Judy Roy, RN, will be at Bessey Commons the third Wednesday of each month from 10:00 to 11:00 am for free blood pressure readings.

Out-To-Lunch Bunch

There are three Out-To-Lunch Bunch groups that take one trip a month to different restaurants in Maine. Joining one of these groups is easy! For a low-cost bus fee and the price of lunch you can have a great time while experiencing new and diverse foods and friends. Please call Community Services at 730-4150 to join one of these groups.

Upcoming OTLB Dates

Thursdays - Times and Locations Vary

Group 1 May 3

June 7

July 5

Group 2 May 17

June 21

July 19

Group 3 May 24

June 28

July 26

Scarborough Happenings

Scarborough Garden Club

The Scarborough Garden Club meets the third Monday of each month September through April. Meetings are held at St. Nicholas Church on Route One in Scarborough and begin at 12:30 with a program and then a meeting.

**For more information,
please contact Elaine Toher at swancz@aol.com**

ANNUAL PLANT SALE

Historic Hunnewell House

Black Point Road, Scarborough

Saturday, June 2, 2012 - 8:00 11:00 am

There is a huge selection of plants each year with of the basic plants as well as a selection of unusual perennials, some annuals, herbs and shrubs. The knowledgeable garden club members are more than happy to give you care instructions and help you

to your car with your purchases. Contact Barbara at gardenz@maine.rr.com for more information.

Scarborough Triad

The Scarborough Triad, a joint venture between law enforcement, the residents of the Town of Scarborough, AARP, and other social services, is dedicated to reducing the criminal victimization of older persons. The Scarborough TRIAD's mission is to continually provide a forum for seniors to communicate their needs and concerns to law enforcement.

Officer Tim Barker

Phone: 730-4337

Email: tbarke@ci.scarborough.me.us

Scarborough Happenings

Scarborough Public Library

48 Gorham Road
Phone: 883-4723

Monday Movie Matinee

They're back! With selections from the American Film Institute's list of 10 greatest films in 10 classic genres. Join us Mondays at 1:30 pm. Enjoy movies in animation, courtroom drama, epic, fantasy, gangster, mystery, romantic comedy, sci-fi, sports, and westerns. Light refreshments will be served.

Let's Talk America!

Let's Talk America! Forums are happening all around America. Held the first Thursday of every month at 6:30 p.m., people around the country are coming together in respectful and inclusive dialogue to discuss our communities, state, and nation. Come share your views and gain new insights. Facilitated by local resident Sam Kelley.

Monthly Book Discussion Group

Readers like to get together and talk about books! Held the first Tuesday each month at 10:00 am this discussion group has been going strong for 10 years. New members are always welcome. You may attend any or all discussions.

Library Hours

Monday and Friday 10:00 am - 5:00 pm
Tuesday-Wednesday-Thursday 10:00 am - 8:00 pm
Saturday 10:00 am - 5:00 pm
Sunday 1:00 - 5:00 pm



Southern Maine Agency on Aging

136 US Route 1, Scarborough
396-6500 or 1-800-427-7411

Email: info@smaaa.org Website: www.smaaa.org

Southern Maine Agency on Aging (SMAA) has served as the area's leading resource on information, programs, and services to improve the wellbeing of seniors living in Cumberland and York Counties.

Maine Senior Games - Promotes activity

and competition for the recreational and/or the Maine Senior Games and promotes activity and competition for the recreational and/or the competitive athlete over 50. 2012 Games are held July 21 through September 23. Sports offered are archery, racquetball, bowling (candlepin/ten pin), table tennis, tennis, 3-on-3 men's and women's basketball, cycling, triathlon, 5/10K road race, track & field, hot shot/foul shoot, golf, horseshoes, pickleball, swimming. This is a qualifying year for the National Senior Games in Cleveland, Ohio, for 2013. FMI or to register go on-line to www.mainesrgames.org, email jdill@smaaa.org or call 207-396-6519.,

Meals on Wheels - Hundreds of Meals on Wheels volunteers deliver nutritious meals to older adults (age 60 and older) who can no longer grocery-shop or easily prepare balanced meals.

How to Sign Up . . . It's easy -- just give us a call at 1-800-400-MEAL(6325) or submit an online referral now.

As You Like It - If you are 60 or older, get your *As You Like It* membership card so you can trade donations for meal tickets. To become a member, simply visit SMAA and complete a brief non-intrusive form. Donations of \$4 per ticket are very important to the continuation of this program. For more information, call 1-800-400-6325 or 207-396-6583

Scarborough Happenings

Scarborough Lions Club



The Lions Club of Scarborough, chartered in October of 1948, is the oldest service club in town. They are proud to have served the needs of this community for the past 60 years and look forward to continuing in the upcoming years. Regular meetings are held on the first and third Thursdays of the month. Social at 6:15 pm; dinner (\$8.50) at 7:00 pm.

273 Gorham Road, Scarborough, ME
Phone: 883-9309

Scarborough Historical Society



The Scarborough Historical Society was established in March 1961 to preserve the heritage of Scarborough. The Society has been accepting donations of papers and artifacts relating to Scarborough and its people ever since. Nearly all of its acquisitions have been donated. Meetings are held at the Museum on the first Wednesday of the month from September through May.

649 A US Route 1, Scarborough, ME
Phone: 885-9997
E-mail: [Rodney Laughton Seasideinn@aol.com](mailto:Rodney.Laughton.Seasideinn@aol.com)

55+ Membership Discounts

Discounts at Participating Local Businesses



233 US Route 1,
Scarborough
883-2115

Walgreens

Scarborough Store Only

Receive 15% off your entire purchase.
20% off Walgreens products & photo services.



491 Payne Road,
Scarborough
883-5515

Pizza Plus

Receive 15% off all menu items.



209 US Rt. 1 - Oak Hill
Scarborough
883-8441

Pat's Pizza - Scarborough

Receive 10% off your entire purchase
Eat in or Take out.



210 Maine Mall Rd
South Portland, ME
207-774-7442

Friendly's Restaurants

Maine Restaurants Only

Receive 15% off all menu items.



Other Friendly Restaurant locations; Portland, Freeport, Windham and Bath



612 U.S. 1
Scarborough
(207) 883-6939

The Dairy Corner

Receive 10% off your entire purchase.



220 Gorham Rd
Scarborough, ME
(207) 730-7330


Glazey Days

Receive 10% off all project pieces.

All offers good through 2012, unless noted otherwise. Restrictions may apply. See stores for details.

The mission of the 55+ Programs is to give all seniors an opportunity to maintain dignity, enrich their quality of living, and actively promote participation in all aspects of community life.

Mission Statement



Sc Scarborough 55+ Programs
Sponsored by Senior WOW

Office Location: Municipal Building, 3rd Floor
259 US Route One
Sc Scarborough, ME

Mailing Address: P.O. Box 360
Sc Scarborough, ME 04070-0360

Sc Scarborough Community Services
Office Phone: 207-730-4156
Email: breichl@ci.scarborough.me.us



Sc Scarborough Community Services 55+ Programs

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Sc Scarborough, ME 04070-0360