

Shopping at Big Lots, Market Basket, and Target*Friday, October 1*

Today we are headed south to Biddeford to do some shopping. We will go to Big Lots first, then Target, then Market Basket. In between stops, we will stop for lunch. You will be able to choose from either Longhorn Steakhouse or Panera Bread. Please note that you are responsible for carrying and loading any purchases you make during the day. You must be able to carry everything into your house independently. Don't forget your reusable shopping bags!

Catamaran Sail #1*Monday, October 4*

We will be spending 3.5 – 4 hours on a sailboat with Sail Maine! The seating for this trip is very limited – only a small number of people can ride the boat. You can bring a sandwich / snacks with you to eat on the boat – we will not be stopping anywhere after the ride. Please keep in mind that this is a boat ride, so there will be moments of unsteadiness while participating.

Senior Day at Fryeburg Fair*Tuesday, October 5*

Today we are going to enjoy the annual Fryeburg Fair on Senior Day! Please be aware that you will be independently touring the grounds and will need to be able to maneuver over uneven terrain. You will be able to purchase lunch at the fair, independently.

Smitty's Cinema*Thursday, October 7*

Join us for a trip to the movies! We are headed to Smitty's Cinema in Sanford. We will be watching a movie and having lunch at the theater. We will have unlimited popcorn and soda. Lunch will be included and consist of cheese, pepperoni, or veggie pizza.

Astronomy: 3,000 Years of Stargazing!*Friday, October 8*

"Astronomy is called 'the oldest science.' How did astronomy progress from superstition to science? How can we puny humans, described by Ray Bradbury as 'decimal points of intelligence,' know what we know about the cosmos? Why do we care to know? Why has astronomy always exercised a profound fascination on the human mind?"

Astronomy: 3000 Years of Stargazing is a space-time journey taking us from Stonehenge to supernovae. Join us as we learn how humans came to age in the Universe." Afterwards we will go to lunch at Panera Bread at Westbrook Crossings.

Catamaran Sail #2*Tuesday, October 12*

We will be spending 3.5 – 4 hours on a sailboat with Sail Maine! The seating for this trip is very limited – only a small number of people can ride the boat. You can bring a sandwich / snacks with you to eat on the boat – we will not be stopping anywhere after the ride. Please keep in mind that this is a boat ride, so there will be moments of unsteadiness while participating.

Hacker Hill Preserve Picnic, Walk, and Foliage Ride*Wednesday, October 13*

Hacker Hill Preserve is 27 acres of fields and woods that provides 360-degree views of the White Mountains, Pleasant Mountain, and the Lakes Region. We will drive up via a paved roadway leading 753 feet above sea level to the top of the hill. The hill has a restroom, picnic tables, and open fields perfect for walking, nature observation, picnicking and more. Depending on the weather, we might even see some peak foliage along the way! Don't forget your lunch!

Holy Donut and Farmers Market*Saturday, October 16*

This morning we will be getting an early start in our own backyard! First, we will stop at the Holy Donut for a cup of coffee / donut. Next, we will shop around at the Farmers Market in Deering Oaks Park. You must be able to carry everything into your house and on / off the bus independently. Don't forget your reusable shopping bags!

Oxford Casino*Monday, October 18*

Feeling lucky? Today we are going to Oxford to spend the day at the casino. At this point, masks are not required in the building, unless you are not vaccinated. There is a restaurant at the casino, you will be able to get lunch, at your convenience during your time there. Please make sure to bring proper identification to get into the casino. This is an independent trip – the bus will drop you off and pick you up at the designated times set by your driver.

Monthly Senior Luncheon*Tuesday, October 19*

This month, we will be having Baked Virginia Ham for lunch. There will be a speaker from Evergreen Credit Union discussing tips / tricks for senior banking. The luncheon will be held at the South Portland Community Center – we will be eating with our South Portland friends!

Hike with Goats and Lunch*Wednesday, October 20*

We are going to Ten Apple Farm in Gray! While we are here, there will be a tour of the farm, as well as, a hike with the friendly, farm goats. The hike will involve hills and uneven terrain through the woods, you should be comfortable on your feet for an hour or more. The goats will be loose and walking alongside us during the hike. Make sure to wear comfortable shoes and clothes that you don't mind getting a little dirty, depending on the weather. We are going to Jess 'n Nic's Pizzeria and Pub for lunch, afterwards.

Friday Night at the Farm*Friday, October 22*

"On this lightly haunted evening you are invited to explore the Valley Farm where darkness lurks around every corner. Our corn maze will be open, with a few ghouls or goblins, for the brave to navigate by moonlight. If you make it out of the maze you will wander down Farmyard Lane to explore the dark corners of the barn and learn what the critters of the Family Farmyard do when the still of night sets in." It would be a good idea to bring a flashlight with you. Keep in mind that this is an outdoor event and you may be walking on uneven terrain, along with some hills. There is no meal offered with this trip – you can bring a snack with you to eat while at the venue.

Farnsworth Museum and Lunch*Monday, October 25*

Jump on the bus for the trip up to Rockland to visit the Farnsworth Museum! We will be given a guided tour of the current exhibits and you will be given time, after the guided tour to go back through on your own, if you choose. You will be on your feet for approximately two hours at the museum. At this time, masks are required in the museum, despite vaccination status. We will stop for lunch after the museum.

Day Trip to Kennebunkport*Tuesday, October 26*

Today we are going to walk through downtown Kennebunkport. This is an independent trip – the bus will drop you off / pick you up at designated times set by your driver. You will be able to meander around at your leisure and eat lunch / shop as you please. Keep in mind that you will be walking through town on your own and there may be some uneven terrain.

Lunch at Olive Garden*Wednesday, October 27*

Come hungry! We will be going to the Olive Garden in South Portland for lunch! The cost of lunch is not included in the price, whatever you order, you will need to pay for. Come enjoy some of their famous salad and breadsticks!

Bowling and Lunch*Thursday, October 28*

Today we are going to Westport Lanes in Westbrook to bowl a couple of strings! Bring your shoes / balls, if you have them! Afterwards, we will be going to lunch at Applebee's.

--	--

--	--

--	--

