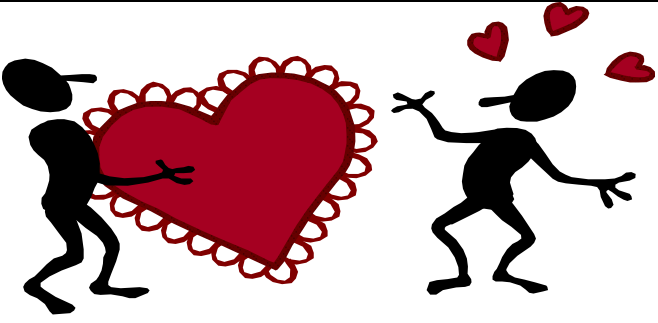


## Portland Recreation 55+ Program February 2012 Activity Guide

<p><b>Afternoon Walk &amp; Coffee</b>  <i>Tuesday, February 7<sup>th</sup> ~1:30pm-3:30pm</i>          Come join us for lots of socializing, a few laughs and then a little bit of good old exercise around the So. Portland Indoor Track with friends. After we will stop for coffee nearby.</p>	<p><b>Travelogue: China &amp; Dinner at Wendy's</b>  <i>Wednesday, February 15<sup>th</sup> ~ 5:00pm-8:00pm</i>          Tonight we will join Falmouth Community services for a travelogue featuring a picture presentation of China. We will enjoy dinner at Wendy's before venturing over to Ocean View.</p>
<p><b>SMAA Community Café Luncheon at Cummings</b>  <i>Tuesday February 9<sup>th</sup> ~ 12:00pm- 2:00 pm</i>          Today SMAA will be catering another fun meal for our community. Please make sure and wear your colors of red and pink as we will be celebrating Valentine's Day in full color!</p>	<p><b>Coffee, Cards, Knitting, Games &amp; More</b>  <i>Thursday, February 16<sup>th</sup> ~ 11:00am-2:30pm</i>          Today we will be having a day full of variety. You can enjoy an afternoon of knitting, playing games with friends, talking or just having fun and drinking coffee. You will be able to bring your lunch or order out.</p>
<p><b>Movies and Lunch</b>  <i>Thursday, February 9<sup>th</sup> ~ 11:00am-4:00pm</i>          What better way to spend the day then enjoying an afternoon with great people filling our bellies and seeing a show. Movie theater to be determined.</p>	<p><b>Winter Luncheon &amp; Wii Party, Pokeno or Board Games Dirty Rotten Scoundrels at Lyric Theater &amp; Dinner</b>  <i>Thursday, February 23<sup>rd</sup> ~5:00PM-10:00PM</i>          Based on the popular 1988 film, DIRTY ROTTEN SCOUNDRELS centers on two con men living on the French Riviera. The first is the suave and sophisticated Lawrence Jameson, who makes his lavish living by talking rich ladies out of their money. The other, a small-time crook named Freddy Benson, more humbly swindles women by wakening their compassion with fabricated stories about his grandmother's failing health. A hilarious battle of cons ensues, that will keep audiences laughing, humming and guessing to the end! Dinner will be along the way.</p>
<p><b>Kitchen &amp; Cork Lunch &amp; Cooking Demo</b>  <i>Friday, February 10<sup>th</sup> ~11:30-am-2:00pm</i>          Today we will be having lunch and have the honors of getting a cooking demonstration; we could all use something new in the kitchen. Right? Today's demo will be Molasses Cured Pork w/ Caramelized Apples, Cheesy Roasted Garlic Twice Baked Potatoes and Pumpkin Flan w/Spiced Pumpkin Seeds. It is sure to taste fabulous!</p>	<p><b>Ethnic Lunch: Jan Mee &amp; Union Station Shopping</b>  <i>Friday, February 24<sup>th</sup> ~ 11:00am-2:00pm</i>          We will be attending Jan Mee restaurant for a taste of Chinese from their buffet. It's a treat we will all enjoy! After we will browse through the shops at Union Station such as Catholic Charities Thrift Shop, Dollar Tree, Save A Lot and more.</p>
<p><b>Almost Maine at Community Little Theater &amp; Lunch</b>  <i>Sunday, February 12<sup>th</sup> ~10:00AM-5:00PM</i>          "On a cold, clear, moonless night in the middle of winter, all is not quite what it seems in the remote, mythical town of Almost, Maine. As the northern lights hover in the star-filled sky above, Almost's residents find themselves falling in and out of love in unexpected and often hilarious ways. Knees are bruised. Hearts are broken. But the bruises heal, and the hearts mend-almost-in this delightful midwinter night's dream." Lunch is along the way.</p>	<p><b>Shops in Biddeford Crossings, Reny's &amp; Olive Garden</b>  <i>Monday February 27<sup>th</sup> ~ 10:00am-2:00pm</i>          Today we will enjoy a day filled with shopping in Biddeford then we will head over to the Olive Garden for lunch.</p>
<p><b>Snow Shoeing Maine Audubon</b>  <i>Monday, February 13<sup>th</sup> ~9:00am-11:30am</i>          What a great way to get out and enjoy the weather, get a little exercise, then warm up with some nice hot cocoa!</p>	<p><b>Leap Year Birthday Party at Cummings Center</b>  <i>Wednesday, February 29<sup>th</sup> ~12:00PM-3:00PM</i>          Put on your party hats and let's celebrate all our birthdays on leap year! It only comes once every four years so let's make this one of the best days of the year! Happy birthday to us all! We will have cake, games, ice cream and of course a fabulously prepared meal!</p>
<p><b>Water Aerobics at Riverton</b>  <i>Wednesday, February 15<sup>th</sup> ~ 7:45am-9:00am</i>          We will be going to the Riverton pool for some exercise and fun, please wear or bring a swimsuit and towel.</p>	<p><b>Laughter Yoga</b>  <i>Thursday, March 1<sup>st</sup> ~ 1:45pm-3:00pm</i>          To maintain health, we should all try and get in 10-15 minutes of laughter a day. Join Denise as she teaches us how to perform laughter yoga, a fun exercise with breathing. No experience needed. Come prepared to have fun.</p>
	<p><b>Portland Indoor Farmers Market</b>  <i>Saturday, March 3<sup>rd</sup> ~9:00am-11:00am</i>          Come support local Maine farms and get a variety of goodies from fresh vegetables, meat, game, yarn, honey and so on. After we will stop for coffee.</p>