

SEPTEMBER & OCTOBER 2024



62+ SENIOR PROGRAMS

PARKS, RECREATION & FACILITIES

CITY OF PORTLAND, MAINE



Trip Reminders

- Please bring a water bottle on trips with you!
- Please be ready 15 min early.
- Please be sure you have everything you need such as medications, water bottle, jacket, money & sunglasses.
- Please be respectful of 62+ Program staff & other participants.

Updated Waitlist Policy

Please keep in mind that trips are filled on a first come first serve basis. If a trip that you sign up for is full when your registration is processed we will call you that day to notify you. If a spot opens up before the trip takes place we will call you to notify you. You will not be charged for a trip that you are wait listed for unless a spot opens up and you agree to take it.

Registering for Programs: To register for trips & programs, you need to fill out September/October's registration form & mail or drop it off with payment.

Registrations are first come, first served. Registration forms will not be accepted without payment. Please keep this in mind as spots fill up FAST.

Send in Registration form to:

**Portland Recreation
212 Canco Rd.
Portland, ME 04103
ATTN: 62+ Program**

Payment: You must send in your full payment with your registration. Credit cards & checks will be processed as they come in to secure the first come first serve process. The payment processing company charges a \$3 minimum service fee charge up to \$114 & 2.65% thereafter to cardholders who use this service.

Communication: Please allow a minimum of 48 hrs for calls to be returned. If you are calling to cancel a trip please call (207)808-5400. We will call you with a pick-up time 1-3 days in advance & to confirm that you will still be attending.

Transportation: Transportation cost is built into each activity fee.

PLEASE NOTE THAT THE TRANSPORTATION COST IS NONREFUNDABLE. IF YOU CANCEL AT THE APPROPRIATE TIME, YOU WILL BE REFUNDED THE COST OF THE ACTIVITY ONLY (IF NOT ALREADY PRE – PURCHASED.)

The 62+ Staff does hold the right to refuse to take you on a trip that you have signed up for if he / she feels that you will not be successful based on past events or occurrences. Staff will notify you if your name is removed from a list. If it is after office hours, please leave a message on the answering machine.

Credits: Credits are issued as follows:

If we cancel an event, you are credited the full price.

In order to receive full credit for a trip that you cancel we need to be notified of the cancellation 24 hrs prior. **If a seat or meal was reserved ahead of time, & we cannot find someone to take your spot, we will not be able to credit you for the activity for which you signed up.**



62+ Program Code Of Conduct

GENERAL RULES

- Portland Parks, Recreation & Facilities is not responsible for lost, stolen or damaged personal items.
- Staff will not accept any personal items to hold (keys, wallets, cell phone, etc.)
- Staff, including bus drivers, are not allowed to accept tips.
- Participants are responsible for paying for their own entry fee, meals, etc. unless stated otherwise in the registration form.
- Smoking, vaping, or drug use is not allowed while out on 62+ Program trips.
- Alcohol is permitted when at a restaurant but in moderation. Keep in mind when out on trips with the 62+ Program you are representing the City. Excessive drinking or drinking that results in inappropriate behavior is not permitted.
- Possession of weapons is not prohibited.
- Participants are responsible for administering their own medications if needed.
- Individuals will be ready to go 15 minutes prior to their pick up time.
- Individuals are responsible for getting to and from the bus and their front door on their own.
- Individuals will notify the 62+ Program Leader if they cannot attend the trip before their designated pick up time.
- Appropriate behavior is expected from all participants.
- Unwanted and/or inappropriate touching of another person will not be tolerated.
- The use of vulgar language or any type of harassment will not be tolerated.
- Do not distract drivers when they are driving. Be respectful and mindful that they are responsible for safely bringing you to and from your destination.

Violations of this Code of Conduct may result in a warning or suspension or removal from the program. After three (3) warnings, you will be asked to not return to our program; however, the City may suspend or remove a participant from the program before three (3) warnings depending on the severity of the conduct. We want to make this a fun time for all where participants feel safe and welcomed. All participants are expected to carefully review the rules and requirements set forth and are solely responsible for their actions. Thank you for your understanding and cooperation.

SEPTEMBER CALENDAR

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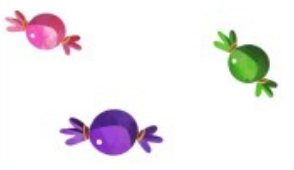
September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4 Biddeford Shopping & 99 Restaurant 10am-2pm	5 Canco Rd. Games & Knitting 2pm-3:30pm	6 Miss Holmes Returns Waterville Opera House 4:30 Governor's House 7:00 Opera House	7
8 	9	10 Fall/Winter Planning Meeting With Vanessa 2pm-4pm	11 Westport Bowling & Stockhouse 10:30-2pm	12 Portland Players Legally Blonde & Elsmere BBQ Elsmere 4:30 Show at 7:00pm	13 South Portland Healthy Aging Resource Fair 9am-12pm	14 
15	16	17 Gardening Workshop & Jimmy the Greeks 10am	18 Saco Heath Walking Trail & Run of The Mill 10:30am-3pm	19 Wallingford Farm & Cafe 11am-2pm	20	21
22	23	24 Senior Day At The Cumberland Fair 10am-3pm	25 Oxford Casino Senior Day 10am-2pm	26 Canco Rd BINGO! 2pm-4pm	27 Libby & Sons Apple Picking & Town Hille Grill 11am-3pm	28 
29 	30	 	  			

October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	Fryeburg Fair 9am-3pm	Canco Rd Game Day 2pm-4pm	Westbrook Shopping Trip 10:30am-3pm	4	5
13	14	Flagship Cinema & Orchid Thai Time TBD	Ricker Hill Orchard Tour & Apple Picking 11am-2pm	Cracker Barrell Brunch 10am-12pm	Hobo Turkey Train 10am-4:30pm	12
20	21	Settlers Green Senior Discount Day 11am-4pm	Color Me Mine 2pm-4pm	17	Legend of Sleepy Hollow & Happy Dragon 4:30-9pm	19
27	28	Halloween BINGO at Canco 2pm-4pm	Wright Museum & Mystery Lunch 12pm-4pm	Freeport for the Day 11am-3pm	25	26
American Symphony Film & Reception 5-8pm	29	Mystery Lunch Bunch 12pm-3pm	30	Eastern Cemetery Tour 2pm-4pm Halloween		



SEPTEMBER & OCTOBER PROGRAM DESCRIPTIONS

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September 4th

Come join us for a fun day out in Biddeford! We will spend the day shopping and taking a break for lunch at the 99 Restaurant. We will be stopping at Renys, Target and much more! The bus will drop you off at Target. From there you can stop at HomeGoods, TJ Maxx, Famous Footwear and or Bull Moose Music!

September 5th

Let's get together and have some fun! Whether it be playing games or working on a craft we want to spend time together! There will be plenty of games to play and yarn for knitting. I will also have snacks of course!

September, 6th

Come spend the evening with us at the Waterville Opera House to see the show "Miss Holmes Returns" Before the show we will have dinner at the very popular Governor's!

September 10th

Let's make this program YOURS and come meet with me to plan out this season's trips and activities. Jot down your ideas and bring them with you!

September 11th

Get ready to have fun time at Westport Bowling! After a few strings we will then have lunch at Stockhouse.

September 12th

Let's spend an evening with the Portland Players as they present to us "Legally Blonde: The Musical." Before the show we will have dinner at Elsmere BBQ. Please be sure to bring \$5 cash for the door. All proceeds benefit the Joe Thomas Scholarship Fund, which supports recent high school graduates pursuing the Arts in higher education.

September 13th

Come on the bus or join us there at the Age Friendly Fair! At this fair, you will find lots of useful information and resources. There will also be raffles and giveaways. There will be over 40 vendors and providers there that all specialize in healthy aging. Come check out a wide variety of more than 40 vendors.

September 17th

No need to "Mums the Word," grab your friends or come make some new ones at Robillard Garden Center! We will be making a fall Mums arrangement that you can take home with you! You will each be able to make a small planter with mums along with a few other fall plants.

September 18th

Come enjoy a nice walk together on the Saco Heath. Hopefully there will be some beautiful Foliage. After we walk up an appetite we will have lunch at The Run of The Mill.

September 19th

What better way to get ready for fall than a trip to Wallingford Farm & Café in Kennebunk. They have a café, baked goods, plants and of course fresh produce!

September 24th

It's Fair Season! Come join us at the Cumberland Fair! Tuesday is Senior day so be sure to bring \$6 cash for your ticket to get in.

September 25th

Feeling Lucky? Come try your luck at the Oxford Casino! We will spend the day here and if you're hungry no need to worry there is a restaurant inside the casino!

September 26th

We are trying something new at 212 Canco Rd. come play BINGO with Vanessa! We will have snacks, drinks and of course prizes!

September 27th

It wouldn't be fall without a trip to go apple picking! Come with us to Libby & Son's for a day at the orchard. They have their famous warm apple cider donuts and smoothies as well. Come pick some apples and enjoy the company of friends in their outdoor seating area. After we are done we will have a later in the day lunch at Town Hille Grill.

October 1st

Why drive when you take the bus up to the Fryeburg Fair! Come spend the day with friends at the fair. It's also senior day so you get in for FREE. This trip requires a lot of walking you must be able to navigate the fairgrounds independently.

October 2nd

Let's get together and have some fun! Whether it be playing games or working on a craft we want to spend time together! There will be plenty of games to play and yarn for knitting. I will also have snacks of course!

SEPTEMBER & OCTOBER PROGRAM DESCRIPTIONS

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October 3rd

Have you explored the new shopping area in Westbrook yet? Come with us as we go shopping at Khol's, The Paper Store and Market Basket. When you're on the bus you will decide as a group if you want to eat at Chic Fil-A or Panera Bread.

October 8th

Come with us to flagship Cinema and Orchid Thai! The time for this trip is to be determined depending on that times of the movies. Plan on a 1pm-7pm trip.

October 9th

Tour Ricker Hill Orchard with us. We will go on a guided tour throughout the orchard. You can pick your own apples, explore the orchard and store and even check out their cider shop.

October 10th

Join us for Brunch at the well known and loved Cracker Barrel! While we are here be sure to check out their country store.

October 11th

Come aboard and enjoy this two-hour scenic excursion from Meredith Station along the western shore of Lake Winnepesaukee, passing through Weirs Beach and Paus Bay towards Lakeport, NH on a restored vintage coach. During the trip, you will be treated to a catered lunch from Hart's Turkey Farm

October 15th

Grab your bags and let's go shopping at Settler's Green for senior discount day.

October 16th

Feeling creative? Join us at Color Me Mine as we paint pottery together.

October 18th

Come get in the Halloween Spirit and see the "Legend of Sleepy Hollow" with us at the Biddeford City Theater. Before hand we will have dinner at The Happy Dragon.

October 22nd

212 Canco Rd. Halloween themed BINGO! We will of course have Halloween candy, snacks and drinks for everyone.

October 23rd

Join us as we tour the Wright Museum of World War II located in Wolfeboro, New Hampshire.

October 24th

There's nothing quite like a fall trip to Freeport. The bus will drop you off L.L. Bean and then you can explore all over!

October 28th

UNE has invited us to join them for their free lectures and films that they will be hosting at USM in Portland. We will be attending their presentation and film on the American Symphony. Prior to the film there will be a reception with light refreshments.

October 29th

Feeling adventurous? Looking for some fun? Join us for a mystery lunch. Where will we go for Lunch? (only the driver knows!) Here are a couple hints it will be located in Maine and the pricing will be your average restaurant prices.

October 31st

Happy Halloween come get spooky and join us for a private tour of the Eastern Cemetery. Established in 1668 making it the oldest historic landscape in the city!

SEPTEMBER & OCTOBER REGISTRATION FORM

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YOU ONLY NEED TO FILL THIS OUT IF YOU HAVEN'T REGISTERED FOR A TRIP IN 2024



Eligibility Requirements for Use of Portland Recreation's 62+ Senior Program Trips and Activities.

Participants must be:

- 62 years of age or older.
- Able to tell time and location / place.
- Able to toilet independently.
- Able to ambulate consistent with the trip/activity and to get in and out of city vehicles with limited assistance.
- Behaviorally appropriate, i.e. not physically or verbally abusive to staff or other recreation participants.
- Able to participate in activity signed up for with limited assistance from staff. • Able to get themselves out of their residence to meet the van / bus and back inside their residence with no assistance from staff, i.e. staff cannot enter participants' residences. • Able to be ready on time when the van / bus arrives at their residence to pick them up to participate in recreation activities.
- Able to be left unsupervised in public areas such as shopping centers, movies, theaters, fairs, etc. without wandering off or forgetting to meet at designated meeting times.
- Able to clearly understand why we are picking them up and where we are going. **Participants with a disability who require an accommodation should contact the Recreation Leader at the time of registration.*

I have read and understand the above eligibility requirements. By signing below I am stating that I meet all of the above requirements. I understand that the Recreation 62+ Program Staff reserve the right to discuss with myself or my emergency contact any questions or safety concerns they may have about my use of the program. I understand the City of Portland may revoke my right to use the program if I become unable to participate in the recreation programs or it otherwise becomes unsafe for me to participate.

Participant: Signature: _____

Date: _____

- Please check this box if you do **NOT** wish to have photos / videos of yourself at our programs, activities, or special events taken. These photos / videos may appear in future promotional materials, including our brochure.

Emergency Contact Information (REQUIRED):

Name: Relationship to Participant: _____

Address: _____

Phone Number (home) (cell): _____

Medical / Health Information (Optional)

Current Doctor: Hospital Preference: Mercy / Maine Med. Current Allergies:

Release Assumption of Agreement, Agreement to Indemnify and Hold Harmless

I am aware that learning or participating in the above activity can be an activity involving risk of injury, including serious injury. I fully understand that the City of Portland, its agents, officers and employees accept no responsibility and will not be liable for any injury, harm or damage to participant's property occurring during or arising out of participation out of said program. To the fullest extent permitted by law, I do hereby agree to assume all risk of injury, harm or damage to participant's person or property (including but not limited to participant's property caused by negligence of the City of Portland, its agents, officers or employees) arising during or in connection with said program, and I do hereby release and agree to indemnify and hold harmless the City of Portland, its agents, officers and employees from any and all liability, actions, damages and claims of any kind and whatsoever (including but not limited to participant's property caused by negligence of the City of Portland, its agents, officers or employees) for injury harm or damage to participant's property that may arise or occur during or in connection with said programs. I also agree to abide by any and all rules, regulations, and policies of the above activity.

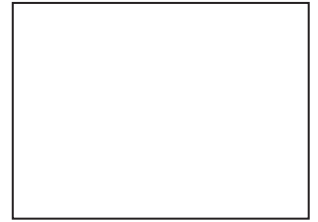
Signature: _____ Date: _____

REGISTRATION FORM

Name	Phone Number:	
Pick Up Address:		
Meals Are Not Included In The Price Of Trips Unless Stated*** are placed next to trips with tickets that are purchased at time of registration. If you cancel this trip and I am unable to find someone to take your place NO REFUND will be given.		
	Cost w/ Transportation	Cost w/o Transportation
September		
9/4- Biddeford Shopping Trip & The 99 Restaurant	\$10	\$0
9/5- Canco Rd. Game Day	\$5	\$0
9/6- Miss Holmes Returns & Governors**	\$42	\$32
9/10- Fall/ Winter Planning With Vanessa	\$5	\$0
9/11- Westport Bowling & Stockhouse	\$15	\$10
9/12- Portland Players Legally Blonde & Elsmere BBQ (\$5 CASH AT DOOR)	5 (Bring \$5 Cash)	\$0 (Bring \$5 Cash)
9/13- South Portland Healthy Aging Fair	\$5	\$0
9/17- Gardening Workshop & Jimmy The Greeks **	\$50	\$40
9/18- Saco Heath Walking Trail & Run of The Mill	\$10	\$0
9/19- Wallingford Farm & Cafe	\$15	\$0
9/24- Cumberland Fair (\$6 Cash at the gate)	\$10 (Bring \$6 Cash)	\$0 (Bring \$6 Cash)
9/25- Oxford Casino	\$10	\$10
9/26- Canco Rd BINGO (Prizes, Snacks & Drinks too)	\$10	\$5
9/27- Libby & Son's Apple Picking & Town Hille Grill	\$10	\$0
October		
10/1- Fryeburg Fair	\$10	\$0
10/2- Canco Rd. Game Day	\$5	\$0
10/3- Westbrook Shopping Trip	\$10	\$0
10/8- Flagship Cinema & Orchid Thai	\$10	\$0
10/9- Ricker Hill Orchard Tour **	\$18	\$8
10/10- Cracker Barrell	\$10	\$10
10/11- Hobo Turkey Tain (The price includes your turkey dinner) **	\$70	\$55
10/15- Settlers Green	\$10	\$0
10/16- Color Me Mine	\$5	\$0
10/18- Legend of Sleepy Hollow **	\$44	\$34
10/22- Halloween BINGO	\$10	\$5
10/23- Wright Museum & Mystery Lunch **	\$25	\$15
10/24- Freeport For The Day	\$10	\$0
10/28- American Symphony Fim & Reception	\$5	\$0
10/29- Mystery Lunch	\$10	\$0
10/31- Eastern Cemetery **	\$10	\$5
TOTAL COST \$		
Credit Card:	EXP.	CVC
Please Make Checks Payable to the "City of Portland"		
Please sign & date that you have read the code of conduct & agree to the trips in which you have registered for		
Signature:	Date:	



parks,
recreation
& facilities



212 Canco Rd., Suite A
Portland, ME 04103-4221

