

50+ September Program

Mystery Meals:

Come jump on the bus for breakfast or lunch without all the hassle. You show up and we'll handle all the reservations and transportation. Register yourself and a friend! The cost of the meal is on your own.

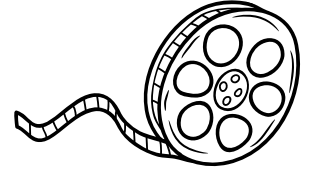
Breakfast: Tuesday, September 3rd
The bus departs at 9:00 am

Lunch: Friday, September 27th
The bus Departs at 11:30am

Cost: \$5.00 per trip
Minimum: 5 people



MYSTERY MATINEE



**Hop on the bus to a local cinema
for a surprise matinee viewing!
Price includes admission to the
movie and transportation.**

Date: Tuesday, September 17th

**Time: Plan to depart from the Ballpark at 10:45am. Stay tuned
for updates from Haley based on showtimes closer to the date.**

Price: \$15.00 per person





Watch the heartwarming story of Elle Woods as she navigates the challenges of Harvard Law School with wit, charm, and determination. Enjoy the show with fellow community members in a friendly and a welcoming atmosphere at the Portland Players! We will stop for dinner at the Olive Garden on our way to the show.

Date: Friday, September 20th

Time: Bus departs from the Ballpark at 4:45pm

Price: \$28.00 per person



APPLE CIDER MAKING & LUNCH

Come along with us to Pineland Farms for a hands-on experience of pressing apples from their orchard and discovering the process of making fresh apple cider. Before we head back, savor a sample and then enjoy lunch on the way home!



Date: Wednesday, September 25th

Time: Bus departs at 9:15 am

Price: \$10.00 per person

Tai Chi for Health and Balance

Are you looking to improve your physical and mental well-being?
SMAA's *Introduction to Tai Chi for Health and Balance* class combines agile steps and gentle exercises to improve mobility, breathing, and relaxation in ways that help you feel greater control over your daily life

September 10 - November 14, 2024
Tuesdays and Thursdays, 10:00AM-11:00AM
OOB Parks & Rec, 7 Ballpark Way, OOB

Tai Chi practice promotes:

- Reduced falls and improved balance
- Improved movement
- Decreased pain
- Improved ability to perform tasks
- Improved strength and flexibility

Many scientific studies have confirmed Tai Chi's effectiveness. The Intro class consists of 20 sessions. Strong class attendance and home practice are highly recommended to promote good outcomes for participants.



Class sizes are limited.

**Pre-registration is required at
www.smaaa.org/events**

Introduction to Tai Chi for Health and Balance is offered through our Agewell program. For more information, please contact us at 207-396-6578 or agewell@smaaa.org



Southern Maine
AGENCY
On **AGING**
EMPOWERING OLDER ADULTS
AND THEIR CAREGIVERS



Bingo Day



Date: Monday, September 30th

Time: 10:30am-11:30am

Price: FREE



Kindly be advised: since this program is free of charge, if there is an excess of participants, only the first 8 winners will receive a prize.

Cancellation Policy:

Please note: we know that things come up and schedules change so we have a few options.

- Registration canceled 2+ weeks from the trip date: you will receive your full payment amount credited to your account (unless listed as a contracted program).
- Registration canceled within 2 weeks of the trip date: you will receive the full amount credited to your account IF we are able to fill your seat with someone from the waitlist.

Thank  you



Recreation Staff:

Jason Webber,
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Nikki Duplisea,
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Tyler Stewart,
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Kira Clark,
Billing & Registration
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Haley Plante,
Wellness, Summer Camp
& Adult Programming
hplante@oobmaine.com



Program locations: unless stated otherwise, all programs and trips will take place at and/or depart from the Recreation Complex at the Ballpark.

Become a member today for \$10.00! Have a program idea? Email or text Haley at hplante@oobmaine.com 207-229-4735

Office hours: 8:30am-3:30pm

Make time to fill out your registration form in advance or register online at www.oobrec.com

Phone: 207-934-0860