

SSPC NEWSLETTER

DECEMBER 2025



What's New!

News: We have a new PT joining our team on 12/15! Please help us welcome, Diane!

Upcoming Events

- Toy Drive: Nov 10th – Dec 12th
- Winter Festival & Visit with Santa: Dec. 13th 1-3pm
- Kids Invite Someone Special (KISS)
Event: occurring during the weeks of 11/24, 12/22, & 12/29

Winter Spirit Week: Dec 15th – Dec 24th

- Monday 12/15: Ugly Holiday Sweater Day
- Tuesday 12/16: Holiday PJs Day
- Wednesday 12/17: Candy Cane Day
- Thursday 12/18: Stocking Day
- Friday 12/19: Holiday Hat Day
- Monday 12/22: Winter Wonderland Day
- Tuesday 12/23: Reindeer/Elf Day
- Wednesday 12/24: Holiday PJ Day

Reminders

Please make sure to notify our front desk coordinators about any upcoming holiday travel plans or any changes that need to be made to your child's schedule!

We want to ensure continuity of care throughout the busy winter season!



Attendance Raffle!

Dates: Nov 24th – Jan 2nd

When your child attends their PT, OT, or Speech sessions between 11/24/25 and 1/2/26, they will receive a raffle ticket! With each raffle ticket, they will get to enter their ticket for a chance to win a prize! Winning tickets will be drawn on January 5th!





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Indoor Winter Fun!

- Create an obstacle course (i.e., pillow cushions balance, walking the line, crawling under a chair)
- Complete an interactive movement/dance video (i.e., Danny Go!, Cosmic Kids Yoga)
- Create a winter themed craft (i.e., build a snowman with playdough, kinetic sand, or paper)

Outdoor Winter Fun!

- Roll large snowballs to build a snowman
- If conditions allow, go ice skating
- Make snow angels
- Children can help shovel the sidewalk or driveway
- Find a hill and go sledding



Winter Festivals and Events

Sparkle Celebration in Freeport December 5-14

Family events such as tree-lighting, Satna, sleigh rides, and music!
Go to sparklecelebration.com for the full schedule

Christmas Boat Parade of Lights Portland Harbor December 13

Watch the boat parade from the waterfront. Boats launch at 4:45 PM.
Go to visitportland.com for more information.

Maine Narrow Gauge Railroad's Portland Polar Express

A beloved tradition that brings a classic story to life with hot cocoa, cookies, and a scenic ride along the Casco Bay.
Go to <https://mainenarrowgauge.org/polarexpress/> for more availability.

