

2022

# Scarborough Holiday Guide



# *Welcome to the Scarborough Holiday Guide!*

The Scarborough Economic Development Corporation (SEDCO), the Scarborough Community Chamber of Commerce (SCCC) and Scarborough Buy Local have teamed up to bring you the Scarborough Holiday Guide featuring local events and products.

We've tried to be comprehensive in searching out Scarborough events, but if we've missed one, let us know and we will add it to the guide. Check back throughout the holiday season, and we will let you know if the guide has been updated.

We've also sought out a few gifts with a Holiday theme. If you find other ideas as you are out shopping, please let us know! For the record, these are items we've seen about town; no merchant has paid for advertising in the guide.

Enjoy the many events that celebrate the holidays in Scarborough and the region. Please have a safe and happy holiday season!



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Please note that we have done our best to represent the correct prices and descriptions. The same is true for all events. Please double check all information with the organization hosting the event. Where possible, we've added links to make this process easier.



# Scarborough Community Events

DECEMBER 2022

## Holiday Extravaganza! - Highland Farm

Bring the family, pick out your Christmas tree and wreath, and enjoy all the festivities this season has to offer. You will start the day with raffles then fresh made cotton candy, hot chocolate and kid crafts! Santa will be there to say hello to all kids from 12pm to 4pm.

**When:** Saturday, December 3 from 9:00am to 5:00pm

**Where:** Highland Farm

## Scarborough Rotary Annual Christmas Tree & Wreath Sale

Choose your fresh cut tree & a beautiful hand decorated Maine wreath from a wide variety at the Citgo Gas Station. Christmas tree sale starts November 26, Mon-Fr 4:30pm – 6:00pm, Sat-Sun 10am-6:00pm. 100% of proceeds go back into the Scarborough community.

**When:** Starting Nov. 26 till Gone

**Where:** Scarborough Big Apple, Corner of Rt 1 & Blackpoint Rd. at the Citgo Gas Station

## Advent Lessons & Carols at St. Maximilian Kolbe Church

The Festival of Lessons and Carols is an Advent service of ritual, scripture, and song. The readings and music will take you from the dawn of creation to the birth of Christ. This is a wonderful way to prepare for Christmas.

**When:** December 5 at 6pm **Where:** St. Maximilian Kolbe Church

## Gingerbread House Decorating by Scarborough Community Services

Gather the family and get creative by decorating a gingerbread house for the holidays! \$20 per gingerbread house. Space is limited so be sure to register soon! House will come pre-assembled. Decorating materials will be provided. Free refreshments and crafts.

**When:** December 16, 6:00pm to 7:30pm **Where:** SCS Hub, 418 Payne Road

## Scarborough Buy Local Holiday Event - Ketcha Outdoors

Mix, mingle & jingle! Join Scarborough Buy Local in its annual holiday event. Sample food from local restaurants, enjoy music by Barney Martin and laugh with comedian Juston McKinney. Tickets and space is limited so grab your tickets today and don't miss out on this very special evening!

**When:** Friday, December 8, 6:00pm **Where:** Ketcha Outdoors

## Santa Drive Through

Greet Santa, Mrs. Claus, and their elves at Wentworth School! Community Services, Scarborough FD and PD, and other local groups and companies will be there to celebrate with you! The Scarborough Rotary Club will be there to receive non-perishable food items. All items will be donated to the Scarborough Food Pantry. (Due to the not-so-cheerful weather Santa in the Park has been MOVED INSIDE to Wentworth School)

**When:** Saturday, December 3, 6:00pm – 7:30pm **Where:** Wentworth School

# Scarborough Community Events

DECEMBER 2022

## First Congregational Church Scarborough Fair – Yuletide Fair

Featuring wonderful, hand-crafted gifts including jewelry, quilts, baked goods & candy, wreaths, tree & home decorations and knitted wearable, and much more!

**When:** Sat, Dec 7, 2022, 9am–3pm **Where:** First Congregational Church, 161 Black Point Rd.

## Flaherty's Holiday Open House

Stop by Flaherty's Family Farm to enjoy mulled cider, Holiday goodies and a visit with Santa. Choose your finest kind Christmas tree, wreaths, garland, kissing balls, baskets and many other items.

**When:** Saturday, December 3, 10am-4:00pm **Where:** Flaherty's Family Farm

## Santa's Wonderland at Cabela's and FREE Photo with Santa

Enjoy free photo with Santa, free crafts and free games & activities. For more information and schedule of activities go to Cabela's website.

**When:** Nov 5 – Dec 24, 2022 **Where:** Cabela's

## Sketch Yourself a Merry Holiday Art Sale

Please join the Library Sketchers for an amazing art sale. Drawings, sketches, paintings, posters, sculpture, fabric art & such. Stock up on amazing holiday gifts!

**When:** Saturday, Dec. 3, 10am to 12:00pm **Where:** Scarborough Public Library, 48 Gorham Road

## Eastern Trail Full Moon Walk (Cold Moon)

Join the Eastern Trail for a full moon walk in Scarborough Marsh. The walks will leave from the Pine Point parking area. Groups will be limited in size to 25 people and masks/social distancing is required. Contact 207-284-9260 or email [info@easterntrail.org](mailto:info@easterntrail.org) No flashlights or pets, please.

**When:** December 8, 4pm-6:00pm **Where:** Scarborough Marsh, Pine Point parking area

## Kids Ornament Workshop at Highland Farm

Bring the kids to create a festive holiday ornament that you can treasure forever! Spaces are limited. Remember to register first.

**When:** December 11 at 11:00am **Where:** Highland Farm

## Santa's Tasty Treats Workshop

Calling all Santa's Elves! Let's get together and decorate some holiday treats before the arrival of Christmas. You will decorate cookies, cupcakes, and other surprises to take home and share. Feel free to dress festive for this one-day workshop. Open to Grades 1-5 students. <http://tiny.cc/kaj1vz>

**When:** December 22 at 10:30am **Where:** SCS Hub, 418 Payne Road

# Selection of Regional Events

DECEMBER 2022

## Gardens Aglow at Coastal Botanical Gardens – A Driving Tour of Magical Light

Gardens Aglow will light up the Boothbay peninsula for the eighth year in a row in 2022. This year, the seasonal celebration returns to its roots as a walking event with a new, reimagined design and more than 750,000 LED lights woven through 14 acres of central gardens. All tickets must be purchased in advance; no admission tickets will be sold onsite. Gardens Aglow delights people of all ages.

**When:** November 19 – December 31, Thursday-Sunday, Arrival times at 4 p.m., 5:30 p.m., 6:30 p.m., 7:30 p.m.

**Where:** Coastal Botanical Gardens, Boothbay, Maine

## Northern Lights Celebration at L.L. Bean

L.L. Bean is turning its Freeport campus into a winter wonderland where you can play, shop and be merry together. Enjoy ice skating, model train village, life-size snow globe, twinkle light tunnel and many more. Fun is always on the schedule at L.L.Bean.

**When:** November 18 – December 31, 2022    **Where:** Freeport, Maine

## Children's Craft Day

Calling all children to the Dyer Library to make Holiday decorations for your tree and home! This is a free activity and will help your kids get creative be involved in holiday preparations.

**When:** December 3, 9:30AM - 12PM    **Where:** Dyer Library, Saco

## Holly Daze Parade and Tree Lighting

The 2022 Holly Daze Parade will begin at 5:30 pm Emery St & Main St and go through Downtown. The area around Central Park will be closed to traffic after the parade passes until shortly after the Tree Lighting (between 6-6:15pm). There is a \$25 administrative fee to join the event. Parade participants can sign up at <https://sanfordme.myrec.com/info/default.aspx>

**When:** December 2, 4:30PM - 5:30PM    **Where:** Sanford, Maine

## Santa Pictures at the Maine Mall

Make this holiday magical by visiting St. Nick! Santa's helpers have been working hard decking the halls, so don't miss out! Take photos with Santa and create magical moments for you and your family. Children within all spectrums of special needs and their families are welcome to join us for our sensory-friendly visit and photos with Santa!

**When:** December 1 - December 24    **Where:** Maine Mall

## Christmas at the Victoria Mansion

Victoria Mansion's holiday season theme is *A Maine Christmas!* Self-guided tours of the decorated house will be offered Tuesdays through Sundays. Portland Ballet will return to the Mansion for Night of The Nutcracker on Sunday, December 4th and Sunday, December 11th.

**When:** November 25 – January 8, Tuesday-Sunday    **Where:** Portland, Maine

# Selection of Regional Events

DECEMBER 2022

## The Polar Express Train Ride

The magical journey to the North Pole departs from Ocean Gateway Visitor Center. Enjoy hot chocolate and cookies, say hello to Santa, sing along to carols and listen to a reading of the story as you journey to the "North Pole." Cost: \$50 First Class seating | \$35 Coach seating

**When:** November 25 – December 23 **Where:** Portland, Maine

## Portland Ballet Presents A Victorian Nutcracker

A Victorian Nutcracker is a retelling of the classic story of a young girl's Christmas Eve dream, brought on by a curious gift of a nutcracker, in which she travels to the Sugar Plum Fairy's Land of the Sweets.  
Cost: \$27 - \$63

**When:** December 17, 18, 2022, 2:00pm **Where:** Westbrook PAC

## Maine State Ballet presents The Nutcracker

Maine State Ballet presents the 46th Nutcracker live at Portland's Merrill Auditorium from Friday November 25 through December 4th. Under the direction of Artistic Director and former New York City Ballet member Linda MacArthur Miele, The Nutcracker features the classic story of Clara and the Nutcracker Prince with glorious sets and dazzling costumes. Tickets are \$26-\$85.

**When:** December 3 & 4 at 2PM & 7PM **Where:** Merrill Auditorium, Portland ME

## Kennebunkport's 41st Christmas Prelude Celebration

Experience hat parade and Pooch parade, caroling at the monastery, craft fairs, Santa cruise by on a lobster boat, live music and much more! The town is picture-perfect, especially with holiday lights and a dusting of snow, ideal for photo-ops, while seashore holiday trolley rides, wine tasting and lobster bakes are hosted too.

**When:** December 1 – 11, 2022 **Where:** Kennebunkport

## Holiday at Hadlock

The Sea Dogs will turn the place of summer memories into a winter wonderland this Saturday. The free event, open to the public, will be highlighted by Santa's arrival from the North Pole via helicopter (ELF One). Festivities include: arts & crafts, free hot chocolate & cookies, holiday music, face painters and more!

**When:** December 3, 2022 10AM - 12:30PM **Where:** Portland Sea Dogs

## Christmas Pony Rides

Come to support Ladawns Therapeutic Riding Center, ride a therapy horse and take your picture with the horses and Santa! All proceeds from this fundraiser go directly to the care of the therapy horses. \$15/ride, pictures extra cost.

**When:** December 3, 11:00am-2:00pm

**Where:** LaDawn Quarter Horses Therapeutic Riding, Dayton



# Selection of Regional Events

DECEMBER 2022

## 44th Holiday Annual Arts & Crafts Show

Join United Maine Craftsmen for the 44th Annual Holiday Arts & Crafts Show. Find hundreds of ways to check off that holiday list while you meet the makers and find out what makes their handmade creations so special.

**When:** December 3 & 4, Saturday 9am - 4pm, Sunday 10am - 3pm **Where:** Portland Expo

## Santa & the Goats

Visit and take pictures with Santa and the goats! There may also be some other animals on hand, depending on weather and conditions. Ice Cream Barn will be open serving soups, sandwiches, mac & cheese, and more from 11-3. The cost of this event is \$12 per group of up to 4 people; \$3 for each additional person. You will pay upon arrival, as there are no advance tickets or reservations.

**When:** December 3, 4, 10, 11 at 10:30 **Where:** Smiling Hill Farm

## Merry Madness Passport

Do you love shopping? Get a Merry Madness Passport! It is a pocket-sized booklet filled with in-store and online deals, discounts, and special offers. The 2022 festivities launch with the Merry Madness Kickoff Party on Thursday, December 8th at the beautiful & historic U.S. Custom House. More than 40 participating downtown retailers stay open late to offer Merry Madness shoppers exclusive specials as they shop their way around downtown.

**When:** December 1 - December 31 **Where:** Portland

## Copper Beech Tree Lighting

The annual Copper Beech Tree Lighting returns to brighten up your holiday season! Festivities start at 6 p.m. with poetry readings, songs, sweet treats provided by the Black Tie Company, and take-home lantern making activities. The Tree Lighting is at 6:30 p.m. After the lighting, warm up in the PMA galleries and check out the concept designs for the PMA's new wing during Free Friday until 8 p.m.

**When:** December 2 at 6:00pm - 7:00pm **Where:** Portland Museum of Arts

## Biddeford Downtown Holiday Festival

The evening will feature a visit from that jolly old elf Santa, a tree lighting, Christmas carols and fun holiday performances and games in City Square next to City Hall on Adams Street. People may roast marshmallows on an open fire with the Biddeford Recreation Department or enjoy free desserts from around the world prepared by the Biddeford Cultural and Heritage Center. The Salvation Army will bring their brass band to perform carols, and there will be traditional cookies from Reilly's Bakery.

**When:** Friday, December 2, 2022 **Where:** Downtown, Biddeford

## Celebration by the Sea: Park Lighting

Celebration by the Sea 2022 will hold a free lighting ceremony at Veteran's Memorial Park on Sunday, December 4th. Trees throughout the park and the gazebo will be decked out with lights and throughout the holiday season. Children can get their photos with Santa and Mrs. Claus. The Salvation Army Ensemble will perform and hot cocoa will be provided. There will be crafts at the Chamber and at Libby Library.

**When:** December 4, 3:00pm - 6:00pm **Where:** Veteran's Memorial Park, Old Orchard Beach



# Selection of Regional Events

DECEMBER 2022

## Saco Holiday Festival & Parade of Lights

Featuring visit from Santa, crafts for kids, S'mores, trolley running down Main Street with stops along the way to see horse drawn carriage rides, 20-30 highly decorated trees and wreaths creating a magical winter wonderland, caroling and the lighting of the Saco tree followed by the "Parade of Lights"

**When:** Friday, Saturday, December 2 -3, 2022 **Where:** Main Street, Saco

## Magic of Christmas by Portland Symphony Orchestra

Celebrate the Magic of Christmas with your Portland Symphony Orchestra! This beloved tradition (now in its 43rd year!) will feature brilliant renditions of holiday classics new and old!

**When:** December 9 – 18, 2022 **Where:** Merrill Auditorium, Portland

## Christmas with Kennerley & The Kotszmar Organ

Join Portland's own Municipal Organist, James Kennerley, and Special Guests for an evening filled with joy, magic, and the awe-inspiring sound of the mighty Kotszmar Organ. It's an unforgettable celebration of the holiday season – live in Portland's beautiful Merrill Auditorium.

**When:** December 19, 2022 at 7 PM **Where:** Merrill Auditorium

## Disney on Ice: Celebrates Mickey and Friends

Grab your Mickey ears and get ready for the ultimate party with more than 50 unforgettable Disney characters. Hosted by Mickey and Minnie, go on an adventure through 14 of the greatest Disney stories ever told. Sing along with Olaf as he dreams of summer and dance with Aladdin as he stays "one jump ahead" in Agrabah. Tickets start at \$15.

**When:** December 15 – 18, 2022 **Where:** Cross Insurance Arena

## Makers Market at the Point

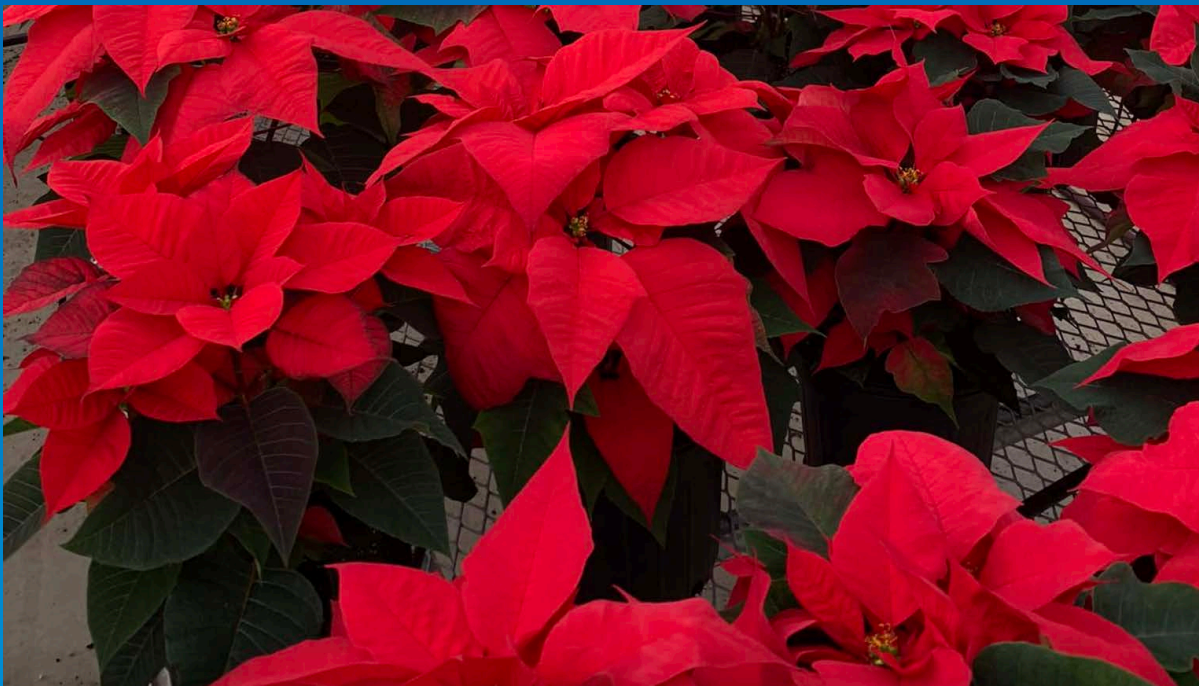
Support local farms, artisans, artist, movers and shakers at the best curated Market in Portland. Stock up on fresh farm products, purchase handmade items, enjoy delicious craft food and beverage and spend some time socializing. With a mix of farmers, artisans, vintage, jewelry, local food, crafts and more.

**When:** December 4 & 18, 2022 **Where:** Thompson's Point, Portland





*Poinsettia Sale at the Morrison Center*  
60 CHAMBERLAIN ROAD





## *ACE Oak Hill & Dunstan Hardware*

From modern farmhouse and casual country home decor to New England land and sea collections celebrating everything the seacoast has to offer, you'll find something for everyone on your list this holiday season in Oak Hill Ace Hardware's gift section. Our unique, hand-curated selection of gift and decor items is a collection you won't find anywhere else! Fill stockings with Maine-made treasures like balsam pillows, hand-made cards and art, hand-dipped taper and soy candles, books by local authors, and so much more. You'll find great hostess gifts, kitchenware, and maybe a little something for yourself there, too! Don't forget to shop the rest of the store for dads, DIYers, crafters and others with brands like Yeti, Big Green Egg, Weber, Milwaukee, and more.

[ScarboroughAceHardware.com](http://ScarboroughAceHardware.com) • 29 Gorham Road • (207) 883-5058



Stop by Jojo's Thai Kitchen this holiday season to enjoy authentic Thai cuisine. We offer classic Thai dishes as well as some seldom found favorites from our hometown.

Eat in or take away, our food is fresh and delicious. We can cater to almost any dietary restrictions and our wide variety of dishes are sure to have an option to please everyone.

Our gift certificates are available in store. We also have catering options for your holiday parties.

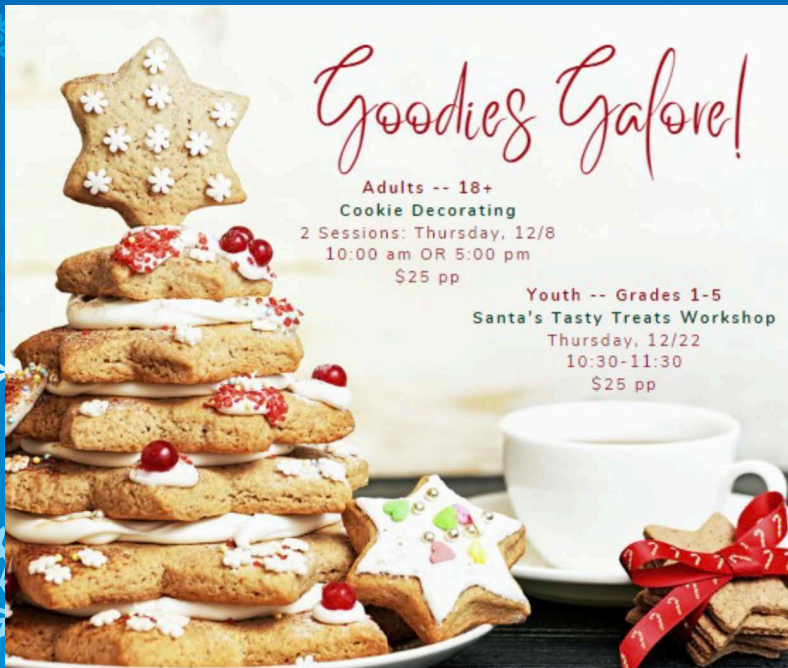
[jojosthaikitchen.com](http://jojosthaikitchen.com)  
183 U.S. Route 1  
(207) 883-5625



# SCARBOROUGH COMMUNITY SERVICES



*Santa in the Park has been **MOVED INSIDE** to Wentworth School at 6-7:30pm, Saturday, December 3. Although you'll now have to get out of your cars and do a little walking, we'll still be celebrating with our community friends and more importantly... Santa and Mrs. Claus!*



*Goodies Galore!*

Adults -- 18+  
Cookie Decorating  
2 Sessions: Thursday, 12/8  
10:00 am OR 5:00 pm  
\$25 pp

Youth -- Grades 1-5  
Santa's Tasty Treats Workshop  
Thursday, 12/22  
10:30-11:30  
\$25 pp

A stack of decorated cookies, including a large star-shaped cookie, is shown next to a white mug of coffee and a small stack of cookies tied with a red ribbon.

*Gather the family and get creative by decorating a gingerbread house for the holidays!  
House will come pre-assembled. Decorating materials will be provided. Free refreshments and crafts.  
20 per gingerbread house. Space is limited so be sure to register soon!*

[www.facebook.com/ScarboroughComServ](http://www.facebook.com/ScarboroughComServ)

Scarborough Professional Firefighters  
Help Support our Charitable Fund  
Saturday December 3<sup>rd</sup> 2022



# Christmas Tree Sale

RT 1 @ Payne RD  
Scarborough, Maine  
9am- Till they are gone...!!



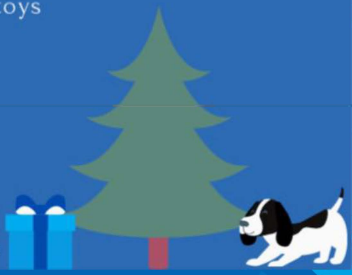
# Toy Drive



Let's give the rescue pups the best Christmas ever! We're running a toy drive to benefit Fetching Hope Rescue.

We'll be collecting toys until December 16th

- Durable and tough toys
- Nylabones
- Benebones
- Yak Chews
- Antlers
- Kongs
- West Paw
- Please no raw hides



# SCARBOROUGH ROTARY ANNUAL TREE SALE!

TIS' THE SEASON



NOVEMBER 26TH - TIL GONE  
LOCATION: SCARBOROUGH OAKHILL CITGO GAS STATION  
WEEKDAYS: 4:30PM-6PM  
WEEKENDS: 10AM-6PM



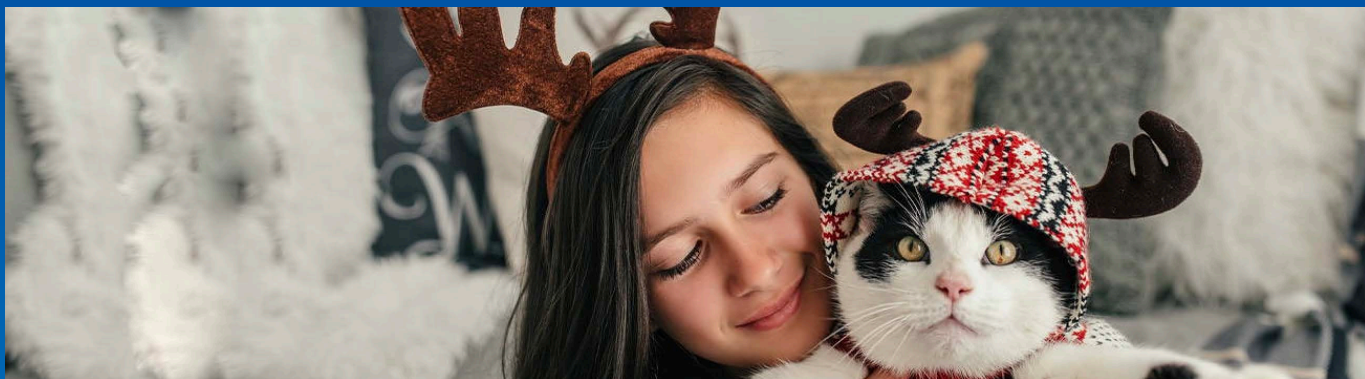
100% OF PROCEEDS GO BACK INTO THE SCARBOROUGH COMMUNITY

# Loyal Companion

FIND SOMETHING FOR EVERYONE.

We've made a list and checked it twice to put together just the right items. But while you're shopping for your own dog or cat, don't forget the other pets on your gift list. Know someone with a new furry family member? Send a present to say "welcome home."

[LoyalCompanion.com/pages/gift-guide](http://LoyalCompanion.com/pages/gift-guide)  
200 Expedition Drive • (207)883-3674



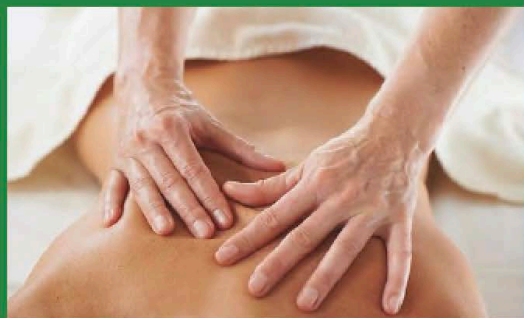
## Idylwild Yoga & Healing Arts



[idylwildyogaandhealingarts.com](http://idylwildyogaandhealingarts.com)  
207-266-9297

### Let Your Inner Light SHINE!

Now offering Monthly Restorative Yoga mini-retreats, Therapeutic Massage Ayurvedic Health Counseling, and coming soon: Ayurvedic Bodywork! Check out these offerings and more!



# HOLIDAY GIFT CARD

*Special*

Buy \$50 Get \$5  
Buy \$100 Get \$10

Sale ends 12/31/2022

*We open on Christmas !!!!*

11 am – 9 pm



Dine in • Take out • Reservation



Japanese restaurant & Bar



## *The Cheese Iron*

Holiday treats and gifts  
from around the world.

Stop on by this holiday season and  
experience The Cheese Iron.

Cheese, Wine  
Specialty Foods  
Custom Made Gift Baskets  
Gift Certificates  
Chocolate and Confections  
LUNCH

[thecheeseiron.com](http://thecheeseiron.com) • 200 U.S. Route 1 • (207) 883-4057

# Nonesuch River Brewing



*Santa's Reinbeer (Christmas Beer) on draft and in cans*

*Thanksgiving/Christmas season!*

*We also have gift cards, growlers, red mugs with Santa's Reinbeer, 4 Packs and more!*

**NonesuchRiverBrewing.com • 201 Gorham Road • (207) 219-8948**

*Happy Holidays!!*

*From*

**MEND**

Health & Wellness of Maine



**gomendhealth.com**

**560 US Route 1, in Scarborough**



LenLibby.com  
419 U.S. Route 1  
(207) 883-4897



**MAINE SNOWHOVEL**  
CRAFTED IN CHOCOLATE BY LEN LIBBY

WE HAVE  
THE BEST SNOW SHOVEL  
FOR THE SEASON!

8 INCHES OF OUR  
DELICIOUS MILK CHOCOLATE  
\$11.95 EACH

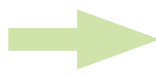
**LEN LIBBY**  
CHOCOLATIER ~ MAINE

419 U.S. ROUTE ONE, SCARBOROUGH, ME 04074  
(207) 883-4897

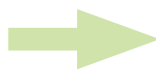
HOME OF LENNY THE MOOSE!

Give  
the Gift  
of Health  
for the  
Holidays

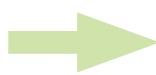
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**Small Group Classes**



**Nutrition**

Gift Certificates Available!



**PERFECT FIT**  
HEALTH & FITNESS

25 Plaza Drive, Scarborough, ME • 207.883.1770



# Dunstan Tap & Table



Thank you to our amazing community for your support throughout 2022! We are forever grateful for all of our friends and neighbors - we love serving you!

## Holiday Hours:

Christmas Eve: 11:30am to 4pm

Christmas Day: CLOSED

New Years Eve: 11:30am to 9pm

New Years Day: 11:30am to 4pm

*Gift Cards and Newly Designed Hoodies, Winter Beanies, Baseball Hats and T-Shirts available for purchase for your holiday needs!*

**CHEERS TO 2023!!**

[dunstantapandtable.com](http://dunstantapandtable.com)

## Sketch Yourself a Merry Holiday!

Saturday, December 3, 2022

10:00am to Noon



Stock up on amazing holiday gifts created by the Library Sketching Group!

CARDS. DRAWINGS.  
SKETCHES. PAINTINGS.  
SCULPTURE. FABRIC  
ART. & MUCH MORE!

Meet the actual  
Sketchers!!

# Pine Tree Seafood

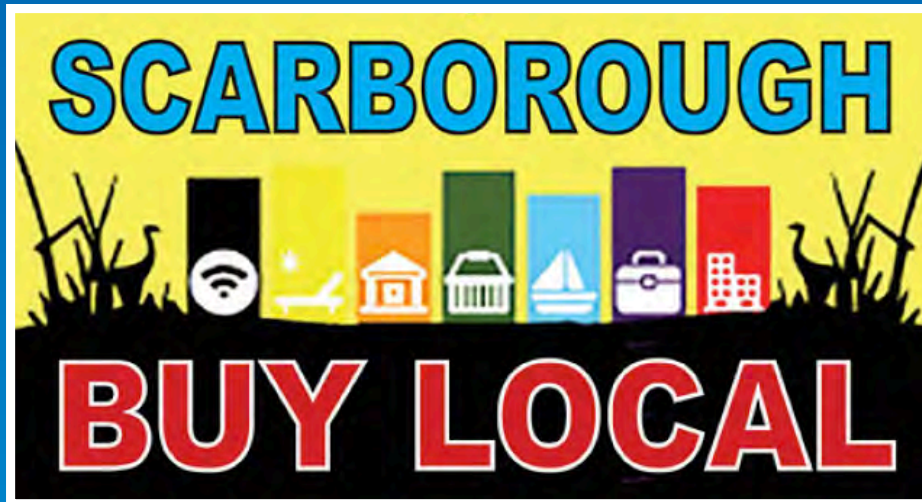
Pine Tree Seafood offers:

- Fresh Seafood, locally harvested lobster delivered daily
- Fresh lobster meat handpicked onsite daily.
- Lobster and Shellfish steam-cooked for free
- Two Fat Cats Bakery provides fresh baked pies and pastries

[PineTreeSeafood.com](http://PineTreeSeafood.com)

655 U.S. Route 1

(207) 730-7121



Please support Scarborough Buy Local members by shopping locally for that special gift for that special someone throughout Christmas.

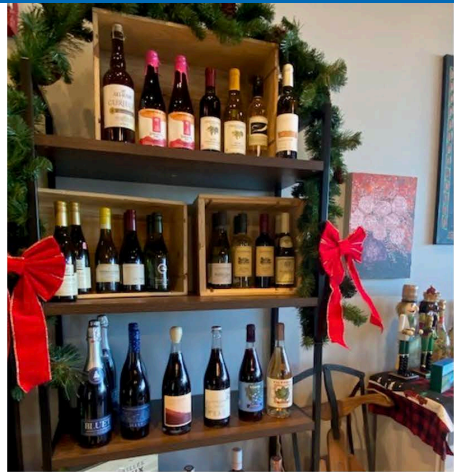
**Shop local and support your local economy  
this Holiday Season.**

# Village Center Auto Care

IT'S THAT TIME OF YEAR  
AGAIN EVERYONE!

Buy prepaid gas cards in any  
amount over \$5.00 at Village  
Center Auto Care -- the  
Sunoco station at Oak Hill.  
The cards can also be used for  
anything in the store or  
towards auto repairs.

239 U.S. Route 1  
VillageCenterAutoCare.com  
(207) 883-2557



## Spirits, Fine Wine & Craft Beer

Perks Beer & Beverage

400 Expedition Drive (Cabela's Plaza)

Perksbeerandbeverage.com

# Scarborough Pilates

Scarborough Pilates a fully equipped Pilates Studio located behind Lois's Natural Marketplace, offers online live and recorded classes as well as small reformer classes and private sessions.



ScarboroughPilates.com  
152 U.S. Route 1, Suite 12  
207-219-8026

This Holiday Season Scarborough Pilates is offering a variety of Special Discounts.

Give the gift of Pilates to yourself or someone you love!

We offer these discounts until Dec. 31st:

- Live Unlimited Online Classes for the week: ONLY \$35
- In-Person Reformer Classes Buy 10 and get 12: Only \$200 or 6 for 5: \$115
- New to Pilates: Sign up with a friend for a private duet package 2 sessions each for \$120.00 or (60 each) or Introductory Private sessions 2 for \$99.00

Email to schedule your sessions at [scarboroughpilates@gmail.com](mailto:scarboroughpilates@gmail.com)  
Gift Cards available at Studio or online  
Class schedule at [scarboroughpilates.com](http://scarboroughpilates.com)

# Field Nutrition



Happy Holidays from Field Nutrition. Enjoy the taste of eating right this holiday season with personalized nutrition coaching from your local registered dietitian.

Meghan Field • [fieldnutrition.net](http://fieldnutrition.net)

