

ADULT & SENIOR PROGRAMS

September - December 2022



Newsletter Mailing List - Keep up with the latest offerings from Windham Parks & Recreation!

We send out a newsletter 3 times a year, as well as digitally produce our newsletters and program information. This allows us to pass on 3rd party program information that could be of interest to you. If you would like to be added to the email or physical mailing list, please call us at 892-1905.

How to Register for Programs:

Online: www.windhamrecreation.com—Once you create an account, this is a fast, easy way to register for programs. Click any title in this brochure to access the registration page!

Walk-in: We are located on the 1st floor of Windham Town Hall, just up the stairs when you walk in.

Mail: Windham Parks and Recreation, 8 School Road, Windham ME 04062—Utilize the registration form included

Policies (full list of policies can be found at windhamrecreation.com):

First paid, first served for all: Registrations must be received before attending any program.

Payment Options: Cash, Check (payable to Town of Windham) or Credit Cards (in person or online, please note that we do not accept American Express)

Voucher Program: Windham's General Assistance is here to help!

Windham residents ages 55+ are eligible for funding based on income and need. In order to maximize the number of residents we can assist, partial subsidy vouchers will be awarded for 50% or 75% off the program fee. Fee will be adjusted at the time of registration.

In order to be eligible for this ongoing scholarship program, you must complete an application and meet with Windham Social Services to be approved. Application and more information may be found online at windhamrecreation.com, you may pick one up in the Parks & Recreation office, or you may call us at 892-1905 and we will mail one to you.



OUTINGS



Apple Picking at Brackett's Orchard

Join us for a trip to Limington to visit Brackett's Orchard, a family-owned farm since the 1780s. Participants can pick their own apples, or select pre-picked apples. We'll also visit their farm stand for some homemade goodies before heading to lunch at Peppermill Restaurant.

Date: Tuesday, September 13
Time: 9:30 AM - 2:30 PM
Cost: \$ 15 - lunch on your own



Fryeburg Fair

Let us get you there for Senior Day—no worry about traffic or parking! Maine's largest agricultural fair sits on 185 acres and has over 100 buildings and 3,000 animals. Ages 65 and over get in for free!

Date: Tuesday, October 4
Time: 9:00 AM - 4:00 PM
Cost: \$ 15 - food on your own



Oxford Casino

Could you be the next big winner? Special promotions and hourly drawings will occur throughout the day. Join us for a trip to this favorite destination!

Date: Wednesday, November 2
Time: 9:30 AM - 3:30 PM
Cost: \$ 15 - lunch on your own



"Turkey Dinner Train" Excursion on the Lake Winnepesaukee Scenic Railroad

Join us for our 2-hour Turkey Dinner Train along the western shore of Lake Winnepesaukee, departing from Meredith Station. A traditional turkey dinner will be served during the ride. Enjoy some breathtaking foliage with a great meal!



Date: Wednesday, September 28
Time: 10:30 AM - 5:00 PM
Cost: \$ 60 - everything included!

Mystery Breakfast

We have found another great place that has great food for great prices. We always seem to choose our activities around lunch, but this time, we chose breakfast instead.



Date: Wednesday, October 19
Time: 9 AM - 12:30 PM
Cost: \$ 15 - meal on your own

Holiday Lunch at Stone Mountain Arts Center

Nestled in the foothills of the White Mountains in Brownfield, the Stone Mountain Arts Center is a beautiful timber frame music hall hosting national acts up close and personal. For one day, it will be our very own performance venue where we will enjoy a home-style luncheon while we listen to Carol Noonan perform traditional holiday music.



Date: Wednesday, December 7
Time: 10:00 AM - 2:30 PM
Cost: \$ 59

The Victorian Nutcracker

A Portland tradition, The Victorian Nutcracker tells the timeless holiday classic, with sets and costumes inspired by the Victoria Mansion. Featuring dancers from Portland Ballet alongside a cast of talented local youth, The Victorian Nutcracker brings the story to life for audiences young and old. After the show, we will be having lunch at Olive Garden. A limited menu with prices ranging from \$12.99-\$20.99 will be offered.



Date: Thursday, December 22
Time: 9:00 AM - 2:00 PM
Cost: \$ 20 - Lunch on your own





PROGRAMS



Exploring Mushrooms at the New Hampshire Mushroom Company

Ever wonder if a mushroom in your backyard is edible? Come tour New Hampshire Mushroom Company's growing operation and learn about identifying mushrooms. Lunch will be at Mountainview Station Restaurant in Ossipee.

Date: Tuesday, October 25

Time: 8:30 AM - 3:00 PM

Cost: \$20



Holiday Lunch

Co-Hosted with Age Friendly Windham

Join us at Town Hall for a holiday sit-down lunch. Listen to YOUR favorite songs played by Ron Bergeron while you enjoy a delicious holiday meal catered by Duck Pond Variety (aka Starlite Catering)!

Registration and payment is required by 4:00 PM on Wednesday, November 16.

Date: Friday, November 18

Time: 11:00 AM - 1:00 PM

Location: Windham Town Hall Gym

Cost: \$10

This event is being sponsored through a generous donation from Maverick Cannabis Co.

Family Line Dancing Party

Flamin' Raymond and Sizzlin' Susan will provide the music and instruction - come to this family-friendly event and help raise money for Neighbors Helping Neighbors!

Date: Sunday, November 6

Time: 1:00 PM - 4:00 PM

Location: Windham Town Hall Gym

Cost: FREE! - donations accepted



Holiday Lights Tour

Hop on board the "MAGIC" Christmas Light Finder Bus and join us for some holiday spirit, and as always, lots of fun!

Date: Tuesday, December 13

(Snow Day: 12/14)

Time: 6:00 PM - 8:00 PM

Cost: FREE!

"Recipes from Grandma's Kitchen"

Do you have a recipe your parents or grandparents used to make? Do you have a new recipe your family raves about? Gardening has become a hit these days with old and new recipes emerging. Help us create memories of a community cookbook and include a picture, old or new, with your family member and the delish dish!

Recipes can be submitted in-person at the Parks & Recreation office, or via email at parks&recreation@windhammaine.us. Recipes will be compiled into a community cookbook, available for purchase in 2023, with proceeds going to improve park amenities designed for greater comfort and accessibility for seniors!

Weekly Shopping in No Windham

Our regular scheduled shopping day is Thursday, although factors that could require us to adjust this may include: inclement weather, transportation conflicts with Parks & Recreation programs or driver availability. We will try, to the best of our ability, to let participants know of any schedule change as far in advance as possible.

- The shopping trip stays concentrated in the North Windham area.
- We are not able to accommodate individual appointments
- You will be required to call in and reserve your spot between Monday—Wednesday of each week.

OTHER PROGRAMS AND SERVICES



Windham Raymond Adult Education

Adult Education Offerings

A Matter of Balance

Are you worried about balance and falls? In this nationally recognized 8-session workshop, you will learn to view falls as something you can control, make changes around the home to reduce fall risks, exercise to increase strength and balance, and learn how self advocacy can help you stay independent. This is a social and discussion-based class with the goal of learning from fellow participants.

Wednesdays & Fridays, Sep 21 - Oct 14, 1:30 - 3:30 PM - WRAE Building (Behind High School)

Tai Chi for Health & Balance

Tai Chi uses gentle Sun-style movements that are safe, easy to learn, and suitable for every fitness level. The ancient discipline of tai chi combines agile steps, joint-safe exercise and mental strength to improve mobility, breathing, and relaxation in ways that help you feel greater control over your daily life.

Mondays & Wednesdays, Sep 19 - Nov 28, 1 - 2 PM - Windham Town Hall Gym

**Register for Adult Education Programs at www.smaa.org/events
or by calling (207) 396-6578**



Age Friendly Windham is dedicated to helping the town's older residents remain independent and help them thrive while aging at home. The Age Friendly Committee needs volunteer support to help in advancing this mission. Please consider becoming a committee member or volunteering your time in whatever area you are most interested.

What Committee Members Do:

- Attend planning meetings one time/month
- Assist in developing goals and action plans for each area of focus
- Recruit and solicit involvement and support of local civic organizations, businesses and individuals
- Help to publicize the work of the committee through various marketing methods
- Solicit volunteer support for the work being done

What a Volunteer Might Do:

- Participate in a senior check-in program in coordination with Public Safety
- Assist in home renovation or maintenance projects coordinated by organizations dedicated to keeping seniors in their homes
- Provide transportation to medical appointments for seniors who can no longer drive
- Volunteer at programs that offer a social outlet to seniors who may be isolated
- Assist in the delivery of programs that enhance physical and cognitive functioning for aging seniors

**For more information and to become involved,
E-Mail contact@agefriendlywindham.org or call (207) 892-4649**