

ADULT & SENIOR PROGRAMS

January - April 2023



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.

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, 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



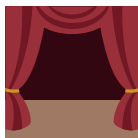
"Crimes of the Heart" at the Good Theater

Join us on a trip to the Good Theater in Portland for a showing of "Crimes of the Heart," winner of the 1981 Pulitzer Prize!

Date: Saturday, January 21

Time: 2:00 - 6:00 PM

Cost: \$ 45



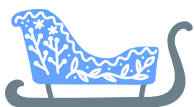
Sleigh Ride at High View Farm

"Over the hills and through the woods, on a forever adventure we go..." Join us for a trip out to High View Farm in Harrison for an old-fashioned sleigh ride. This registration includes a warm fire and hot chocolate with marshmallows!

Date: Thursday, February 16

Time: 11:30 AM - 4:30 PM

Cost: \$ 38



Irish Luncheon

at Falmouth Community Center • For Ages 55+

Don your green and celebrate Irish American Heritage month and the Luck of the Irish in style with friends and neighbors. Enjoy some special St. Patrick's Day entertainment with the Stillson dancers and a delicious traditional Irish meal of corned beef and cabbage presented by your favorite leprechauns.

Date: Wednesday, March 15

Time: 10:30 AM - 3:00 PM

Cost: \$ 39



Mystery Day

Our first mystery will start with breakfast. From there, it's anyone's guess...

Date: Tuesday, April 25

Time: 8:30 AM - 3:30 PM

Cost: \$ 15 - Breakfast on your own



Country Sunday

Join us for an afternoon of live country, folk, and light rock by some of your favorite Maine musicians and bands. The house band for the afternoon, The Lost and Found Band, features Windham Parks & Recreation's own Lynn!



Date: Sunday, February 5

Time: 12:00 - 4:00 PM

Cost: \$ 22

JFK Library & Museum - Boston

We're joining other Parks & Rec departments on a trip to Boston in honor of President's Day! Explore the JFK Presidential Library & Museum as well as a simulated Senate session.

This trip departs from Cabela's in Scarborough and we are unable to provide transportation to the meeting point.



Date: Thursday, February 23

Time: 7:45 AM - 6:00 PM

Cost: \$ 80 - please bring a lunch

Lunch at the Green Ladle

The Green Ladle is the culinary arts program at Lewiston Regional Technical Center. The students come from six area high schools to run a top-tier restaurant. The 4-course meal this class prepares is to die for!



Date: Friday, March 31

Time: 10:00 AM - 2:30 PM

Cost: \$ 30

Spring at Stone Mountain Arts Center

• For Ages 55+

The December event was so popular that they've invited us back in the spring! We'll enjoy a delicious lunch and performance by Stone Mountain's owner, Carol Noonan.



Date: Thursday, April 13

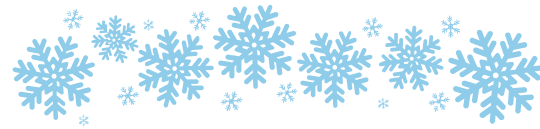
Time: 10:00 AM - 2:30 PM

Cost: \$ 59

REGISTRATION FOR ALL OUTINGS OPEN JANUARY 3



PROGRAMS



Winter Fitness Challenges

This winter, we've put together two four-week fitness challenges targeting different goals to keep you strong and balanced!



Session I: Stretching & Balance

Dates: February 6 - March 3
Please register by January 30

Session II: Strength Building

Dates: March 6 - March 31
Please register by February 27

Let's Play Bingo!

For the month of February, Bingo players are needed!

Once you register you will get a "cool" bingo card by mail. We will draw 2 daily numbers (M-F) until someone gets BINGO! When you get a BINGO! you will call or email us to let us know. Once we verify we have a winner, we'll start another game.

If we find it's popular, we may keep playing beyond February.

Please register for this FREE program by Monday, January 25th in order to start playing on February 1st.

To register, call (207) 892-1905 or visit windhamrecreation.com

Easter Luncheon

Co-Hosted with Age Friendly Windham

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

Registration and payment is required by 4:00 PM on Wednesday, April 5.

Date: Friday, April 7

Time: 11:00 AM - 1:00 PM

Location: Windham Town Hall Gym

Cost: \$25



Morning Indoor Walking at Windham Town Hall Gym

Looking for a nearby dry, warm, and FREE place to keep fit through the winter? We are opening our Town Hall Gym on **Monday, Wednesday, and Thursday mornings from 8-9 AM** for community members to walk laps with their neighbors! We've measured out the gym, making it easy to track your mileage, and will be rewarding participants for their progress!

This program begins Monday January 9 and registration is required.

Please note that this program will not be held on days Town Hall is closed due to holidays or weather.

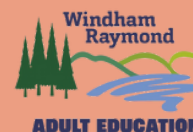
Weekly Shopping in No Windham

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

Adult Education Offerings - Perfect for Seniors!



BoomerTECH Adventures!

WRAE is pleased to announce a new partnership with three Maine educators who decided to repurpose instead of retiring! They've brought us many offerings with "Boomers" in mind, including Intro to iPhone Basics, Taking or Editing iPhone picture, Taking Fabulous Photos of Flora & Fauna, Hidden Gems Lurking on your iPhone or iPad, Digital Tools for the Memoir Writer, and more! These classes are all "Take it when you want it" classes.

See catalog on our website www.windham.maineadulted.org

Rebuilding Energy and Endurance at Any Age

Carole Freeman, B.S., RRT, Breathing Specialist

Yes, it's true, you can literally breathe new life into your body. Every cell in your body is dependent on breath to deliver blood, oxygen, and nutrients. Learning how to strengthen your respiratory system has been the missing link to overall health and fitness. The course is presented as if the student will give themselves at least 3 -6 weeks to implement the exercises and techniques.

Live Zoom with Carole: Mon., 2/6-2/27; 5-8 pm; Zoom; \$115

Live Zoom with Carole: Tues., 2/7-2/28; 10 am-1 pm; Zoom; \$115

Or Open Enrollment - take it when you want!; Online; \$47

Watercolor Intermediate/Advanced, Charlene Lee

If you're experienced with watercolor painting and want to take it to a higher level, join other watercolorists to learn more about composition, explore new painting techniques, and expand your color palate. Each class includes a lesson with a sample drawing, color suggestions, painting techniques, and helpful feedback. You are strongly encouraged to paint between classes and bring in work to share.

Wednesday, 2/8-3/29; 1-3:30 pm; Windham Veterans Center; \$94

Valentine's Day Cookies - Ellen Lachapelle

A bundle of sweet love for your Valentine! Join us for a fun, hands-on evening of decorating cookies for Valentine's Day. Spread the love to your family, friends or secret crushes with an assortment of delicious custom-decorated bites of sweet affection. With "naked" cookies, Ellen will demonstrate some beautiful designs you can recreate, and then you'll decorate a nice assortment to package as gifts, or treat yourself and nibble away!

Monday, 2/13; 6-7:30 pm; WHS Closed Cafe; \$22

Register Online at www.windham.maineadulted.org or call us today for more info at 207-892-1819



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