



WINDHAM
PARKS & RECREATION

ADULT & SENIOR PROGRAMS

January - April 2025



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.

8 School Road, Windham, ME • (207) 892-1905 • windhamrecreation.com

ADULT PROGRAM POLICIES

Activity Level to expect on each trip



EASY

Expect little to no walking. There might be some walking to and from transportation



RELAXED

May include some walking and stairs or uneven ground. Walking will be short and rest will be available



MODERATE

Expect extensive walking, may include steps and uneven ground. Participants should be physically fit for these activities

Registration Policies

Registration opens 12/26/2024 for Windham residents; opens 12/30/2024 for non-residents.

1. New participants are required to fill out a paper registration form or create an account online, including adding members to households. Spouses cannot be included on the same paper form, as each individual needs to sign the release waiver.
2. Registration methods: online, in person, by mail, or over the phone (only with an existing account)
3. First paid, first served for all: Registration and payment must be received before registration is completed and spot is saved.
4. A minimum number of participants may be necessary to run a program.
5. A maximum number of participants is set based on staffing or transportation requirements.

Payment Policies

1. Any outstanding balance owed from a previous program must be paid in full to register for future programs for any family member.
2. Payment methods include cash, checks (made payable to Town of Windham) and all major credit cards (do not accept American Express).
 - Credit cards on-line or over the phone; an additional 3% convenience fee will be charged.
 - Credit cards in person; no additional fee.
3. Payment is processed immediately.
4. Non-resident fees may apply.

Trip Policies

1. Phone calls will be made to all participants the day before a program to confirm pick up times, pick up location, additional important information.
 2. All trips depart and return from 4 regular locations:
 - Windham Town Hall, Park & Ride lot behind Evergreen Credit Union on Rte. 302., Unity, New Marblehead
 - Additional pick-up locations are available upon request through Windham Age Friendly by calling 892-4649
- 3. Trip times may alter slightly from what has been promoted based on number of participants or other factors such as weather.**

Cancellation Policies

1. Windham Parks & Recreation reserves the right to cancel or consolidate any program that does not meet minimum enrollments.
2. In the event a program needs to be cancelled, participants will be notified by a phone call.

Refund Policies

1. 100% refund if program is cancelled by Windham Parks & Recreation, minus the credit card processing fee.
2. Refunds will be given for cancellations except for events where pre-paid tickets have been purchased. Pre-purchased tickets can only be refunded if there is a waiting list. Waiting list participant must confirm and pay the trip fee before the refund is granted.
3. There are no cash refunds.
4. Program Coordinator will ask participants whether they prefer an account credit or a refund.
5. No refunds will be given for canceling within 48 of the start of the program.

GAMES

Bingo

Come join us for a rousing game of Bingo two Mondays every month! Bring your lucky charms, good humor and quick reactions. Refreshments will be served as well!

**When: Mondays,
January 6 & 27
February 3 & 24
March 3 & 17
April 7 & 28**

SPRING POTLUCK APRIL 28!

Location: Windham Town Hall Gym

Time: 1:00-2:30PM

Fee: Free



Trivia Afternoons

Come join us once a month for a fun game of trivia. All topics covered from easy to advanced, single players, no team needed. All are welcome!!!

Refreshments will be offered

**Dates: Wednesday January 22
Tuesday, February 18
Wednesday, March 19
Tuesday, April 22**
Location: Town Hall Gym
Time: 1:00-2:30PM
Fee: Free



Cribbage with Friends

Cribbage is a card game where players compete to score points by making combinations of cards

Whether you are an advanced player or a beginner, all are welcome!

**Dates: Thursdays,
January 22 - April 24**

Location: Town Hall Council Chambers

Time: 1:30-3:30PM

Fee: Free



Casino Day

Come try your luck at Oxford Casino!!!!
Feeling Lucky??

Slots? Video Poker? Table Games?
Press your luck and see if you win!

Date: Wednesday, April 9

Location: Oxford, ME

Time: 10:00AM-4:00PM

Fee: \$15

Lunch: Ox Pub (On your own)





THEATER



Murder Mystery Dinner

Join Us for a Night of Intrigue and Suspense!
 Step into a world of mystery and excitement at our Murder Mystery Dinner!
 Gather your friends, family, and neighbors for an unforgettable evening filled with twists, turns, tantalizing clues and Italian Cuisine.
 Dress to impress in your best 1950's-inspired attire.

Prizes will be awarded for the best female costume, best male costume and best couples costume!



Date: Friday, April 11

Time: 6:00-9:00pm

Location: Windham Town Hall Gym

Fee: \$68 includes dinner and show

****Must be 15+yrs. to attend**

Nunsense

Nunsense is a hilarious spoof about the misadventures of five nuns trying to manage a fundraiser. Sadly, the rest of the sisterhood died from botulism after eating vichyssoise prepared by Sister Julia Child of God. Thus, the remaining nuns – ballet-loving Sister Leo, street-wise Sister Robert Anne, befuddled Sister Mary Amnesia, the Mother Superior Sister Regina, and mistress of the novices Sister Mary Hubert – stage a talent show in order to raise the money to bury their dearly departed.

Dates: Sunday, March 9

Location: Lewiston-Auburn Community Little Theatre, Auburn

Time: 10:30AM-5:00PM

Fee: \$35

Lunch: At Governors (On your own)



Murder on the Links

This hilarious adaptation of Agatha Christie's murder mystery takes audiences on an exciting romp through Merlinville-Sur-Mer, France, to find the killer of a rich businessman. Follow famous detective Hercule Poirot as he puts the puzzle pieces together in this classic whodunnit!

Date: Thursday, February 13

Location: Portland Stage, Portland

Time: 1:00-5:00PM

Fee: \$65

Lunch: Meals and refreshments available at the concession stand on your own



SPORTS

Sim City Indoor Golf

Whether you are a seasoned golf pro or just starting out, indoor golf is fun for everyone!!!
Enjoy 2+ hours of golf with friends.

Date: Wednesday, January 8th

Time: 10:30AM-2:30PM

**Fee: \$15 includes simulator and golf clubs
Food and drink from concession stand on your own**



Adult 4x4 Basketball

The 2025 Winter/Spring season will start March 6th.
Once all teams have registered, the schedule will be emailed to coaches and will be available on our website.

Please check website for all items needed to complete registration.

Dates: Thursdays, March 6 - July 10

**Location: Town Hall Gym
and Manchester School Gym**

Time: 7:00-9:00PM

Fee: \$200 per team



Beginner Pickleball Lessons

In this four-week program, you'll learn how to effectively strike the ball, maintain a rally, keep score, and the rules and basic gameplay. At the conclusion of these lessons, players will have the foundational understanding and skills to start playing Pickleball.

Dates: Saturdays, January - April

Location: Windham Town Hall Gym

Time: 11:00AM-12:00PM

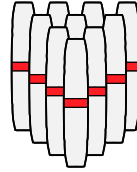
Fee: \$75 per month



Candlepin Bowling

Candlepin Bowling is an exciting skillful sport, requiring minimal physical strength while demanding great timing, dexterity and patience from each participant. Candlepin bowling is enjoyed by the young and old, the strong and the handicapped, by boys and girls, men and women.

Come join us once a month for a fun morning of bowling!



Dates: Tuesday, January 28th

Tuesday, February 25th

Tuesday, March 25th

Tuesday, April 29th

Location: Westport Bowling Lanes, Westbrook

Time: 10:30AM-1:00PM

**Fee: \$10 per session or
\$35 for 4 (shoes included)**

All snacks and drinks at facility, on your own.

Adult Pickup Basketball

Come join us 3 evenings a week.

All adults are welcome!

Registration is required!

**Dates: Monday, Tuesday, Wednesday,
January 2 - June 12**

**Locations: Tues/Thurs - Windham Primary
Mon - Manchester School**

Time: 8:00-9:30PM

Fee: \$60 per session

Coached Pickleball Play

Come join us for a game of Pickleball with friends. Dave Cousins will give specific coaching tips between rallies to help improve your game.

Dates: Saturdays, January - April

Location: Windham Town Hall Gym

Time: 12:00-1:00PM

**Fee: \$75 per month (4 week sessions)
\$56.25 per month (3 week sessions)**

MISC.

Winter Sleigh Ride

Over the hill and through the woods, on a forever adventure, we go! Come join us for a magical horse drawn sleigh ride through the woods followed by a warm outdoor fire, hot chocolate and marshmallows. (blankets will be provided)

***Sturdy shoes and warm clothes required**

Date: Thursday, February 20th

Location: High View Farm - Harrison, ME

Time: 11:00AM-3:30PM

Fee: \$60

(Weather permitting)



Maine Maple Weekend

Join us for Maine Maple Weekend, when Jo's Sugarhouse opens their sugar house to the public to observe the process of maple syrup being made. See how sap is transformed into syrup in their hand-hewn timber-frame sugar house over a crackling wood fired evaporator. Breakfast will be sold - Sausage and blueberry pancakes with fresh maple syrup!

Date: Saturday, March 23rd

Location: Gorham, ME


Time: 9:30AM-12:00PM

Fee: \$10

Lunch: Food & Drink on your own



WMTW News Station Tour and Lunch

Have you ever wondered what goes into delivering the news each day? Now is your chance to see for yourself what goes on behind the scenes of Channel 8 News! 

We will be taking a 45 minute tour of the station, the building is handicap accessible.

Date: Tuesday, February 4

Location: WMTW Westbrook

Time: 8:30AM-12:30PM

Fee: \$15

Brunch: Brea Lu Cafe (On your own)



Wilbur's Chocolate Factory Tour

Wilbur's Chocolate Factory, Freeport has invited us to tour their chocolate factory & learn how chocolate is made from beginning to end, and you'll be lucky enough to some of their wonderful goods!

Date: Tuesday, March 18

Location: Freeport, ME

Time: 10:00AM-3:00PM

Fee: \$20

Lunch: Antonia's Pizza (On your own)



Build Your Own Terrarium

While sipping on your favorite brew and browsing the selection of common and rare house plants, join Terrarium Portland Maine for a guided workshop or let your own creativity take the lead to build your very own terrarium..

Date: Thursday, January 23

Location: Portland, ME

Time: 11:30AM-4:00PM

Fee: \$60

Lunch: The Works Cafe (On your own)



LUNCH BUNCH

Tired of staying in due to the cold weather?
We are here for you, come join us each month for a fun and friendly lunch date!
Each trip is \$15 with lunch on your own



**THURSDAY, JANUARY 16TH - OAK ST. BISTRO, ALFRED
11:00AM-2:30PM**

**SUNDAY BRUNCH, FEBRUARY 16TH - FROG & TURTLE
10:00AM-1:00PM**



**THURSDAY, MARCH 6TH - THE GREEN LADLE, LEWISTON
11:00AM-2:30PM**

**WEDNESDAY, APRIL 23RD - TORY HILL CAFE, BUXTON
11:00AM-2:30PM**



HEALTH/WELLNESS

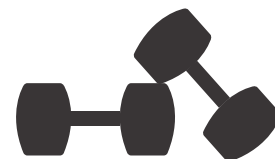
Fitness Foundation

In these exercise classes, the individual completes the exercise while seated in a wheelchair, or any other type of chair. Activities can be aerobic to improve heart health, strength based to build muscle, or yoga inspired to stretch the body.

***Special Guest Jason Adour, PT at Maine Strong Balance Center, will be joining us
January 22 to give advice and answer any questions!***



**Location: Town Hall Gym
Date: Mondays, January 6 - April 28
Wednesdays, January 8 - April 30
Time: 10:00-11:00AM (Both days)
Fee: \$5 drop in**



\$12.75, \$17, or \$21.25 per month (depending on number of weeks in the month)

8 School Road, Windham, ME • (207) 892-1905 • windhamrecreation.com



AGE FRIENDLY WINDHAM

www.agefriendlywindham.org

Join us for Tea!

Discover Learning Opportunity Connections with Age Friendly Windham, RSU 14 Adult Education, Windham Public Library, Windham Parks & Recreation, SMAA and other local organizations to find out about programming to keep your mind and body active during the winter months

Location: Town Hall Gym

Date: Tuesday, January 7

1:00-3:00 pm



Guest Speakers:

Tom Meuser, Ph.D., Founding Director, Center for Excellence in Aging and Health
Jason Adout, Physical Therapist, Founder, President Maine Strong Balance Center

Explore our classes:

- Pathways for Life Review with Dr. Tom Meuser
- AARP Smart Driver with Andrew Grant
- Assisted Living: Finding the Right Fit with Kaitlyn Morse of Maine Aging Partners
- Grief, Loss and the Holidays with Hospice of Southern Maine

Teeth to Toes Health Check

This is an excellent opportunity to find out more about caring for yourself as you age. Fundamental Foot Care will be there to provide foot care and Motivate at Home will be sharing about caring for your dental health as an older adult.

Date: Wednesday, March 5

Wellness Fair

St. Joseph's College is offering lunch and an opportunity to visit the campus and find out more about resources for healthy living.

Date: Thursday, April 17
More Information to follow

WINDHAM TRANSPORTATION OPTIONS

Pre-Scheduled trips in the Greater Portland Area to appointments
FREE



Call Age Friendly Windham - 207-892-4649
To enroll and schedule rides

North Windham Shopping Trip
FREE



Call Age Friendly to enroll and get details on schedule
207-892-4649 to enroll

On Demand trips with Windham and St. Joseph's College
\$3 Each Way



RequestMyRides.com
207-774-2666