

# ADULT & SENIOR PROGRAMS

## May - August 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](http://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](http://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](http://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



## National Weather Service Tour

You'll witness how predicting the weather is done and how science and technology come into forecasting the weather. Lunch at Pineland Farms!

**Date: Tuesday, May 9**  
**Time: 9:30 AM - 2:30 PM**  
**Cost: \$ 15** (lunch on your own)



## Mystery Day

Another fun day with Parks & Recreation. First, we will be having "brunch," then we're off to a fun activity. Part of the fun is you don't know where you'll end up, but we do!

**Date: Wednesday, May 24**  
**Time: 9:30 AM - 2:30 PM**  
**Cost: \$ 15** (brunch on your own)



## Foster's Clambake

Travel with us to York Harbor and enjoy the view at Nubble Lighthouse, then continue to Foster's for lunch. This traditional New England clambake features chowder, fresh steamers and lobster, corn, potatoes and onions, rolls, and blueberry cake. (Some substitutions may be made by request at time of registration.)

**Date: Wednesday, June 7**  
**Time: 9:30 AM - 3:30 PM**  
**Cost: \$ 50**



## BBQ at Dundee Park

The staff at Windham Parks & Recreation would like to invite you to a cookout at our favorite local beach. It doesn't get any better than this - a beautiful spot in the middle of the summer with lunch!

**Date: Wednesday, June 21**  
**Time: 11:00 AM - 1:00 PM**  
**Cost: \$ 25**



## Dinner at Rose's and Concert

We will have an early dinner at Rose's before we make our way to Dundee for a Concert in the Park. Erica Brown and the Bluegrass Connection will be the entertainment for the evening!



**Date: Wednesday, July 12**  
**Time: 4:00 - 8:30 PM**  
**Cost: \$ 10** (dinner on your own)

## Songo River Queen

The Songo River Queen is a replica of the steam-powered vessels that travel the Mississippi River.

Join us for a trip around Long Lake and Brandy Pond in Naples. *We recommend packing a lunch, as only small snacks are served onboard.*



**Date: Monday, July 24**  
**Time: 12:00 - 4:00 PM**  
**Cost: \$ 50**

## First Chance Whale Watch

Wouldn't it be amazing to see whales in their natural environment among giant swordfish, playful dolphins, and more Maine marine life? If you want a short and sweet tour where you will learn about the marine culture of Maine, this

Whale Watch tour is sure to impress! *We recommend packing a lunch, as only small snacks are served onboard.*



**Date: Monday, July 31**  
**Time: 8:00 AM - 4:00 PM**  
**Cost: \$ 85**

## Cabbage Island Clam Bake • For Ages 55+

We'll hop on board the Bennie Alice and sail from Pier 6 in Boothbay Harbor to Cabbage island for a quintessential Maine experience. There, you will enjoy a traditional Downeast clambake cooked on the water's edge, overlooking Boothbay Harbor.



**Date: Tuesday, August 22**  
**Time: 9:30 AM - 3:00 PM**  
**Cost: \$ 115**

# REGISTRATION FOR ALL OUTINGS OPENS MAY 3



# PROGRAMS



## Pickleball Lessons

## Weekly Shopping in North Windham

Maybe your friends play. Perhaps you're a tennis player looking for a new challenge. Regardless, now's a great time to try Pickleball!

Need a ride to run errands? Windham Parks & Recreation is here to help! 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.

Our four-week lesson program is coached by Dave Cousins, a combined PTR, USPTA, and IFP Certified Professional with many years of teaching experience.

We will try, to the best of our ability, to let participants know of any schedule change as far in advance as possible.

**Lessons are offered for both beginners and improvers.**

### May Session

### Please note:

**Dates:** Saturdays, May 6 - May 27

**Times:** Beginners: 3-4 PM | Improvers: 4-5 PM

**Location:** Windham Community Park, Gray Road (beside the Public Safety Building)

**Fee:** \$75

- 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.

Sessions are offered on a regular basis - please contact the department for additional summer lesson dates.

**Call (207) 892-1905 for more information!**

## Windham Summerfest Saturday, June 24

## Summer Concert Series Wednesdays in July

Join us at the Windham School Campus on June 24 for our annual FREE community festival! This year's theme is "A Little Bit of Everything" and we hold true to that theme.

Join us for the 7th Annual Summer Concert Series at Dundee Park! All concerts are held from 6:30-8:00 PM and park admission is FREE after 5 PM! Concessions are available from local community organizations,

### Activities Include:

Live Music  
Parade  
Community / Crafter / Vendor Booths  
Fireworks  
...and more!

**July 5** - Novel Jazz

**July 12** - Erica Brown and the Bluegrass Connection

**July 19** - Sonja & Good Friends

**July 26** - American Ride

**For more information, visit  
[windhamsummerfest.com](http://windhamsummerfest.com)**

Rain date(s) for all missed concert(s) will be August 2nd or August 9th

# MORE INFORMATION



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](mailto:contact@agefriendlywindham.org) or call (207) 892-4649**

## THANK YOU LYNN!



After 27 years of service to the Town of Windham, Adult & Senior Recreation Coordinator, Lynn Bucknell, is retiring. Many may remember her for the years she managed the original skatepark or for her involvement with DARE to Adventure. For the past 7 years, Lynn has been responsible for coordinating the adult and senior programs for the community. Residents will surely miss her friendly personality and willingness to help out wherever needed.

**Congratulations and best wishes!**

