



ADULT & SENIOR PROGRAMS

May - August 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 4/24/2025 for Windham residents; opens 4/28/2025 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).
 - o Credit cards on-line or over the phone; an additional 3% convenience fee will be charged.
 - o 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:
 - o Windham Town Hall, Park & Ride lot behind Evergreen Credit Union on Rte. 302., Unity, New Marblehead
 - o 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.

JUST FOR FUN



BINGO



CRIBBAGE WITH FRIENDS

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!

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: Mondays, May 5 & 19, June 2 & 16
July 7 & 21 August 4 & 18

Dates: Thursdays, May 1 - August 28
(Exclusion dates: 5/15 - 5/22 & 6/19/25)

Summer Potluck August 18 - Begins at 12PM!

Location: Windham Town Hall Gym

Time: 1:00-2:30PM

Fee: Free



Location: Town Hall Council Chambers

Time: 1:30-3:30PM

Fee: Free



HEALTH & WELLNESS

Windham Wanderers Hiking Club

There will be regularly scheduled hikes for all skill levels, from easy walks to challenging treks. Also, in collaboration with Presumpscot Regional Land Trust, we will be hosting monthly hikes, each featuring a unique theme.



When: Every Wednesday 10:00-11:30AM (approx.)

Meeting Place: Parking lot of Lowell Preserve

Trail: Pick the hiking trail best suited to your level

August 6, 13, 20 & 27 - Lowell Preserve

(August 20 - Fungus themed walk)



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.



Location: Town Hall Gym

Dates: Summer Session - May 5 - August 27

(Exclusion dates: May 26, August 11 & 13)



Mondays - Focusing on strength and endurance

Wednesdays - Chair Yoga & Pilates, focusing on balance, flexibility and range of motion.



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)



SPORTS



Adult Archery Classes

This program is a great introduction to the sport of archery. Instructors from the Maine School of Archery will teach students range safety and proper shooting mechanics. Archers will also learn about mental focus, self-confidence and physical fitness.

Dates: July 12, 19, 26 & Aug. 2

Location: Lincoln Field, Windham

Time: Session I: 1:00pm - 2:30pm

Session II: 3:00pm - 4:30pm

Fee: \$220 per session

10 participants minimum to run this class

Must be 16+ years of age to attend.

**All equipment will be provided by Maine School of Archery

Candlepin Bowling

Candlepin Bowling is an exciting skillful sport, requiring minimal physical strength while demanding great timing, dexterity and patience from each participant. Come join us once a month for a fun morning of bowling!



Dates: Tuesdays

May 27, June 24, July 29, Aug. 26

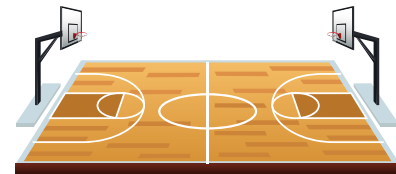
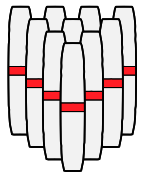
Location: Westport Bowling Lanes, Westbrook

Time: 10:30AM-1:00PM

Fee: \$15 per session or

\$55 for 4 (shoes included)

All snacks and drinks at facility, on your own.



Beginner Pickleball Lessons

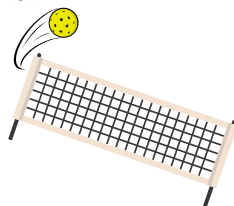
In this four-week program, you'll learn how to effectively strike the ball, maintain a rally, keep score, and the rules and basic gameplay. At the conclusion of these lessons, players will have the foundational understanding and skills to start playing Pickleball.

Dates: Saturdays, May-August

Location: Windham Community Park

Time: 10:30-11:30AM

Fee: \$75 per month



Adult Pickup Basketball

Come join us 3 evenings every week.

All adults are welcome!

Registration is required!

Dates: Monday & Tuesday

June 23 - August 5

Locations: Town Hall Gym

Time: 7:00-9:30PM

Fee: \$20 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, May-August

Location: Windham Community Park

Time: 11:30AM-12:30PM

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

THEATER

Come From Away transports you into the lives of 7,000 stranded passengers and the inhabitants of the unlikely Newfoundland town that welcomed them. Cultures clash and nerves run high, but uneasiness turns to trust, and gratitude grows into enduring friendships through this vibrant musical score. On 9/11 the world stopped and a day later their stories moved us all.



Ogunquit Playhouse
Date: Wednesday, May 28
Time: 10AM-6:00PM (approx.)
2:00PM show time
Fee: \$85



Lunch: Bull and Claw

*Lunch on your own before the show



Set in the 1590s, brothers Nick and Nigel Bottom are desperate to write a hit play but are stuck in the shadow of that Renaissance rock star known as “The Bard.” Nick and Nigel set out to write the world’s very first musical. But amidst the scandalous excitement of opening night, the Bottom Brothers realize that reaching the top means being true to thine own self, and all that jazz.



Lyric Music Theatre
Date: Sunday, June 15
Time: 10:30AM-5:00PM (approx.)
2:00PM show time
Fee: \$45

Brunch: Q Street Diner

*Brunch on your own before the show



Often called Broadway’s perfect musical, this Tony Award-winner finds big-time high roller Sky Masterson gambling everything he’s got to make reluctant Salvation Army reformer Miss Sarah Brown fall in love with him. Featuring such memorable tunes as “Sit Down You’re Rockin’ the Boat,” “Luck Be a Lady,” and “I’ve Never Been in Love Before.” Guys and Dolls is guaranteed to charm audiences of all ages.

Ogunquit Playhouse
Date: Wednesday, July 9
Time: 11:30AM-6:00PM (approx.)
2:00PM show time, runs 2 ½ hours
Fee: \$85

No lunch will be provided, please plan accordingly.



Rodgers + Hammerstein’s Cinderella is the new Broadway adaptation of the classic musical. This contemporary take on the classic tale features Rodgers & Hammerstein’s most beloved songs, including “In My Own Little Corner,” “Impossible/It’s Possible” and “Ten Minutes Ago,” alongside an up-to-date, hilarious and romantic libretto by Tony Award nominee Douglas Carter Bean.

Biddeford City Theatre
Date: Sunday August 3
Time: 10:30AM-5:30PM (approx.)
2:00PM show time
Fee: \$45



Brunch: IHOP

*Brunch on your own before the show



MAY & JUNE OUTINGS



Harraseeket Inn Afternoon Tea

You are invited to indulge in our tradition of daily Afternoon Tea. This cherished experience offers a selection of freshly brewed teas, accompanied by a variety of cookies, sandwiches, and pastries. The Afternoon Tea at the Harraseeket Inn is a timeless tradition that reflects the inn's rich history and commitment to providing a warm, welcoming experience for all who visit.

Come dressed in your favorite afternoon tea dress/suit. Hats are encouraged!



Date: Wednesday, May 7
Time: 2:30-6:00PM
Fee: \$22

A Day at the Beach

Pine Point Beach, Scarborough
Followed by lunch at Ken's Seafood

Forget about the stress of traffic, parking, and lugging all your gear to the beach. Let us help you, so you can simply relax and soak up the sun and surf!

*Don't forget your hat, sunglasses, sunscreen, a good book, umbrella, beach chair, lots of water & snacks.



Date: Thursday, June 5
Time: 10:00AM-3:00PM
Fee: \$15

Lunch: Ken's Seafood
*Lunch on your own

Staff will help with chairs, umbrellas, etc.
Can set up on the grass verge or the beach.



Overnight Excursion Spotlight on Tuscany

April 22 - 30, 2026

with Optional 3-Night Rome Pre Tour Extension

Please join us for an information session about
this amazing trip to Italy!

Presented by Collette Travel.

May 15, 2025

3:30-4:30PM

Town Hall, Council Chambers

*Refreshments will be served.

Alpaca Farm Tour and Picnic

Come join us at Elf-Paca Meadows in W. Newfield for an exciting day! You will enjoy a tour of the barns, meet over 100 alpacas, and learn about their fascinating history. Don't forget to check out their amazing store afterwards!

Date: Tuesday, May 20

Time: 9:30AM-3:30PM (approx.)

Fee: \$25

A picnic lunch will be provided

*Please bring a water bottle and sunscreen



Cabbage Island

Sail the Bennie Alice from Pier 6 in Boothbay Harbor to Cabbage Island, a quintessential Maine experience. The Moore family hosts guests from mid-June through Labor Day. There you will enjoy a traditional Downeast clambake cooked on the water's edge.

Date: Wednesday, June 18

Time: 9:30AM-7:00PM (approx.)

Fee: \$145 (Lunch included)

*Please bring water bottle, sunscreen and a hat





JULY & AUGUST OUTINGS



Garden Stroll at Pineland Farms

The one-acre perennial, herb and vegetable Public Garden at Pineland Farms is a wonderful place to stroll along a quarter-mile of paved walkways, picnic on the lawn in the shade of the apple tree allée, or simply sit on the Adirondack swing and enjoy the fragrant air.



Date: Wednesday, July 2
Time: 10:30AM-3:00PM
Fee: \$15

Lunch: Pineland Farms Cafe
*Lunch on your own

Welcome to the Maine State Aquarium

Boothbay Harbor

Discover the Gulf of Maine at the Maine State Aquarium. The Gulf covers 36,000 square miles of ocean with 7,500 miles of coastline. Here water from 60 rivers meets the Atlantic Ocean. Shallow waters mix with nutrient-rich deep ocean waters. This creates a dynamic ecosystem home to over 3,000 species.

The Gulf is also a source of food, tourism, and livelihood for millions of Mainers.



Date: Wednesday, July 23
Time: 9:00AM-4:00PM (approx.)
Fee: \$25

Lunch: Montsweag Restaurant, Woolwich
*Lunch on your own

Cooks Lobster and Ale House

Enjoy fresh lobster in the dining room or on the deck while taking in the beautiful sights of Casco Bay from every seat in the house!

Follow lunch with a browse through Bailey Island Gift Shop while admiring the views!



Date: Thursday, August 14
Time: 10:30AM-4:00PM
Fee: \$15

**Lunch on your own



Songo River Queen Scenic Tour

Enjoy a two hour narrated scenic tour of Long Lake on the Songo River Queen II where you'll see some of the best sites Maine has to offer.

Date: Wednesday, July 16
Time: 10:30AM-3:30PM
Fee: \$50



*Lunch/snacks & drinks
can be purchased on the cruise



Colby College of Art

The Colby Museum is a forum for experimentation, research, dialogue, and connection. On campus, the museum features thematic displays that draw from its collection of nearly 11,000 artworks as well as a vibrant schedule of rotating exhibitions and programs.

Date: Wednesday, August 6
Time: 10:00AM-4:00PM (approx.)
Fee: \$25

Lunch: Included on campus at the Dana Dining Hall

Carousel Music Theatre

Let's bid farewell to the snow and cold and start planning for a delightful summer! Join us in Boothbay for a captivating dinner theatre performance of "All American Roadtrip" at the Carousel Music Theatre, Boothbay.

Date: Wednesday, August 20
Time: Depart 9:30AM-6:00PM
Fee: \$70

Lunch: Included





AGE FRIENDLY WINDHAM

www.agefriendlywindham.org

Both of these events are free of charge but registration is required and spots may fill up!!
Register @ www.windhamrecreation.com or 207-892-1905

Spring Luncheon

Discover Learning Opportunity Connections with Age Friendly Windham, Windham Parks & Recreation, SMAA and other local organizations to find out about programming to keep your mind and body active during the spring/summer months

Location: Town Hall Gym
Date: Monday, May 12
11:00AM-1:00PM

Presentations hosted by:
Red Cross and Trauma Intervention Program of Greater Portland



BBQ in the Park

Come Join us to celebrate the kick off to summer!!
Great food, amazing friends and live music by 'The Lighthouse Jubilees'



Where: Dundee Park
Date: Wednesday, June 11
Time: 11:00AM-2:00PM



COMMUNITY OFFERINGS

Senior Board Games

Join Jody Hill and other senior board game enthusiasts on the 2nd & 4th Fridays, May-August from 1:00-3:00PM in the Library Meeting Room. Anyone 55+ is welcome. Come socialize and make some new friends!

FMI, Contact Ray at the Help Desk,
rmarcotte@windhammaine.us
or 207-892-1908 ext. 5.

Lakes Region Senior Center hosts a variety fun activities for members!

Wednesdays is their Painting Studio from 1:00-3:00PM.

Join them and become a member today for \$20 annually. Members must be: 50 years old+

For more information please contact their secretary at 207-892-3508 or email Lrseniors@gmail.com

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