



ADULT & SENIOR PROGRAMS

September - December 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 8/25/2025 for Windham residents; opens 8/28/2025 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).
 - 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.
6. Before transferring a ticket to another participant, please check with the office. Waitlist people should be accommodated first and tickets cannot be transferred if the original payment was subsidized with scholarship funds.

JUST FOR FUN

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!

Dates: Mondays, September 8 & 22, October 6 & 20, November 3 & 24, December 8 & 22
Potluck & Silent Auction December 22
Begins at 12PM!
Location: Windham 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, September 4 - December 18
(Exclusion dates: 9/25, 11/27, & 12/25)
Location: Town Hall Council Chambers
Time: 1:30-3:30PM
Fee: Free



THE CRAFTY CIRCLE

Where Creativity Comes to Life!

Do you love to create, craft, and connect? Whether you're into knitting, scrap booking, painting, jewelry making, or any other hands-on hobby, our Craft Circle is the perfect place for you! Bring your current project or start something new. We can't wait to see what you're working on! Projects will be available if you don't have one to bring!



Dates: Mondays
September 29, October 27, November 10, December 15
Time: 1:30-3:30PM
Location: Windham Town Hall, Council Chambers



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 at each location
Trail: Pick the hiking trail best suited to your level
September 3, 10, 17 & 24 - East Windham Conservation Area
October 1, 8, 15, 22 & 29 - East Windham Conservation Area
November 5, 12, 19 & 26 - Black Brook Preserve (Windham Ctr. Rd. Entrance)

Upcoming Events - with Penobscot Regional Land Trust
September 10th Migrating Birds - EWCA

October 29th Hunting Season Awareness - EWCA (sign-up to receive your free reflective vest)
November 19th Topic TBD: Black Brook Preserve

ACTIVE ACTIVITIES

CANDLEPIN BOWLING

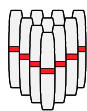
Candlepin Bowling is an exciting skillful sport, requiring minimal physical strength while demanding great timing, dexterity and patience from each participant. Come join us once a month for a fun morning of bowling!



Dates: Tuesdays
Sept. 2, Oct. 7, Nov. 4, Dec. 2



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.

ADULT PICKUP BASKETBALL

Come join us 3 evenings every week.

All adults are welcome!

Registration is required!

Dates: Sept. 15 - Dec. 18

Locations/Times: Monday: 8:00-9:30PM

Manchester School Gym

Tuesday & Thursday: 7:00-9:30PM

Town Hall Gym

Fee: \$40 per session



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, September - December

Locations/Times:

Sept/Oct - Windham Community Park
2:00-3:00PM

Nov/Dec - Windham Town Hall
10:30-11:30PM

Fee: \$75 per month



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

Fall Session: September 1 - December 22
(exclusion dates: Sept. 1 & 16, Oct. 13, Nov. 11, 17, 26 & 27, Dec. 22, 23, 24, 25, 29, 30 & 31)

Mondays - Strength and endurance

Tuesdays - Chair Yoga

Wednesdays - Chair Pilates

Thursday - Balance Workshop

Times: Monday & Wednesday 10:30am - 11:20am

Tuesday & Thursday 10:00am - 10:50am

Fee: \$5 drop in

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



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.

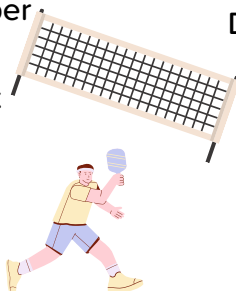
Dates: Saturdays, September - December

Locations/Times:

Sept/Oct - Windham Community Park
3:00-4:00PM

Nov/Dec - Windham Town Hall
11:30AM-12:30PM

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



SEPTEMBER & OCTOBER

CHEBEAGUE ISLAND

Ferry Ride from Cumberland

We'll begin our adventure with a scenic ferry ride across Casco Bay, soaking in the fresh ocean breeze and stunning coastal views.



Lunch at the Chebeague Island Inn

After a short walk, we'll arrive at the charming Chebeague Island Inn, where a delicious lunch awaits in an idyllic setting overlooking the water.

Explore & Unwind

Stroll the peaceful grounds and take in the island's natural beauty before we board the ferry back home. A perfect day of relaxation, great food, and coastal charm!

Date: Wednesday, September 3

Time: 8:30AM-5:00PM (approx.)

Fee: \$45 (lunch on your own)



Join us for a wonderful day of Maine History in Augusta!

Tour the reconstructed Fort, including the original 1754 Garrison building, 1921 reconstructed Blockhouses, 1988 reconstructed Watch Boxes, and 1916 reconstructed Palisade. Reconstructions are all based on archaeological evidence, written documents, and existing structures of the same era.

Date: Monday, September 15

Time: 9:30AM - 4:00PM

Fee: \$30

State Lunch Restaurant (on your own)



Join us for an unforgettable day as we head to Boston to see the award-winning musical Hamilton! This special trip includes your ticket to the show, visit to Quincy Market and round-trip transportation

Date: Sunday, October 12

Time: 9:00AM - 4:00PM

Fee: \$180

Dinner TBD (on your own)

MYSTERY LUNCHES

A surprise location, great company, and delicious food. Hop on board for a lunchtime escape to the unexpected.

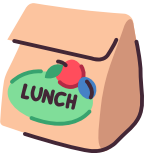


Dates: Wednesday, September 10

Tuesday, October 21

Time: 11:00AM - 3:00PM (approx.)

Fee: \$20 (Lunch on your own)



From Ferris Wheels to Funnel Cakes – Make Memories at the Cumberland Fair!

Date: Tuesday, September 23

(Senior Day)

Time: 10:30AM - 4:00PM (approx.)

Fee: \$25 (lunch on your own)

OCTOBER OUTINGS

DESERT OF MAINE

Come discover the mysteries of the Desert of Maine and learn about ecology, geology and history. Learn about how the “desert” was created during the Ice Age and unearthed over 100 years ago through farming. We will also explore the Tuttle Farmhouse, different ecosystems on the landscape, including a vernal pool teeming with life, wild orchids, fly-eating plants, wild blueberries, and more! Mini golf available too (on your own)

Finish the day with a little shopping at the gift shop or maybe a lovely ice cream from the Oasis Snack Bar.

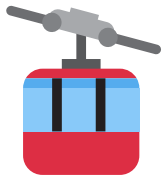


Date: Wednesday, October 1

Time: 10:00AM - 4:00PM

Fee: \$35

Lunch at Bucks Naked BBQ (on your own)



FALL FOLIAGE SCENIC GONDOLA SKY RIDE LOON MOUNTAIN

Load the White Mountain Express Gondola and travel 1,738 vertical feet to the summit of Loon Peak.

While you ride, you'll cross into the White Mountain National Forest and be surrounded by beautiful mountain peaks and spectacular fall foliage.

Date: Wednesday, October 8

Time: 9:00AM - 6:00PM

Fee: \$60

Lunch to follow at the Black Diamond Pub (on your own)



IT SHOULD'VE BEEN YOU

GOOD THEATRE PORTLAND

Broadway's wild musical farce with blushing brides, nervous grooms, overbearing moms, unexpected guests and plenty of crazy twists and turns. The charming, funny and original new musical, It Shoulda Been You invites you to a wedding day that you'll never forget, where anything that can go wrong does, and hope pops up in mysterious places.



Date: Wednesday, October 15

11:00AM - 5:00PM

Fee: \$50

Lunch before show at Noble Pizzeria and BBQ (lunch on your own)



TURKEY DINNER TRAIN

HART'S TURKEY FARM

Enjoy a full turkey dinner aboard one of the Turkey Dinner Trains catered by Hart's Turkey Farm! Your round-trip excursion departs Meredith Station and travels south along the western shore of Lake Winnepesaukee through Weirs Beach and Paus Bay towards Lakeport, NH and back along the very same route. While you're aboard the train you'll enjoy panoramic views of New Hampshire's largest lake, while sneaking a peek at some of the many beautiful lakeside vacation homes we'll pass along

Date: Wednesday, October 29

Time: 10:00AM - 6:00PM

Fee: \$75



NOVEMBER & DECEMBER OUTINGS



A HISTORY OF THANKSGIVING

Join expert guides for a 90-minute tour exploring three centuries of Thanksgiving traditions. Travel through time and visit four historic houses to learn how this holiday has evolved. Discover how people celebrated Thanksgiving in 1777 at the William Pitt Tavern, experience the height of the Victorian period in 1870 at the Goodwin Mansion, share in the experience of a Jewish immigrant family learning about the American holiday in 1919 at the Shapiro House, and learn about Thanksgiving on the Homefront in 1943 at the Abbott House and Store.



Date: Saturday, November 8
Time: 9:30AM - 4:00PM
Fee: \$40

Followed by lunch at the Water View Grill
(on your own)



THE TUCKAWAY

—TAVERN AND BUTCHERY—

Join us for a scenic drive through Exeter NH to the award winning Tuckaway Tavern and Butchery! Bring your appetite you are going to need it! Tuckaway Tavern is also the home to one of New England's best butchery!



Date: Wednesday, December 3
Time: 10:00AM - 4:30PM
Fee: \$25 (lunch on your own)



MYSTERY LUNCH

A surprise location, great company, and delicious food. Hop on board for a lunchtime escape to the unexpected.



Wednesday, November 12
Time: 11:00AM - 3:00PM (approx.)
Fee: \$20 (Lunch on your own)



Date: Wednesday, December 17th
Time: 4:00-7:00PM
Fee: \$15



FREEPORT EVENING SHOPPING AND DINNER

Experience the enchanting LLBean Northern Lights display, snap a festive photo with Santa, and warm up with a cozy cup of hot chocolate. Wrap up your holiday shopping at Freeport's charming local boutiques, then unwind with a delicious meal at the Tuscan Bistro, known for its outstanding cuisine and welcoming atmosphere.



Date: Thursday, December 4
Time: 3:30PM - 9:00PM
Fee: \$20

Dinner at Tuscan Bistro (on your own)



We'll visit the Mansion to see original interiors decorated for the holidays by some of the community's leading florists and designers, which has become a cherished holiday tradition.
Self Paced Tour.



Date: Tuesday, December 9th
Time: 10:30AM - 4:00PM
Fee: \$35

Followed by lunch at Becky's Diner (on your own)

HOLIDAY LIGHT EXPRESS

Whether you're young or young at heart, this magical ride is the perfect way to celebrate the season. We'll journey through the festive streets of Westbrook, with a special stop to stroll around the beautifully lit Christmas tree in the heart of town. Then, we'll warm up with a delicious cup of hot chocolate at a cozy local spot.

AGE FRIENDLY WINDHAM

www.agefriendlywindham.org

FALL LUNCHEON

Discover Learning Opportunity Connections with Age Friendly Windham, Windham Parks & Recreation, SMAA and other local organizations to find out about programming for Aging at Home: Ready, Safe and Connected. Presentations hosted by: American Red Cross, AARP, Cumberland County Federal Credit Union

Location: Town Hall Gym
Date: Tuesday, September 16
11:00AM-1:00PM

THANKSGIVING COMMUNITY FEAST

Come enjoy a traditional holiday dinner, complete with turkey, all the classic side dishes, and dessert—served with a side of friendship and gratitude.

Catered by Starlight Catering

Location: Town Hall Gym

Date: Monday, November 17

Time: 11:00AM-1:00PM



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

COMMUNITY OFFERINGS

WINDHAM HISTORICAL SOCIETY FALL HARVEST FESTIVAL

SATURDAY, OCTOBER 4 (RAIN DATE OCTOBER 5)

10:00AM-3:00PM

Tours of Village Green buildings including: The Old Grocery • The Village School • Hearse House
South Windham Library • Old Town House Museum

CRAFT FAIR

LIVE ENTERTAINMENT

Burgers, Hotdogs and Baked Goods for Sale
Games, Contests, and old-fashioned fun galore!

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
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