



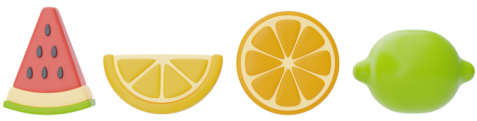
# ADULT & SENIOR PROGRAMS

May - August 2024



**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](http://windhamrecreation.com)**



# ADULT PROGRAM POLICIES



## Registration Policies

**Registration opens April 23rd for Windham residents. Registration will open for non-residents on April 27th.**

**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.
- Over the phone (only if participant has an account in the system).
- Mail.

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 2 regular locations:

- Windham Town Hall.
- Park & Ride lot behind Evergreen Credit Union on Rte. 302.
- Additional pick-up locations are available upon request.

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 the day of.



# PROGRAMS



## Cycle of Memory Library Film Festival

Join the Windham Public Library for a special inter-generational screening of Cycle of Memory: the new award-winning documentary about two siblings' bicycle adventure to find the memories their grandfather lost to Alzheimer's.

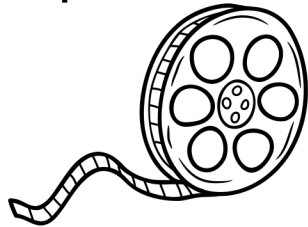
The film is 72 minutes long and will be followed by a Q+A with the filmmaker. Refreshments to be served.

**Date: Thursday, May 9**

**Location: Windham High School Auditorium**

**Time: 3:00 PM - 5:00 PM**

**Fee: Donations for the Windham Food Pantry  
Transportation is available**



## Home & Garden Tours

Join us as we visit several historic homes throughout the great state of Maine. Homes we will be visiting include: The Marrett House, The Nickels-Sortwell House, The Sayward-Wheeler House, and The Hamilton House. We will be stopping for lunch after each trip. Purchase trips individually or all 4 together!

**Dates: June 1, July 12, August 3rd, August 15**

**Time: 10:00 AM - 3:00 PM**

**Fee: \$30 for 1, or \$100 for all 4**

**Lunch: Different Locations (on your own)**



## Maine Audubon Bird Walk at Gilsland Farm

Join us for a bird walk at Gilsland Farm, led by Maine Audubon's Staff Naturalist Doug Hitchcox and others. We will take a slow walk around the property to look and listen for birds using Gilsland's diverse habitats.

The walk typically covers between 1 to 2 miles.

Waterproof shoes are recommended as the paths can be damp with dew in the mornings. Please bring binoculars but they do have extra pairs if you need them.

**Date: Thursday, May 16**

**Time: 6:00 AM - 12:00 PM**

**Fee: \$15**

**Lunch: On your own at Harmon's**



## Smitty's Celebrates 70 years of 'Rear Window'

The movie, Rear Window, is a 1954 American mystery thriller film directed by Alfred Hitchcock and written by John Michael Hayes based on Cornell Woolrich's 1942 short story "It Had to Be Murder".

**Date: Wednesday, August 21**

**Time: 11:30 AM - 2:30 PM**

**Fee: \$12**

**Included: Popcorn, fountain drink, and ticket**





# SHOPPING TRIPS

## Freeport Shopping & Dining

Join us for a fun day of shopping in one of Maine's favorite towns. Stop in at Mangy Moose, Lindt Chocolate Factory Outlet, or the famous L.L. Bean.

**Date: Monday, June 3**

**Time: 10:00 AM - 3:00 PM**

**Fee: \$15**

**Lunch: Tuscan Brick Oven Bistro (On you own)**



## Newburyport Shopping & Lunch

Newburyport downtown shopping is an experience that leaves a lasting impression, whether you've lived locally for generations or you're just visiting for the day.

**Date: Monday, August 12**

**Time: 10:00 AM - 3:00 PM**

**Fee: \$20**

**Lunch: Michael's Harborside (on your own)**



# SPORTS

## 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.

**Location: Town Hall Gym in May, Community Park starting in June**

**Dates: Saturdays, beginning May 4 - August 31**

**Time: 11:00 AM- 12:00 PM**

**Fee: \$75 per session**



## Cardio Pickleball

A fast-paced Cardio program focused on skills and drills targeted to get your heart rate up! Must know the basic rules of pickleball to participate.

**Location: Town Hall Gym in May, Community Park starting in June**

**Dates: Saturdays, beginning May 6 - August 31**

**Time: 12:00 PM - 1:00 PM**

**Fee: \$75 per session**



## Cornhole Mornings

Come join us for fun games of cornhole! 2 players per team, with 2 teams playing each other at a time. If you don't have a teammate, we will pair you with a partner!

**Location: Community Park**

**Dates: Tuesdays, May 7 - August 27**

**Time: 11:00 AM - 1:00 PM**

**Fee: \$40 for all 4 months  
\$3 Drop-in Fee**





# TRIPS



## Lilac Festival-McLaughlin Garden

Enjoy the glorious sights and smells while exploring the lilac collection and the rest of the garden. Take a guided Lilac Care Garden Tour with their horticulturist, followed by a nice cup of Lilac Tea.

**Date: Saturday, May 25**

**Time: 9:30 AM - 2:30 PM**

**Fee: \$25**

**Lunch: Please bring a picnic lunch**



## Maine Tasting Center

We will start our day learning about and tasting 5 different cheeses. We will then have a traditional Maine Bean Suppah for lunch! Add on an adult beverage if you'd like!

**Date: Wednesday, July 3**

**Time: 9:00 AM - 3:00 PM**

**Fee: \$50**



## Great Falls Hot Air Balloon Festival

Join us in Lewiston for a tradition that has been around for over 30 years! Watch as beautiful, colorful balloons take to the sky and enjoy many of the delicious food booths and see all the creative vendors!

**Date: Saturday, August 17**

**Time: 3:00 PM - 9:00 PM**

**Fee: \$20**

**Dinner: On your own**



## Sea Dogs Fun Night Out

Join us for a night game full of food, fun and fireworks! 2 hour buffet is included with your ticket. We will be seated in the right field pavilion, one of the best seats in the park!!



**Date: Friday, June 21**

**Time: 5:00 - 10:00 PM**

**Fee: \$45**

**Dinner: Included!**

## Coastal Maine Botanical Gardens

Coastal Maine Botanical Gardens is a people's garden, a grassroots effort that began as a casual conversation between friends and evolved into the largest botanical garden in New England. Located on more than 300 acres along the MidCoast, the Gardens are a true Maine experience.



**Date: Wednesday, July 31**

**Time: 10:00 AM - 6:00 PM**

**Fee: \$40 (Lunch on own)**

**Lunch: Garden Cafe (on your own)**

## Willows Flea Market

Join us as we visit one of the most amazing flea markets around! Enjoy shopping until you drop.

**Date: Thursday, August 29**

**Time: 10:00 AM - 2:00 PM**

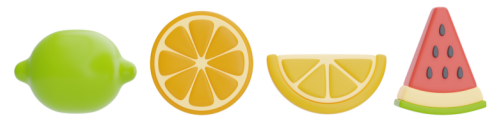
**Fee: \$15**

**Lunch: Mac's Grill and Ice Cream at the Dugout (Both on your own)**





# THEATER TRIPS



## Waitress

Join us at the Ogunquit Playhouse for the hit Broadway Musical, Waitress! Follow Jenna, as she tries to find a way out of her small town life.

**Date: Wednesday, June 5**  
**Time: 12:00 - 5:30 PM**  
**Fee: \$75**



## Willy Wonka

Join us as we enjoy one of the most popular children's novels brought to life on stage at Gorham Middle School. Support the local 4th through 8th graders as they perform "Charlie and the Chocolate Factory" Get ready to follow Charlie Bucket as he visits the famous Wonka Chocolate Factory!

**Date: Friday, July 19**  
**Time: 9:30 AM - 1:30 PM**  
**Fee: \$10**



## Cirque Du Soleil

Join us as we see the world famous Cirque Du Soleil at the Cross Insurance Arena! You will be blown away by the beautiful costumes, music, and acrobatics. This is one you won't want to miss!

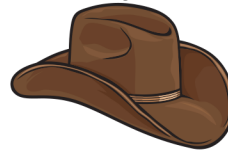
**Date: Sunday, June 23**  
**Time: 11:00 AM - 4:30 PM**  
**Fee \$65**



## Oklahoma!

Join us at Biddeford City Theater for the Rogers & Hammerstein classic! Watch as the love story between Curly and Laurey plays out just after the turn of the 20th century!

**Date: Sunday, July 28**  
**Time: 12:30 PM - 5:00 PM**  
**Fee: \$45**



# REGIONAL TRIP

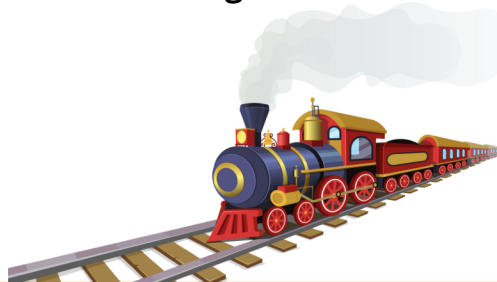


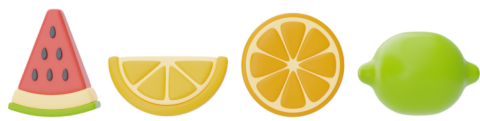
## Mount Washington - Cog Railway

Join us as we partner with Old Orchard Beach Recreation and Falmouth Recreation for a trip on the first mountain climbing Cog Railway in the world, The Mount Washington Cog Railway! Your trip includes round trip transportation, a packaged lunch, and your ticket on the Cog Railway. Get ready for some breathtaking, scenic views!

**Date: Thursday, June 13**  
**Time: 9:00 AM - 7:00 PM**  
**Fee: \$90**

**Lunch: Packaged lunch included!**





# 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.

**Location: Town Hall Gym**

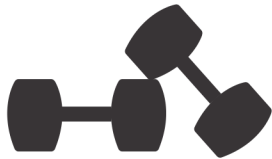
**Date: Mondays & Wednesdays, May 6 - August 28**

**Time: Monday- 10:00 - 11:00 AM**

**Wednesday- 9:00 - 10:00 AM**

**Fee: \$5 drop in**

**\$12, \$17, or \$22 per month (depending on number of weeks in the month)**



## Hannaford Nutrition Class

Join us at Hannaford in Westbrook as we meet with nutritionist, April Byron. April will lead us on a tour of Hannaford focusing on healthful eating and easy ways to shop for healthy foods! We will finish with a picnic in the park with healthy foods we find in Hannaford!

**Date: Tuesday, May 21**

**Time: 9:00 AM - 12:00 PM**

**Fee: \$15**

**Lunch: On your own**



## Physical Therapist Q&A

Join us as we have a sit down with a physical therapist from Riverview Physical Therapy and get your questions answered and receive some exercise suggestions. Some topics discussed include vertigo and overcoming limitations to achieve good balance.

Transportation to Town Hall is available!

**Date: Tuesday, May 1**

**Thursday, June 6**

**Time: 10:30 AM - 11:30 AM**

**Location: Windham Town Hall Gym**

**Fee: \$5 per session**



## Mystery Lunch

We will have 2 mystery lunches planned for the summertime! Sign up to enjoy the surprise!

**Dates: Thursday, May 2**

**Wednesday, August 7**

**Time: 10:30 AM - 2:30 PM**

**11:30 AM - 2:30 PM**

**Fee: \$15**

**Lunch: On your own**



# LUNCHES



## Willows Awake Wine Tasting & Lunch

Come and explore one of Maine's hidden treasures. Learn all about their wines and the wine making process while taking a tour through the vineyard. Finish with a farm to table lunch outside!

**Date: Saturday, July 6**

**Time: 9:30 AM - 3:00 PM**

**Cost: \$45**

**Lunch: Included!**



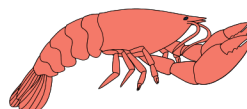
## Foster's Clambake

Enjoy a summer day in York filled with a classic clambake! We will be joined by Standish Parks & Recreation for this trip! Chowder, lobster and clams, yum!

**Date: Tuesday, August 27**

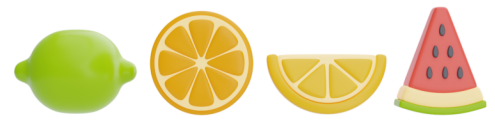
**Time: 9:30 AM - 4:00 PM**

**Fee: \$52**





# SOCIAL PROGRAMS



## Mahjong

Mahjong is a matching game with a simple set of rules: The goal of the game is to remove all tiles from play by matching identical pairs. Whether you are an advanced player or a beginner!

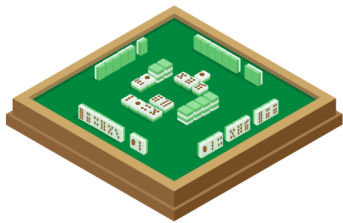
All are Welcome!

**Dates: Thursdays, May 2 - August 29**

**Fee: Free**

**Location: Town Hall Council Chambers**

**Time: 1:00-2:30PM**



## Bingo

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

**When: Mondays, May 6 & 20**

**June 3 & 17**

**July 1 & 15**

**August 5 & 19**

**August 19 will be a pot luck lunch!**

**Fee: Free**

**Location: Windham Town Hall Gym**

**Time: 1:00-2:30PM**



## Tunes & Treats at Dundee Park

Join us at Dundee Park for a performance from Red Gallagher! Take in the beautiful scenery, sing along to some popular songs, and enjoy yummy ice cream and soft drinks!

**When: Thursday, June 27**

**Time: 1:00 PM - 4:00 PM**

**Location: Dundee Park**

**Fee: \$15**

**Treats: Included!**



## BBQ in the Park

Join us at Dundee Park for an afternoon of good food, great friends, and fun conversation! Transportation is available if needed!

**When: Wednesday, June 12**

**Time: 11:00 AM - 1:00 PM**

**Location: Dundee Park- 79 Presumpscot Rd**

**Fee: \$25**

**Lunch: Provided!**



## Portland Schooner Co.

Join us for a 2 hour Windjammer cruise on Casco Bay. Sit back, relax and enjoy an included lunch after.

**Date: Thursday, May 30**

**Time: 9:00 AM - 2:00 PM**

**Fee: \$85**

**Lunch: Picnic lunch included!**



## BOAT TRIPS



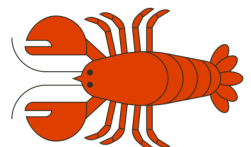
## Cabbage Island

Take a cruise through Boothbay Harbor on the Bennie Alice and enjoy a lunch of fish chowder, lobster, clams, and blueberry cake!

**Date: Wednesday, July 10**

**Time: 10:00 AM - 6:00 PM**

**Fee: \$135**



## Casco Bay Mailboat & Lunch

Hop on the Mailboat Run and experience Casco Bay like never before! The boat run will last between 2.5 and 3.5 hours depending on route and cargo volume.

**Date: Wednesday, July 17th**

**Time: 8:30 AM - 3:00 PM**

**Fee: \$40**

**Lunch: Picnic lunch included**