



ADULT PROGRAMS

January - April 2024

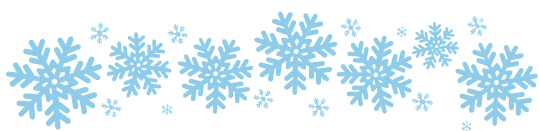


Newsletter Mailing List - Keep up with the latest offerings from Windham Parks & Recreation!

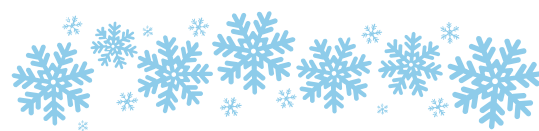
We send out a newsletter 3 times a year, as well as digitally produce our newsletters and program information. This allows us to pass on 3rd party program information that could be of interest to you.

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



ADULT PROGRAM



POLICIES

Registration Policies

New for 2024: Beginning on December 26, 2023, the first 3 days of registration period will be open for Windham residents only; Non-resident registration period will open on Day 4.

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.



MEET THE NEW STAFF MEMBERS



Although some of the faces have changed over the past several months, our team is still committed to providing you with great ways to spend your free time! Please join us in welcoming the newest members of our staff!

Joining us in June- Maria Goodstein, Recreation Coordinator



Maria is originally from Wimborne, Dorset in England. She moved to Florida 30 years ago, where she pursued her passion in fitness as a personal trainer. Four years ago she made the move to Maine to enjoy her love of the outdoors. Her hobbies include skiing, hiking and paddleboarding.

Joining us in August- Katie Roy, Administrative and Marketing Assistant



Katie is from Lewiston and graduated with her Bachelor's and Master's from Johnson & Wales University in Providence, Rhode Island in 2018 and 2020, respectively. She has previously worked in Disney World as part of the Disney College Program and also spends her summer's working part-time for the Portland Sea Dogs! Katie is a huge Boston sports fan and spends her free time reading, listening to music, going to breweries with friends and cheering on her favorite sports teams.

Joining us in September-Colby Fredette, Recreation Programmer



Colby is a new Recreation Programmer for Windham Parks and Recreation. Colby graduated from Husson University with his Bachelor's in Sport Management, and Master's in Business Administration. Colby likes to spend most of his free time snowboarding, hiking, golfing, and camping.



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 or call (207) 892-4649**

Spring Luncheon

Join Windham Parks & Recreation and Age Friendly Windham as we celebrate spring with a catered lunch from Starlite Catering! Come to chat with friends, make new ones, and to hear about the upcoming summer programs! Fun entertainment and great door prizes too!

Date: Monday, April 8th

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

Fee: \$10.00

Location: Windham Town Hall Gym





OUTINGS



Southworth Planetarium & Lunch

Come join us at the University of Southern Maine to see some of the best images from the Hubble Space Telescope. See the wonders of the universe all from Earth's orbit!

Date: Wednesday, January 10th

Time: 9:30AM-3:30PM

Fee: \$15 lunch on own at Cracker Barrel



The Brook Casino

Join us for a fun day at The Brook Casino in Seabrook, NH! Play slots or table games! Enjoy the poker room and their dining options!

Date: Tuesday, March 5

Time: 9:00AM-4:00PM

Fee: \$20



Biddeford Mill Museum

Join us for a walking tour through the Biddeford Mills Museum! Walking tours are often guided by former mill workers, who know first-hand the history of these old brick buildings. See the unique architecture of a cotton house, walk among the towering walls of a weave shed, and visit the underground canals where the Saco River once powered these historic textile mills.

Tours are designed for those able to climb minimal stairs. Walking shoes should be worn. Tours may not be appropriate for young children.

Date: Thursday, March 14th

Time: 10:30AM-4:00PM

Fee: \$10 lunch on own at Cowbell Burger Bar



Pizza & Ice cream in the Park

Celebrate the start of spring under the pavilion at the Community Park with pizza and ice cream from the ice cream truck!

Date: Wednesday, April 17

Time: 1:30PM-3:30PM

Fee: \$10



Ice Castles and Dinner

Join us in Woodstock, NH for the world-famous Ice Castles and dinner! Crampons/ice cleats are required and available for loan at minimal cost

Date: Thursday, February 22

Time: 12:00-9:00 PM

Fee: \$40 Dinner on own - Woodstock Inn & Brewery



Sleigh Ride at High View Farm

Join us for a trip out to High View Farm in Harrison for an old-fashioned sleigh ride. The registration fee includes a warm fire and hot chocolate with marshmallows!

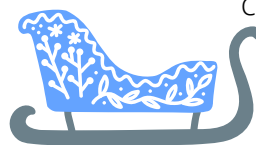
Date: Friday, March 8th

Time: 11:30am-4:00 PM

Fee: \$55

Lunch: On Own at Olde Mill Tavern

Weather permitting



Jillson's Farm & Sugar House

Join Windham Parks & Recreation for a classic Maine tradition! Join us at Jillson's Farm and Sugar House for Maine Maple Weekend! Shop in their store and sample some of their delicious maple products and enjoy a delicious, breakfast!

Date: Sunday March 24th

Time: 9:00AM-2:30PM

Fee: \$25 breakfast included



Brick Store Museum and Lunch

The Brick Store Museum is an active, community museum focusing on local history, art and cultures of the Kennebunks and its surrounding communities. The Museum's Collections hold over 70,000 artifact's relating to regional history. Guided gallery tour along with behind-the-scenes tour.

Date: Tuesday, April 23

Time: 10:00 AM-3:00 PM

Fee: \$25

Lunch on own Alisson's Restaurant and Pub



REGISTRATION FOR ALL OUTINGS OPEN DECEMBER 26



THEATER OUTINGS



Lewiston Theater and Lunch

Join us at The Public Theatre in Lewiston to see the comedy "Incident at our Lady of Perpetual Help"! The day will start with lunch at Terry & Maxine's in Turner, followed by the hilarious show at the theater. Transportation is provided!

Date: Saturday, February 3rd

Time: 12:00PM-6:00PM

Fee: \$35 lunch on own



Broadway Your Way at Merrill Auditorium

It's Broadway your way! Your Portland Symphony Orchestra performs a selection of classic and contemporary favorites—with a twist. YOU get to vote on the songs.

Date: Sunday, March 10

Time: 1:00PM-5:00PM

Fee: \$60.00



Murder Mystery Dinner

Join us for a fun filled night with a Murder Mystery Dinner! Follow the clues as you try to solve the fictitious murder. Participants are more than welcome to dress up to match the theme of the evening!

Date: Saturday, April 27

Time: 5:00PM-10:30PM

Fee: \$90.00, dinner included

Location: Birdies Restaurant, OOB



Schoolhouse Art Center, Standish

"The Wedding Singer"

It's 1985, and rock star wannabe, Robbie Hart, is New Jersey's favorite wedding singer. He's the life of the party until his own fiancée leaves him at the altar. Shot through the heart, Robbie makes every wedding as disastrous as his own. Enter Julia, a winsome waitress who wins his affection. As luck would have it, Julia is about to be married to a Wall Street shark, and, unless Robbie can pull off the performance of a decade, the girl of his dreams will be gone forever.

Date: Sunday, February 18

Time: 12:30PM-4:30PM

Fee: \$40



Lyric Theater, South Portland

"Young Frankenstein"

It's alive! From the creators of the record-breaking Broadway sensation, The Producers, comes this monster musical comedy. Every bit as hilarious to audience members who will remember the original as it will be to newcomers, Young Frankenstein has all the of panache and comedy of the screen sensation plus some extra theatrical flair.

Date: Sunday, April 14

Time: 11:00AM-5:00PM

Fee: \$30 lunch on own - Willows Pizza



REGISTRATION FOR ALL OUTINGS OPEN DECEMBER 26



CLASSES/ CLUBS

Irene's Knitting Club

Whether you are a life long knitter or you don't know the difference between a pearl and a knit row, all are welcome. Each week we will get together for some good conversation, time with friends and fun knitting. We will be knitting hats, scarves, gloves or whatever you wish. If you would like to donate your knitted items, there are a lot of charities to choose from.

Knitted Knockers - knit a pair for a woman that has undergone a mastectomy

Binky Patrol - Knit a blanket for a child undergoing chemotherapy

Warm up America - knit a square to add to a blanket for a homeless person

The Snuggle Project - knitting blankets for homeless animals

Location: Town Hall Council Chambers

When: Every Thursday, starting January 4th - April 25th

Time: 10AM-12PM

Fee: Free

(Please provide own supplies)

Wool needed! If you have extra wool or needles you would like to donate, all would be much appreciated.



Aurora's Art Class

Each week we will explore a new project. Tapping into your creative side, whether it be watercolors, origami, fiber art, stain glass, to name just a few. Lead by the talented Aurora, a 2023 Windham High School graduate, who will walk you through a variety of creative art projects.

Location: Town Hall Council Chambers

When: Every Wednesday, starting January 3rd - February 14th

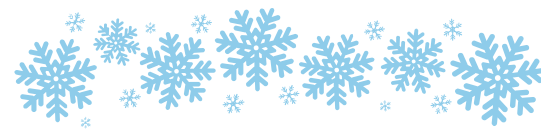
Time: 2PM-4PM

Fee: \$45 for 7-week series

What to bring: Nothing - just your imaginations! All supplies will be provided.



“ALWAYS WALK
THROUGH LIFE AS IF
YOU HAVE
SOMETHING NEW TO
LEARN, AND YOU
WILL.” — VERNON
HOWARD



Fitness Foundation-Chair Exercise

Many individuals with chronic pain have restricted movements, limited range of motion, mobility issues or balance concerns that can make engaging in physical activity, such as walking or using weight machines, difficult or impossible. One often forgotten option that is available is chair-based exercise.

In this type of physical activity, the individual completes the activity while seated in a wheelchair, or any other type of chair. A wide variety of chair-based exercises exist. Activities can be aerobic to improve heart health, strength based to build muscle or yoga inspired to stretch the body.

Location: Town Hall Gym

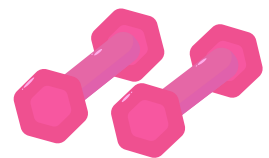
When: Every Monday, starting January 8th-January 29th

Time: 10AM-11AM

Fee: \$12 all classes, \$5 per class

What to wear: Light fitting clothes easy for moving in

What to bring: Water and a towel



TO REGISTER, CALL (207) 892-1905 OR VISIT WINDHAMRECREATION.COM



MONTHLY PROGRAMS



Bingo

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

Session II 2024:

January 8th

February 5th

March 4th

April 1st - Pot Luck Lunch

Fee: Free

Location: Windham Town Hall Gym

Time: 1:00-2:30PM



Breakfast Club

Love Breakfast?

You have found like-minded people!

Even though the cold is setting in doesn't mean you have to stay in.

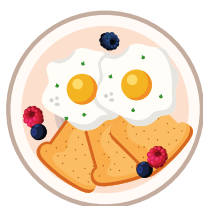
Each month join us for good conversation and great food.

Dates: 1/16, 2/12, 3/12, 4/1

Time: 9:30AM-11:30AM

Fee: \$5 (transportation)

Breakfast on own



Brewery Tasting Series

Maine has become a microbrew state in the past few decades, with new breweries and beer labels popping up like lobster pots in Cape Porpoise harbor. Lots of beer lovers in Maine simply craft their own small batch beer in their basement, but the Maine beer scene is far more sophisticated than home brews in houses.

Join us in exploring the different breweries, their beers and wonderful food (optional)

January 24th Good Fire Brewery

February 6th Sebago Brewing

March 27th Shipyard Brewing

April 30th Maine Brewing Co.

Fee: \$10 individual brewery-

\$35 for all 4

Time: 11:30am-2:30pm



Movie Afternoon & Lunch

Miss the classic movies?

Come watch a classic movie each month with friends and enjoy a scrumptious lunch from local restaurants.

January 22nd -My Fair Lady

February 26th-Lincoln

March 25th-Singing in the Rain

April 22nd-Breakfast at Tiffany's

Fee: \$20 each, \$64 whole series

Time: 11:00am-2:00pm



Mystery Lunch

Maine has a plethora of amazing restaurants. Get excited about visiting some new restaurants. Each month we will pick a different restaurant to visit, Maria will be the only one to know where you are going!

Dates: 1/26, 2/28, 3/18, 4/10

Time: 10:30 AM - 2:30 PM

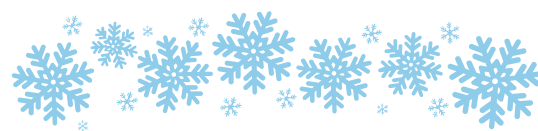
Fee: \$10.00 Lunch on own



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SPORTS



Men's 4x4 Basektball

The Adult Men's League plays Thursday nights at Town Hall and Manchester Gyms. The 2024 Winter/Spring season will start February 8th. Once all teams have registered, the schedule will be emailed to coaches and will be available on our website.

Location: Town Hall Gym and Manchester Elementary School

When: Thursday Nights

Time: 7:00PM-9:00PM

Fee: \$200.00 per team



Adult Pick-up Basketball

Starting in January, join us for adult pick-up basketball! Go with friends or go alone! Pick-up basketball will be on Mondays, Tuesdays and Thursdays!

Location: Windham Primary School Gym

When: 1/2/2024-06/20/2024

Time: 8:00PM-9:45PM

Fee: \$60 for the whole session

Sunday Open Gym

Open to adults ages 21+ Sundays from mid- November until the end of April at the Windham High School Gym

When: 1/8/2024-1/29/2024

Time: Basketball: 8:00-10:00AM

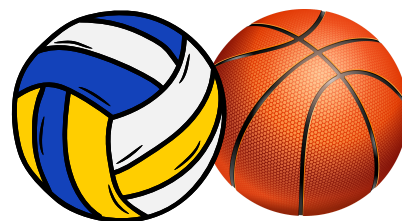
Volleyball: 10:00am-1:00pm

Fee: Basketball Drop-in: \$6

Volleyball Drop-in: \$8

Multi-visit passes also available

Location: Windham High School Gym



Maine Mariners Outing

Join us for a group outing to Portland's very own Maine Mariners. This is a great Sunday afternoon outing the whole family will love! The Mariners will be playing the Reading Royals at 3:00PM. All youth participants must be accompanied by an adult.

When: Sunday January 21st, 2024

Time: 2:00PM-7:00PM

Fee: \$27.00 includes transportation



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.

Where: Town Hall Gym

When: Saturdays, starting March 2nd-March 30th and April 6th - April 27th

(No Lesson March 16th)

Time: 11:00AM-12:00PM

Fee: \$75 for all 4 weeks



Cardio Pickleball

This fast-paced Cardio program is a take-off of Cardio Tennis where participants will be moving through a series of drills and continuous movements targeted at getting their heart rate up and help them get into great shape. Less importance will be put on the pickleball "shots" or techniques, rather we'll be having folks building endurance and participating in drills and fun physical conditioning. You must know the basic rules of pickleball.

Where: Town Hall Gym

When: Saturdays, starting March 2nd - March 30th and April 6th-April 27th

(No Lesson March 16th)

Fee: \$75 for all 4 weeks, \$20 Drop-in Fee

TO REGISTER, CALL (207) 892-1905 OR VISIT WINDHAMRECREATION.COM



TRAPP FAMILY LODGE Excursion

COME JOIN US FOR A WONDERFUL WEEKEND
IN THE BEAUTIFUL MOUNTAINS OF STOWE,
VERMONT!

**FRIDAY, MAY 10TH - SUNDAY, MAY 12TH,
2024**

TRIP INCLUDES:

- 2-NIGHT STAY
- SHOPPING AND DINING IN THE TOWN OF STOWE
- BREAKFAST BUFFET ON SECOND DAY
- INDOOR & OUTDOOR POOL & HOT TUB
- ROUND TRIP TRANSPORTATION ON WINDHAM PARKS & RECREATION VEHICLE

EXCURSIONS INCLUDED:

- LEARNING THE FOREST
- BREWERY TOUR
- MEET THE SHEEP
- MEET THE COWS
- VON TRAPP HISTORY TOUR

**ALL MEALS ARE ON YOUR OWN,
EXCEPT FOR THE BREAKFAST
BUFFET ON THE SECOND DAY**

FEE PER PERSON:

\$700.00

10 PERSON MINIMUM



WINDHAMRECREATION.COM



207-892-1905



Participant Name: _____ DOB: _____ M / F
Phone/Cell: _____ Mailing Address: _____
Town: _____ Zip: _____ E-Mail: _____
Existing Medical Conditions: _____
Emergency name and phone number: _____

I _____ understand there are risks of physical injury in participating in Windham Parks & Recreation programs and/or visiting recreational facilities. I hereby release the Town of Windham, its employees, officials, and agents from any and all liability or loss or damage to personal property that I may experience in connection with programs sponsored by, or facilities managed by Windham Parks & Recreation.

I hereby consent to emergency medical procedures deemed appropriate or necessary on my behalf. I further authorize medical personnel to administer any required emergency medical treatment in the event that a guardian/family member cannot be reached by the telephone numbers provided on this form. The Windham Parks & Recreation Department does not provide accident or hospitalization insurance and all participants and/or facility users are advised to have adequate personal coverage. Please consider participant's own health, experience, and tolerance for risk before participating in any program or visiting facilities.

I consent to the use of my photo, video, artwork on the department website or in other promotional materials. The Windham Parks & Recreation Department reserves the right to refuse services to participants if the administration deems necessary for the safety of the participant, other program participants, or staff.

I have carefully read the release language and completely understand its content and I agree to all responsibilities in case of an emergency.

Participant Signature _____ **Date** _____

Town of Windham Dept. of Parks & Recreation 8 School Road, Windham ME 04062

Outings:

<input type="checkbox"/> Southworth Planetarium & Lunch	Wed. Jan. 10th	\$15	____ Paid
<input type="checkbox"/> Lewiston Theater & Lunch	Sat. Feb. 3rd	\$35	____ Paid
<input type="checkbox"/> Schoolhouse Art Center	Sun. Feb. 18th	\$40	____ Paid
<input type="checkbox"/> Ice Castles & Dinner	Thurs. Feb. 22nd	\$40	____ Paid
<input type="checkbox"/> The Brook Casino	Tues. March 5th	\$20	____ Paid
<input type="checkbox"/> Sleigh Ride at High View Farm	Fri. March 8th	\$55	____ Paid
<input type="checkbox"/> Merrill Auditorium	Sun. March 10th	\$60	____ Paid
<input type="checkbox"/> Biddeford Mill Museum	Thurs. March 14th	\$10	____ Paid
<input type="checkbox"/> Jillson's Farm & Sugar House	Sun. March 24th	\$25	____ Paid
<input type="checkbox"/> Lyric Theater	Sun. April 14th	\$30	____ Paid
<input type="checkbox"/> Pizza & Ice cream in the Park	Wed. April 17th	\$10	____ Paid
<input type="checkbox"/> Brick Store Museum & Lunch	Tues. April 23rd	\$25	____ Paid
<input type="checkbox"/> Murder Mystery Dinner	Sat. April 27th	\$90	____ Paid

Special Event

<input type="checkbox"/> Spring Luncheon	Mon April 8th	\$10	____ Paid
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Where would you like us to pick you up: New Marblehead? _____ Town Hall? _____ Park & Ride? _____

(Other pick-up locations may be arranged for anyone unable to transport themselves to one of these 3 spots)



Programs

O Bingo	Mon. Jan. 1st Free		_____ Sign-up
	Mon. Feb. 5th Free		_____ Sign-up
	Mon. March 4th Free		_____ Sign-up
	Mon. April 1st (Pot Luck) Free		_____ Sign-up
O Breakfast club	Tues. Jan 16th	\$5	_____ Paid
	Mon. Feb. 12th	\$5	_____ Paid
	Tues. March 12th	\$5	_____ Paid
	Mon. April 1st	\$5	_____ Paid
O Brewery Tasting	Wed. Jan 24th	\$10	_____ Paid
	Tues. Feb 6th	\$10	_____ Paid
	Wed. March 27th	\$10	_____ Paid
	Tues. April 30th	\$10	_____ Paid
O Brewery Series	All 4 Brewereries	\$35	_____ Paid
O Movie Afternoon	Mon. Jan. 22nd	\$20	_____ Paid
	Mon. Feb. 26th	\$20	_____ Paid
	Mon. March 25th	\$20	_____ Paid
	Mon. April 22nd	\$20	_____ Paid
O Movie Series	All 4 shows	\$64	_____ Paid
O Mystery Lunch	Fri. Jan. 26th	\$10	_____ Paid
	Wed. Feb. 28th	\$10	_____ Paid
	Mon. March 18th	\$10	_____ Paid
	Wed. April 10th	\$10	_____ Paid

Clubs

O Aurora's Art Class	Wed. Jan.3rd-Feb 14th	\$45	_____ Paid
O Irene's Knitting Club	Thurs. Jan. 4th-April 25th	FREE	_____ Sign-up
O Fitness –Chair Exercise	Mon. Jan 8th- 29th	\$5 ea.	_____ Paid
	3 Sessions	\$12	_____ Paid
	Mon. Feb. 5th - 26th	\$5 ea.	_____ Paid
	3 Sessions	\$12	_____ Paid
	Mon. March 4th-25th	\$5 ea.	_____ Paid
	4 Sessions	\$17	_____ Paid
	Mon. April 1st—29th	\$5 ea.	_____ Paid
	3 Sessions	\$12	_____ Paid