



LEWISTON AGE FRIENDLY 50+ PROGRAM NEWSLETTER



Stephanie Cote
Age Friendly Program Coordinator
Phone Number: (207) 513-3059
Email: scote@lewistonmaine.gov
www.lewistonrecreation.com

August & September 2026

New Happenings

Announcing New Activities and Trips!

If you have an account with the Lewiston Recreation Dept., have gone on any trips, participated with any of the 50+ programs and we have your email we send this bi-monthly newsletter to you free of charge via email! This newsletter is where we announce all our information as well as on our website.

Ju TE

Keep yourself healthy with activities and add some Ju Te to your routine. Ju Te is the Karate version of Tai Chi. Ju Te is exercise, a relaxation technique, practiced in set sequences usually in gentle flowing motions that are often described as “meditation” in motion”. The series will be 6 sessions. The two first sessions 9/14-9/21 will be free and the rest at a discounted price made possible due to the grant money donated by the Lewiston Senior Advisory Council. Donna from Phoenix Karate will lead this class. Registration is not required.



New Happenings Continued

Mah Jong

Join in on the growing craze of playing Mahjong. Starting the week of Sept 15th, we will be offering Mahjong Lessons. The instructors will teach you how to first play the Chinese version and then the American version of Mah Jong. Mah Jong is a game that uses small tiles instead of playing cards but it's more than a game; it is a social and cultural activity. In many Asian communities, it serves as a bonding experience for families and friends. In the United States, it is particularly popular in the community and family circles. We'll supply the Mah Jong tiles while you supply the curiosity to learn something new. There are Limited spaces and registration is required.



Nordic Walking

Another grant money opportunity was presented to us and we are all in! The Lewiston Senior Advisory Council has also donated grant money to purchase walking sticks. Nordic walking sticks are used to extend your arms and engage the upper body, turning a regular walk into a full-body exercise. They help increase forward propulsion, improve posture, reduce joint stress, and enhance cardiovascular fitness while walking outdoors. We are looking for fourteen 50+ participants to sign up for this series of walks. The walking sticks will be loaned to you for approximately 6 weeks to take home as well attend these 45-minute walks once a week. This is a free program, and the walks will start off at Bates College for the first 2 weeks and the following 4 weeks will be at different locations. The different location will vary, and transportation will be provided to you on our Recreation Bus which will leave from the Lewiston Armory.



Check out the times and dates for all activities on the following pages.

What's Happening Consistently for 50+ at the Lewiston Armory?

Games and Walking/Open Gym are set up as "Drop In" programs which means you do not have to register. They will be consistently on the scheduled days and times except for holidays. These 2 programs are open to all 50+ people for free. The card games are loosely organized to include everyone and offer the opportunity to meet new people. These programs are meant to be casual, fun and at a pace where everyone can be included. There will be a sign-in sheet that all participants will need to sign before playing.

Free Drop In Canasta

Mondays: 1:00 PM to 3:30 PM

Free Walking/Open Gym

Stay warm & dry and get your steps in. This program is available September to June.

Mondays: 12:00 PM to 2:00 PM

Tuesdays & Thursdays

8:00 AM to 9:00 AM

Registration not required. Sign in sheet at the door.

Chair Yoga

Tuesday and Thursdays

9:00 AM to 10:00 AM

All levels welcomed!

Fee: \$3 Lew. Res. \$4 Non Lew. Res.

Pay fee at the door. Registration is not required but recommended if you want alerts of schedule changes.

**Chair yoga instructor on vacation 9/1 through 9/10. Free virtual offered instead.*

Ongoing Groups in the Senior Room

Trivia Tuesdays

Enjoy this ongoing monthly game of trivia, maybe win an interesting prize, learn something new and definitely enjoy ourselves. Bring your own 3-4 person team OR join "new" friends to take on this challenge. Either way, come on down and have some fun.

Time: 10:15 AM -12:00 PM

Fee: Free. A light snack and beverage will be provided.

Dates: 1st Tues. of the Month: Aug. 4th, Sept. 22, Oct 6th

Sailing Life Solo

This ongoing group will discuss topics that people aging alone or responsible for others aging who are facing the impact of growing older. This group is meant to be a interactive discussion and topics of interest will be driven by the group.

Time: 10:15 AM-12:00 PM

Fee: Free. A light snack and beverages will be provided

Dates: Jul. 21, Aug.18, Sept. 22 , Oct 20, Nov 17, Dec 15

!!!!NEW!!!!

Mahjong Lessons

Each session will build on the previous sessions therefore registration will be for the full series. Registration is required.

Time: 12:30 PM to 2:00 PM at the Lewiston Armory

Fees: \$12 Lewiston Resident. \$15 Non Resident.

Dates: Tuesdays : 9/15, 9/22, 9/29, 10/6, 10/13, 10/20

Ju Te

No registration required. Fee paid at the door.

Time: 10:00 AM to 11:00 AM at the Lewiston Armory

Dates: Mondays- The two first sessions Sept. 14th & Sept. 21st will be free! **Fee:** Sept. 28th thru Oct 26th will be \$3 Lew. Res. \$4 Non Res.

Free Nordic Walking

Times: 10:00 AM to 11:00 AM

Dates: First 2 sessions meet at Bates College Campus at red picnic tables next to Dining Services 9/4 & 9/11. 4 following sessions leave the Lewiston Armory for offsite trails 9/18,25,10/2, 10/9 FREE but Registration Required. Limited spaces availalbe.

Bus/Van Trips

The Age Friendly 50+ Program will be planning several trips a month. The trips leave from the Lewiston Armory 65 Central Ave. Lewiston.

The destination will be announced in this newsletter and can be found online on our website: www.lewistonrecreation.com

For now, the trips will be, first come first serve basis. Registration is required. The quickest way to register is online www.lewistonrecreation.com, click on Programs, then scroll to 50+ activities or call for assistance (207) 513-3059.

Trips using the van will be limited to 7 passengers and 14 for the bus. If the trip is full make sure to put your name on the waitlist!

Mystery Lunch Trips

Dates: Sept 21st

Bus Departure: Lewiston Armory at 10:30 AM **Return:** Approx 2:00 PM

Fee: \$3 Lewiston Residents \$5 Non-Res. Cost covers transportation.

Lunch is on your own. We will be using the bus.

Location: It's a mystery!



Trips

Van Trip to Frances Perkins National Monument-Newcastle

Dedicated to the first woman to serve in the U.S. cabinet. Self guided tour. There is a lot of walking involved in this trip with unpaved terrain. We will stop somewhere on the way back home to grab something to eat. See full details on our website.

Date: Friday-August 14th

Departure: Lewiston Armory at 9:00 AM **Return:** Approx 4:00 PM

Fee: \$ 5 Lewiston Resident \$7 Non-Res.

Bus Trip to Tiki Bar-Royal Anchor-Pine Point

Enjoy some fun in the sun on beautiful Pine Point Beach. There is a tiki bar, small cafe and restrooms facilities. Sit, grab a bite to eat, relax, take a swim or walk on the beach!

Date: Friday- August 21st

Departure: Bus will leave Lewiston Armory at 10:00AM and return around 4:30PM

Fee: \$5 Lew. Res. \$7 Non Res.

Bus Trip to Sawyer Memorial-Greene

Music by T-Acadia, a traditional folk trio from Mid coast Maine. The concert is approximately an hour and we'll stop for Fielder's Choice Ice Cream on the way home.

Date: Friday-August 28th

Departure: Bus will leave Lewiston Armory at 1:00 PM

Return to Armory : Approx 4:30 PM

Fee: \$3 Lew. Res. \$5 Non Res

* The Lewiston Recreation Department's Cancellation Policy applies to all trips.



Quick Calendar Reminders:

- Chair Yoga cancelled 9/1 through 9/10. Free Virtual Chair Yoga offered instead
- Lewiston Armory closed Sept 7th

Lewiston Age Freindly Information

The Lewiston Age Friendly 50+ Program is operated under the Lewiston Recreation Dept. and does not require a membership. Lewiston residents are given discounted fees for our paid activities, and people from surrounding towns are welcome to join in all activities. If you have an account with Lewiston Recreation Dept. and you are over 50 years of age we are sending the information to you every other month via email. If you need a hardcopy, give us a call, there is a small fee to help out with postage costs.

All our activities and events are posted on the Lewiston Recreation website:

www.lewistonrecreation.com

You can register there or call for assistance (207) 513-3059.

Maine School of Archery

These new "Explore Archery" sessions are a great opportunity for adults ages 18 and up to come try the sport! In a welcoming and relaxed environment, participants will learn range safety, shooting mechanics, and archery fundamentals while enjoying the challenge, focus, and satisfaction that archery brings.

Join the fun, try something new, and meet new people! Classes will be taught by expert instructors from the Maine School of Archery. No prior experience is necessary, just come ready to learn, have fun, and see why so many people love archery!

Dates: Tuesdays, September 1st - 22nd (4 sessions)

Due to annual floor maintenance, program dates will be adjusted once the maintenance schedule is confirmed. The program may be extended through October 6th. Updated details will be shared once everything is finalized.

Time: 6:30pm - 7:30pm

Location: Lewiston Armory Gym - 65 Central Ave, Lewiston

Ages: 18 & Up

Cost: \$125.00 Residents, \$135.00 Non-Residents

Equipment: Comfortable clothes, sneakers, and water. All archery equipment is provided by Maine School of Archery.

Questions: Please contact Alyssa Davis, Deputy Director at adavis@lewistonmaine.gov or call the office at 207-513-3005.

Cabin Fever Club

Our Cabin Fever Club was a hit! We are starting to plan more programs for the months of January, February and March 2027 to shake off those winter blues again. We are currently accepting sponsors who are interested in sponsoring a lunch, sharing their companies' information.... with the 50+ population here at the Lewiston Armory. If you are interested in learning more about our sponsorship program, please give Stephanie Cote a call at (207) 513-3059

