



LEWISTON

AGE FRIENDLY 50+ PROGRAM EVENTS AND CALENDAR



Stephanie Cote

Age Friendly Program Coordinator

Phone Number: (207) 513-3059

Email: scote@lewistonmaine.gov

A new way to announce our programs, activities as well as more convenient for you to keep track of our schedule and yours!

We will have short descriptions of our consistent activities, new programs, trips, and events along with calendars for your use. All details and registration can be found online on our website: www.lewistonrecreation.com

New Programs in the Senior Room

Swooping

Fridays-Start Date: 10/23 9:30-11:30

10/30 Special Halloween Swooping-Trick or Treats and Best costume prize!

Session dates: 11/6, 11/13, 11/20, 12/4, 12/11, 12/18

Cost: FREE Drop In Program. No Registration Required.

Join us for a game of SWOOP! It's a fun and engaging social game that brings friends together, providing entertainment and challenge for players. Straight forward rules mean that anyone can play and vie for victory, simplify learning and gameplay.

You're welcome to bring a friend, your coffee or a snack to enjoy while you take part in this fun game which is sure to brighten your morning!

This is a drop in program and is offered for free for 50+ participants.

Halloween Pumpkin Pancake Palooza

Friday-October 30th 8:30 to 9:30

Cost: FREE Registration Required!

Join us for some pumpkin shaped pancakes and some orange juice to start the day. There will be best costume contest, some games to try or just hang out and have a scary breakfast.

Pearl Art Holiday Card

Tuesday- December 8th

10:00 to 12:00

Create a Holiday Card for someone special. Different designed cards will be available. Pearl Art is similar to Diamond Art.

Fee: \$1 Resident \$3 for Non Res. Registration Required.

Hotdogs and Holiday Songs

Tuesday-December 22 Hot Dogs 11:00 to 12:30 Music 1-2

Sing Along with Lewiston's own talented Ernie Gagne. Enjoy some hotdogs, chips and beverage. This is being offered to 50+ Lewiston Residents for free and \$2 for Non Residents. Registration Required

Ongoing Activities in the Senior Room

Free Monday Drop In Games

Mahjong/Cribbage: 9:00 to 12:00
(starts 11/2/26)

Canasta: 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.

Dates: 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.

Free 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

Dates: Every first Tuesday

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

Dates: Every 3rd Tuesday

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

*** See calendar for schedules ***

Mystery Lunch Rides

Join us in this adventure, meet new friends, try a new restaurant and throw caution to the wind.

Bus Departure: Lewiston Armory at 10:30 AM

Return: Approx 2:00 PM

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

Lunch is on your own.

Location: It's a mystery!

This is a very popular activity so make sure you register online or call us!

*See calendar for dates.

Activity/ Trips/Offsite Events

Encore Casino –Boston Harbor

Saturday– November 7th

Fee: Lewiston Residents-\$55 Non Residents-\$57

Departure Time:9:00 AM from the Lewiston Park & Ride-1243 Lisbon St. Lewiston

This is a non stop trip and the travel time is a little over 2hrs depending on Boston traffic.

Encore Departure Time to Return to Lewiston:4:00 PM

Arriving back in Lewiston around 7:30 PM

Market Basket Bus Trip–Topsham

Friday–November 20th

Let's get some Thanksgiving shopping done. The bus will leave the Armory at 10:00 once you will have 2 hours to shop and possibly take in a quick lunch while there.

Fee: \$3 Lewiston Residents \$5 Non-Res

Cost covers transportation. Registration required.

Lunch is on your own.

Holiday Lights Bus Trip

Wednesday– December 9th–4:00PM to 6:00Pm

Hop in the bus for some hot coca and a ride around the area searching for locally decorated houses.

Fee: \$1 Lewiston Residents \$3 Non Resident

Registration Required.

The Victorian Nutcracker

Tuesday–December 15th 8:15

Join us for the Portland Ballets Victorian Nutcracker.

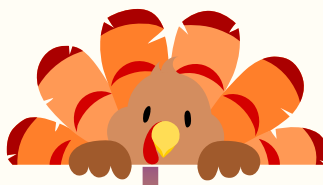
Bus and van leaves the Armory 8:15 show is at 10:00. After the show we will stop by a restaurant for lunch. Lunch is on your own. Arrival back to Lewiston will be approx. 3 PM

Fee: \$15 Lewiston Res. \$17 Non Res. Reg. Required.



OCTOBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9/28 10 Ju Te 1 Canasta	9/29 8 Open Gym 9 Chair Yoga 12:30 Mahjong Lessons	9/30	1 8 Open Gym 9 Chair Yoga	2 10 Nordic Walking	3 5 Norlands Farm to Table Trip (reschd.)
4	5 10 Ju Te 1 Canasta	6 8 Open Gym 9 Chair Yoga 10:15 Trvia 12:30 Mahjong lessons	7 10 am Bus leaves armory for Nordic Walking (Reg. req.)	8 8 Open Gym 9 Chair Yoga	9	10
11	12 Armory Closed	13 8 Open Gym 9 Chair Yoga 10-12 Echo Dot Seminar 12:30 Mahjong Lessons	14	15 8 Open Gym 9 Chair Yoga	16 Armory Closed for Maine Parks and Rec. Conf. 10:00 Bates Walk Group	17
18	19 1 Canasta 10 Ju Te (Drill Room) 10:30 Mystery Ride	20 8 Open Gym 9 Chair Yoga 10:15 Sailing Life Solo 12:30 Mahjong Lessons	21	22 8 Open Gym 9 Chair Yoga	23 9:30 Swooping 10:00 Bates Walk Group	24
25	26 10 Ju Te 1 Canasta (Drill Room)	27 8 Open Gym 9 Chair Yoga	28	29 8 Open Gym 9 Chair Yoga	30 8:30 Pumpkin Pancakes Palooza 9:30 Swooping 10:00 Bates Walk group	31



November 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2 Drop In: 9-12 Mahjong/Crib 1-3 Canasta	3 Armory Closed for Voting	4	5 8 Open Gym 9 Chair Yoga	6 9:30 Swooping	7 9:00 Encore Casino Trip Lew. Park & Ride
8	9 Drop In: 9-12 Mahjong/Crib 1-3 Canasta Senior Office Closed until 11/16	10 8 Open Gym 9 Chair Yoga 10:15 Trvia 3:15 Lew. Sen. Adviosry Council	11 Armory Closed Vetran's Day	12 8 Open Gym 9 Chair Yoga	13 9:30 Swooping	14 Fall Artisan Craft Fair at the Armory
15	16 Drop In: 9-12 Mahjong/Crib (drill rm) 1-3 Canasta	17 8 Open Gym 9 Chair Yoga 10:15 Sailing Life Solo	18	19 8 Open Gym 9 Chair Yoga	20 9:30 Swooping 10:00 Market Basket Bus Trip	21
22	23 Drop In: 9-12 Mahjong/Crib 1-3 Canasta	24 8 Open Gym 9 Chair Yoga	25	Closed Thanksgiving	Closed	28
29	30 Drop In: 9-12 Mahjong/Crib 1-3 Canasta					

December 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1 8 Open Gym 9 Chair Yoga 10:15 Trivia	2	3 8 Open Gym 9 Chair Yoga	4 9:30 Swooping 10:30 Mystery Ride	5
6	7	8 8 Open Gym 9 Chair Yoga 10:15 Pearl Art Holiday Card 3:15 Lew. Sen. advisory Council mtg.	9 4-6 Holiday Light Bus Ride	8 Open Gym 9 Chair Yoga	11 9:30 Swooping	12
13	14 Drop In: 9-12 Mahjong/Crib 1-3 Canasta (Drill Room)	15 8 Open Gym 8:30 Nutcracker Bus Trip 9 Chair Yoga 10:15 Sailing Life Solo	16	17 Armory Closed for Employee Function	18 9:30 Swooping	19
20	21 Drop In: 9-12 Mahjong/Crib 1-3 Canasta	22 8 Open Gym 9 Chair Yoga 11:00 Hot Dogs and Holiday Songs	23	24 8 Open Gym 9 Chair Yoga (cancelled) ----- Closed at 12:00	25 Closed Christmas	26
27	28 Drop In: 9-12 Mahjong/Crib 1-3 Canasta	29 8 Open Gym 9 Chair Yoga (cancelled)	30	31 8 Open Gym 9 Chair Yoga (cancelled)	1/1/27 Closed New Years	