



LEWISTON RECREATION AGE FRIENDLY 50+ PROGRAM NEWSLETTER

**August – September
2025**

What's Happening

We are membership free now!

What does membership free mean? We no longer have a membership therefore anyone 50+ can take advantage of our programs from any town. If you have an account with the Lewiston Recreation Dept. and meet the criteria for 50+ you will receive our bimonthly newsletters and announcements automatically. Some of our activities are open to all age adults so pass the word on!

These newsletters will announce the schedule of details regarding activities, new and ongoing programs as well as day trips. We will offer some free programs and programs with fees. The fees will be based on Resident and Non Resident pricing.

If you are unable to access the newsletter via email we will offer a hardcopy here at the armory or we can mail it to you for \$20 annual fee.

Reminders

All our activities and events are posted on the Lewiston Recreation website for your convenience.

www.lewistonrecreation.com
You can register there or call for assistance.

Contact Info

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

Special Dates

SEPT.

1

Labor Day-Lewiston
Armory Closed

OCT.

13 & 16

Columbus Day and
MPR Fall Workshop
Day- Lewiston
Armory Closed

What's Happening Consistently at the Lewiston Armory?

Free Canasta:

Mondays: 1 PM to 3:00 PM
Don't know how to play?
We'll teach you!

Free Casual Cribbage:

Tuesdays: 1:00 PM to 3:30 PM
Don't know how to play?
We'll teach you!

Free Walking/Open Gym:

Tuesdays & Thursdays
8:00 AM to 9:00 AM
Mondays: 12:00 PM to 2:00 PM

Chair Yoga:

Tuesday and Thursdays
9 AM to 10:00 AM
All levels welcomed!
\$3 Lewiston Residents
\$4 Non Lew. Residents

Floor Yoga:

Starting Sept. 11th
Thursdays 1:00 PM to 2:00 PM
Bring your own mat.
\$3 Lewiston Residents
\$4 Non Lew. Residents

Alerts

Cabin Fever Club: We are planning several different activities to be offered on every Tuesday in Jan. Feb. and March.
Free lunch & learn, fun activities.....
The purpose lets keep the winter blues away!
We are excited about this!!
Stay tuned!!!!!!!

Van Trips

Our van holds 7 passengers with steps up to enter the van with bench seating. Departure and arrival are always in front the Lewiston Armory-, 65 Central Ave. The destination will be announced in this newsletter and can be found online on our website:
www.lewistonrecreation.com
Registration is required.

Second August Trip:

Friday-August 22nd
Poland Springs Historical Society Tour and lunch on site at Mel's cafe. Lunch is on your own.
Departure: 10:00 AM
Return: app. 2:00 PM
Fee: \$5 Lew. Res. \$7 Non Res.

September Trip:

Monday-September 15th
Teisha's Orchard in Lewiston. Sean O'Connell from ReTreeUS will guide us through the growing process, background to the orchard and we may be able to harvest some fruit. Walking through fields is involved and sturdy shoes will be needed.
Departure: 10:00 AM
Return: app. 2:00 PM
Fee: \$5 Lew. Res. \$7 Non Res.

Encore Casino Bus Trip

Date:

Saturday, November 8th

Fee:

Lewiston Residents: \$53

Non-Residents: \$56

Fee includes bus driver tip.

Lewiston Departure Time:

9:00 AM from the Lewiston Park & Ride- 1243 Lisbon St. Lewiston
The travel time is a little over 2hrs depending on Boston traffic.

Encore Departure Time to Return to Lewiston:

4:00 PM

Bus Information:

Our trip to the Encore Casino will be on a Northeast Charter coach bus. The bus has a restroom available with Wi-Fi and comfortable seating. Passengers will be able to take small coolers with food and beverages on to the bus. NO GLASS Please. You will be able to leave your things on the bus while you are in the Casino. The bus will drop us off at the entrance of the Encore Casino where a casino employee will discuss the potential reward options players may have.

Casino Information:

You are encouraged to view all the options that the Encore Boston Harbor Encore Casino has on their website: www.encorebostonharbor.com

The bus will depart the Encore promptly at 4:00 PM with the specific location announced at our arrival.

Registration Information:

Individual Registration is required.

The quickest way to register is online at: www.lewistonrecreation.com

Lewiston Recreation cancellation policies apply.

If you need assistance call Stephanie Cote Lewiston Recreation Age Friendly Program Coordinator at (207) 513-3059

Bates Walking Club

Sept. 5th to Oct.10th

Friday September 5th is the start date for our walking group. We meet at the red picnic tables next to Bates College Dining services at 10:00 and end at 11:00. Stephanie Cote will guide a slower paced walk. Those that enjoy a faster pace walk are welcomed as well.

We finish by eating lunch in the Dining Hall.

Credit Cards Only.

Registration suggestion but not required.

FREE Dessert & Discuss

Our last 2 evening seminars Sponsored by AARP.

Join us for some sweet treats and interesting subjects!

Wednesday, August 20

Time: 5:30 to 6:30

Location: Senior Room at the Lewiston Armory-65 Central Ave. Lewiston

Lewiston Trails: Megan Bates-Dept. Director of Highways and Open Spaces will review the trails available in Lewiston and their accessibility.

Wednesday, September 24th

Time: 5:30 to 6:30

Location: Senior Room at the Lewiston Armory-65 Central Ave. Lewiston

National Alliance on Mental Health: Lisa Roy affiliate President will review and discuss what resources are available to keep our mental health in check.

Limited Space. Registration Required.

Bates College Olin Arts

75 Russell St. Lewiston

Exhibition by

Ralph Steadman:

And Another Thing

Date: September 19th

Time: 10:15

We will meet for a guided tour by Museum Director

Anthony Shostak.

Registration Required.

Volunteers Needed!

A group of local artists in partnership with the Lewiston Auburn Community are creating a sculpture that will represent hope, healing and pay tribute to everyone impacted by the shooting on Oct 25th.

We are looking for people who live in Maine or who have resided here to volunteer to create crocheted

“Forget Me Not Flowers”.

The supplies will be provided for you. If you are interested call Stephanie Cote and arrange a time to pick up the materials. Deadline for completed flowers is September 1, 2025.