



# LEWISTON AGE FRIENDLY 50+ PROGRAM NEWSLETTER



April & May 2026

## Happenings

Our Cabin Fever Club in January, February and March was a great success! Participants were able to learn something, participate, engage in activities, and make connections. We want to thank all our Sponsors: AARP Maine, Fortin & Pinette, Clover Health, Andwell, Phoenix No Limits Karate and the Lewiston Senior Advisory Council.

Our Cabin Fever Seminar "Driving as we Age" with Tom Meuser Ph.D., from Driving Licensing Services Maine Bureau of Motor Vehicles on Feb. 17<sup>th</sup> has been rescheduled for April 28<sup>th</sup> 10:15. There are spots still available.

We are going to continue to offer programs on Tuesdays at 10:15 through the spring and summer. On the following pages you will find all the activities that are available.

There is a variety being offered some fun, some thought provoking and some creative.

This newsletter offers a summary of programs and activities offered to the 50+ population. More detailed descriptions and information of each activity can be found on our Lewiston Recreation website. [www.lewistonrecreation.com](http://www.lewistonrecreation.com)

## Reminders

Our Lewiston Age Friendly 50+ Program does not require a membership. If we have your email address we are sending the information to you every other month. All our activities and events are posted on the Lewiston Recreation website:

[www.lewistonrecreation.com](http://www.lewistonrecreation.com)

You can register there or call for assistance.

Newsletters can be mailed for a small fee.

## Contact Info

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## Special Dates

**Armory Closed: 4/20 & 5/25**  
**Senior Office closed: 3/16, 4/11 to 4/20**

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

These games are set up as "Drop In" games which means you do not have to register. They will be consistently played on the scheduled days and times except for holidays. Most of the time there is a Guide or volunteer that can help teach you if you are a beginner. These games are open to all players 50+ for free. The games are loosely organized to include everyone and offer the opportunity to meet new people. These games are meant to be casual, fun and at a pace where everyone can be included. There will be a sign-in sheet that all players will need to sign before playing.

### **Free Drop In Canasta**

Mondays: 1:00 PM to 3:30 PM

### **Free Drop In Casual Cribbage**

Tuesdays: 12:30 PM to 3:30 PM

### **Free Walking/Open Gym**

Tuesdays & Thursdays

8:00 AM to 9:00 AM

Mondays: 12:00 PM to 2:00 PM

Stay warm & dry and get your steps in.

Registration not required. Sign in sheet at the door.

### **Chair Yoga**

Tuesday and Thursdays

9:00 AM to 10:00 AM

All levels welcomed!

\$3 Lewiston Residents

\$4 Non Lew. Residents

### **Hatha Yoga**

Thursdays

4:30 PM to 5:30 PM

All levels welcomed!

\$3 Lewiston Residents

\$4 Non Lew. Residents



## Bates Walking Club

The Lewiston Recreation Age Friendly program is excited to announce another collaboration year with Bates College. In an effort to promote healthy lifestyles the goal of this program is to encourage the area 50+ population to take advantage of the outdoors, get some exercise and eat healthy.

### **Time:**

The Bates Walking Group will start walking starting in April on Mondays until mid-June at 10:00 AM to 11:00 AM.

### **Location:**

We will meet at Bates College Campus on the right side of the Dining Services building at the red picnic tables and walk throughout the campus. Stephanie will lead a slower paced walk with available seating if needed.

Those who choose to can end the sessions at Bates Dining Commons to take advantage of their lunch menu for \$12. (Credit cards only)

### **Registration:**

It is not required but recommended. We do communicate to participants via email for any changes in the program.

## Tuesdays in the Senior Room

### **Trivia Tuesdays**

Enjoy a 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 Tuesdays of the Month: April 7th, May 5th, June 3rd, July 8th, August 4th, September 1st

### **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:** April 28, May 19, June 23, July 21, August 18th

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



### **Recycle, Reuse and Resplendent**

A different craft or activity will be planned with function in mind. It will give you the opportunity to repurpose items. These items should be something that you have at home or you can pop over to the thrift store to purchase something to resplendent.

**Decoupage -May 12th**

**Bring:** a clear smooth bowl, jar, vase...something you want to spruce up and bring scissors. We may have extras items available for a small fee.

**Date:** May 12th **Time:** 10:15 AM-12:00 PM

**Fee:** \$2 Lewiston Res \$3 Non Res.

### **Death Cafe**

What is a death cafe?

Death Café is a welcoming, informal gathering where people come together to talk openly about death and end-of-life topics. There's no agenda or presentation just thoughtful, respectful conversation in a supportive setting with some coffee, tea and cookies. It's a space to share perspectives, ask questions, and explore a topic that touches us all but is often avoided.

**Date:** May 26th **Time:** 10:15-12:00

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

Registration is required. Limited seating available.

Online registration available for all of these seminars. [www.lewistonrecreation.com](http://www.lewistonrecreation.com)

Call us if you need assistance. (207) 513-3059

# Bus/Van Trips

The Age Friendly 50+ Program will be planning several trips a month. Depending on the destination of the trip the bus may leave from the Lewiston Armory or the Park & Ride at the Lewiston Exit.

The destination will be announced in this newsletter and can be found online on our website: [www.lewistonrecreation.com](http://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](http://www.lewistonrecreation.com) or call for assistance (207) 513-3059.

- We will start taking registration for April and May. These trips will be limited to 7 passengers for the van and once we have our bus is back, we will open it back up for 14 participants. Make sure to put your name on the waitlist!

## ?????Mystery Lunch Trips?????

**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.

**Fridays:** April 24<sup>th</sup>, May 15<sup>th</sup>

**Location:** It's a mystery!

## Light House Tour

**Departure:** Lewiston Armory at 10:00 AM **Return:** Approx 3:00 PM

**Fee:** \$3 Lewiston Residents \$5 Non Res.

This tour will last through the summer with a different light house each time. Some light houses have small cafes, food trucks or restaurants on site for lunch. If the light house does not have food options, the van/bus will stop on the way home for a bite to eat.

**Fridays:**

\*May 22<sup>nd</sup>:

Portland Head Light, Cape Elizabeth, ME

\*June 26<sup>th</sup>: TBA



**Save the Date:**  
**July 10<sup>th</sup> Beach Party at Range Pond**