



Lewiston Recreation Age Friendly 50+ Program Newsletter

June, July & August 2025

#Keepmindandbodyactive

Stephanie Cote
Lewiston Recreation
Age Friendly
Program Coordinator

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(207) 513-3059
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www.lewistonrecreation.com

Senior Room Hours for Scheduled Activities:

Monday thru Fridays
8:00 to 4:00

Office Hours:

Tues.
8 to 1:30
Wed. Thurs.
8:00 to 2:00
Mon.& Fri.
By appointment

We have been sharing with you that we take the time to evaluate all activities and programs we offer here at the Armory and offsite activities through the Lewiston Age Friendly Program. Part of that self assessment was looking at our membership program. After much thought we have decided we want to take away barriers and encourage more participation so we are doing away with our membership. That's correct, you no longer have to be a member and anyone 50+ can access our activities.

What does that mean for you?

- Some of the activities will be free drop in games like, Casual Cribbage and Canasta.
- Our programs that have fees with paid instructors like, Chair Yoga, will be based on Resident vs Non Resident fees.
- Our free newsletter and any new announcements will be sent electronically to you via email, so make sure we have your correct email address! If you choose the option of having it mailed to your home we will offer that for \$20 per year Sept. 2025 to Sept. 2026.

This should make things simpler and more accessible for the 50+ population so please feel free to share this information with your friends and family!!!!!!

Current members will continue with their perks until 8/31/25. Since you have an account created within our Lewiston Recreation Program we already have your email address and will email the September newsletter to you. If you have a friend or relative that also wants to receive the newsletter, all they have to do is, hop on the Lewiston Recreation website and create an account. Make sure your account includes your birthdate and email address. Call Stephanie Cote if you have questions or need assistance (207) 513-3059.

Our Yearly Age Friendly Membership Perks Program

9/2024 to 9/2025

\$10 Lewiston Resident

\$15 Non Resident

This perk program includes
the following benefits:

- ◇ Early alerts! Some trips, and activities are open to Age Friendly Members before the general public.
- ◇ Bimonthly Newsletters mailed to you
- ◇ Surprise perks throughout the year
- ◇ Prepaid tickets option for some activities.
- ◇ Free and/or discounted activities

You do not have to be a member to join any of our activities!

If you'd like a free electronic version of the newsletter letter let us know.
email us at;
scote@lewistonmaine.gov
to request one.

Feel free to bring a friend and join in on the fun.

July 24th Songo River Queen 21 and above

Join us on the Songo River Queen for a ride on beautiful Long Lake in Naples!

Details:

Participants must be 21+. Bus seating is on a first come first serve basis. Wear comfortable footwear for walking as well as dock and boat boarding.

Price:

\$52per person Lewiston Resident \$55 for Non Resident

(Includes ride, cruise and bus driver tip only)

Lewiston Recreation Cancellation Policy applies.

Times:

Departure from Lewiston: Bus leaves from the Lewiston Park & Ride, 1243 Lisbon St. at 1:00PM

Arrival to Naples 2:00 PM.

Narrated Cruise Time: 2:30PM to 4:30PM

Explore restaurants and shops on your own 4:30PM to 5:45PM

Departure from Naples: 6:00PM

Arrival time back at Lewiston Park and Ride: 7:00 PM

FREE Dessert and Discuss

Seminars are 5:30 to 6:30 in the senior room at the
Lewiston Armory-65 Central Ave. Lewiston

June 25th: Gardening: Sean O'Connell for Retree will discuss how to pick the prefect apple, peach, pear and plum and how to take care of your fruit trees.

July 16th: Archery: Winn Brown from Maine School of Archery will talk and demonstrate. It's a great way to understand more about archery and help decide if it's a sport for you.

August 16th: Lewiston Trails: Megan Bates Dept Director of Highways and Open Spaces will review all of the cites trail systems and their accessibility.

September 24th: National Alliance on Mental Illness. Lisa Roy affiliate President will discuss what resources are available for all ages populations to keep our mental health in check.



Winter Months

We are also working on new offerings for the winter months of January through March here at the Armory. If there is a hobby or skill you would like to share especially music with others, let us know!

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 socialize. The Bates Walking Group will start walking again Friday, May 2nd at 10:00 to 11:00 and June 27th. We 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)

iPhone Seminars

The National Digital Equity Center will provide an instructor and a room facilitator in a form of interactive, live online classes as well as in person support. The classes will be presented in the Lewiston Senior Center at the Armory 65 Center St. Lewiston. 3 session classes in consecutive weeks. Participants must attend all three. Registration is required through the Lewiston Age Friendly Recreation Program with additional registration for NDEC to be filled out at the first session. 3 class session will have a different topic.

iPhone Intermediate Use
Class will explore, mail, contacts, calendar, messages Face time and other information.

Dates: August 11, 18, 25
Time: 10:00 to 12:00
It is necessary to have an iPhone for this class, must be working and with you at each session.

Van Adventures

Let's hop in the Lewiston Rec. van and take a ride!
The van holds 7 passengers with 2 steps up to enter and bench seating.
Departure & Return Location: Lewiston Armory, 65 Central Ave, Lewiston
Each experience will be a 20 to 60 min. drive to a location. The locations will be listed on our website, and participants will need to register.
Registration will be open first to A.F. members through the newsletter and then the general public after.

July Ride

Friday July 18
Cooks Lobster House,
Bailey Island

Departure: 10:00
Return Time around 2:00
Price: \$5 Lew. Res. \$7 Non Res

August Rides

Friday August 1
Mystery Lunch Ride

Departure: 10:00
Return Time around 2:00
Price: \$5 Lew. Res. \$7 Non Res

Friday August 22
TBA

OUR WEEKLY PROGRAMS

All activities are open to all skill levels!

Canasta:

Mondays: 1 PM to 3:00 PM

Don't know how to play?
We'll teach you!

Age Friendly Members : Free.
Non-Members : \$1

Casual Cribbage:

Tuesdays: 1:00 PM to 3:30 PM

Don't know how to play?
We'll teach you!

Age Friendly Members : Free.
Non-Members : \$1

Chair Yoga:

Tuesday and Thursdays 9 AM to 10:00 AM

All levels welcomed!

Age Friendly Members : \$3
Non-Members: \$4

Walking and Open Gym

Mondays: 12 PM to 1PM

Tuesday and Thursdays:
8 AM to 9 AM

Age Friendly Members: Free.
Non-Members: \$4

Last day for inside walking will be 6/12th. It will start back up again in September.

Dates to Remember

June

6/9: 10:00 Van Ride to Lobster Shack
Fridays Bates Walking Club 10 to 11:00
6/19: Armory Closed
6/25: 5:30-6:30 Dessert and Discuss Gardening
6/28: 12:00 Bus Leaves to the Res Sox's Game

July

7/4 Armory Closed
7/24 1:00 Bus leaves for Songo River

August

8/11, 8/18, 8/25 10 to 12:00-Free iPhone Seminars
8/1, 8/22 Van Rides: TBA

September 2024 to September 2025 Age Friendly Membership Perks Program Application

First Name: _____ Last Name: _____

Address: _____ apt. # _____ City: _____ Zip: _____

Mailing address if different: _____

Date Of Birth: _____ Cell Phone #: _____ Land Line # _____

Email Address: _____

_____ \$10 Lewiston Resident fee _____ \$15 Non-Resident fee

The undersigned hereby releases and holds harmless the City of Lewiston, Lewiston Recreation, and its agents and employees from and against any and all suits, actions and damage arising out of, connected with, or resulting from participation in programs or events sponsored by the City of Lewiston.

Signature

Make checks payable to: Lewiston Age Friendly Program

Address: 65 Central Ave, Lewiston, ME 04240