

December 2025 & January 2026

Cabin Fever Club

It's winter but we're not going to let Cabin Fever get to us!

January through March every Tuesday from 10:15 to 12:30 there will be something happening in the Senior Room at the Lewiston Armory for the 50+ population. Yes you heard that right.....12 Tuesdays!

The goal of this club is to provide a chance to socialize, learn something new, grab a bite to eat and more importantly have some fun.

Each Tuesday there will be a free light lunch after an activity or informative seminar. We have sponsors that have generously offered to provide these opportunities. A big THANK YOU to AARP, Clover Manor, Andwell Health Partners and Dignity-Fortin & Pinette Group! You can register for all of them or pick and choose the subject you like.

Light lunches could include finger roll sandwiches, sandwich platters.....or maybe something different with a beverage and dessert.

We are posting January's schedule in this newsletter and will post February and March's Schedule online as soon as they are confirmed as well as in our February/March newsletter.

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

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Age Friendly Program Coordinator
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(207) 513-3059
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Special Dates

DEC.

24 & 25

Lewiston Armory
Closed

JAN.

1 & 19

Lewiston Armory
Closed

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

Free Drop In Canasta

Mondays: 1 PM to 3:30 PM

Free Drop In Casual Cribbage

Tuesdays: 1:00 PM to 3:30 PM

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 everyone can be included. There will be a sign-in sheet that all players will need to sign before playing.

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 AM to 10:00 AM

All levels welcomed!

\$3 Lewiston Residents

\$4 Non Lew. Residents

(Chair yoga cancelled 1/27 through 2/17)

Floor Yoga

We will start up the Floor Yoga after the holidays with a new time and day. Check in with us or check it out on our website:

www.lewistonrecreation.com

Holiday Happenings

Recycle, Reuse..... Let's Decorate!

We have received donations of ribbons, pine cones.....let's use them. Bring your glue gun, wreaths, or any other items you would like to decorate using your own creativity. We'll have some hot cocoa and holiday tunes playing.

Date:

Monday-December 1st
10 to 12:00

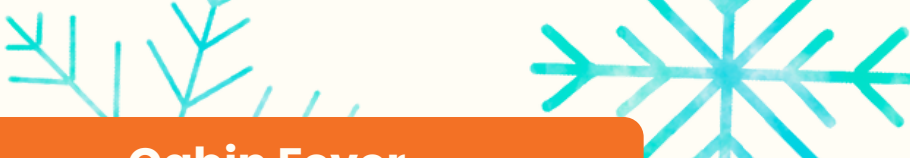
Holiday Movie

Let's watch a classic movie together "A Christmas Story" We'll have some beverages and snacks.

Date:

Tuesday- December 23rd
10:00 to 12:00

These activities are both free, just let us know if you will be joining us!
(207) 513-3059



Cabin Fever January Schedule

10:15–12:30 Jan. 6th Sponsored by AARP:

What does AARP do here in Maine?

This 15 minute seminar will offer a snapshot of the work they do to support the 50+ population in Maine through advocacy and community engagement. We will throw in a trivia contest with prizes, top it off with pizza and a beverage.

10:15–12:30 Jan. 13th: Sponsored by Clover Manor:

Living Safely in Your Home

Presented by; Lisa Deweese, MS, OTR/L RAC-CT
Regional Director of Outpatient Operations, Preferred Therapy Outpatient and Wellness followed by a light lunch.

10:15–12:30 Jan. 20th: Sponsored by Andwell:

Stations of Fun in the Senior Room

Each station will have something different to explore. Move around the room and try each activity, socialize and grab a light lunch.

10:15–12:30 Jan 27th Sponsored by Fortin & Pinette Funeral Home:

Funeral Preplanning & Maine Care

What you should know about funeral costs. Join us for discussion regarding the details of preplanning. A light lunch will be offered after this seminar.

You are welcome to register for all of these seminars or choose what interests you the most.

***Registration is required. Limited seating available. Online registration available for all of these. www.lewistonrecreation.com
Call us if you need assistance. (207) 513-3059***



Portland Ballet A Victoiran Nut Cracker

Join Portland Ballet this holiday season for its gorgeous production of the beloved classic, in which a young girl travels through her dreams to the Land of the Sweets alongside her favorite gift, a Nutcracker.

Seating begins at 9:30am and the show will begin at 10:00am and last approximately 2 hours with an intermission. This year's offering will include live music by the Portland Ballet Orchestra.

Details:

Date: Tues. December 16th
Our van will leave the Lewiston Armory at 8:45 am. After the show we will stop by a local restaurant for lunch before we head back home to Lewiston. This group is limited to 7 participants.

\$12 Lewiston Residents

\$15 Non Residents

Registering online is the quickest way to reserve your spot at

www.lewistonrecreation.com
or call (207) 513-3059 for assistance.

Van Rides

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.

Friday-December 19th

Maine Mall-South Portland

Lets get some last minute Holiday Shopping in!

Departure: Lewiston Armory at 10:00 AM

Return: Approx 3:00 PM

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

January Trip: TBA

Keep checking our website!

Do you have a couple hours a month to volunteer?

We are exploring new activities and ideas for the 50+ population here at the Lewiston Armory and would love to share our ideas and see if you'd like to be a part of our team.

Let's chat!

(207) 513-3059