



LEWISTON AGE FRIENDLY 50+ PROGRAM BiMONTHLY NEWSLETTER



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New Happenings

Our Lewiston Age Friendly Program is open to all 50+ Lewiston Residents and surrounding towns! There is no membership fee! If we have your email address, you get this electronic newsletter for free!

We know we already announced September activities but we have some more for September and some for October and a little for November. We try to stay on the rotation of every other month but sometimes we just want to announce the exciting new opportunities so we just can't wait!

Saturday, September 26
5:00 to 9:00
Norlands Living History

Farm to Table Dinner in the Barn. A unique experience showcasing Livermore, Maine products. Emelia is preparing an outstanding farm-to-table dinner for September 26 featuring products from our local farmers and bakers. Join us in the barn to taste the season, and enjoy historical entertainment based on stories of Old Livermore and the Washburn family. Menus will be published 7 to 10 days in advance. Each meal will have:

Time: Dinner starts at 6pm and ends at 8pm.

First Course: Appetizers

Second Course: Salad

Third Course: Locally grown meat, a starch (usually a potato dish), seasonal vegetables, homemade rolls or bread

Fourth Course: Dessert

Registration required. Limited Space available. See page 3 for more details.

Tuesday, Sept 22
9:30 to 11:30
The Process of Voting

We are offering a free brunch and seminar in the Senior Room at the Lewiston Armory.

This seminar includes free brunch sponsored AARP Maine with presentation on key issues for older Mainers this election year.

Kathy Montejo, Lewiston Senior Clerk will then discuss absentee and mail in ballot information, the city process on voting day and a question-and-answer period. Registration Required. Limited Space available.

**More trips
listed on page 3!**

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

Games and Walking/Open Gym are set up as "Drop In" programs which means you do not have to register. They will be consistently on the scheduled days and times except for holidays. These 2 programs are open to all 50+ people for free. The card games are loosely organized to include everyone and offer the opportunity to meet new people. These programs are meant to be casual, fun and at a pace where everyone can be included. There will be a sign-in sheet that all participants will need to sign before playing.

Free Drop In Canasta

Mondays: 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.

Mondays: 12:00 PM to 2:00 PM

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.

**Chair yoga instructor on vacation 9/1 through 9/10. Free virtual chair yoga offered instead.*

Ongoing Groups in the Senior Room

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

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

Dates: 1 Tues. a month: 9/1, 10/6 (11/3 cancelled) 11/10

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

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

Dates: Sept. 15 , Oct 20, Nov 17, Dec 15

NEW

Ju Te

Ju Te is the karate version of Tai Chi. A gentle exercise to strengthen the core and increase flexibility.

No registration required. Fee paid at the door.

Time: 10:00 AM to 11:00 AM at the Lewiston Armory

Dates: Mondays- The two first sessions Sept. 14th & Sept. 21st will be free! **Fee:** Sept. 28th thru Oct 26th will be \$3 Lew. Res. \$4 Non Res. (Closed 10/12)

Free Nordic Walking

Times: 10:00 AM to 11:00 AM

Dates: First 2 sessions meet at Bates College Campus at red picnic tables next to Dining Services 9/4 & 9/11. 4 following sessions leave the Lewiston Armory for offsite trails 9/18, 25, 10/2, 10/9

FREE but Registration Required. Limited spaces available.

SWOOPING

Join us for a game of SWOOP! Rita Martin will get us started and then off we go! It's a fun and engaging social game that brings friends together, providing entertainment and challenge for players.

Straightforward rules mean that anyone can play and vie for victory, simplify learning and gameplay.

We start SWOOPING on Fridays, October 23- 9:30 to 11:30. 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.

Dates: 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11, 12/18

Trips Announcement Board

The Age Friendly 50+ Program will be planning several trips a month.

The destination will be announced in this newsletter and can be found online on our website: 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, click on Programs, then scroll to 50+ activities or call for assistance (207) 513-3059.

Mystery Lunch Trips



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

Date: Monday-Oct 19th

Bus 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. We will be using the bus.

Location: It's a mystery!

Trips

Norlands Living History -Farm to Table Dinner in the Barn

A unique experience 4 course meal showcasing Livermore, Maine products.

Date: Saturday-Sept 26th

Time: 5:00PM to 9PM

Departure: Lewiston Rec. Bus leaves the Lewiston Armory 5:00 PM- Meal at 6PM

Price: \$51 Lewiston Res. \$54 Non Res. This includes bus ride and 4 course dinner.

Annual Fall Trip to Encore Casino- Boston Harbor

Date: Saturday- November 7th

Departure: The Northeast Coach Bus leaves the Lewiston Park and Ride at 9:00 AM nonstop trip to Encore! Once there we will spend approximately 4 hours at the Casino, so you have time to enjoy lunch and other activities they offer. The bus will leave Encore at 4:00 PM and return to Lewiston Park and Ride by 7:00 PM. More details are posted on our website.

This is a popular trip so it fills up quick. Easiest way to register is online at www.lewistonrecreation.com. You can also call (207) 513-3059 for assistance.

The seating is first come first serve and the bus will leave promptly at 9:00AM.

You are allowed to bring snacks and beverages in plastic bottles onto the bus but please be prepared to bring trash with you as you leave the bus.

Price: \$55 Lewiston Res. \$57 Non Res. Bus Driver tip is included. Lunch is on your own.



Lewiston Armory Closed:

- **Sept. 7th Labor Day**
- **October 12th Indigenous People's Day**
- **November 3 Voting**
- **November 11th Veteran's Day**
- **November 26th and 27th Thanksgiving**

Voting Day-Tuesday, November 3rd

Have you ever considered serving as an election worker for the City of Lewiston? It is a great way to see old friends, meet new people, learn about the behind-the-scenes process, and support your neighbors. If you are a Lewiston registered voter and interested in working at the polls, please contact the City Clerk's Office at (207) 513-3021 to receive an application.

Mahjong Lessons

Our fall Mahjong lessons are full but we are continuing to keep a waitlist for potential future lessons!

Cabin Fever Club

Our Cabin Fever Club was a hit! We are starting to plan more programs for the months of January, February and March 2027 to shake off those winter blues again. We are currently accepting sponsors who are interested in sponsoring a lunch, sharing their companies' information.... with the 50+ population here at the Lewiston Armory. If you are interested in learning more about our sponsorship program, please give Stephanie Cote a call at (207) 513-3059

October and November

We are still working on new opportunities for October and November so stay tuned. As always.... we are open to suggestions and ideas!!!!

Lewiston Age Friendly Information

The Lewiston Age Friendly 50+ Program is operated under the Lewiston Recreation Dept. and does not require a membership. Lewiston residents are given discounted fees for our paid activities, and people from surrounding towns are welcome to join in all activities. If you have an account with Lewiston Recreation Dept. and you are over 50 years of age we are sending the information to you every other month via email. If you need a hardcopy, give us a call, there is a small fee to help out with postage costs.

All our activities and events are posted on the Lewiston Recreation website:

www.lewistonrecreation.com. Some activities are first come first serve so register early. You can register online or call, Stephanie Cote for assistance (207) 513-3059.

* The Lewiston Recreation Department's Cancellation Policy applies to all trips.