



LEWISTON AGE FRIENDLY 50+ PROGRAM NEWSLETTER



**October–November
2025**

Halloween Happenings

October Halloween Fun for all Ages!

The Lewiston Armory will have many activities happening during the month of October.

You can find most of these on our website:

www.lewistonrecreation.com

10/17 Lew. Senior Citizens Comedy

Show–Tickets available online

10/21 Family Puzzle Competition

Registration Required

10/22 Fundraiser at Chipotle in

Auburn, mention Lewiston Rec.

when ordering between 4 –7PM

10/23 Halloween at the Armory

Registration Required

10/28 Spooky Family Bingo Night

Registration Required

10/31 Costume Pickle Ball Contest

Age Friendly 50+ Program in the Senior Room

Friday 10/31, 8:30 to 12:00

Donuts and Coffee

Best Costume Prizes

Puzzle Contest

Cookie Decorating

Norway Rehab will be here for free

Blood Pressure checks.

Its FREE but Registration Required

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

OCT.

13 & 16

Columbus Day and
MPRA Fall Workshop
Day– Lewiston
Armory Closed

NOV.

**4, 11, 27,
28**

Voting, Veterans Day,
Thanksgiving
Holidays –Lewiston
Armory Closed

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

Free Drop In Canasta

Mondays: 1 PM to 3:00 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.

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 2:00PM

Bring your own mat.

\$3 Lewiston Residents

\$4 Non Lew. Residents

All levels welcome to both groups!

Registration is not required for yoga.

Alerts

Cabin Fever Club

January-February-March
Cabin Fever Club will be
up and running!

Every Tuesday we will
have a free light lunch
with an activity or
interesting seminar from
10:00 to 12:30 in the Senior
Room. Yes, you read that
correct, FREE!

Our full schedule will be
posted in late November
in our December/January
newsletter.

Our regularly scheduled
Tuesday activities of
walking and yoga will
also continue making
Tuesdays a very active
day.

Registration will be
required.

Limited seating.

Pickle Ball

November/December

Stay tuned for Beginner

Pickle Ball Lessons. Watch
our website for
announcements!

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.

Thursday, October 23rd

Kennebec Creeps & Crawls

Are you a history buff? Do you love all things spooky?

The Woman in White will lead us through the lantern-lit streets of Hallowell. Her historic knowledge, flare for the dramatic, and spooky stories are sure to entertain. The 60 minute walk will be downtown on the sidewalks of Hallowell.

The group will then dine at the Quarry Restaurant at participant's expense.

Departure: Lewiston Armory at 3:30 PM
Tour 4:30 to 5:30 Dining 5:30 to 6:30 and then return to Armory approx. 7:30
Lewiston Res. \$25 Non Res. \$27
Registration Required.

Van Rides cont.

Friday, November 21st

Here's a chance to prepare for Thanksgiving. The van will stop at Reny's in Topsham before heading to Market Basket.

Departure Time: Van will leave the Lewiston Armory at 10 AM Reny's 10:30 to 11:30. Market Basket 11:45 to 2:00PM and return to Lewiston by 2:45

Lewiston Res. \$3
Non Res. \$5
Registration Required.

**Lewiston Senior
Advisory Council Meet
& Greet Lunch**

Monday, October 27th

Join us for a free light lunch to meet the current members of the Lewiston Senior Advisory Council. We will discuss what the Lewiston Senior Advisory Council is doing, how you can help, listen to your concerns and invite your feedback to help us carry out our mission.

Date: Monday, October 27, 2025

Time: 11:00 AM to Noon

Registration requested by Friday, October 17, 2025 due to limited seating. Register online at:

www.lewistonrecreation.com

Click on: LSAC Meet and Greet

For assistance in registering, please contact:

Stephanie Cote, (207) 513-3059

scote@lewistonmaine.gov

We will be meeting at the Senior Center at the Lewiston Armory, 65 Central Ave. The Lewiston Armory is handicapped accessible.

Bates Walking Club

Sept. 5th to Oct. 17th

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.

**Forget Me Not
Project**

Several members of our 50+ community have volunteered their time and talent to create crocheted Forget Me Knot flowers to be added to the memorial for the victims of the October 25th shooting in Lewiston.

This mixed media sculpture memorial will be located in several different locations for the public to view starting at the LA Museum in November. You can find these locations and times by visiting the website: www.laarts.org