

# **Outdoor Spaces and Buildings**

## **Windham Parks and Recreation**

The Windham Parks and Recreation Department works to maintain close to 500 acres of parks and preserves for the citizens of the Town of Windham. Each park, trail and preserve holds its own uniqueness, with some pretty amazing "gems" right here in our own back yard. Plenty of outdoor opportunities await every season.

Windham's parks and preserves offer a wide variety of activity opportunities for just about every interest. Swimming, paddling, fishing, hiking, mountain biking, cross-country skiing, skateboarding, and much more. For more information, please [click here](#).

## **AARP Maine**

AARP Maine is in communities across the state working with residents and elected officials to make our state a great place for people of all ages to call home. They are advocates for legislative issues that impact families such as caregiving, financial security, healthcare, utilities and prescription prices. They provide valuable educational resources and information to help people live their best life now and in the future. They provide educational workshops and activities ranging from tax or ID theft to improving balance or safety for pedestrians.

Contact: [aarp.org/me](http://aarp.org/me) or 1-866-554-5380

## **Lake Region Senior Center**

At Little Falls Activity Center, 40 Acorn Street, Gorham. Welcomes seniors 50 plus for a variety of activities such as card games, memoir writing and a walking program in the gym. Crafters are also welcome and can come and work on their projects. There is an annual \$10 membership fee. Activities are offered different days of the week so check the Windham Eagle Calendar for activity dates.

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