

Respect and Social Inclusion

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.

Contact: Blanche Alexander 892-5604

RSU 14 Windham Raymond Schools Athletic events

The Windham/Raymond schools offer \$1.00 admission at the door or gate to athletic events for seniors for all football, soccer, basketball and hockey games. All other sporting events are free to the public.

Contact: Rich Drummond, Athletic Director 892-1810 #5.

www.rsu14.org Department – Athletics

TRIAD- Gorham, Windham, Westbrook

TRIAD is an organization where senior citizens work together with healthcare business partners and law enforcement to enhance the quality of life for our seniors. They have offered programs such as Safe Driving, Safety at home, and fraud prevention. One program, Rise and Shine, is a free program that is designed to assist older adults who are living alone in our communities. Upon completion of an application, a trained and vetted volunteer will contact the older adult daily for a check in. If you can't be reached, a police officer will conduct a wellness check at the home.

Contact: Buffy Houpp Tel. 229-9050

Windham Parks and Recreation

The mission of the Parks and Recreation Department is to create a sense of community through people, parks and programs. The department offers senior outings and adult-friendly programs. There is financial assistance for seniors over 55+ with partial subsidy vouchers for programs and classes. There is also a free opportunity offered in conjunction with Social Services for shopping in North Windham on Thursday mornings. There is a senior newsletter that is put out 3 times a year- if you'd like to be added to the mailing list there is a cut-out on the back of every newsletter that you can mail in or you can call the office.

For more information, visit our website at www.windhamrecreation.com.

Contact: Adult and Senior Program Coordinator – Lynn Bucknell Tel. 892-1905
email: Parks&Recreation@windhammaine.us