

Social Participation

Local Churches Food and Fellowship- Monday Meals

The Monday Meal program is a free meal prepared and served on Mondays at 5:30 pm by local churches and service groups at 5 meal sites. Churches: September -May, 1st Monday – North Windham Union Church, 2nd Our Lady of Perpetual Help, 3rd and 4th Windham Hill United Church of Christ, 5th Standish Congregational Church. June-August – 1st four Mondays – St. Ann’s Episcopal Church. Location is listed in Windham Eagle Calendar each week.

All of the churches help putting on a picnic and a community Thanksgiving meal.

Contact: Call- 892-9212 e-mail – MondayMealME@gmail.com

Windham Public Library

The Windham Public Library is the municipal library for the Town of Windham, ME. The library offers books, magazines, and graphic novels in print and digital format as well as music CD’s, audiobooks, and DVDs/Blu-Rays. The library hosts a variety of programs for all ages. Tech Help is available on Mondays from 4:30- 5:30 and Thursday from 10:30 – 11:30. Knitters and More meet on Tuesdays from 1-3 pm.

Contact: Jennifer Alvino, Library Director 892-1908

www.windham.lib.me.us

Southern Maine Agency on Aging

SMAA provides residents of Cumberland county with resources and assistance to address issues and concerns of aging. Programs are designed to foster independence, reduce burden on families and caregivers and promote an active and healthy lifestyle for individuals as they age. Programs such as insurance counseling, managing caregiving including respite care, the Maine Senior Games, Meals on Wheels, dementia care and therapeutic activities and the monthly Community Café at Unity Gardens on the third Thursday of the month.

Contact – Liz Thompson, SMAA office Scarborough Maine lthompson@smaaa.org

Phone 396-6591 or 1-800-427-7411

Saint Joseph’s College Institute For Integrative Aging

The Institute for Integrative Aging provides a creative age-friendly, intergenerational learning environment aimed at combating social isolation and loneliness for older adults. They are creating a student body and workforce that is well-equipped to support a rapidly growing aging population. Through education, social and spiritual enrichment, rural connectivity, fitness and wellness and a planned residential community, they are building a community focused on a holistic approach to aging through community partnership, wellness and lifelong learning. The program is planning a Healthier Aging Conference on July 22,2020- see website for upcoming details.

Contact www.sjcme.edu/aging 893-7641

[The Silver Sneakers Program](#) is focused on health and fitness for older adults. Classes for stability and balance, muscle conditioning, flexibility and water exercises are available. Some insurance plans cover the cost of courses. You can check the above website to see if you qualify.

Contact Jenna Chase 893-6627. ichase@sjcme.edu

[Windham Raymond Adult Education](#)

The Adult education program provides affordable, high quality opportunities that encourages life-long learning. Offerings include academic, career and personal enrichment. Seniors can receive a 20% discount on selected classes.

Contact: 892-1819 <https://windham.maineadulted.org> Tom Nash Director 406 Gray Road, Windham Maine 04062. White portable in back of the high school gym- separate parking and entrance

[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

[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