



April 2020

(updated 3/11/2020)

Auburn Senior Community Center Event and Program Calendar

48 Pettengill Park Rd. Auburn, ME 04210

Register online at auburnrecreation.com

or call the Auburn Rec Department at 333-6611

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>See back page for program details!</p> <ul style="list-style-type: none"> ● = Outside Group ❖ = Age-Friendly Committee Event ■ = Auburn Recreation Program ⌘ = 1st Auburn Senior Citizens Meeting 			<p>1</p> <p>⌘ 1st Auburn Senior Citizens Meeting & Bingo</p>	<p>2</p> <ul style="list-style-type: none"> ■ SeniorsPlus Meal ■ Haven's Candies Trip ■ Adult Craft Night ■ Yoga 	<p>3</p> <ul style="list-style-type: none"> ■ Matter of Balance 	<p>4</p> <ul style="list-style-type: none"> ■ Family Gala
<p>5</p>	<p>6</p> <ul style="list-style-type: none"> ■ Senior Drop-in ● Private Group 	<p>7</p> <ul style="list-style-type: none"> ■ Living Well with Chronic Pain ■ Matter of Balance ❖ Age-Friendly Committee Meeting 	<p>8</p> <ul style="list-style-type: none"> ■ Farmer's Market 	<p>9</p> <ul style="list-style-type: none"> ❖ Age-Friendly Lunch ■ Adult Craft Night ■ Yoga 	<p>10</p> <ul style="list-style-type: none"> ■ Matter of Balance 	<p>11</p>
<p>12</p>	<p>13</p> <ul style="list-style-type: none"> ■ Senior Drop-in 	<p>14</p> <ul style="list-style-type: none"> ■ Matter of Balance 	<p>15</p> <p>⌘ 1st Auburn Senior Citizens Meeting & Bingo</p>	<p>16</p> <ul style="list-style-type: none"> ■ SeniorsPlus Meal ■ Adult Craft Night ■ Yoga 	<p>17</p> <ul style="list-style-type: none"> ■ Matter of Balance 	<p>18</p>
<p>19</p>	<p>20</p> <ul style="list-style-type: none"> ■ Senior Drop-in 	<p>21</p> <ul style="list-style-type: none"> ■ Matter of Balance 	<p>22</p>	<p>23</p> <ul style="list-style-type: none"> ❖ Age-Friendly Lunch ■ Adult Craft Night ■ Yoga 	<p>24</p> <ul style="list-style-type: none"> ■ Matter of Balance 	<p>25</p>
<p>26</p>	<p>27</p> <ul style="list-style-type: none"> ■ Senior Drop-in 	<p>28</p> <ul style="list-style-type: none"> ■ Matter of Balance 	<p>29</p>	<p>30</p> <ul style="list-style-type: none"> ■ Adult Craft Night ■ Yoga 		

Stay active with Auburn Recreation!

- Pickleball – Hasty Community Center 8:30am-12pm \$2Res/\$3Non-Res (drop-in) Every Tuesday and Thursday
- Free Ingersoll Turf Facility Walking –10am-11am Every Monday and 9am-10am Every Tuesday and Thursday

Date	Time	Cost	Description
Wednesday, April 1st	10:30am-12:00pm	\$5 Annual Dues	1st Auburn Meeting/Meals –\$5 annual dues, meals and raffles are sold separately.
Wednesday, April 1st	12:30pm-3:00pm	Price Per Card	Bingo
Thursday, April 2nd	9:00am-2:30pm	\$5 residents, \$7 non-residents	Haven's Candies Factory Tour - See first-hand how they make all your favorite goodies and shop for Easter and Mother's Day treats. Afterward, we will dine in a local restaurant. Pre-registration required.
Thursday, April 2nd	12:00pm-2:00pm	Donation for Ages 60+ \$6.50 for others	SeniorsPlus Social Dining – Enjoy a delicious meal including a main course, fruits, veggies, and milk. Menu coming soon! Pre-registration required.
Thursday, April 2nd	5:30pm-8:30pm	FREE	Adult Craft Night - The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts.
Thursday, April 2nd	6:00pm-7:00pm	\$10 drop-in, \$35 for 5 visit passes	Yoga - Join this gentle Yoga class focusing on stretching and controlled breathing. This yoga class is for all ability levels.
Saturday, April 4th	5:30pm-8:30pm	\$5 per person Kids under 3 free	Family Gala - This event is for all ages and the whole family. So, join us for an evening of ball gowns, bow ties, music, dancing, and fun. Pre-registration required.
Monday, April 6th	9:00am-2:30pm	FREE	Senior Drop-in - Drop by the Auburn Senior Community Center every Monday to catch up with friends over a cup of coffee, a craft, or a board game.
Monday, April 6th	3:00pm-7:30pm	N/A	Private Group
Tuesday, April 7th	9:00am-11:30pm	Free	Living Well with Chronic Pain – This is the last class of a 6-week workshop. Pre-registration required.
Tuesday, April 7th	2:00pm-4:00pm	Free	Matter of Balance - Join the educators from SeniorsPlus for the workshop to help you manage concerns about falling. This 4-week workshop. Pre-registration required.
Tuesday, April 7th	5:30pm-6:30pm	N/A	Age-Friendly Committee Meeting
Wednesday, April 8th	4:30pm-7:30pm	FREE	Farmer's Market – Vendors of all kinds: veggies, meat, crafts, clothing, art, jams, and MORE! Free soup (while supplies last)! Cash, credit, EBT, and Maine Harvest Bucks accepted!
Thursday, April 9th	11:00am-2:00pm	Free	Age-Friendly Lunch – Bring your own lunch and catch up with friends. Educational speaker TBD.
Thursday, April 9th	5:30pm-8:30pm	FREE	Adult Craft Night - The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts.
Thursday, April 9th	6:00pm-7:00pm	\$10 drop-in, \$35 for 5 visit passes	Yoga - Join this gentle Yoga class focusing on stretching and controlled breathing. This yoga class is for all ability levels.
Friday, April 10th	2:00pm-4:00pm	Free	Matter of Balance - Join the educators from SeniorsPlus for the workshop to help you manage concerns about falling. This 4-week workshop. Pre-registration required.
Monday, April 13th	9:00am-2:30pm	FREE	Senior Drop-in - Drop by the Auburn Senior Community Center every Monday to catch up with friends over a cup of coffee, a craft, or a board game.
Tuesday, April 14th	9:00am-12:00pm	\$3 residents/ \$5 non-residents	Androscoggin Riverlands Hike - Get out your hiking poles and boots and join Jamie for an adventure in Turner! Bring your own lunch to enjoy at the Auburn Senior Community Center after the hike. Hot coffee, tea, and cocoa will be provided. Pre-registration required.
Tuesday, April 14th	2:00pm-4:00pm	Free	Matter of Balance - Join the educators from SeniorsPlus for the workshop to help you manage concerns about falling. This 4-week workshop. Pre-registration required.
Wednesday, April 15th	10:30am-12:00pm	\$5 Annual Dues	1st Auburn Meeting/Meals –\$5 annual dues, meals and raffles are sold separately.
Wednesday, April 15th	12:30pm-3:00pm	Price Per Card	Bingo
Thursday, April 16th	12:00pm-2:00pm	Donation for Ages 60+	SeniorsPlus Social Dining – Enjoy a delicious meal including a main course, fruits, veggies, and milk. Menu coming soon! Pre-registration required.

		\$6.50 for others	
Thursday, April 16th	5:30pm-8:30pm	FREE	Adult Craft Night - The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts.
Thursday, April 16th	6:00pm-7:00pm	\$10 drop-in, \$35 for 5 visit passes	Yoga - Join this gentle Yoga class focusing on stretching and controlled breathing. This yoga class is for all ability levels.
Friday, April 17th	2:00pm-4:00pm	Free	Matter of Balance - Join the educators from SeniorsPlus for the workshop to help you manage concerns about falling. This 4-week workshop. Pre-registration required.
Monday, April 20th	9:00am-2:30pm	FREE	Senior Drop-in - Drop by the Auburn Senior Community Center every Monday to catch up with friends over a cup of coffee, a craft, or a board game.
Tuesday, April 21st	2:00pm-4:00pm	Free	Matter of Balance - Join the educators from SeniorsPlus for the workshop to help you manage concerns about falling. This 4-week workshop. Pre-registration required.
Thursday, April 23rd	10:00am-3:00pm	Free	Age-Friendly Light Lunch, Popcorn, & Movie – Free lunch followed by a movie. Menu TBD. Call Jamie at 333-6601 x2108 for movie info. Come at 11:00am for to see a Tai Chi demonstration and to learn about this low impact exercise for health and balance.
Thursday, April 23rd	5:30pm-8:30pm	FREE	Adult Craft Night - The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts.
Thursday, April 23rd	6:00pm-7:00pm	\$10 drop-in, \$35 for 5 visit passes	Yoga - Join this gentle Yoga class focusing on stretching and controlled breathing. This yoga class is for all ability levels.
Friday, April 24th	2:00pm-4:00pm	Free	Matter of Balance - Join the educators from SeniorsPlus for the workshop to help you manage concerns about falling. This 4-week workshop. Pre-registration required.
Monday, April 27th	9:00am-2:30pm	FREE	Senior Drop-in - Drop by the Auburn Senior Community Center every Monday to catch up with friends over a cup of coffee, a craft, or a board game.
Tuesday, April 28th			Matter of Balance - Join the educators from SeniorsPlus for the workshop to help you manage concerns about falling. This 4-week workshop. Pre-registration required.
Thursday, April 30th	5:30pm-8:30pm	FREE	Adult Craft Night - The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts.
Thursday, April 30th	6:00pm-7:00pm	\$10 drop-in, \$35 for 5 visit passes	Yoga - Join this gentle Yoga class focusing on stretching and controlled breathing. This yoga class is for all ability levels.

The Auburn Senior Community Center is a City of Auburn Community Development Assisted Project.