



# March 2020

(updated 2/10/2020)

## Auburn Senior Community Center Event and Program Calendar

48 Pettengill Park Rd. Auburn, ME 04210

Register online at [auburnrecreation.com](http://auburnrecreation.com)

or call the Auburn Rec Department at 333-6611

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 ■ Senior Drop-in ● Private Group	3 ■ Living Well with Chronic Pain ❖ Age-Friendly Committee Meeting	4 ⌘ 1 <sup>st</sup> Auburn Senior Citizens Meeting Bingo	5 ■ Adult Craft Night ■ Yoga	6 ● Private Group	7
8	9 ■ Senior Drop-in ● Private Group	10 ■ Living Well with Chronic Pain ■ Thorncrag Bird Sanctuary Hike	11	12 ■ Adult Craft Night ■ Yoga ❖ Age-Friendly Lunch and Movie at the Library	13	14
15	16 ■ Senior Drop-in	17 ■ Living Well with Chronic Pain	18 ⌘ 1 <sup>st</sup> Auburn Senior Citizens Meeting Bingo	19 ■ Adult Craft Night ■ Yoga	20 ■ Grandparent and Me	21
22	23 ■ Senior Drop-in	24 ■ Living Well with Chronic Pain	25	26 ■ Adult Craft Night ■ Yoga ❖ Age-Friendly Lunch and Movie	27	28
29 ● Private Group	30 ■ Senior Drop-in	31 ■ Living Well with Chronic Pain	<b>See back page for program details!</b> ● = Outside Group ❖ = Age-Friendly Committee Event ■ = Auburn Recreation Program ⌘ = 1 <sup>st</sup> Auburn Senior Citizens Meeting			

Fitness

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
Monday, March 2nd	9:00am-2:30pm	FREE	<b>Senior Drop-in</b> - Catch up with friends over a cup of coffee, a craft, or a board game.
Monday, March 2nd	6:00pm-7:30pm	N/A	<b>Private Group</b>
Tuesday, March 3rd	9:00am-11:30pm	Free	<b>Living Well with Chronic Pain</b> - Join the educators from SeniorsPlus for the workshop on Living Well with Chronic Pain. This 6-week workshop. <b>Pre-registration required.</b>
Tuesday, March 3rd	5:30pm-6:30pm	N/A	<b>Age-Friendly Committee Meeting</b>
Wednesday, March 4th	10:30am-12:00pm	\$5 Annual Dues	<b>1st Auburn Meeting/Meals</b> –\$5 annual dues, meals and raffles are sold separately.
Wednesday, March 4th	12:30pm-3:00pm	Price Per Card	<b>Bingo</b>
Thursday, February 6th	5:30pm-8:30pm	FREE	<b>Adult Craft Night</b> - The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts.
Thursday, March 5th	6:00pm-7:00pm	\$5 residents, \$7 non-residents	<b>Yoga</b> - Join this gentle Yoga class focusing on stretching and controlled breathing. This yoga class is for all ability levels.
Monday, March 9th	9:00am-2:30pm	FREE	<b>Senior Drop-in</b> - Catch up with friends over a cup of coffee, a craft, or a board game. Note: will meet in small side only until 10:00am.
Monday, March 9th	6:00pm-7:30pm	N/A	<b>Private Group</b>
Tuesday, March 10th	9:00am-12:00pm	\$3 residents/ \$5 non-residents	<b>Thornrag Bird Sanctuary Hike</b> - Get out your hiking poles and snow boots and join Jamie for an adventure! Bring your own lunch to enjoy at the Auburn Senior Community Center after the hike. Hot coffee, tea, and cocoa will be provided. <b>Pre-registration required.</b>
Tuesday, March 10th	9:00am-11:30pm	Free	<b>Living Well with Chronic Pain</b> - Join the educators from SeniorsPlus for the workshop on Living Well with Chronic Pain. This 6-week workshop. <b>Pre-registration required.</b>
Wednesday, March 11th	4:30pm-7:30pm	FREE	<b>Farmer's Market</b> – 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, March 12th	11:00am-2:00pm	FREE	<b>Age-Friendly Lunch and Movie at the Auburn Library</b> – Bring your own lunch or purchase one at the library café, and enjoy a movie with your friends.
Thursday, March 12th	6:00pm-7:00pm	\$5 residents, \$7 non-residents	<b>Yoga</b> - Join this gentle Yoga class focusing on stretching and controlled breathing. This yoga class is for all ability levels.
Thursday, March 12th	5:30pm-8:30pm	FREE	<b>Adult Craft Night</b> – The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts.
Monday, March 16th	9:00am-2:30pm	FREE	<b>Senior Drop-in</b> - 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, March 17th	9:00am-11:30pm	Free	<b>Living Well with Chronic Pain</b> - Join the educators from SeniorsPlus for the workshop on Living Well with Chronic Pain. This 6-week workshop. <b>Pre-registration required.</b>
Wednesday, March 18th	10:30am-12:00pm	\$5 Annual Dues	<b>1st Auburn Meeting/Meals</b> –\$5 annual dues, meals and raffles are sold separately.
Wednesday, March 18th	12:30pm-3:00pm	Price Per Card	<b>Bingo</b>
Thursday, March 19th	5:30pm-8:30pm	FREE	<b>Adult Craft Night</b> - The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts.
Thursday, March 19th	6:00pm-7:00pm	\$5 residents, \$7 non-residents	<b>Yoga</b> - Join this gentle Yoga class focusing on stretching and controlled breathing. This yoga class is for all ability levels.
Friday, March 20th	10:30am-2:00pm	\$5 residents, \$7 non-residents	<b>Grandparent and Me</b> - We will be opening the doors of the Auburn Senior Community Center to Auburn students and their grandparents on the teacher workshop day. Come spend some quality time together making crafts and playing games. Lunch will be provided. <b>Pre-registration required.</b>
Monday, March 23rd	9:00am-2:30pm	FREE	<b>Senior Drop-in</b> - 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, March 24th	9:00am-11:30pm	Free	<b>Living Well with Chronic Pain</b> - Join the educators from SeniorsPlus for the workshop on Living Well with Chronic Pain. This 6-week workshop. <b>Pre-registration required.</b>
Thursday, March 26th	10:00am-3:00pm	FREE	<b>Age-Friendly Light Lunch, Popcorn, &amp; Movie</b> – Free lunch of chicken noodle soup followed by a movie. Call Jamie at 333-6601 x2108 for movie info.
Thursday, March 26th	6:00pm-7:00pm	\$5 residents, \$7 non-residents	<b>Yoga</b> - Join this gentle Yoga class focusing on stretching and controlled breathing. This yoga class is for all ability levels.

<b>Thursday, March 26th</b>	5:30pm-8:30pm	FREE	<b>Adult Craft Night</b> - The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts.
<b>Sunday, March 29th</b>	9:00am-12:00pm	N/A	<b>Private Group</b>
<b>Monday, March 30th</b>	9:00am-2:30pm	FREE	<b>Senior Drop-in</b> - 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.
<b>Tuesday, March 31st</b>	9:00am-11:30pm	Free	<b>Living Well with Chronic Pain</b> - Join the educators from SeniorsPlus for the workshop on Living Well with Chronic Pain. This 6-week workshop. <b>Pre-registration required.</b>