

APRIL 2024 EVENT & PROGRAM CALENDAR

Auburn Senior Community Center | 48 Pettengill Park Road Register online at secure.rec1.com/ME/auburn-me/catalog or call the Auburn Rec Department at 333-6611 (REV 4/3)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
= Auburn Recreation Program (Renee & Jody)				 * = Age-Friendly Committee Event # = 1st Auburn Senior Citizens Meeting φ = New Auburn Seniors Meeting + = Robin Dow Meeting 		
] φ = New Auburn Seniors Meeting ■ Yoga with Emma 6pm	2 Abstract Art 10am Yoga For Balance 4pm	3 # = 1 st Auburn Senior Citizens Meeting	4 ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30pm	5 ■ Drop In Day 9-12	6
7 ■ Young Frankenstein Lyric Theater 12:30pm	8	 9 Back Cove Trail Portland 9am Intro to Drawing 10am Yoga For Balance 4pm Age-Friendly Meeting 	 10 + = Robin Dow Meeting The US Army Field Band and Soldiers' Chorus at Merrill Auditorium 9am] Ocean State & Applebee's 10am Bystander Training 9:30 Chair Yoga 1:30pm Adult Craft Night 5:30 	12 Drop-In Day 9-12 Tech Talk 10am Sunshine Club 10am	13
14	15 HOLIDAY - No Daytime Recreation Programs ■ Yoga with Emma 6pm	 16 ■ Barnhouse Grill & Sweetz in Wiscasset 10:30am ■ 3-D Collage 10 am ◆ Age-Friendly Movie 1pm ■ Yoga For Balance 4pm] 7 % = 1st Auburn Senior Citizens Meeting ■ Mystery Lunch 11:30am 	 18 Woodward Point Preserve, Brunswick 9am Chair Yoga 1:30pm Adult Craft Night 5:30pm 	9 ■ Drop-In Day 9-12 ■ Card Crafting 10 am	20
21	22	23 Still Life Painting 10 am Spear Farm Estuary Preserve & Toots, Yarmouth 12:30pm Yoga For Balance 4pm	24 + = Robin Dow Meeting ■ Riverfront Woods Preserve 1pm	25 Coffee Talk 8am Hannaford Nutrition 10am Clambake Rest. 11am Chair Yoga 1:30pm Adult Crafts 5:30pm	26 Drop-In Day 9-12 Book Club 10am Mystery Lunch #2 11:30am	27
28 Head Over Heels Waterville 12:15pm	29	30 The MILL & Lunch 9:45am Welcome Wksp 2:00pm Yoga For Balance 4pm				

Date	Time	Cost	Description	
Monday,	9:00 AM –	\$10.00	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.	
April 1	3:00 PM	annual	Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).	
Monday,	6:00 PM –	\$10	Yoga with Emma - Join this gentle yoga class to experience the beautiful art of yoga and begin to become in tune with your body. Focusing on stretching and controlled breathing, this class can offer something for all ability levels.	
April 1	7:00 PM	\$12 non-res		
Tuesday, April 2	10:00 AM - 11:30 AM	Free	Introduction to Abstract Art - Join this workshop led by artist Karolyn Greenstreet. She will be teaching a fun, surprise technique to create abstract drawings and paintings. Pre-registration is required. Minimum 6/Maximum 15.	
Tuesday,	4:00 PM –	\$10.00	Yoga For Seniors: Balance - Join certified yoga instructor Emma Samson for this beginner-friendly class for seniors focusing on strength, mobility, and balance. Mindfulness and meditation throughout each class support stress-relief for participants. This class will involve the use of chair- and floor-based exercises, as well as standing poses, but the exercises can be adapted to meet the individual needs of each student. Minimum 4/Maximum 15.	
April 2	5:00 PM	drop-in fee		
Wednesday,	9:00 AM –	\$10.00	1st Auburn Meeting/Bingo. Doors open at 9:00 AM. Regular meeting at 11:00, hot dogs, and bingo. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).	
April 3	3:00 PM	annual		
Wednesday,	6:30 PM -	\$8.00	Windham Chamber Singers 2024 Spring Tour at the Franco Center - Pre-registration is required. Minimum	
April 3	9:00 PM		6/Maximum 14. No refund unless your spot can be filled. <u>CANCELLED DUE TO STORM</u>	
Thursday, April 4	1:30 PM - 2:30 PM	\$10.00 drop-in fee	Chair Yoga - Join instructor Emma Samson and learn the physical, mental, and emotional benefits of yoga while using a chair for support and stability through standing and seated poses. *Drop In Fee is \$10.00: Minimum 4 CANCELLED DUE TO STORM	
Thursday, April 4	5:30 PM - 8:00 PM	Free \$10 non- residents	Thursday Adult Craft Night – The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts. Bring your quilting, rug braiding, paper crafts or stamps and spend time with others in your community. Min: 4 /Max: 20 Pre-registration required. <u>CANCELLED DUE TO STORM</u>	
Friday, April	9:00 AM -	Free	Drop-in Day - Cribbage, Mahjong, crafts – you name it! The Auburn Senior Community Center will be open with complimentary coffee, tea and plenty of games and puzzles, or you can bring your own. Come get together with friends or make new ones. We may even play lawn games in the park during the fall if the weather is nice! CANCELLED DUE TO STORM	
5	12:00 PM	\$1 non-resi		
Sunday, April 7	12:30 PM – 5:30 PM	\$25 \$30 non- residents	The Mel Brooks Musical, Young Frankenstein at the Lyric Theater in South Portland - It's alive! The electrifying adaptation of Mel Brooks' monstrously funny film will leave you in stitches. From the creators of the record-breaking Broadway sensation, The Producers, comes this monster musical comedy. The comedy genius, Mel Brooks, adapts his legendarily funny film into a brilliant stage creation. Grandson of the infamous Victor Frankenstein, Frederick Frankenstein inherits his family's estate in Transylvania. With the help of a hunchbacked sidekick, Igor, and a beautiful lab assistant, Inga, Frederick finds himself in the mad scientist shoes of his ancestors. "It's alive!" he exclaims as he brings to life a creature to rival his grandfather's. Every bit as relevant to audience members who will remember the original as it will be to newcomers, Young Frankenstein has all the panache of the screen sensation with a little extra theatrical flair added. Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled. REGISTRATION OPENS 45 DAYS PRIOR FOR THIS TRIP.	
Monday,	9:00 AM -	\$10.00	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.	
April 8	3:00 PM	annual	Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).	
Monday, April 8	6:00 PM – 7:00 PM	dues \$10 \$12 non-res	Yoga with Emma - Join this gentle yoga class to experience the beautiful art of yoga and begin to become in tune with your body. Focusing on stretching and controlled breathing, this class can offer something for all ability levels.	
Tuesday, April 9	9:00 AM -	\$3	Hike: Back Cove Trail, Portland - We will head out on this 3.6-mile loop trail near Portland, Maine. Generally considered an easy route, it takes an average of just over an hour to complete. This is a very popular area for birding, running, and walking, so you'll likely encounter other people while exploring. The trail surface is paved or	

		\$5 non-	gravel (with partial railings). It is typically at least 4 feet wide (with many wider passing spaces). Bring your cameras,	
		residents	hiking sticks, a snack/lunch and walking shoes. Pre-registration is required. Minimum 6/Maximum 14.	
Tuesday, April 9	10:00 AM – 11:30 AM	Free	Introduction to Still Life Drawing- Join this workshop led by artist Karolyn Greenstreet. Karolyn will be giving instructions on basic drawing techniques using various tools; pencils, pastels etc Pre-registration is required. Minimum 6/Maximum 15.	
Tuesday, April 9	4:00 PM – 5:00 PM	\$10.00 drop-in fee	Yoga For Seniors: Balance - Join certified yoga instructor Emma Samson for this beginner-friendly class for seniors focusing on strength, mobility, and balance. Mindfulness and meditation throughout each class support stress-relief for participants. This class will involve the use of chair- and floor-based exercises, as well as standing poses, but the exercises can be adapted to meet the individual needs of each student. Minimum 4/Maximum 15.	
Tuesday, April 9	5:30 PM – 6:60 PM	N/A	Age-Friendly Community Committee Meeting : All are welcome	
Wednesday, April10	9:00 AM – 3:00 PM	\$10.00 annual	Robin Dow Seniors - Doors open at 9:00am with Directors meeting at 10:30, and bingo. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).	
Wednesday, April10	9:00 AM – 12:30 PM	\$3 \$5 non- residents	The United States Army Field Band and Soldiers' Chorus at Merrill Auditorium - The United States Army Field Band is an elite 65-member instrumental ensemble, founded in 1946. The Concert Band along with the Soldiers' Chorus, present a powerful and diverse program of marches, overtures, popular music, patriotic selections, and instrumental and vocal solos. The pageantry and professionalism of the band's performance is sure to be entertaining and emotional for all audiences, instilling pride in our American heritage. Show time is 10:30am (Run time: approximately 1 hour) Pre-registration is required. Minimum 6/Maximum 14. REGISTRATION OPENS 30 DAYS PRIOR FOR THIS TRIP.	
Thursday, April 11	9:30 AM – 11:30 AM	Free	Green Dot Bystander Intervention Training – This is a free class being offered in collaboration with L/A Senior College. Participants will learn how and why a bystander may intervene safely and reduce the potential for harm caused by bullying and harassment. Pre-registration is required. No Maximum	
Thursday, April 11	10:00 AM – 2:00 PM	\$2 \$4 non- residents	Ocean State Job Lot and Lunch at Applebee's in Oxford - Heading out Oxford for a little shopping and Lunch. Ocean State is full of brand names at discount prices. Save on household goods, apparel, pet supplies, kitchen tools and cookware, pantry staples, seasonal products (holiday, gardening, patio, pool and beach supplies) and more! After shopping we will head to Applebee's for lunch. Pre-registration is required. Minimum 6/Maximum 14	
Thursday, April 11	1:30 PM – 2:30 PM	\$10.00 drop-in fee	Chair Yoga - Join instructor Emma Samson and learn the physical, mental, and emotional benefits of yoga while using a chair for support and stability through standing and seated poses. *Drop-In Fee is \$10.00: Minimum 4	
Thursday, April 11	5:30 PM – 8:00 PM	Free \$10 non- residents	Thursday Adult Craft Night - The Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts. Bring your quilting, rug braiding, paper crafts or stamps and spend time with others in your community. Min: 4 /Max: 20 Pre-registration required .	
Friday, April 12	9:00 AM – 12:00 PM	Free \$1 non- residents	Drop-in Day - Cribbage, Mahjong, crafts – you name it! The Auburn Senior Community Center will be open with complimentary coffee, tea and plenty of games and puzzles, or you can bring your own. Come get together with friends or make new ones. We may even play lawn games in the park during the fall if the weather is nice!	
Friday, April 12	10:00 AM – 11:00 PM	Free	Tech Talk Friday – Have a technology question? A device you want to know more about? If so, this program is for you! Once a month, come chat with Donna, Adult Services Manager at the Auburn Public Library. Pre-registration helpful.	
Friday, April 12	10:00 AM – 11:30 PM	Free	Sunshine Club – Do you want to bring a little sunshine to those community members living in assisted living or rehabilitation centers? This club meets to make floral arrangements or other surprises to be delivered to local nursing homes. Pre-registration required.	
Monday, April 15	6:00 PM – 7:00 PM	\$10 \$12 non- residents	Yoga with Emma - Join this gentle yoga class to experience the beautiful art of yoga and begin to become in tune with your body. Focusing on stretching and controlled breathing, this class can offer something for all ability levels.	

Tuesday, April 16	10:00 AM – 11:30 AM	Free	Collage on objects - Join Karolyn Greenstreet as she teaches class participants introductory "collage on objects" techniques. Bring an object from home that you'd like to collage on. We will have a few vases, wooden boxes and other thrifted things but bringing something you own will add to the options. Magazines will be provided but bring your favorites as well. Pre-registration is required. Minimum 6/Maximum 15	
Tuesday, April 16	10:30 AM – 4:00 PM	\$4 \$6 non- residents	Barnhouse Grill and Sweetz & More in Wiscasset - We are going to head for lunch BEFORE dessert! Tuesday is Senior's Day, 10% off! After lunch we will head down the road to Sweetz & More. With 8,100 square feet of pure sweetness, Sweetz & More is New England's largest, sweet shop. The store also offers candies from around the world including spicy candy from Mexico, chocolates from Europe, gummies from Germany, and sweet confections from Japan. You will have plenty of time to take it all in and shop. Pre-registration is required. Minimum 6/Maximum 14.	
Tuesday, April 16	1:00 PM – 3:00 PM	Free	Age-Friendly Movie. Pre-registration is helpful. Free popcorn! INFO TBD	
Tuesday, April 16	4:00 PM – 5:00 PM	\$10.00 drop-in fee	Yoga For Seniors: Balance - Join certified yoga instructor Emma Samson for this beginner-friendly class for seniors focusing on strength, mobility, and balance. Mindfulness and meditation throughout each class support stress-relief for participants. This class will involve the use of chair- and floor-based exercises, as well as standing poses, but the exercises can be adapted to meet the individual needs of each student. Minimum 4/Maximum 15.	
Wednesday, April 17	9:00 AM – 3:00 PM	\$10.00 annual dues	1st Auburn Meeting/Bingo. Doors open at 9:00 AM. Regular meeting at 11:00, hot dogs, and bingo. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).	
Thursday, April 17	11:30 AM - 3:00 PM	\$2 \$4 non- residents	Mystery Lunch Shuttle - Let lunch be a surprise! Sure, you may have been there before, but have you been with us!? Sign up for the social aspect and for the thrill of not knowing where the bus will take you. Trips return by 3:00pm. Pre- registration required. Minimum 6/Max 14. (MOVED FROM ORIGINAL DATE OF 4/4 DUE TO STORM)	
Thursday, April 18	9:00 AM – 1:30 PM	\$3 \$5 non- residents	Hike: Woodward Point Preserve, Brunswick - This is a shorter trail day so don't be afraid to join us! Located in Brunswick, this 87.5-acre preserve invites visitors to explore its trails in search of wildlife and picturesque scenes of northern Casco Bay. We will venture along the preserve's 1.5-mile network of trails that lead across open fields and through forest to the water's edge. Woodward Point is one of the largest undeveloped parcels of land in northern Casco Bay – a designated estuary of national significance. Two commercially important shellfish beds surround the preserve, which also serve as critical habitat for waterfowl and wading birds. Woodward Point's vast fields are also home to a healthy population of bobolinks estimated to be around eighty birds in the summer. Pre-registration is required. Minimum 6/Maximum 14.	
Thursday, April 18	1:30 PM – 2:30 PM	\$10.00 drop-in fee	Chair Yoga - Join instructor Emma Samson and learn the physical, mental, and emotional benefits of yoga while using a chair for support and stability through standing and seated poses. *Drop-In Fee is \$10.00: Minimum 4	
Thursday, April 18	5:30 PM – 8:00 PM	Free \$10 non- residents	Thursday Adult Craft Night - T he Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts. Bring your quilting, rug braiding, paper crafts or stamps and spend time with others in your community. Min: 4 /Max: 20 Pre-registration required.	
Friday, April 19	9:00 AM – 12:00 PM	Free \$1 non- residents	Drop-in Day - Cribbage, Mahjong, crafts – you name it! The Auburn Senior Community Center will be open with complimentary coffee, tea and plenty of games and puzzles, or you can bring your own. Come get together with friends or make new ones. We may even play lawn games in the park during the fall if the weather is nice!	
Friday, April 19	10:00 AM - 11:00 AM	Free	Card Crafting with Corinne and Renee - April 2024 - This is an onsite (Auburn Senior Community Center) Hand-made card making workshop. All materials will be provided by the Senior Center. This activity is being offered as Free to All with the idea that you will make a card for yourself, and you will also make one to give to Corinne for her Meals-On-Wheels volunteer work. This class is hands-on with all participants cutting their own materials and creating their own cards. Pre-registration is required. Minimum 6/Maximum 15	

Monday, April 22	9:00 AM - 3:00 PM	\$10.00 annual dues	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).	
Monday, April 22	6:00 PM – 7:00 PM	\$10 \$12 non- residents	Yoga with Emma - Join this gentle yoga class to experience the beautiful art of yoga and begin to become in tune with your body. Focusing on stretching and controlled breathing, this class can offer something for all ability levels.	
Tuesday, April 23	10:00 AM – 11:30 AM	Free	Introduction to Still Life Painting - Join this workshop led by artist Karolyn Greenstreet. Participants will learn basic painting techniques and will use objects in the room as the subject for their work. Karolyn will give instructions about basic painting techniques. Pre-registration is required. Minimum 6/Maximum 15.	
Tuesday, April 23	12:30 PM – 4:00 PM	\$3 \$5 non- residents	Hike & Ice Cream: Spear Farm Estuary Preserve in Yarmouth - Owned and managed by the Town of Yarmouth, Spear Farm Estuary Preserve is a scenic 55-acre property with diverse habitats, ranging from stately oaks and pine forest to the open salt marshes of the Royal River estuary, and a small freshwater pond with a fringing marsh. The preserve includes 1.6 miles of gentle, well-maintained trails over rolling, coastal terrain perfect for foot or ski travel and ideal for bird watching. There is an excellent picnic spot and overlook on the pond's northern shore, as well as on the edge of the salt marsh. Trails are mostly wide and well-maintained with mostly gentle slopes and good for easy strolls or runs. On our way home we will stop at Toots Ice Cream in North Yarmouth for a sweet treat! Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration is required. Minimum 6/Maximum 14. (optional ice cream, not included)	
Tuesday, April 23	4:00 PM – 5:00 PM	\$10.00 drop-in fee	Yoga For Seniors: Balance - Join certified yoga instructor Emma Samson for this beginner-friendly class for seniors focusing on strength, mobility, and balance. Mindfulness and meditation throughout each class support stress-relief for participants. This class will involve the use of chair- and floor-based exercises, as well as standing poses, but the exercises can be adapted to meet the individual needs of each student. Minimum 4/Maximum 15 .	
Wednesday, April 24	9:00 AM - 3:00 PM	\$10.00 annual	Robin Dow Seniors - Doors open at 9:00am with Directors meeting at 10:30, and bingo. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).	
Wednesday, April 24	1:00 PM	\$3 \$5 non- residents	Guided Walk: Riverfront Woods Preserve, Yarmouth - Nature Walks are volunteer-led by trained master naturalists and other skilled volunteer leaders. We will stay together as a group (there may be folks from the public along as well). Nature walks typically involve getting on our knees with a hand lens, or standing still for ten minutes craning up at a treetop. Curriculum: Vernal Pools. Master Naturalist Beth Sturtevant.	
			The Riverfront Woods Preserve is owned and managed by the Town of Yarmouth, protected by conservation easements held by the Royal River Conservation Trust. The 50-acre preserve includes one of the last remaining pieces of unfragmented habitat and shoreline along the Royal River in Yarmouth. Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration is required. Minimum 6/Maximum 14.	
Thursday, April 25	8:00 AM – 9:30 AM	FREE	Coffee Talk with AARP – Come in and join us for coffee and a guest speaker. A light breakfast of pastries, snacks and coffee/tea will be provided. Guest speaker, David Foster (local realtor) will join the group to discuss topics related to making choices about your home during retirement. What a nice way to start your day! Pre-registration required. Maximum 20.	
Thursday, April 25	10:00 AM - 11:00 AM	FREE	Hannaford Dietician Talk and Demo – Hannaford Dietician Emily Duran will be visiting the Auburn Senior Community Center to talk about healthy shopping and cooking. A food prep demonstration will be part of this workshop. Pre-registration required. Maximum 20.	
Thursday, April 25	11:00 AM – 3:30 PM	\$4 \$6 non- residents	Clambake Seafood Restaurant / Len Libby's in Scarborough - The Clambake sits on Maine's largest saltwater marsh right beside the famous Old Orchard Beach. The Clambake is a unique restaurant where you choose from our large selection of fresh Maine seafood along with a great selection from our grill. After ordering your meal at our registers, you may choose a seat in any of our air-conditioned dining rooms; enjoy a cocktail or other beverage while your	

			order is being prepared. When your order is ready, you may pick up your meal and enjoy the finest seafood you will ever taste! After we will head on over to get our sweet tooth fixed at Len Libby Candies - Home of the Life Size Chocolate Moose! Pre-registration is required. Minimum 6/Maximum 14.	
Thursday, April 25	1:30 PM – 2:30 PM	\$10.00 drop-in fee	Chair Yoga - Join instructor Emma Samson and learn the physical, mental, and emotional benefits of yoga while using a chair for support and stability through standing and seated poses. *Drop-In Fee is \$10.00: Minimum 4	
Thursday, April 25	5:30 PM – 8:00 PM	Free \$10 non- residents	Thursday Adult Craft Night - Join us at the Auburn Senior Community Center will be open Thursday nights with plenty of space to work on your crafts. Bring your quilting, rug braiding, paper crafts or stamps and spend time with others in your community. Min: 4 /Max: 20 Pre-registration required.	
Friday, April 26	9:00 AM – 12:00 PM	Free \$1 non- residents	Drop-in Day - Cribbage, Mahjong, crafts – you name it! The Auburn Senior Community Center will be open with complimentary coffee, tea and plenty of games and puzzles, or you can bring your own. Come get together with friends or make new ones. We may even play lawn games in the park during the fall if the weather is nice!	
Friday, April 26	10:00 AM – 11:00 AM	Free	The Auburn Senior Community Center, in partnership with the Auburn Public Library, is pleased to be able to continue their reading and discussion group. This group will meet monthly at the ASCC. Questions? Contact Renee at the Auburn Senior Community Center or Donna at the Auburn Public Library 207-333-6640, ext. 4, or via email at dwallace@auburnpubliclibrary.org. Maximum 12 (can accommodate more for discussion days if people share their books before the next meet up).	
Friday, April 26	11:30 AM – 3:00 PM	\$2 \$4 non- residents	Mystery Lunch Shuttle #2- Let lunch be a surprise! Sure, you may have been there before, but have you been with us!? Sign up for the social aspect and for the thrill of not knowing where the bus will take you. Trips return by 3:00pm. Pre-registration required. Minimum 6/Max 14.	
Sunday, April 28	12:15 PM (show at 2:00 PM) – 6:00 PM	\$37 \$42 non- residents	Head Over Heels the Musical at Waterville Opera House - A hilarious, exuberant celebration of love, Head Over Heels follows the escapades of a royal family on an outrageous journey to save their beloved kingdom from extinction—only to discover the key to their realm's survival lies within each of their own hearts. This laugh-out-loud love story is set to the music of the iconic 1980's all-female rock band the Go-Go's, including the hit songs, "We Got the Beat," "Our Lips Are Sealed," "Vacation," Belinda Carlisle's "Heaven is a Place on Earth," and "Mad About You." *You will have to be able to walk a short distance to and from the entrance before and after the show as well as navigate a few stairs* Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled. REGISTRATION OPENS 45 DAYS PRIOR FOR THIS TRIP.	
Monday, April 29	9:00 AM – 3:00 PM	\$10.00 annual	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).	
Monday, April 29	6:00 PM – 7:00 PM	\$10 \$12 non-res	Yoga with Emma - Join this gentle yoga class to experience the beautiful art of yoga and begin to become in tune with your body. Focusing on stretching and controlled breathing, this class can offer something for all ability levels.	
Tuesday, April 30	10:00 AM – 2:00 PM	\$6	Maine MILL and Davinci's in Lewiston- Where history and culture spark creativity, inspire ingenuity, and drive connection. We will discover exhibits, educational programming, and events that preserve and celebrate stories of work and the diverse heritage of Central Maine. We will have an approximately 1 hour guided tour over 2 floors (there is an elevator). One floor is their standard gallery and the other has a rotating gallery of exhibits. After our tour of the museum, we will head to Davinci's for lunch. For those who don't know, they are in the same building (front and back). Pre-registration required. Minimum 6/Max 14 .	
Tuesday, April 30	2:00 PM – 3:30 PM	\$12.00	Welcome Sign Workshop- Join this workshop led by artist Karen Pelletier. Participants will make a 6" x 25" WELCOME Sign. They will use chalk paint, stencils, and floral transfers to create these beautiful signs. Nice for home décor or for a gift! Pre-registration is required. Minimum 6/Maximum 15.	
Tuesday, April 30	4:00 PM – 5:00 PM	\$10.00 drop-in fee	Yoga For Seniors: Balance - Join certified yoga instructor Emma Samson for this beginner-friendly class for seniors focusing on strength, mobility, and balance. Mindfulness and meditation throughout each class support stress-relief for participants. This class will involve the use of chair- and floor-based exercises, as well as standing poses, but the exercises can be adapted to meet the individual needs of each student. Minimum 4/Maximum 15.	