



DECEMBER 2025 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
■ = Auburn Recreation Program (Jody)				❖ = City of Auburn Age-Friendly Committee Event ⌘ = 1st Auburn Senior Citizens Meeting φ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting		
	1 φ = New Auburn Seniors Meeting ■ Yoga w/Emma 6pm	2 ■ Yoga for Balance 4pm ■ JOYOUS SOUNDS in Portland 5:45pm	3 ⌘ = 1 st Auburn Senior Citizens Meeting ■ Color Your Own Christmas Window Clings 2:30pm ■ Holiday Party Playlist Portland 5:30pm	4 ■ White Christmas @Music Hall 11:30am ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30 ■ Wrapping Station 5:30	5 ■ Drop-In Day 9-12 ■ Wrapping Station 9 -12 ■ Sunshine Club 10am ■ Christmas Cookie Decorating 12pm	6
7	8 φ = New Auburn Seniors (Christmas at the Hilton) ■ Yoga w/Emma 6pm	9 ■ Wood Slice Ornaments 3pm ■ Yoga for Balance 4pm ❖ = Age-Friendly Committee Meeting	10 ◆ = Robin Dow Meeting (Election of Officers) ■ Diamond Art Christmas Card 2:30pm	11 ■ Christmas Fairy Garden Stakes 9:30am ■ L/A Mystery Lunch Shuttle 11:30am ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30 ■ Wrapping Station 5:30	12 ■ Drop-In Day 9-12 ■ Wrapping Station 9 -12 ■ Tech Talk 10am ■ Magic of Christmas Preview 11:30am	13
14	15 φ = New Auburn Seniors Meeting ■ Christmas with the Celts 5:30pm ■ Yoga w/Emma 6pm	16 ■ Crafting w/Nancy 1pm ■ Yoga for Balance 4pm	17 ⌘ = 1 st Auburn Senior Citizens (Christmas at the Green Ladle)	18 ■ Chair Yoga 1:30pm ■ Holiday Party After! ■ Adult Craft Night 5:30 ■ Wrapping Station 5:30	19 ■ Drop-In Day 9-12 ■ Wrapping Station 9 -12 ■ Sights and Sounds Franco Center 6:30pm	20 ❖ = Age-Friendly Committee Christmas 10am
21	22 φ = New Auburn Seniors Meeting ■ Diamond Art Christmas Card 2:30pm ■ Yoga w/Emma 6pm	23 ■ Yoga for Balance 4pm ■ Christmas with Kennerly @Merrill 5:30pm	24 ■ White Elephant Gift Exchange 9:30am doors open, 10am gift exchange start	25 HOLIDAY - No Recreation Programs	26 No Recreation Programs	27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 φ = New Auburn Seniors Meeting ■ Chair Yoga 3:30pm (Make up class) ■ Yoga w/Emma 6pm	30 ■ Diamond Art 2026 Calendar & lunch 10am ■ Yoga for Balance 4pm	31			

Date	Time	Cost	Description
Monday, Dec 1	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, Dec 1	6:00 PM – 7:00 PM	\$12 \$15 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, Dec 2	4:00 PM – 5:00 PM	\$12.00 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. Min4/Maximum 15.
Tuesday, Dec 2	5:45 PM – 9:30 PM	\$18 \$20 non-res	Osher School of Music JOYOUS SOUNDS in Portland Join the Osher School of Music's choral ensembles—University Chorale and the Osher Chamber Singers—for our annual Joyous Sounds concert, a tradition that welcomes the season with music that uplifts, inspires, and connects. Location: Crewe Center for the arts, 111 Bedford St, Portland, ME 04101 Run Time: Approximately 75 minutes, with no intermission. Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled. (seats are Rows C and D)
Wednesday, Dec 3	9:00 AM – 3:00 PM	\$10.00 annual dues	1st Auburn Meeting/Bingo. Doors open at 9:00 AM. Bingo is price per card, starting about noon. Meetings are cancelled if Auburn schools are closed due to weather. (this includes remote learning)
Wednesday, Dec 3	2:30 PM (after bingo) - 5:00 PM	\$3.00	Color Your Own Christmas Window Clings Join us at the Auburn Senior Community Center to create two Color Your Own Christmas Window Clings! Each cling measures about 8 inches. There are various ones, each person will have a first pick of one before you get your second pick. All materials will be provided. Pre-registration is required. Maximum 10.
Wednesday, Dec 3	5:30 PM leave time (doors open at 6:30 PM, show at 7:00 PM) – returning by 10 PM	\$24.00 residents, \$26.00 for non-residents (general ticket prices for this show are \$30.00)	Holiday Party Playlist at the Good Theater in Portland Created by Artistic Director Brian P. Allen, this brand-new holiday concert series is the perfect way to launch a new tradition in our new home. With a large cast of beloved Good Theater favorites and exciting new local talent making their debut on our stage, the show brings together some of the very best voices from across Maine. Packed with holiday standards and seasonal hits, this concert is truly a party with the best playlist. It is joyful, high-energy, and designed to have you singing along from start to finish. Even better, the series is also a benefit for Good Theater, supporting our first season in our new space. Pre-registration is required. No refund unless we can fill your spot. Minimum 6/Maximum 14. Date: Seating is general admission, first-come, first-served. Doors open 30 minutes before showtime. Approximate Running time is 2 hours Performances begin promptly at the announced starting time.
Thursday, Dec 4	11:30 AM returning about 6:00 PM (Show begins at 1:30pm)	\$45.00 \$50.00 non-residents (seats are Lft Orch	WHITE CHRISTMAS at the Music Hall in Portsmouth, NH Based on the beloved, timeless film, Irving Berlin's holiday spectacular returns to The Music Hall. Packed full of dazzling dance numbers, showstopping songs, and actors straight from Broadway, you aren't going to want to miss this joyful experience. Veterans Bob Wallace and Phil Davis are thriving after the war with a successful song-and-dance act. With romance in mind, Phil tricks Bob into following two beautiful singing sisters to their upcoming show at a Vermont lodge, which unbeknownst to them is owned by their former army commander. It's all music, all dancing, and holiday fun for the entire

			family! Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can) (Ticket prices for this should would be \$68.50 without sponsorship)be filled. partial ticket prices are being sponsored by the Fortin/Pinette Group to keep it affordable to all.
Thursday, Dec 4	1:30 PM – 2:30 PM	\$12.00 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 \$12.00: Minimum 4
Thursday, Dec 4	5:30 PM – 8:00 PM	Free \$2.00 weekly non-res	Thursday Adult Craft Night 5:30pm – 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.
Thursday, Dec 4	5:30 PM – 8:00 PM	Free	Drop-In Gift-Wrapping - Are you trying to hide a gift? Need a bigger table? Need wrapping paper, bows or bags? Bring your gifts into the senior center and use our supplies here to wrap your gifts. If you need help, we can assist you as well.
Friday, Dec 5	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.
Friday, Dec 5	9:00 AM – 12:00 PM	Free	Drop-In Gift-Wrapping - Are you trying to hide a gift? Need a bigger table? Need wrapping paper, bows or bags? Bring your gifts into the senior center and use our supplies here to wrap your gifts. If you need help, we can assist you as well.
Friday, Dec 5	10:00 AM – 11:30 AM	Free	Sunshine Club – Do you want to bring a little sunshine to community members living in assisted living centers? Join this lively group who work together to make floral arrangements to be delivered to local long-term care facilities. Pre-registration required.
Friday, Dec 5	12:00 PM – 2:30 PM	\$2.00	Christmas Cookie Decorating Join us at the Auburn Senior Community Center to decorate Christmas cookies. There will be different sets of cookies to decorate, it will be a surprise which one you get. "That's the way the cookie crumbles" Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 24.
Monday, Dec 8			New Auburn Seniors CHRISTMAS AT THE HILTON IN AUBURN
Monday, Dec 8	6:00 PM – 7:00 PM	\$12 \$15 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, Dec 9	3:00pm until 5pm (doors will open at 3pm)	\$4.00	Wood Slice Ornaments Join us at the Auburn Senior Community Center to create two wood slice ornaments! There are various slices, each with it's own character. All materials will be provided. Pre-registration is required. Maximum 18.
Tuesday, Dec 9	4:00 PM – 5:00 PM	\$12.00 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. Min4/Maximum 15.
Tuesday, Dec 9	5:00 PM – 6:00 PM	N/A	Age-Friendly Community Committee Meeting – Open to the Community
Wednesday, Dec 10	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, Dec 10	2:30PM (after bingo) to 4:30PM	Free	Diamond Art Christmas Cards Join us at the Auburn Senior Community Center to make an fun Christmas theme card. There will be different cards to decorate in diamond art, it will be a surprise which one you get. Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 12. Pre-registration is required.

Thursday, Dec 11	9:30 AM – 11:00 AM	\$5.00	Christmas Topper Decorative Garden Stakes Join us at the Auburn Senior Community Center to create four decorative garden stakes. These are metal yard stakes with Christmas themed toppers and various beads. All materials will be provided. Pre-registration is required. Maximum 14.
Thursday, Dec 11	11:30 AM – 2:30 PM	\$2 \$4 non-res	L/A Mystery Lunch Shuttle for December Winter months bring some local trips. These mystery meals will all be in the L/A area. Let lunch be a surprise! Sign up for the social aspect and for the thrill of no knowing where the bus will take you. Pre-registration is required. Minimum 6/Maximum 14
Thursday, Dec 11	1:30 PM – 2:30 PM	\$12.00 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 \$12.00: Minimum 4
Thursday, Dec 11	5:30 PM – 8:00 PM	Free \$2.00 weekly non-res	Thursday Adult Craft Night 5:30pm – 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.
Thursday, Dec 11	5:30 PM – 8:00 PM	Free	Drop-In Gift-Wrapping - Are you trying to hide a gift? Need a bigger table? Need wrapping paper, bows or bags? Bring your gifts into the senior center and use our supplies here to wrap your gifts. If you need help, we can assist you as well.
Friday, Dec 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.
Friday, Dec 12	9:00 AM – 12:00 PM	Free	Drop-In Gift-Wrapping - Are you trying to hide a gift? Need a bigger table? Need wrapping paper, bows or bags? Bring your gifts into the senior center and use our supplies here to wrap your gifts. If you need help, we can assist you as well.
Friday, Dec 12	10:00 AM – 11:00 AM	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 Izzy, Adult Services Manager at the Auburn Public Library. Pre-reg helpful
Friday, Dec 12	12:30 PM – returning about 5:00 PM	\$25 \$30 non-res	Magic of Christmas PREVIEW in Portland With its delightful combination of nostalgic traditions, wondrous surprises, and an array of holiday favorites, Magic of Christmas promises to be a memorable celebration of joy, wonder, and the spirit of the season. Featuring exceptional musical performances from your Portland Symphony Orchestra, the Magic of Christmas Chorus, the PSO Children's Chorus, and special guests, it's no wonder this has been one of Maine's favorite holiday traditions for over 40 years. Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled. (partial ticket prices are being sponsored by the Fortin/Pinette Group to keep it affordable to all) Tickets are in Orchestra, section 2.
Monday, Dec 15	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, Dec 15	5:30 PM returning about 10:30 PM (Show begins at 7:00PM)	\$55.00 residents; \$60.00 non-residents (seats are Orchestra Level)	Christmas with The Celts @Waterville Opera House Join us as we head to Waterville for this amazing show! Seats will be located in the Orchestra. Top Irish musicians have united with the finest Nashville players to create the new sound and energy of The Celts. TC perform a fresh hybrid of Irish Americana which combines their own rootsy originals and tight vocal harmonies with fiery Irish Trad instrumentals. The Celts are award winning lead singer/fiddler Maggie Lander, Ric Blair on vocals, guitar, piano, and bodhran, Patrick D'Arcy (U2, Sting, Josh Groban) from Dublin, Ireland on pipes, whistle, mandolin, Fiachra O'Regan (Waterboys, Bill Whelan) from Connemara, Ireland on pipes and tenor banjo, and Matt Menefee (Bruce Hornsby, Mumford & Sons) on 5 string banjo/mandolin, dobro, and vocals. The Celts pack concert halls around the world including The Grand Ole Opry, The Ryman Auditorium, The Lincoln Center, Theaters, and Performing Arts Centers. They have made numerous appearances on WSM Radio, NPR, PBS shows like The Bluegrass Underground, Music City Roots, and Woodsongs Radio Hour. Band leader Ric Blair credits much of their success to their exposure on PBS. The group has shared the stage with Vince Gill, Cathy Jordan (Dervish), Mairead Ni Mhaonaigh (Altan), Ricky Skaggs, Tim O'Brien, Patty Loveless, just to name a few. Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled.

Monday, Dec 15	6:00 PM – 7:00 PM	\$12 \$15 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, Dec 16	1:00 PM - 3:00 PM	\$8.00	Crafting with Nancy: Scandinavian Join us at the Auburn Senior Community Center to create a Tie Angel (we will have different ties available, but please if you have a special one from a loved one, bring it with you for this craft). You will be led by instructor, Nancy Lander. All materials will be provided. Pre-registration is required. Maximum 12.
Tuesday, Dec 16	4:00 PM – 5:00 PM	\$12.00 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. Min4/Maximum 15.
Wednesday, Dec 17			1st Auburn Christmas at the Green Ladle
Thursday, Dec 18	1:30 PM – 2:30 PM	\$12.00 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 \$12.00: Minimum 4 Holiday Party After!
Thursday, Dec 18	5:30 PM – 8:00 PM	Free \$2.00 weekly non-res	Thursday Adult Craft Night 5:30pm – 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.
Thursday, Dec 18	5:30 PM – 8:00 PM	Free	Drop-In Gift-Wrapping - Are you trying to hide a gift? Need a bigger table? Need wrapping paper, bows or bags? Bring your gifts into the senior center and use our supplies here to wrap your gifts. If you need help, we can assist you as well.
Friday, Dec 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.
Friday, Dec 19	9:00 AM – 12:00 PM	Free	Drop-In Gift-Wrapping - Are you trying to hide a gift? Need a bigger table? Need wrapping paper, bows or bags? Bring your gifts into the senior center and use our supplies here to wrap your gifts. If you need help, we can assist you as well.
Friday, Dec 19	6:30 PM returning about 10:00 PM (Show begins at 7:00PM) Run Time: approximately 2.5 hours	\$21.00 residents; \$23.00 non-residents (seats are Row D) Adult tickets prices would be \$25.00 if you went on your own	Sights and Sounds of Christmas at the Franco Center Franco Center's Beloved 'Sights and Sounds of Christmas' Returns for 2025 Holiday Season The Franco Center is thrilled to announce its annual Christmas extravaganza — “Sights and Sounds of Christmas” — a holiday tradition that brings families together to celebrate the season. Pre-registration is required. The Performance Hall stage will be filled with holiday magic, featuring a wide array of acts — from ballet dancers and vocal ensembles to dramatic readings, poetry, and duets — all capturing the warmth and joy of the Christmas season. Many performances will be highlighted by a synchronized Christmas light show, adding a spectacular visual element to the festivities. “Every corner of the Center will be sparkling this season,” said Hodgkin. “From twinkling lights and decorated trees to the music and performances, we’ve built a show that really captures the joy and magic of the holidays.” Minimum 6/Maximum 14. No refund unless your spot can be filled.
Saturday, Dec 20	10:00 AM doors open	Free	Age-Friendly Community Committee Christmas Luncheon -Register by calling 207-333-6601 x2112
Monday, Dec 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, Dec 22	2:30PM (after bingo) to 4:30PM	Free	Diamond Art Christmas Cards Join us at the Auburn Senior Community Center to make an fun Christmas theme card. There will be different cards to decorate in diamond art, it will be a surprise which one you get. Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 12. Pre-registration is required.
Monday, Dec 22	6:00 PM – 7:00 PM	\$12 \$15 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, Dec 23	4:00 PM – 5:00 PM	\$12.00 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. Min4/Maximum 15.
Tuesday, Dec 23	5:30PM (Show at 7PM) - 10:00PM	\$68 residents, \$70 non-residents (seats in Section Terrace Section 4)	Christmas with Kennerley Merrill Auditorium in Portland The Kotzschmar Organ CHRISTMASWITH KENNERLEY Get into the holiday spirit with Christmas with Kennerley, a heartwarming event perfect for the entire family. Join renowned organist James Kennerley, the delightful Kotzschmar Brass & Percussion, guest artists and soloists, and local choirs as they bring the beloved "Home for the Holidays" experience to Maine. Immerse yourself in the enchanting melodies of cherished Christmas carols, feel the warmth of the season, and prepare for a truly sensational performance that will leave you in festive spirit. Do not miss this unforgettable evening of holiday joy, promising to be an absolute delight! RUN TIME: 2 hours Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled. Price includes transportation and show tickets.
Wednesday, Dec 24	Doors open at 9:30am Gift Exchange starts at 10:00am	Bring at Gift valued at \$20.00	White Elephant Gift Exchange Join us at the Auburn Senior Community Center for a white elephant gift exchange! Light snacks, coffee and tea will be provided. Pre-registration is required. Rules: Participants bring one wrapped, anonymous gift value of \$20.00 Then everyone will draw numbers to determine the order they pick from a central pile. The first person opens a gift, and subsequent players can either open a new gift or steal an unwrapped one. If a gift is stolen, the owner chooses a replacement gift from the center pile. A gift can only be stolen a total of two (2) of times, after which it's "frozen" and cannot be taken again. The person who went first can then have one more turn, they can keep what they have OR steal any gift, even if it is "frozen".
Monday, Dec 29	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, Dec 29	3:30 PM – 4:30 PM	\$12.00 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 \$12.00: Minimum 4 (Make up class)
Monday, Dec 29	6:00 PM – 7:00 PM	\$12 \$15 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, Dec 30	10:00 AM – 1:00 PM	\$10	Diamond Art 2026 Calendar & lunch- Join us at the Auburn Senior Community Center to create a 2026 desktop diamond art calendar and have some lunch. All materials and lunch will be provided. Pre-registration is required. Maximum 12.
Tuesday, Dec 30	4:00 PM – 5:00 PM	\$12.00 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. Min4/Maximum 15.



Looking for updates on programs – check us out on Facebook

- Auburn Recreation Department – Maine
- Friends of the Auburn Senior Community Center

Luck of the Draw Trips - Rules and Regulations

- You **MUST** have a Civic Rec account so you can be registered.
- These trips will be drawn on the date listed/published.
- You are allowed to put your name (and potential seat buddy) only ONCE per trip.
- I will be checking to make sure there are no duplicates before names are drawn.
- You will be notified on the date of the drawing if you are chosen.
- If not chosen, I will choose leftover names for the wait list.
- Please do not contact me, I will reach out to you that day once I have drawn names.
- If you do not have a credit card or credit already on your account, you will be required to make payment in full within 5 days of the drawing.
 - *If you do not make payment in full, you will be removed from the trip, and I will contact those on the wait list. The date the names are drawn on is day 1.*