



NOVEMBER 2021 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
See back page for program details! ♦ = Age-Friendly Committee Event ■ = Auburn Recreation Program ⌘ = 1 st Auburn Senior Citizens Meeting φ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting						
	1 ■ North Conway Shopping Trip	2 ■ Voting ■ Chronic Pain Class (Hasty Center / Final Class)	3 ⌘ = 1 st Auburn Senior Citizens Meeting	4 ■ Chair Yoga ■ Adult Craft Night ♦ Age-Friendly Movie 10 to 12	5 ■ Drop In Day ■ Feature Friday / Puzzle Swap	6
7	8 φ = New Auburn Seniors Meeting ■ Yoga with Emma	9 ■ Hike ■ Home Activity Kits	10 ◆ = Robin Dow Meeting	11 HOLIDAY - No Recreation Programs	12 ■ Drop In Day ■ Feature Friday/Tech Talk	13
14	15 φ = New Auburn Seniors Bingo ■ Yoga with Emma	16 ♦ Age-Friendly Movie 1 to 3	17 ⌘ = 1 st Auburn Senior Citizens Meeting / ◆ Robin Dow Thanksgiving	18 ■ Chair Yoga ■ Adult Craft Night	19 ■ Drop In Day ■ Feature Friday / Card Crafting	20
21	22 φ = New Auburn Seniors Bingo ■ Yoga with Emma	23 ■ Hike ■ Home Activity Kits	24	25 HOLIDAY - No Recreation Programs ♦ Age-Friendly Thanksgiving	26 HOLIDAY - No Recreation Programs	27
28	29 φ = New Auburn Seniors Bingo ■ Yoga with Emma	30 ■ Freeport / Northern Lights				

Fitness

Stay active with Auburn Recreation!

- Pickleball – Hasty Community Center 8:30am-12pm \$2Res/\$3Non-Res (drop-in) Every Tuesday and Thursday
- Ingersoll Walking – Ingersoll Turf 9am-10am \$1 (drop-in) Every Tuesday and Thursday

Date	Time	Cost	Description
Monday, November 1	8:30 AM – 4:30 PM	\$6 \$8 non-residents	North Conway, NH Shopping Is there any better way to work up an appetite than by shopping? North Conway, NH is well known as the outlet capital of New Hampshire! After you have shopped until you dropped, we will head to a local restaurant for lunch. Price includes transportation to North Conway (lunch cost is on your own). Min: 6 /Max: 14 Pre-registration required.
Tuesday, November 2	2:00-4:30 PM	Free	Living Well with Chronic Pain Living Well with Chronic Pain is an interactive six-week self-management workshop specifically for people who are experiencing a wide range of pain conditions and their caregivers. Join the educators from SeniorsPlus to learn new skills and solve problems with guidance from trained facilitators who will help you gain confidence, manage pain, set goals and be more active and involved in life. Pre-registration required.
Wednesday, November 3	10:30 AM – 12:00 PM	\$5.00 annual dues	1st Auburn Meeting/Cookie Raffle. Doors open at 9:00 AM.
Wednesday, November 3	12:30 AM – 3:00 PM	Price per card	1st Auburn Bingo
Thursday, November 4	10:00 AM – 12:00 PM	Free	Age-Friendly Movie When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death. Call 333-6601 x2108 for details. Rated PG-13 Pre-registration is helpful. Free popcorn when 20 or more pre-register.
Thursday, November 4	1:30 PM – 2:30 PM	\$30 \$35 non-residents	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. Pre-registration is required. *Drop-In Fee is \$10.00 per class if you don't sign up for the monthly session*
Thursday, November 4	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. Space is limited and pre-registration is required. Min: 4 /Max: 20 Pre-registration required.
Friday, November 5	10:00 AM – 11:00 AM	Free	Feature Friday: Stop in for the session and stay for the drop in if you would like. We will be doing a puzzle swap. Bring a puzzle/take a puzzle or simply take a puzzle!
Friday, November 5	10:00 AM – 1:00 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! In December we will have a gift-wrapping station with gift wrap, tape and scissors.
Monday, November 8	11:00 AM	\$5 annual dues	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Monday, November 8	6:00 PM – 7:00 PM	\$10/drop in class or \$40 punch pass (5 classes)	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. Drop in for a solo class or get a frequent user pass.

Tuesday, November 9	9:00 AM	\$3 \$5 non-residents	Hike – Androscoggin River Bike Path, Brunswick. Explore our local hiking locations. Mini Bus Transportation \$3.00/resident; \$5.00 non-resident OR meet at location for free. Pre-registration required. Minimum 6/Maximum 14.
Tuesday, November 9	2:00-4:00 PM	Free	Scarecrow Pumpkin Decoration Kit Activity Kits - Free for Auburn residents ages 60 and over, these activity kits are fun for everyone and can be done from home, with a small group of friends, or grandkids! Pre-registration required.
Wednesday, November 10	11:00 AM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Friday, November 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 Donna, Adult Services Manager at the Auburn Public Library. This program will be geared around your interests in and curiosities about technology. Bring your questions and your device (laptop, tablet, phone, etc.) or use one of our iPads.
Friday, November 12	10:00 AM – 1:00 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! In December we will have a gift-wrapping station with gift wrap, tape and scissors.
Monday, November 15	11:00 AM	\$5 annual dues	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Monday, November 15	6:00 PM – 7:00 PM	\$10/drop in class or \$40 punch pass (5 classes)	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. Drop in for a solo class or get a frequent user pass.
Tuesday, November 16	1:00 PM – 3:00 PM	Free	Age-Friendly Movie A Chicago advertising man must struggle to travel home from New York for Thanksgiving, with a lovable oaf of a shower curtain ring salesman as his only companion. Call 333-6601 x2108 for details. Rated R Pre-registration is helpful. Free popcorn when 20 or more pre-register.
Wednesday, November 17	10:30 AM – 12:00 PM	\$5.00 annual dues	1st Auburn Meeting/Thanksgiving along with Robin Dow at Auburn Senior Community Center. Roast Pork to be catered \$15.00 per person at 11am. Pre-purchase tickets at November 3rd meeting.
Thursday, November 18	1:30 PM – 2:30 PM	\$30 \$35 non-residents	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. Pre-registration is required. *Drop-In Fee is \$10.00 per class if you don't sign up for the monthly session*
Thursday, November 18	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. Space is limited and pre-registration is required. Min: 4 /Max: 20 Pre-registration required.
Friday, November 19	10:00 AM – 11:00 AM	Free	Feature Friday: Paper Crafting – This week we will make Thanksgiving and Thank you cards. Stop in for the session and stay for the drop in if you would like.
Friday, November 19	10:00 AM – 1:00 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! In December we will have a gift-wrapping station with gift wrap, tape and scissors.
Monday, November 22	11:00 AM	\$5 annual dues	New Auburn Seniors Meeting - Doors open at 9:30am with the meeting starting at 11:00am, Bingo to follow.

Monday, November 22	6:00 PM – 7:00 PM	\$10/drop in class or \$40 punch pass (5 classes)	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. Drop in for a solo class or get a frequent user pass.
Tuesday, November 23	9:00 AM	\$3 \$5 non-residents	Hike – New Gloucester Fairgrounds. Explore our local hiking locations. Mini Bus Transportation \$3.00/resident; \$5.00 non-resident OR meet at location for free. Pre-registration required. Minimum 6/Maximum 14.
Tuesday, November 23	2:00-4:00 PM	Free	Wood Slice Coaster Set Activity Kits - Free for Auburn residents ages 60 and over, these activity kits are fun for everyone and can be done from home, with a small group of friends, or grandkids! Pre-registration required.
Thursday, November 25	12:00 PM – 1:30 PM	Free	Age-Friendly Thanksgiving. Pre-registration is helpful
Monday, November 29	11:00 AM	\$5 annual dues	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Monday, November 29	6:00 PM – 7:00 PM	\$10/drop in class or \$40 punch pass (5 classes)	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. Drop in for a solo class or get a frequent user pass.
Tuesday, November 30	2:00 PM – 8:00 PM	\$5 residents, \$7 non-residents	Freeport / Northern Lights Trip - With thousands of twinkling lights and visits with Santa and his reindeer, the festival has fun activities for all ages. Illuminated forested trails feature over 600 evergreens and one giant Christmas tree. Min: 6/Max: 14