



OCTOBER 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
	♦ = Age-Friendly Committee Event ■ = Auburn Recreation Program ⌘ = 1 st Auburn Senior Citizens Meeting ϕ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting				1 ■ Drop In Day ■ Feature Friday	2
3	4 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma	5 ■ Fryeburg Fair ♦ Age-Friendly Committee Meeting	6 ⌘ = 1 st Auburn Senior Citizens Meeting	7 ■ Chair Yoga ■ Adult Craft Night ♦ Age-Friendly Movie	8 ■ Drop In Day ■ Feature Friday/Tech Talk ■ Grandparent Goat Hike	9
10	11 HOLIDAY - No Recreation Programs	12 ■ Hike ■ Home Activity Kits ■ Chronic Pain Class	13 ◆ = Robin Dow Meeting/Bingo ■ North Conway Shopping Trip	14 ■ Chair Yoga ■ Adult Craft Night	15 ■ McLaughlin Garden Jack O'Lantern Trip	16 ⌘ = 1 st Auburn Senior Citizens Craft Fair
17	18 ϕ = New Auburn Seniors Bingo ■ Yoga with Emma	19 ♦ Age-Friendly Movie ■ Pickleball 101 ■ Chronic Pain Class	20 ⌘ = 1 st Auburn Senior Citizens Meeting	21 ■ Pickleball 101 ■ Chair Yoga ■ Adult Craft Night	22 ■ Drop In Day ■ Feature Friday	23 ♦ Age-Friendly Bean Supper
24	25 ϕ = New Auburn Seniors Bingo ■ Yoga with Emma	26 ■ Hike ■ Pickleball 101 ■ Home Activity Kits ■ Chronic Pain Class	27 ◆ = Robin Dow Halloween/Costume Parade/Bingo	28 ■ Pickleball 101 ■ Chair Yoga ■ Adult Craft Night	29 ■ Drop In Day ■ Feature Friday	30
31						

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
Friday, October 1	10:00 AM – 11:00 AM	Free	Feature Friday: Paper Crafting – This week we will make Halloween and Birthday cards. Stop in for the session and stay for the drop in if you would like.
Friday, October 1	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, October 4	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, October 4	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, October 5	8:30 AM – 4:30 PM	\$5 \$7 non-residents	Fryeburg Fair Shuttle Mark your calendars for these popular Maine Fairs! We are going to visit some of your favorite agricultural fairs to see live animals, tractor pulls, horse races, amazing entertainment, arts and crafts vendors, and try lots of delicious food! We will provide transportation and parking and you will pay any applicable entrance fee. Min: 6 /Max: 28 Pre-registration required.
Tuesday, October 5	5:30-6:30 PM	N/A	Age-Friendly Committee Meeting
Wednesday, October 6	10:30 AM – 12:00 PM	\$5.00 annual dues	1st Auburn Meeting/Food Auction
Wednesday, October 6	12:30 AM – 3:00 PM	Price per card	1st Auburn Bingo
Thursday, October 7	10:00 AM – 12:00 PM	Free	Age-Friendly Movie The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.– Call 333-6601 x2108 for details. Rated PG-13 Pre-registration is helpful
Thursday, October 7	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. Cost covers classes held 9/2, 9/9, 9/23 and 9/30. Pre-registration is required. *Drop-In Fee is \$10.00 per class if you don't sign up for the monthly session*
Thursday, October 7	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, October 8	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, October 8	9:00 AM – 1:00 PM	\$10 \$12 non-residents	Grandparent & Me Goat Hike : Take your grandkids on an adventure on this Auburn Teacher's Workshop Day! This trip will include a hike through the woods with goats leading the way. Afterward, we will enjoy some goat milk and homemade cookies. Due to the nature of this trip, children must be over the age of 5 to participate. Min: 10 /Max: 14 Pre-registration is required.
Friday, October 8	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.
Tuesday, October 12	9:00 AM	\$3 \$5 non-residents	Hike – Kennebec Rail Trail, Gardiner. 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, October 12	2:00-4:00 PM	Free	Toilet Paper Pumpkins 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.
Tuesday, October 12	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, October 13	11:00 AM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:30am with the meeting starting at 11:00am, Bingo to follow.
Wednesday, October 13	8:30 AM – 4:30 PM	\$6 \$8 non-residents	North Conway, NH Shopping and Dining 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.
Thursday, October 14	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. Cost covers classes held 9/2, 9/9, 9/23 and 9/30. Pre-registration is required. *Drop-In Fee is \$10.00 per class if you don't sign up for the monthly session*
Thursday, October 14	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, October 15	5:30 PM – 8:30 PM	\$8 \$10 non-residents	McLaughlin Garden Jack-o'-lantern Spectacular - Spend the evening enjoying a spectacular amount of carved and lit pumpkins lining the paths through the garden. Includes cider and popcorn and use of the decorated photo booth in the barn. Min: 6/Max: 14. Pre-registration is required.
Saturday, October 16	9:00 AM – 1:00 PM	Free Admission	First Auburn Seniors Craft Fair - Come search for a bargain or rent a table to sell your yard sale items or crafts! Tables are \$10.00 each and proceeds will go toward First Auburn Senior Citizens meals and needs. Table set-up is Friday, October 15th 8:00 AM—12:00 PM and 8:00 AM on Saturday morning. See Jan Biron for more information.

Monday, October 18	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, October 18	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, October 19	10:00 AM – 12:00 PM	Free	Age-Friendly Movie –Two witch sisters, raised by their eccentric aunts in a small town, face closed-minded prejudice and a curse which threatens to prevent them ever finding lasting love. Rated PG-13. Call 333-6601 x2108 for details. Pre-registration is helpful
Tuesday, October 19	12:15 PM – 1:15 PM	\$15 residents, \$20 non-residents for 4 part series	Pickleball 101 - This 4-week series is geared toward those who want to learn about pickleball in a low-pressure setting. Come learn the basics and pick up tricks to get you started on this fun to play sport. Pre-registration is required.
Tuesday, October 19	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, October 20	10:30 AM – 12:00 PM	\$5.00 annual dues	1st Auburn Meeting/Halloween/Finger Rolls/Cupcakes Costume Parade Bingo
Wednesday, October 20	12:30 AM – 3:00 PM	Price per card	1st Auburn Bingo
Thursday, October 21	12:15 PM – 1:15 PM	\$15 residents, \$20 non-residents for 4 part series	Pickleball 101 - This 4-week series is geared toward those who want to learn about pickleball in a low-pressure setting. Come learn the basics and pick up tricks to get you started on this fun to play sport. Pre-registration is required.
Thursday, October 21	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. Cost covers classes held 9/2, 9/9, 9/23 and 9/30. Pre-registration is required. *Drop-In Fee is \$10.00 per class if you don't sign up for the monthly session*
Thursday, October 21	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, October 22	10:00 AM – 11:00 AM	Free	Feature Friday: This week we will make Toilet Paper Pumpkin crafts to make Stop in for the session and stay for the drop in if you would like.
Friday, October 22	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.
Saturday, October 23	12:00 PM – 1:30 PM	Free	Age Friendly Bean Supper – Meal includes beans, hot dogs, bread, and butter, dessert and water. Please help us plan by pre-registering. Donations appreciated.

Monday, October 25	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, October 25	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, October 26	9:00 AM	\$3 \$5 non-residents	Hike – Papermill Trail, Lisbon. 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, October 26	12:15 PM – 1:15 PM	\$15 residents, \$20 non-residents for 4 part series	Pickleball 101 - This 4-week series is geared toward those who want to learn about pickleball in a low-pressure setting. Come learn the basics and pick up tricks to get you started on this fun to play sport. Pre-registration is required.
Tuesday, October 26	2:00-4:00 PM	Free	Bookmarks and Large Print Books! 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.
Tuesday, October 26	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, October 27	11:00 AM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:30am with the meeting starting at 11:00am, Bingo to follow. Halloween Meal and Costumer Parade
Thursday, October 19	12:15 PM – 1:15 PM	\$15 residents, \$20 non-residents for 4 part series	Pickleball 101 - This 4-week series is geared toward those who want to learn about pickleball in a low-pressure setting. Come learn the basics and pick up tricks to get you started on this fun to play sport. Pre-registration is required.
Thursday, October 28	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. Cost covers classes held 9/2, 9/9, 9/23 and 9/30. Pre-registration is required. *Drop-In Fee is \$10.00 per class if you don't sign up for the monthly session*
Thursday, October 28	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, October 29	10:00 AM – 11:00 AM	Free	Feature Friday: This week will feature indoor lawn games. Stop in for the session and stay for the drop in if you would like.
Friday, October 29	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.