



SEPTEMBER 2022 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 ♦ = Age-Friendly Committee Event		⌘ = 1 st Auburn Senior Citizens Meeting φ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting		1 ■ Chair Yoga	2	3
4	5 HOLIDAY - No Recreation Programs	6 ■ Level 2 Chair Yoga	7 ⌘ = 1 st Auburn Senior Citizens Meeting	8 ■ Adult Craft Night	9 ■ Drop In Day ■ Tech Talk ■ Vista of Maine 4pm ■ Flower Yoga	10
11	12 φ = New Auburn Seniors Meeting ■ Ricker Hill 12:30pm ■ Yoga with Emma	13 ■ Hike ■ Fenn Park 10am ■ Level 2 Chair Yoga ♦ Age-Friendly Committee Meeting	14 ◆ = Robin Dow Meeting ■ Pop Up Mystery Lunch leave 11AM ■ Home Activity Kits	15 ■ Buck Luck / Ken's Place/ Len Libby's leave 10am ■ Chair Yoga ■ Adult Craft Night	16 ■ Drop In Day	17
18	19 φ = New Auburn Seniors Meeting ■ Market Basket Shuttle leave 9am ■ Yoga with Emma	20 ■ ♦ Lunch & Learn ♦ Age-Friendly Movie 1pm ■ Level 2 Chair Yoga	21 ⌘ = 1 st Auburn Senior Citizens Meeting	22 ■ Mystery Lunch leave 11:30am ■ Chair Yoga ■ Adult Craft Night	23 ■ Drop In Day ■ Book Club ■ Sawyer Foundation Music leave 1:15pm	24
25	26 φ = New Auburn Seniors Meeting ■ Yoga with Emma	27 ■ Hike ■ Maine Wildlife Park Trip 10am ■ Level 2 Chair Yoga	28 ◆ = Robin Dow Meeting ■ Home Activity Kits	29 ■ Cumberland Fair leave time 10am ■ Chair Yoga ■ Adult Craft Night	30 ■ Drop In Day	

Date	Time	Cost	Description
Thursday, September 1	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 resident fee per class if you don't sign up for the monthly session September 1, 15, 22 & 29 (no chair yoga 9/8)
Tuesday, September 6	4:15 PM – 5:15 PM	\$30 \$35 non-residents	Level 2 Chair Yoga - Join Certified Yoga Teacher, Emma Samson, for gentle, beginner-friendly yoga focused on mobility, balance, and stress-relief. Level 2 Yoga will include poses on the floor (seated and laying down), as well as standing poses for strength and stability, with chairs available for use if needed. Participants of this class must be able to get up and down from the floor with or without a chair for support. Try a class to experience the physical, mental, and emotional benefits of Yoga! Fee is \$10.00 resident fee per class if you don't sign up for the monthly session.
Wednesday, September 7	9:00 AM – 3:00 PM	\$5.00 annual dues	1st Auburn Meeting/Bingo. Doors open at 9:00 AM. Bingo is price per card, starts about noon.
Thursday, September 8	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, September 9	9:00 AM – 12:00 PM	Free See non-resident fees	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! Non-residents may pay \$1 per visit or \$20 for any and all drop-ins between September and February
Friday, September 9	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. Pre-registration required.
Friday, September 9	4:00 PM – 8:00 PM	\$3 \$5 non-residents	Vista of Maine Vineyard and Cidery Trip Shuttle in Greene - Cheers! Enjoy a flight or a glass in the Big Red Barn. Originally built in 1833 by the local 'Hill' Family - this barn is now home to a beautiful tasting room. With a view that can't be beat take your glass outside and enjoy the view. Often featuring live music and food on Friday evenings (please feel free to pack your own cooler of food for this trip). We will stay for the beautiful sunset (approximately 7:02pm) and then head back. Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.
Friday, September 9	4:30 PM – 6:00 PM		Chair Yoga and Flower Arranging - Join Certified yoga Teacher, Emma Samson, for a gentle, beginner-friendly practice of Chair Yoga followed by an opportunity to create your own flower arrangements to take home with beautiful, locally-grown flowers provided by Petal & Cord. Different techniques for creating these arrangements will be shared. Chair Yoga is the practice of mindfulness, meditation, and movement done with the support of a chair. There are physical, mental, and emotional benefits to practicing Chair Yoga, especially when combined with the creation of beautiful flower bouquets!
Monday, September 12	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.
Monday, September 12	12:30 PM – 3:00 PM	\$6 \$8 non-residents	Ricker Hill Orchards Apple Picking and Tour in Turner - Apple picking season is in full swing. Ricker Hill Orchards has been growing Maine apples for over nine generations in the small town of Turner, Maine. We will take a tour of their farm, pick apples and visit their store. Price includes transportation, tour, and a small bag of apples (approx. 2lbs) Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.

Tuesday, September 13	9:00 AM	\$3 \$5 non-residents	Shepard's Farm Preserve Hike - Try this 4.2-mile out-and-back trail near Norway, Maine. Generally considered an easy route, it takes an average of 1 h 28 min to complete. This trail is great for cross-country skiing, hiking, and snowshoeing, and it's unlikely you'll encounter many other people while exploring. Please note that hikers must be able to hike at the pace set by the group and we will be in many situations we will be maneuvering over uneven ground. Pre-registration required. Minimum 6/Maximum 14.
Tuesday, September 13	10:00 AM – 1:00 PM	\$7 \$9 non-residents	Fenn Park Mini Golf in Poland. The theme is designed to reflect Poland Spring's nature and amazing history, The four-foot-high models replicate the old Poland Spring Schoolhouse; an historic railroad depot on Plains Road in Poland, which is now a residential home, and the historic Poland Water Tower. Children and adults alike will be mesmerized by the animated animals too! Grab an ice cream after your game if you wish. Pre-registration is required. Minimum 6/Maximum 14
Tuesday, September 13	4:15 PM – 5:15 PM	\$30 \$35 non-residents	Level 2 Chair Yoga - Join Certified Yoga Teacher, Emma Samson, for gentle, beginner-friendly yoga focused on mobility, balance, and stress-relief. Level 2 Yoga will include poses on the floor (seated and laying down), as well as standing poses for strength and stability, with chairs available for use if needed. Participants of this class must be able to get up and down from the floor with or without a chair for support. Try a class to experience the physical, mental, and emotional benefits of Yoga! Fee is \$10.00 resident fee per class if you don't sign up for the monthly session.
Tuesday, September 13	6:00 PM – 7:00 PM	N/A	Age Friendly Community Committee Meeting
Wednesday, September 14	11:00 AM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Wednesday, September 14	11:00 AM – 3:00 PM	\$2 \$4 non-residents	Pop Up Mystery Lunch Shuttle- Why not add another mystery to September? Let lunch be a surprise! Sign up for the social aspect and for the thrill of not knowing where the bus will take you. Pre-registration is required. Minimum 6/Maximum 14. Price includes transportation only.
Wednesday, September 14	12:00 PM - 2:00 PM	Free	Fall Acorn Button Sign Craft 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, September 15	10:00 AM – 3:30 PM	\$6 \$8 non-residents	Buck Luck / Ken's Place / Len Libby's in Scarborough - The first bin store of its kind in Maine. Exciting variety of household goods, electronics, health and beauty. You never know what they may have. Fridays & Saturdays everything is \$7, Sundays 6\$, Mondays \$5, Wednesdays \$2 & \$1 Thursdays. After you have worked up an appetite we will head on over to Bayley's Seafood for lunch (There just happens to be Bayley's Ice Cream next door too!). Since we are on a sweet tooth roll, why not end up at Len Libby Candies - Home of the Life Size Chocolate Moose! Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.
Thursday, September 15	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 resident fee per class if you don't sign up for the monthly session September 1, 15, 22 & 29 (no chair yoga 9/8)
Thursday, September 15	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, September 14	9:00 AM – 12:00 PM	Free See non-resident fees	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! Non-residents may pay \$1 per visit or \$20 for any and all drop-ins between September and February

Monday, September 19	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.
Monday, September 19	9:00 AM – 12:00 PM	\$3 \$5 non-residents	Market Basket in Westbrook Shuttle - We all need to do some grocery shopping at some point so why not head down with us? This will be a monthly trip down to Westbrook to Market Basket to do some grocery shopping. However, there are a few other stores that are in the same parking lot as Market Basket. So, feel free to go to Chick-fil-A (they serve breakfast meals until 10:30am), The Paper Store (a Hallmark Company Store) and even REI Co-op (an outdoor sports store). We will have roughly two hours each trip down there to go to any and all of the stores. Pre-registration is required. Minimum 6/Maximum 14
Tuesday, September 20	11:00 AM – 12:45 PM	Free	Shopping Healthy on a Budget Lunch and Learn - Healthy Androscoggin will be here for a presentation and hands-on learning about shopping on a budget, reading labels, and food choices. Healthy Androscoggin will provide a healthy snack and Auburn's Age Friendly Committee has sponsored deli platters with healthy sandwich making options for the days lunch. All participants will receive a \$10 Hannaford gift card. 11:00 AM doors open, lunch served shortly before education at 12:00 PM. Lunch sponsored by Auburn's Age Friendly Community Committee.
Tuesday, September 20	1:00 PM – 3:00 PM	Free – all ages	Age-Friendly Movie. Movie TBD. Pre-registration is helpful. Free popcorn!
Tuesday, September 20	4:15 PM – 5:15 PM	\$30 \$35 non-residents	Level 2 Chair Yoga - Join Certified Yoga Teacher, Emma Samson, for gentle, beginner-friendly yoga focused on mobility, balance, and stress-relief. Level 2 Yoga will include poses on the floor (seated and laying down), as well as standing poses for strength and stability, with chairs available for use if needed. Participants of this class must be able to get up and down from the floor with or without a chair for support. Try a class to experience the physical, mental, and emotional benefits of Yoga! Fee is \$10.00 resident fee per class if you don't sign up for the monthly session.
Wednesday, September 21	9:00 AM – 3:00 PM	\$5.00 annual dues	1st Auburn Meeting/Bingo. Doors open at 9:00 AM. Bingo is price per card, starts about noon.
Thursday, September 22	11:30 AM	\$2 \$4 non-residents	Mystery Lunch Shuttle - 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. Price includes transportation only.
Thursday, September 22	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 resident fee per class if you don't sign up for the monthly session September 1, 15, 22 & 29 (no chair yoga 9/8)
Thursday, September 22	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, September 23	9:00 AM – 12:00 PM	Free See non-resident fees	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! Non-residents may pay \$1 per visit or \$20 for any and all drop-ins between September and February
Friday, September 23	10:00 AM – 11:00 AM	Free	Seniors & APL Connect: A Reading & Discussion Group- The ASCC, in partnership with the Auburn Public Library, is pleased to be able to continue their reading and discussion group beginning in September. This group will meet monthly at the Auburn Senior Community Center. Our first meeting, on September 23, will be organizational in

			nature, getting to know one another and discussing various books in an effort to select our first book. (Please come to this first meeting with some ideas about what you might like to read!) Questions? Contact Jamie and Jody 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 .
Friday, September 23	1:15 PM – 4:00 PM	\$3 \$5 non-residents	Sawyer Foundation – Music Trip : New Relm in Greene -What happens when modern country-rock, honky-tonk, blues and bluegrass collide? You get a diverse, yet dynamic, blend of music and instrumentation. The band plays both catchy originals and cover tunes. Original members and partners for eleven years thus far, Harold Olmstead II and Elise Sproul are known for entertaining performances, tight harmonies, versatility, and evocative vocals. Many of their songs have a western or rural theme. Some send a message, while others encompass Maine's history and life in Maine. Performances are 60-90mins, but generally on the side of 60. Pre-registration is required. Minimum 6/Maximum 14
Monday, September 26	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.
Tuesday, September 27	9:00 AM	\$3 \$5 non-residents	Woodbury Nature Sanctuary Hike - This trail is listed as easy to moderate. The paths we'll take will take us through the woods, past an old cemetery and some uphill (similar to Thorncrag) leading to two summits and scenic overlooks. Depending on how the group feels we will hike 2.5-3 miles. Please note that hikers must be able to hike at the pace set by the group and we will be in many situations we will be maneuvering over uneven ground. Pre-registration required. Minimum 6/Maximum 14.
Tuesday, September 27	10:00 AM – 2:30 PM	\$10 \$12 non-residents	Maine Wildlife Park Trip in Gray- Sprawling, low-key reserve nestled in the woods, featuring moose, black bears, bald eagles & more. A visit to the Maine Wildlife Park is a day filled with discovery. There are over 30 species of Maine wildlife to observe and photograph in natural habitats. Prepare to spend some time walking the paths (there are some slight inclines throughout the park). Feel free to explore on your own. We will meet at the picnic tables near the entrance for lunch at noon (ham Italians, chips & water). Pre-registration is required. Minimum 6/Maximum 14
Tuesday, September 27	4:15 PM – 5:15 PM	\$30 \$35 non-residents	Level 2 Chair Yoga - Join Certified Yoga Teacher, Emma Samson, for gentle, beginner-friendly yoga focused on mobility, balance, and stress-relief. Level 2 Yoga will include poses on the floor (seated and laying down), as well as standing poses for strength and stability, with chairs available for use if needed. Participants of this class must be able to get up and down from the floor with or without a chair for support. Try a class to experience the physical, mental, and emotional benefits of Yoga! Fee is \$10.00 resident fee per class if you don't sign up for the monthly session.
Wednesday, September 28	11:00 AM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Wednesday, September 28	12:00 PM - 2:00 PM	Free	Festive Fall Corn Craft 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, September 29	10:00 AM – 2:00 PM	\$3 \$5 non-residents	Cumberland Fair Shuttle - Senior Day is Thursday, \$5 Admission 65 & Over! Let's go and 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. Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.
Thursday, September 29	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 resident fee per class if you don't sign up for the monthly session September 1, 15, 22 & 29 (no chair yoga 9/8)

Thursday, September 29	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, September 30	9:00 AM – 12:00 PM	Free See non- resident fees	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! Non-residents may pay \$1 per visit or \$20 for any and all drop-ins between September and February