



AUGUST 2023 EVENT & PROGRAM CALENDAR

Auburn Senior Community Center | 48 Pettengill Park Rd
 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 |
|--------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------|
| <p>■ = Auburn Recreation Program</p> | | | | <p>❖ = Age-Friendly Committee Event ⌘ = 1st Auburn Senior Citizens Meeting φ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting</p> | | |
| | | 1 ■ Ken's Place Seafood Restaurant / Len Libby Shuttle Trip 11am ■ Yoga For Balance 3pm | 2 ⌘ = 1 st Auburn Senior Citizens Meeting | 3 ■ Chair Yoga ■ Adult Craft Night | 4 ■ Drop In Day | 5 |
| 6 | 7 φ = New Auburn Seniors Meeting | 8 ■ Pineland Farms Garden Tour 1:15pm ■ Yoga For Balance 3pm ❖ Age-Friendly Committee Meeting 5pm | 9 ◆ = Robin Dow Meeting ■ Home Activity Kits ■ Pineland Farms Garden Tour 1:15pm (RAIN DATE) | 10 ■ CSA Farm Share Shuttle 11:15 AM ■ Chair Yoga ■ Adult Craft Night | 11 ■ Drop In Day ■ Tech Talk ■ Barney Martin at Sawyer Memorial 1pm | 12 |
| 13 | 14 φ = New Auburn Seniors Meeting ■ Maquoit Bay Conservation Land in Brunswick (easy) | 15 ■ Yoga For Balance 3pm | 16 ⌘ = 1 st Auburn Senior Citizens Meeting ■ Mystery Lunch 11:30am | 17 ■ Chair Yoga ■ Adult Craft Night | 18 ■ Drop In Day ■ Savannah Bananas Game 4:30pm | 19 |
| 20 | 21 φ = New Auburn Seniors Meeting ■ Mystery Lunch - Adventurous 11:30am | 22 ■ Yoga For Balance 3pm | 23 ◆ = Robin Dow Meeting | 24 ■ Cabbage Island Clambake 10am ■ Chair Yoga ■ Adult Craft Night | 25 ■ Drop In Day ■ Boppa Chua at Sawyer Memorial 1pm | 26 |
| 27 | 28 φ = New Auburn Seniors Meeting ■ Maquoit Bay Conservation Land in Brunswick (easy) (rain date) | 29 ■ Secrets of the Salt Marsh 8:30am ■ Yoga For Balance 3pm | 30 ■ The Liberty Belles at The Carousel Music Theater | 31 ■ Market Basket Trip 9:30am ■ Chair Yoga ■ Adult Craft Night | | |

| Date | Time | Cost | Description |
|----------------------------|--------------------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tuesday, August 1 | 11:00 AM – 3:30 PM | \$4 \$6 non-residents | Ken's Place / Len Libby's in Scarborough -Famous for seafood since 1927! It's the first Tuesday of the month, so you know they are serving up those delectable, hot & juicy nuggets of the sea- 🦪 🦪 FRIED OYSTERS 🦪 🦪!! After we will head on over to get our sweet tooth fix at Len Libby Candies - Home of the Life Size Chocolate Moose! Pre-registration is required. Minimum 6/Maximum 14. |
| Tuesday, August 1 | 3:00 PM – 4:00 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, August 2 | 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, starts about noon. Regular – Desser & Hot Dogs; Bingo/Raffle Table |
| Thursday, August 3 | 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, August 3 | 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 |
| Friday, August 4 | 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! |
| Monday, August 7 | 9:00 AM – 3:00 PM | \$10.00 annual dues | New Auburn Seniors - Doors open at 9:00am, Bingo today at 11am. NO Hot Dogs, bring your own lunch. |
| Tuesday, August 8 | 1:15 PM – 4:00 PM | \$8 \$10 non-residents | Pineland Farms Garden Tour -Professionally designed gardens are created and maintained for the public to enjoy and learn. Did you know the flower garden is a certified Monarch Waystation? Monarch waystation's are habitats that provide space, sunshine, shelter, nectar plants, milkweeds, and a sustainable management plan without the use of insecticides. Pollinators of all kinds including butterflies, bees, hummingbird moths and even hummingbirds benefit from this kind of habitat. Enjoy a tour and relax in our beautiful garden surroundings. Stroll the paths and mingle with friends. Light refreshments will be served. Pre-registration is required. Minimum 6/Maximum 14. No refund unless we can fill your spot (payment due at time of sign up). (RAIN DATE – August 9th) |
| Tuesday, August 8 | 3:00 PM – 4:00 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, August 9 | 11:00 AM | \$10.00 annual dues | Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. Directors Meeting |
| Wednesday, August 9 | 12:00 PM - 2:00 PM | Free | Mug 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, August 10 | 11:15 AM – 3:00 PM | \$1 \$3 non-residents | CSA Maine Senior Farm Share Shuttle - There are many of you who have signed up for the Maine Senior Farm Share program. We are offering a shuttle to three of the locations. First will be a stop at Blackie's Farm Fresh Produce in Auburn, our second stop will be to THE RED SHED At Valley View Farm in Auburn, the last stop will be to Replenova Farm in Durham. Once at Replenova we will spend a little extra time (weather permitting) as they have their own sandwiches, salads, and soups, fresh bakery products including pies, cookies, breads, and quiches. You are also |

| | | | |
|-----------------------------|----------------------|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | welcome to bring your own snack/lunch. We can enjoy the fresh air. Not part of the farm share and just want to come, please do! All are welcome. Pre-registration required. Minimum 6/Maximum 14. |
| Thursday, August 10 | 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, August 10 | 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 |
| Friday, August 11 | 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, August 11 | 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, August 11 | 1:00 PM – 4:00 PM | \$3 \$5 non-residents | Sawyer Foundation – Barney Martin -Stepping in last second to save the day due to a scheduling mishap last summer, Barney returns to the Sawyer Memorial for 2023 in his own right! Barney has been a multi-talented actor, voice actor, comedian and singer-songwriter for over 40 years. After two decades with his band Coos Canyon and comedy trio The Maine Hysterical Society, he is back to his solo acoustic roots performing a collective of classic songs as well as a tribute to James Taylor. A must see for all JT fans! Pre-registration is required. Minimum 6/Maximum 14. |
| Monday, August 14 | 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, August 14 | 9:00 AM – leave time | \$3 \$5 non-residents | Maquoit Bay Trail Walk in Brunswick (easy) - Maquoit Bay Conservation Land is a 124-acre preserve on Maquoit Bay that is owned by the Town of Brunswick and is permanently protected through a conservation easement held by the Brunswick-Topsham Land Trust. This 1.5 mile out and back walk is generally considered an easy route. Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration required. Minimum 6/Maximum 14. |
| Tuesday, August 15 | 3:00 PM – 4:00 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, August 16 | 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, starts about noon. Build your own sandwich! & Dessert; Bingo |
| Wednesday, August 16 | 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, August 17 | 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, August 17 | 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 |
| Friday, August 18 | 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, August 18 | 4:30 PM – 10:30 PM | \$35 \$40 non- residents | Savannah Bananas at Hadlock Field in Portland - Dubbed "The Greatest Show in Sports" by ESPN, the unique baseball team is stopping in Portland on their world tour. The Georgia-based exhibition baseball team will face their rivals, the Party Animals. Their antics include dancing and trick plays that entertain their sold-out crowds. Spectators should be prepared for "Banana Ball," the team's unique twist on the rules for the game of baseball. Those rules include: <ul style="list-style-type: none"> • Time clock: Every game lasts a maximum of two hours. When the clock runs out, the game is over. • Scoring: Runs are scored in traditional baseball style, with a runner crossing home plate, but they only count for the inning in which they're scored. The team with the most runs in an inning gets one point. • Foul balls are fair: If a fan catches a foul ball during an at-bat, the hitter is out. Pre-registration is required. Minimum 6/Maximum 14. No refund unless we can fill your spot (payment due at time of sign up). |
| Monday, August 21 | 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, August 21 | 11:30 AM | \$2 \$4 non- residents | Mystery Lunch Shuttle (Adventurous Tastebuds) - 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. |
| Tuesday, August 22 | 3:00 PM – 4:00 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, August 23 | 11:00 AM | \$10.00 annual dues | Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. Regular |
| Thursday, August 24 | 10:00 AM – 6:30 PM | \$100 \$110 non- residents | Cabbage Island Clambake in Boothbay Harbor - Your journey to Cabbage Island begins at Pier 6 in picturesque Boothbay Harbor. Here, you will board the Bennie Alice and enjoy a narrated scenic cruise while you take in Maine's breathtaking coastline. Each guest to the island is treated to a traditional New England clambake that includes fish chowder, two lobsters, steamers, potato, onion, egg, corn on the cob and the best blueberry cake in Maine. Not a lobster person? You can get a roasted half chicken in lieu of lobster for those who prefer a poultry option. Included with each meal is coffee, tea, iced tea, and water. There is also a full cash bar available. Pre-registration is required. No refund unless we can fill your spot (payment due at time of sign up). This is rain or shine. Maximum 54. TRANSPORTATION UPGRADE FOR THIS TRIP WILL BE VIA MOTORCOACH, SPONSORED BY THE FORTIN GROUP! |
| Thursday, August 24 | 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, August 24 | 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 |
| Friday, August 25 | 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, August 25 | 1:00 PM – 4:00 PM | \$3 \$5 non- residents | Sawyer Foundation – Boppa Chua : A History of the 1950's and 60's through Popular Song – Marc Black - This NY Blues Hall of Fame Inductee will be your guide for a trip through those memorable and colorful decades of the 1950's & 60's, all woven together in song. Along with Marc's wife, Susan, this two-person show is a multi-media and multidimensional presentation in song, storytelling, and plenty of laughter! From bobby socks, through the space |

| | | | |
|-----------------------------|--------------------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | race, and on to civil rights and classic rock, audiences have found this show to be entertaining, inspirational and even a bit educational! Pre-registration is required. Minimum 6/Maximum 14. |
| Monday, August 28 | 9:00 AM – 3:00 PM | \$10.00 annual dues | New Auburn Seniors - Doors open at 9:00am, Bingo today at 11am. NO Hot Dogs, bring your own lunch. |
| Tuesday, August 29 | 8:30 AM – 1:00 PM | \$8 \$10 non-residents | Secrets of the Salt Marsh Walk at The Wells Reserve at Laudholm - Join us as we head south for a planned walk led by an informed guide for a jaunt past meadows and forests down to a floating dock on the Little River. Here we will look out over the salt marsh and learn its secrets! This guided walk covers about 1 mile of fairly flat, slightly uneven trail terrain and the program is about 1.5 hours in length. Bug spray, sunscreen, and a hat are highly recommended. Pre-registration is required. Minimum 6/Maximum 14. |
| Tuesday, August 29 | 3:00 PM – 4:00 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, August 30 | 10:00 AM – 4:30 AM | \$58 \$60 non-residents | Liberty Belles at The Carousel in Boothbay Harbor - An original CMT USO show featuring music from the 1940s! Matinee tickets include 3-course lunch and performance (gratuity not included). The doors open at 11:30 for the 1pm matinee. The soup and sandwich courses are served before the show and dessert at intermission. Pre-registration is required. No refund unless we can fill your spot. Minimum 6/Maximum 14. |
| Thursday, August 31 | 9:30 AM – 12:30 AM | \$3 \$5 non-residents | Market Basket Shuttle - We all need to do some grocery shopping at some point so why not head down with us? We will head down to Westbrook to Market Basket to do some grocery shopping. You will have 2 hours here to shop. 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), Pre-registration is required. Minimum 6/Maximum 14. |
| Thursday, August 31 | 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, August 31 | 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 |

**** ANY TRIPS THAT ARE FULL, YOU CAN STILL PUT YOUR NAME IN FOR A WAITLIST ****

**** ALL TRIPS WILL OPEN FOR REGISTRATION/WAITLIST 30 DAYS PRIOR TO THE DATE OF THE TRIP ****