



OCTOBER 2023 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 (REV 10/5)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
■ = Auburn Recreation Program (Renee and Jody)				♦ = City of Auburn Age-Friendly Committee Event ⌘ = 1 st Auburn Senior Citizens Meeting φ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting		
1	2 φ = New Auburn Seniors Meeting ■ Center for Wildlife Trip 12:30pm	3 ■ Fryeburg Fair leave time 9am ■ Yoga For Balance 4pm	4 ⌘ = 1 st Auburn Senior Citizens Meeting ■ Duck Boat Tour in Portland 2pm (Moved from 9/19)	5 ■ Maine Gem Museum in Bethel 9:15am ■ Cooking Matters 11am ■ Chair Yoga ■ Adult Craft Night	6 NO DROP IN NO PROGRAMS	7
8	9 HOLIDAY - No Recreation Programs	10 ■ Paper Doll Workshop with a local artist 9am ■ Yoga For Balance 4pm ♦ Age-Friendly Committee Mtg 5:30PM	11 ◆ = Robin Dow Meeting ■ Home Activity Kits	12 ■ Cooking Matters 11am ■ Cherry Hill Gorham 1pm ■ Chair Yoga ■ Adult Craft Night ■ Holiday Bookmark 6 -7 pm	13 ■ Drop In Day ■ Winter Card Making with Corinne - 10 am ■ Mystery Lunch 11:30am	14
15	16 φ = New Auburn Seniors Meeting ■ Turkey Train Ride ■ Yoga with Emma	17 ■ Viking Trail in South Paris (easy+) 9am ♦ Age-Friendly Movie 1pm ■ Yoga For Balance 4pm	18 ⌘ = 1 st Auburn Senior Citizens Meeting/Halloween	19 ■ North Conway Shopping Trip leave time 9am ■ Chair Yoga ■ Adult Craft Night	20 NO DROP IN NO PROGRAMS	21
22	23 φ = New Auburn Seniors Meeting ■ Yoga with Emma	24 ■ Artful Nights with Nicole Fall Painting 10am ■ Yoga For Balance 4pm	25 ◆ = Robin Dow (Halloween Costume Parade/Anniversary Party) ■ Tootsie The Musical Ogunquit Playhouse 12pm ■ Collage Calendar 3:30pm	26 ■ Elmer's / Maine State Prison Showroom 9am ■ Holiday Bookmark 9 - 10 am ■ Chair Yoga ■ Adult Craft Night	27 ■ Drop In Day ■ Book Club 10am	28
29	30 φ = New Auburn (Halloween Event) ■ Yoga with Emma	31 ■ Pumpkin Decorating 10am				

Date	Time	Cost	Description
Monday, Oct 2	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, Oct 2	12:30 PM – 5:30 PM	\$18 \$20 non-residents	Center for Wildlife in Cape Neddick - This private tour includes an hour tour of the nature center and non-releasable ambassador enclosures, as well as a 30 minute meet and greet with one of the ambassadors. Portions of the tour may be outdoors and on uneven ground, so please dress for the weather 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 14.
Tuesday, Oct 3	9:00 AM – 5:00 PM	\$10 \$12 non-residents	Fryeburg Fair Shuttle - Senior Day is Tuesday, so admission is FREE! 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, which is FREE that day. Once at the fair, you will have free time roughly between 10:30 am and 3:30 pm, when we head back to the senior center for a return time about 6:00 pm. 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!
Tuesday, Oct 3	4:00 PM – 5:00 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, Oct 4	9:00 AM – 3:00 PM	\$10.00 annual dues	1st Auburn Meeting/Bingo. Doors open at 9:00 AM. Regular meeting at 11:00, with raffle table, hot dogs, and bingo.
Wednesday, Oct 4	2:00 PM – 6:00 PM	\$45 \$48 non-residents	Maine Duck Boat Tour in Portland - Land & Sea Historical Tour of Portland and Casco Bay. On this history and sightseeing tour, we'll travel aboard a modern land & sea vehicle to explore many different points of interest. Climb aboard as we twist n' turn through the historic city of Portland, Maine and without skipping a beat, we splash (you will not get wet) into beautiful Casco Bay!) Duration is 60 minutes (~35 minutes land/~25 minutes on the water). Pre-registration is required. Minimum 6/Maximum 14. No refund unless we can fill your spot – Rescheduled from 9/19
Thursday, Oct 5	9:15 AM – 3:00 PM	\$12 \$15 non-residents	Maine Mineral and Gem Museum in Bethel - The Maine Mineral and Gem Museum showcases outstanding, one-of-a-kind gems, minerals, objects, and archives to present the history and material culture of mining in the state of Maine. The Museum holds an extraordinary collection of minerals from Maine and beyond and showcases one of the world's foremost collections of meteorites from the Moon, Mars and beyond. We will have a roughly 1 hour guided tour then after our visit, we will head out to lunch nearby. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, Oct 5	11:00 AM - 12:30 PM	Free	Cooking Matters for Adults – Join us for a 6-week cooking class that is intended to provide participants with healthy, nutritious, and budget friendly meal ideas. This is a hands-on course with all participants prepping, cooking, and eating the recipes/foods that we try! Pre-registration is required. Minimum 6/Maximum 14
Thursday, Oct 5	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, Oct 5	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
Tuesday, Oct 10	9:00 AM – 10:30 AM	FREE	Shadow Puppet/Paper Doll Making Workshop - Work with local Maine Artist, Bridget McAlonan, to create the grown-up version of Paper Dolls – Stop in to the senior center to see examples! In this workshop, we will use reclaimed and recycled materials to create paper doll self-portraits. This will be an onsite workshop offered here at the senior center. All necessary materials and instructions will be provided. This workshop will be about 1.5 hrs. long. This is offered in collaboration with L/A Arts. Coffee, tea, and light snacks will be provided. Pre-registration is required. Maximum 12
Tuesday, Oct 10	4:00 PM – 5:00 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.
Tuesday, Oct 10	5:30 PM – 6:30 PM	N/A	Age-Friendly Community Committee Meeting – Public is welcome to attend
Wednesday, Oct 11	9:00 AM – 3:00 PM	\$10 annual dues	Robin Dow Seniors - Robin Dow Meeting – Anniversary Party 46 Years
Wednesday, Oct 11	12:00 PM - 2:00 PM	Free	Burlap Mason Jar Centerpiece 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, Oct 12	11:00 AM – 12:30PM	Free	Cooking Matters for Adults – Join us for a 6-week cooking class that is intended to provide participants with healthy, nutritious, and budget friendly meal ideas. This is a hands-on course with all participants prepping, cooking, and eating the recipes/foods that we try! Pre-registration is required. Minimum 6/Maximum 14
Thursday, Oct 12	1:00 PM – 5:00 PM	\$3 \$5 non-residents	Cherry Hills Trail Walk in Gorham (easy) - This was so popular this spring, we are headed back for an afternoon walk to the Shaw Cherry Hills network of trails were finished in 2019 and are mostly flat and built with crushed gravel. This loop passes through the woods and along the perimeter of some large fields. Along the way there are benches carved into downed trees. This 2.9-mile loop trail is generally considered an easy route. Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, Oct 12	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, Oct 12	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
Thursday, Oct 12	6:00 PM – 7:00 PM	Free	Holiday Bookmark - Made with Dried Ferns (Workshop) - This is a great opportunity to make an adorable stocking stuffer, gift, or gift topper. This is an onsite (Auburn Senior Community Center) workshop. This activity is being offered as Free to All and all materials and instructions will be provided. In this workshop, we will use dried plants, cut paper and stickers to create the bookmark that you see pictured above. These will make great little gifts! Pre-registration is required. Minimum 4/Maximum 10
Friday, Oct 13	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, Oct 13	10:00 AM – 11:30 AM	Free	Card Crafting with Corinne – Come on in and join us for a “Make one (to take home) and Leave One (to donate)” Card making event. You will learn how to make beautiful hand-crafted cards, beginners welcome! All materials and instructions will be provided Free of Charge to participants. Pre-registration is required. Minimum 6/Maximum 14.
Friday, Oct 13	11:30 AM – 3:00 PM	\$2 \$4 non-residents	Mystery Lunch Shuttle - Let lunch be a surprise! Sign up for the social aspect and for the thrill of not knowing where the bus will take you. Trips return by 3:00pm. Pre-registration required. Minimum 6/Max 14.
Monday, Oct 16	9:00 AM – 3:00 PM	\$10.00 annual	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Monday, Oct 16	10:00 AM – 5:45 PM	\$68 \$75 non-residents	Winnepesaukee Scenic Railroad - Turkey Dinner Train - While you're aboard the train you'll enjoy panoramic views of New Hampshire's largest lake, while sneaking a peek at some of the many beautiful lakeside vacation homes we'll pass along the way. Your meal includes freshly carved roast turkey, stuffing, whipped potato, butternut squash, gravy, rolls & butter and warm apple crisp for dessert! We will head out on a comfortable 56 passenger motorcoach (courtesy of The Fortin Group) from the Auburn Senior Community Center at 10:00am. Once the excursion is underway, it is just under 20 miles and just under two hours roundtrip. 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!

Monday, Oct 16	6:00 PM – 7:00 PM	\$10 \$12 non-residents	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, Oct 17	9:00 AM – 2:00 PM	\$3 \$5 non-residents	Viking Trail near South Paris (easy) - We will explore this 3.2-mile loop trail near South Paris, Maine. Generally considered an easy route. The Viking Trail connects Oxford Hills High School and Oxford Hills Middle School via a wooded path alongside the Little Androscoggin River and Pine Grove Cemetery. Pre-registration is required. Minimum 6/Maximum 14.
Tuesday, Oct 17	1:00 PM – 3:00 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 Pre-registration is helpful. Free popcorn!
Tuesday, Oct 17	4:00 PM – 5:00 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, Oct 18	9:00 AM – 3:00 PM	\$10.00 annual dues	1st Auburn Meeting/Bingo. Doors open at 9:00 AM. Regular mee! ng at 11:00, with Halloween party, finger rolls lunch, a Costume Parade, and bingo. Let's see all of those pumpkins, bats, ghosts, and witchy faces!
Thursday, Oct 19	9:00 AM – 5:00 PM	\$8 \$10 non-residents	North Conway, NH Shuttle - This trip is for those who want to shop until they drop. We will start off our trip by heading to downtown North Conway where we will let you off in the area of Zeb's General Store. Here you will have about an hour to explore, shop, whatever you wish. We will meet up about 11:30 AM and head on over to Sea Dog Brewing for lunch. After we will stop off at the Christmas Loft for about an hour. Final stop, Settler's Green Outlets. Here you will have another hour to walk and shop before we head from home. Pre-registration required. Min 6/Max 14.
Thursday, Oct 19	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, Oct 19	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
Monday, Oct 23	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, Oct 23	6:00 PM – 7:00 PM	\$10 \$12 non-residents	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, Oct 24	10:00 AM	\$12 \$15 non-residents	Artful Nights Maine with Artist Nicole White here at the ASCC - Wood Pallet Paint Party - Fall Theme with Artist Nicole. Artist Nicole teaches canvas painting for Maine restaurants, fundraisers, employee team building, private events. She has a big heart, laugh, and personality that make learning to paint fun and easy! Join us for a pumpkin fall theme on wood pallets. Coffee, tea, and light snacks will be provided. Pre-registration is required. Minimum 10
Tuesday, Oct 24	4:00 PM – 5:00 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, Oct 25	9:00 AM – 3:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Wednesday, Oct 25	12:00 PM – 6:00 PM	\$65 \$68 non-residents	Tootsie The New Musical at Ogunquit Playhouse - Featuring the return of Sally Struthers. Some call it "musical comedy heaven" (Rolling Stone). Others call it "the most uproarious new musical in years" (Hollywood Reporter). We call it Tootsie, a Tony Award-winning laugh-out-loud love letter to musical theatre. The celebrated 1982 film is

			adapted for the stage by taking struggling actor Michael Dorsey out of the world of daytime television and into the realm of Broadway with even more poignant and hilarious results. Run Time: 2.5 hours including intermission. Pre-registration is required. No refund unless we can fill your spot (payment due at time of sign up). Minimum 6/Maximum 14.
Wednesday, Oct 25	3:30 PM – 5:00 PM	Free	Create a Collage Calendar with Local Artist Kelsey Bogart - This is an onsite (Auburn Senior Community Center) artist led workshop. This activity is being offered as Free to All and all instructions and the majority of the materials will be provided. We are looking for 13 people to illustrate each month of a 2024 calendar using collage techniques. Each monthly theme may be chosen (on a first come first served basis) at the time of registration. Materials will also be provided along with necessary tools. Coffee, tea, and light snacks will be provided. See Renee Bucknell with questions.
Thursday, Oct 26	9:00 AM – 4:30 PM	\$8 \$10 non-residents	Elmer's, Morse's, Moody's & Main State Prison Showroom - First off, this is going to be a LONG DAY with walking and stairs. We will start our adventure today with a trip to Elmer's Barn, a true Maine antique adventure located in Cooper's Mills. This is a treasure seekers delight, multiple floors, uneven floors, narrow stairs await you here along with many treasures. We will have a little over an hour here before we travel onto our next stop, Morse's Sauerkraut, a European delicatessen, specialty grocery store in Waldoboro. You will have about a half hour here before we head to lunch at Moody's Diner which has been a true family tradition since 1927 (pending them being open). After lunch we head to the Maine State Prison Showroom in Thomaston. An old-fashioned shop featuring wooden, inmate-carved home furniture, crafts & novelty items. You will have to walk from the parking lot up about 10 steps to enter the showroom to browse and shop. Pre-registration required. Minimum 6/Maximum 14.
Thursday, Oct 12	9:00 AM – 10:00 AM	Free	Holiday Bookmark - Made with Dried Ferns (Workshop) - This is a great opportunity to make an adorable stocking stuffer, gift, or gift topper. This is an onsite (Auburn Senior Community Center) workshop. This activity is being offered as Free to All and all materials and instructions will be provided. In this workshop, we will use dried plants, cut paper and stickers to create the bookmark that you see pictured above. These will make great little gifts! Pre-registration is required. Minimum 4/Maximum 10
Thursday, Oct 26	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, Oct 26	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, Oct 27	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, Oct 27	10:00 AM – 11:00 AM	Free	The Auburn Senior Community Center, in partnership with the Auburn Public Library , is pleased to be able to continue their reading and discussion group. This group will meet monthly at the ASCC. Questions? Contact Renee 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 . Maximum 12 (can accommodate more for discussion days if people share their books before the next meet up).
Monday, Oct 30	9:00 AM – 3:00 PM	\$10.00 annual	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Monday, Oct 30	6:00 PM – 7:00 PM	\$10 \$12 non-residents	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, Oct 31	10:00 AM –	Free	Pumpkin Decorating here at the ASCC - Auburn Senior Community Center welcomes you in on Halloween to decorate, paint or carve a pumpkin! This will be a creative workshop where you can decorate a pumpkin of your choice and then take your pumpkin home to welcome your trick-or-treaters. Pumpkins will be donated from local farms; and the paints and carving supplies will be provided. Come on in and join us for some Halloween Fun! Pre-registration is required. Maximum 25