



OCTOBER 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
<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
2	3 ϕ = New Auburn Seniors Meeting ■ MahJong Monday ■ Yoga with Emma	4 ■ Fryeburg Fair leave time 9am ■ Level 2 Chair Yoga	5 ⌘ = 1 st Auburn Senior Citizens Meeting	6 ■ Fall Brochure Breakfast and Sign Ups, 9AM ■ Chair Yoga ■ Adult Craft Night	7 ■ Drop In Day	8
9	10 HOLIDAY - No Recreation Programs	11 ■ Hike ■ Gendron Franco Center Tour leave @9:45am ■ Level 2 Chair Yoga ❖ Age-Friendly Meeting	12 ◆ Robin Dow Anniversary @Marco's ■ Home Activity Kits	13 ■ North Conway Shopping Trip leave time 9am ■ Chair Yoga ■ Adult Craft Night	14 ■ Drop In Day ■ Tech Talk	15 ❖ Age-Friendly Bean Supper
16	17 ϕ = New Auburn Seniors Meeting ■ MahJong Monday ■ Yoga with Emma	18 ■ ❖ Lunch & Learn ❖ Age-Friendly Movie 1pm ■ Level 2 Chair Yoga	19 ⌘ = 1 st Auburn Senior Citizens Meeting / Halloween	20 ■ Maine Wildlife Park Trip 10am ■ Chair Yoga ■ Adult Craft Night	21 ■ Drop In Day ■ Property Tax Stabilization Info Session ■ Card Crafting @12	22 ■ Salem, MA Trip 9am leave
23	24 ϕ = New Auburn Seniors Meeting ■ Classic Car Museum & lunch leave 10:00am ■ MahJong Monday ■ Yoga with Emma	25 ■ Hike ■ Cracker Barrel & Market Basket Trip leave 11am ■ Level 2 Chair Yoga	26 ◆ Robin Dow Meeting ■ Mystery Lunch leave 11:30am ■ Home Activity Kits	27 ■ Chair Yoga	28 ■ NO Drop In ■ Book Club ■ Flea Market Friday leave @9:30am	29 ⌘ = 1 st Auburn Senior Citizens Yard Sale and Flea Market
30	31 ϕ = New Auburn Seniors Meeting ■ MahJong Monday ■ Yoga with Emma					

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 (drop-in) Every Tuesday and Thursday (free)

Date	Time	Cost	Description
Monday, October 3	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, October 3	4:00 PM – 6:00 PM	Free \$5 non-residents	Mahjong Monday Nights – Join us on the big side. Use one of our sets or bring your own. Pre-registration is required. Min: 4 (No Mahjong on 10/10, 11/7, or 12/26) Monthly Cost: Free for residents or \$5.00 monthly for non-residents
Monday, October 3	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, October 4	9:00 AM – 6:00 PM	\$8 \$10 non-residents	Fryeburg Fair Shuttle - Senior Day is Tuesday, so admission is FREE! 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 4:30 pm, when we head back to the senior center for a return time about 6:00 pm. Pre-registration is required. Minimum 6/Maximum 54 TRANSPORTATION UPGRADE FOR THIS TRIP WILL BE VIA MOTORCOACH, SPONSORED BY THE FORTIN GROUP!
Tuesday, October 4	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, October 5	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, October 6	9:00 AM – 1:00 PM	Free	Fall Brochure Breakfast Overview Followed by Sign Ups - Join Jamie & Jody for breakfast to go over the fall brochure. We will have breakfast pizza, fruit & yogurt. While you are enjoying your breakfast, we will be going over all things fall! Pre-register, please so we know how much food to have on hand for everyone. On-line registrations for fall programs will open 30 days prior to the event. In-person registrations for fall programs will be on the 6th from 11:30am to 1:00pm Pre-registration is required.
Thursday, October 6	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* \$12.00 non -resident Thurs: October 6, 13, 20, and 27
Thursday, October 6	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. Monthly Cost: Free for residents or \$10.00 monthly for non-residents
Friday, October 7	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!

Tuesday, October 11	9:00 AM	\$3 \$5 non-residents	Hike Location TBD - 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, October 11	9:45 AM – 11:45 AM	\$5 \$6 non-residents	Gendron Franco Center Tour in Lewiston - Join us as we are led on a 45-minute tour of this amazing building full of history. The local stories they have to share are important for everyone to hear. Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.
Tuesday, October 11	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, October 11	5:00 PM – 6:00 PM	N/A	Age-Friendly Community Committee Meeting
Wednesday, October 12		\$10 annual dues	Robin Dow Seniors – Anniversary at Marco's
Wednesday, October 12	12:00 PM - 2:00 PM	Free	Unfinished Wood Halloween Cross Stitch Ornament 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, October 13	9:00 AM – 4:30 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 and a half to explore, shop, eat, whatever you wish. We will meet up about 12:30 PM and head on over to visit Settler's Green Outlets (drop off #1) or Christmas Tree Shops (drop off #2). Once you are dropped off at your desired stop, you will again have until about 2:30 PM to shop around. So pack a lunch or dine on your own, but we are not organizing a group meal for this trip. There will be plenty of time to get a bite while you shop. Take in some sights, do some holiday shopping, or just enjoy the ride – whatever your heart desires. Pre-registration is required. Minimum 6/Maximum 28. Online registration opens 30 days prior to trip.
Thursday, October 13	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* \$12.00 non-resident Thurs: October 6, 13, 20, and 27
Thursday, October 13	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. Monthly Cost: Free for residents or \$10.00 monthly for non-residents
Friday, October 14	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.
Friday, October 14	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.
Saturday, October 15		Free	Age-Friendly Bean Supper – Details to come!

Monday, October 17	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, October 17	4:00 PM – 6:00 PM	Free \$5 non- residents	Mahjong Monday Nights – Join us on the big side. Use one of our sets or bring your own. Pre-registration is required. Min: 4 (No Mahjong on 10/10, 11/7, or 12/26) Monthly Cost: Free for residents or \$5.00 monthly for non-residents
Monday, October 17	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, October 18	11:00 AM – 12:45 PM	Free	Fuel Assistance Program Lunch and Learn with Community Concepts - 11:00 AM doors open, lunch served shortly before education at 12:00 PM. Lunch sponsored by Auburn's Age Friendly Community Committee.
Tuesday, October 18	1:00 PM – 3:00 PM	Free – all ages	Age-Friendly Movie - Two grandparents agree to take care of their 3 crazy children, because they feel they don't see their grandchildren enough. But when everything goes downhill, they need to find a way to prove to daughter and themselves that they can be great grandparents. Call 333-6601 x2108 for details. Pre-registration is helpful. Free popcorn!
Tuesday, October 18	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, October 19	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, October 20	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* \$12.00 non -resident Thurs: October 6, 13, 20, and 27
Thursday, October 20	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. Monthly Cost: Free for residents or \$10.00 monthly for non-residents
Friday, October 21	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.
Friday, October 21	11:00 AM – 12:00 PM	Free	Property Tax Stabilization Info Session – Join City of Auburn Assessor, Karen Scammon, to have your questions answered about the new Property Tax Stabilization Program for seniors. Have other valuation related topic you would like to know about? Email jlongley@auburnmaine.gov or see Jamie and we will try to get the answers in time for the meeting.
Friday, October 21	12:00 PM – 2:00 PM	Free	Paper Crafting - Each class will include 3 card or paper craft kits and instruction by Auburn Senior Community Staff. This is a great class for all levels of ability and creativity. All supplies and tools will be provided. Signups for single classes must be at least 2 weeks prior to the class. Pre-registration is required. Minimum 6/Maximum 20. Online registration opens 30 days prior to series. Cost: \$8.00 for Auburn residents, \$10.00 non-residents per class Full Series: \$35 residents, \$45 non-residents

Saturday, October 22	9:00 AM – 9:00 PM	\$50 \$60 non- residents	NorthEast Charter & Tour Co. Inc. Trip to Salem, MA - We are heading south to the city most famously known for the Salem Witch Trials. We will head out on a comfortable 56 passenger motorcoach from the Auburn Senior Community Center at 9:00am. Once we arrive at a central location (the Salem Post Office at 2 Margin Street) you will be on your own to visit and explore. Don't worry, we will have plenty of ideas of things for you to do and places to go (and eat). After you have thoroughly explored all things Salem, we will meet back up at the Post Office at 7pm for our trip home.
Monday, October 24	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, October 24	10:00 AM – 3:00 PM	\$15 \$18 non- residents	Maine Classic Car Museum & Mike's American Diner for Lunch in Arundel - Join us as we head to the Maine Classic Car Museum featuring 50 of the world's finest motorcars and astounding curiosities. Including a Tucker, President Roosevelt's Packard and Doc Hudson, the fabulous Hudson Hornet. After a tour of the museum, we will head for lunch to Mike's American Diner. Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.
Monday, October 24	4:00 PM – 6:00 PM	Free \$5 non- residents	Mahjong Monday Nights – Join us on the big side. Use one of our sets or bring your own. Pre-registration is required. Min: 4 (No Mahjong on 10/10, 11/7, or 12/26) Monthly Cost: Free for residents or \$5.00 monthly for non-residents
Monday, October 24	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, October 25	9:00 AM	\$3 \$5 non- residents	Hike Location TBD - 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, October 25	11:00 AM – 3:00 PM	\$3 \$5 non- residents	Cracker Barrel and Market Basket Trip in Westbrook First, we will head out for lunch at Cracker Barrel for some American comfort food, with an on-site general store. After lunch we will continue south to do a little grocery shopping at Market Basket before heading for home. Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.
Tuesday, October 25	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, October 26	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, October 26	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.
Wednesday, October 26	12:00 PM - 2:00 PM	Free	Halloween Treat Bag 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, October 27	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* \$12.00 non -resident Thurs: \$30 residents, \$35 non-residents October 6, 13, 20, & 27

Friday, October 28	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 announce a reading and discussion book group. This group will meet monthly at the Auburn Senior Community Center, on the fourth Friday of each month, from 10:00-11:00 a.m. Our first meeting on October 28, will be organizational in nature, getting to know one another and discussing various genres in an effort to select our first book. 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 . Dates: 1/28, 2/25, 3/25
Monday, October 31	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, October 31	4:00 PM – 6:00 PM	Free \$5 non- residents	Mahjong Monday Nights – Join us on the big side. Use one of our sets or bring your own. Pre-registration is required. Min: 4 (No Mahjong on 10/10, 11/7, or 12/26) Monthly Cost: Free for residents or \$5.00 monthly for non-residents
Monday, October 31	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.