



# NOVEMBER 2022 EVENT & PROGRAM CALENDAR

Auburn Senior Community Center | 48 Pettengill Park Road  
 Register online at [secure.rec1.com/ME/auburn-me/catalog](https://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            ⌘ = 1<sup>st</sup> Auburn Senior Citizens Meeting            ϕ = New Auburn Seniors Meeting            ◆ = Robin Dow Meeting</p>		
		1 ■ Reny's / Marshalls / Portland Pie leave at 10am ■ Level 2 Chair Yoga	2 ⌘ = 1 <sup>st</sup> Auburn Senior Citizens Meeting ■ China Village Lunch Trip	3 ■ Mystery Lunch leave 11:30am -Adventurous Tastebuds ■ Chair Yoga ■ Adult Craft Night	4 ■ Drop In Day ■ Card Crafting @12	5
6	7 ■ Marden's / Marshalls & Home Goods / Chili's / Burlington leave 9am	8 - VOTING ■ Trader Joe's / Market Basket leave 9am ■ Gendron Franco Center Tour leave @1:45pm ◆ Age-Friendly Committee Meeting	9 ◆ = Robin Dow Meeting ■ Home Activity Kits	10 ■ Mystery Lunch #1 leave 11:30am ■ Chair Yoga ■ Adult Craft Night	11 HOLIDAY - No Recreation Programs	12
13	14 ϕ = New Auburn Seniors Meeting ■ Mystery Lunch #2 leave @11:30am ■ Yoga with Emma	15 ■ Level 2 Chair Yoga	16 ⌘ = 1 <sup>st</sup> Auburn Senior Citizens Thanksgiving at the Green Ladle	17 ■ North Conway Shopping Trip leave time 9am ■ Bowling Trip Meet Up Only -10:00am ■ Chair Yoga ■ Adult Craft Night	18 ■ Drop In Day ■ Card Crafting @12	19
20	21 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma	22 ■ Christmas Tree Shops / Sebago Brewing Company leave @9:30am ■ Level 2 Chair Yoga	23 ◆ = Robin Dow Meeting ■ Home Activity Kits	24 HOLIDAY - No Recreation Programs ◆ Age-Friendly Thanksgiving	25 HOLIDAY - No Recreation Programs	26
27	28 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma	29 ■ Young's Greenhouse leave @9:30am ■ Level 2 Chair Yoga	30 ■ Library Trip leave @9:00am			

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

Date	Time	Cost	Description
Tuesday, November 1	10:00 AM – 3:00 PM	\$4 <b>\$6 non-residents</b>	<b>Chick-fil-A and Market Basket Trip-</b> Let's head out to your favorite Maine department store! Once we arrive you will have roughly two hours to shop your heart out. Once you have worked up an appetite, we will head to lunch at Portland Pie Company. Pre-registration is required. <b>Minimum 6/Maximum 14</b>
Tuesday, November 1	4:15 PM – 5:15 PM	<b>\$30</b> \$35 non-residents	<b>Level 2 Chair Yoga</b> - 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! <b>Fee is \$10.00 resident fee per class if you don't sign up for the monthly session.</b>
Wednesday, November 2	9:00 AM – 3:00 PM	<b>\$10.00</b> annual dues	<b>1st Auburn Meeting/Bingo.</b> Doors open at 9:00 AM. Bingo is price per card, starts about noon.
Wednesday, November 2	11:30 AM	<b>\$2</b> \$4 non-residents	<b>This lunch trip to China Village in Gray will be open for those that are attending the "Learn Civic Rec Day"</b> at the Auburn Public Library with Jamie on 10/27. Pre-Registration is required for the 10/27 trip to the Library. This lunch trip will open for the participants that day to sign up if they so choose to attend. Any remaining available spots for this trip will open up on 10/28, online only. <b>Minimum 6/Maximum 14. Price includes transportation only.</b>
Thursday, November 3	11:30 AM	<b>\$2</b> \$4 non-residents	<b>Mystery Lunch Shuttle ~ Adventurous Eaters</b> - Let lunch be a surprise! Sign up for the social aspect and for the thrill of no knowing where the bus will take you. <b>Pre-registration is required. Minimum 6/Maximum 14. Price includes transportation only.</b>
Thursday, November 3	1:30 PM – 2:30 PM	<b>\$22</b> \$27 non-residents	<b>Chair Yoga</b> - 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. <b>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</b> <b>Thurs: November 3, 10, and 17</b>
Thursday, November 3	5:30 PM – 8:00 PM	<b>Free</b> \$10 non-residents	<b>Thursday Adult Craft Night</b> - 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 <b>Pre-registration required.</b>
Friday, November 4	9:00 AM – 12:00 PM	<b>Free</b> \$1 non-residents	<b>Drop in Day</b> - 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, November 4	12:00 PM – 2:00 PM	<b>\$8</b> \$10 non-residents	<b>Paper Crafting</b> - 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. <b>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.</b> Cost: \$8.00 for Auburn residents, \$10.00 non-residents per class
Monday, November 7	9:00 AM – 4:00 PM	\$6 <b>\$8 non-residents</b>	<b>Marden's / Marshalls &amp; Home Goods / Chili's / Burlington in South Portland area</b> - Heading south for a little shopping and Lunch! First stop Marden's where you will have about an hour to shop then we will head across the street to Marshalls & Home Goods for another hour or so. Then lunch at Chili's! If you haven't had enough shopping, we have one more stop on the way home at Burlington where you will have one more hour to fill those bags. <b>Minimum 6/Maximum 14. Price includes transportation only.</b>

<b>Tuesday, November 8</b>	9:00 AM – 12:30 PM	\$3 <b>\$5 non-residents</b>	<b>Trader Joe's in Portland and Market Basket in Westbrook Shuttle</b> - We all need to do some grocery shopping at some point so why not head down with us? The eclectic and retail-fan-favorite Trader Joe's is well-known to its loyalists for low prices on unique food items, ranging from cookie butter to salsas, cheeses and ready-to-eat packaged meals. After Trader Joe's, we will head over to Market Basket and have a round two of shopping that day! Great day to stock up before the holidays. <b>Minimum 6/Maximum 14. Price includes transportation only.</b>
<b>Tuesday, November 8</b>	1:45 PM – 3:15 PM	\$6 <b>\$8 non-residents</b>	<b>Gendron Franco Center Tour in Lewiston</b> - 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. <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
<b>Wednesday, November 9</b>	11:00 AM	<b>\$10.00 annual dues</b>	<b>Robin Dow Seniors</b> - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
<b>Wednesday, November 9</b>	12:00 PM - 2:00 PM	<b>Free</b>	<b>Color Your Own Fall Gnome Ornaments Activity Kits</b> - 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! <b>Pre-registration required.</b>
<b>Thursday, November 10</b>	11:30 AM	<b>\$2</b> \$4 non-residents	<b>Mystery Lunch Shuttle #1</b> - Let lunch be a surprise! Sign up for the social aspect and for the thrill of not knowing where the bus will take you. <b>Pre-registration is required. Minimum 6/Maximum 14. Price includes transportation only.</b>
<b>Thursday, November 10</b>	1:30 PM – 2:30 PM	<b>\$22</b> \$27 non-residents	<b>Chair Yoga</b> - 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. <b>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</b> <b>Thurs: November 3, 10, and 17</b>
<b>Thursday, November 10</b>	5:30 PM – 8:00 PM	<b>Free</b> \$10 non-residents	<b>Thursday Adult Craft Night</b> - 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 <b>Pre-registration required.</b>
<b>Monday, November 14</b>	9:00 AM – 3:00 PM	<b>\$10.00 annual dues</b>	<b>New Auburn Seniors Meeting</b> - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
<b>Monday, November 14</b>	11:30 AM	<b>\$2</b> \$4 non-residents	<b>Mystery Lunch Shuttle #2</b> - Let lunch be a surprise! Sign up for the social aspect and for the thrill of not knowing where the bus will take you. <b>Pre-registration is required. Minimum 6/Maximum 14. Price includes transportation only.</b>
<b>Monday, November 14</b>	6:00 PM – 7:00 PM	<b>\$10</b> \$12 non-residents	<b>Yoga with Emma</b> - 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.
<b>Tuesday, November 15</b>	4:15 PM – 5:15 PM	<b>\$30</b> \$35 non-residents	<b>Level 2 Chair Yoga</b> - 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! <b>Fee is \$10.00 resident fee per class if you don't sign up for the monthly session.</b>
<b>Tuesday, November 15</b>	5:00 PM – 6:00 PM	<b>N/A</b>	<b>Age Friendly Community Committee Meeting</b>
<b>Wednesday, November 16</b>	9:00 AM – 3:00 PM	<b>\$10.00 annual dues</b>	<b>1st Auburn Thanksgiving at The Green Ladle.</b> Doors open at 10:00 AM. Lunch is served at 11:00 AM with entertainment following. <b>Tickets must be purchased in advance at the November 2<sup>nd</sup> meeting.</b>

<b>Thursday, November 17</b>	9:00 AM – 4:30 PM	<b>\$8</b> \$10 non- residents	<b>North Conway, NH Shuttle</b> - 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.
<b>Thursday, November 17</b>	<b>10:00 AM MEET UP</b>		<b>Just-In-Time Recreation Bowling Trip in Lewiston</b> - Let's go bowling! Meet Up Only this month! Once at the bowling alley, games will be \$2.00 each / shoe rental included. We will be playing ten pin and candlepin. <b>Meet up time will be 10:00 AM. Pre-registration is required.</b>
<b>Thursday, November 17</b>	1:30 PM – 2:30 PM	<b>\$22</b> \$27 non- residents	<b>Chair Yoga</b> - 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. <b>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</b> <b>Thurs: November 3, 10, and 17</b>
<b>Thursday, November 17</b>	5:30 PM – 8:00 PM	<b>Free</b> \$10 non- residents	<b>Thursday Adult Craft Night</b> - 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 <b>Pre-registration required.</b>
<b>Friday, November 18</b>	9:00 AM – 12:00 PM	<b>Free</b> \$1 non- residents	<b>Drop in Day</b> - 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.
<b>Friday, November 18</b>	12:00 PM – 2:00 PM	<b>\$8</b> \$10 non- residents	<b>Paper Crafting</b> - 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. <b>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.</b> Cost: \$8.00 for Auburn residents, \$10.00 non-residents per class
<b>Monday, November 21</b>	9:00 AM – 3:00 PM	<b>\$10.00</b> annual dues	<b>New Auburn Seniors Meeting</b> - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
<b>Monday, November 21</b>	6:00 PM – 7:00 PM	<b>\$10</b> \$12 non- residents	<b>Yoga with Emma</b> - 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.
<b>Tuesday, November 22</b>	9:30 AM – 3:00 PM	<b>\$4</b> \$6 non- residents	<b>Christmas Tree Shops / Sebago Brewing Company in Scarborough</b> - Who doesn't love Christmas Tree Shops during the holidays? You guys asked for more time, you get it on this trip. We will have almost 2 full hours at Christmas Tree Shops so be ready. After shopping we will head across the street to Sebago Brewing Company to fill up before we head home. <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
<b>Tuesday, November 22</b>	4:15 PM – 5:15 PM	<b>\$30</b> \$35 non- residents	<b>Level 2 Chair Yoga</b> - 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! <b>Fee is \$10.00 resident fee per class if you don't sign up for the monthly session.</b>
<b>Wednesday, November 23</b>	11:00 AM	<b>\$10.00</b> annual dues	<b>Robin Dow Seniors</b> - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.

<b>Wednesday, November 23</b>	12:00 PM - 2:00 PM	<b>Free</b>	<b>Magic Color Scratch Fall Leaves Activity Kits</b> - 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! <b>Pre-registration required.</b>
<b>Thursday, November 24</b>	11:00 AM – 1:30 PM	<b>Free</b>	<b>Age Friendly Thanksgiving Dinner</b> – Bring your friends and family for a Thanksgiving dinner with all the fixings. Doors open at 11:00 AM. Meal served at 12:00 PM. <b>Call Jamie at 333-6601 x2108 to register.</b>
<b>Monday, November 28</b>	9:00 AM – 3:00 PM	<b>\$10.00 annual dues</b>	<b>New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.</b>
<b>Monday, November 28</b>	6:00 PM – 7:00 PM	<b>\$10</b> \$12 non- residents	<b>Yoga with Emma</b> - 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.
<b>Tuesday, November 29</b>	9:30 AM – 12:30 PM	<b>\$45</b> \$50 non- residents	<b>Youngs Greenhouse Christmas Workshop in South Paris</b> - Join us as we head to the farm at Young's Greenhouse for our holiday decorating workshop! Jackie and the rest of the family will be on hand in their heated greenhouse to show you how to make your own kissing ball or centerpiece for the Christmas season! <b>*there are no refunds unless your spot can be filled* Pre-registration is required. Minimum 6/Maximum 14.</b>
<b>Tuesday, November 29</b>	4:15 PM – 5:15 PM	<b>\$30</b> \$35 non- residents	<b>Level 2 Chair Yoga</b> - 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! <b>Fee is \$10.00 resident fee per class if you don't sign up for the monthly session.</b>
<b>Wednesday, November 30</b>	9:00 AM – 11:00 AM	<b>\$1</b> <b>\$2 non- residents</b>	<b>Explore the Auburn Public Library</b> - How much do you know about the Auburn Public Library? Whether you are new to APL or want to learn more about all that your public library offers, here's your opportunity! Plan to join Adult Services Manager Donna Wallace for a tour of the library, including the local history room, and some hands-on exploration of the library's website. She will also share some information on upcoming digital literacy classes designed to help you become more computer savvy. We hope you can join us! <b>Pre-registration is required. Minimum 4/Maximum 12.</b>