



FEBRUARY 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



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 ⌘ = 1 st Auburn Senior Citizens Meeting	2 ■ Matter of Balance ■ Chair Yoga ■ Adult Craft Night	3 ■ Drop-In Day 9am	4
5	6 ϕ = New Auburn Seniors ■ Yoga with Emma	7 ■ Matter of Balance ■ Village Pizzeria Lunch 11:30am ■ Yoga For Balance ◆ Age-Friendly Committee Meeting	8 ◆ = Robin Dow Meeting - Valentine's luncheon (KFC Pot Pies, \$10) ■ Home Activity Kits	9 ■ Mystery Lunch 11:30am ■ Chair Yoga ■ Adult Craft Night	10 ■ Drop-In Day 9am ■ Tech Talk	11
12	13 ϕ = New Auburn Seniors ■ Yoga with Emma	14 ◆ Age-Friendly Valentine's Meal	15 ⌘ = 1 st Auburn Senior Citizens Meeting - Valentine Lunch	16 ■ Pineland Farms Market & Lunch 11:30am ■ Chair Yoga ■ Adult Craft Night	17 Building Closed - Carpet Cleaning No Programs	18
19	20 Building Closed - Holiday No Programs	21 ■ ◆ Lunch & Learn ◆ Age-Friendly Movie 1pm ■ Yoga For Balance	22 ◆ = Robin Dow Meeting	23 ■ China Village Lunch 11:00am ■ Chair Yoga ■ Adult Craft Night	24 ■ Drop-In Day 9am ■ Book Club ■ Ice Cream Sundae Social 12pm	25
26	27 ϕ = New Auburn Seniors ■ Yoga with Emma	28 ■ Artful Nights Maine with Artist Nicole White 10am ■ Yoga For Balance				

Date	Time	Cost	Description
Wednesday, February 1	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. Steering Committee meeting at 10:00. Regular meeting at 11:00, with hot dogs, raffle table, and bingo. Meetings are cancelled if Auburn schools are closed for weather
Thursday, February 2	9:00 AM - 11:00 AM	Free	Matter of Balance - Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. Pre-registration required.
Thursday, February 2	2:30 PM – 3:30 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: February 2, 9, 16 & 23
Thursday, February 2	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, February 3	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 December even play lawn games in the park during the fall if the weather is nice!
Monday, February 6	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. Meetings are cancelled if Auburn schools are closed for weather
Monday, February 6	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, February 7	11:30 AM	\$2 \$4 non-residents	Village Pizzeria Lunch Shuttle - Some of the best food around! Let's go for a fun lunch. Pre-registration is required. Minimum 6/Maximum 14. Price includes transportation only.
Tuesday, February 7	4:00 PM – 5:00 PM	Try It Free!	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. Pre-registration is required. Minimum 4/Maximum 15
Tuesday, February 7	5:00 PM – 6:00 PM	N/A	Age-Friendly Community Committee Meeting
Wednesday, February 8	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Directors meeting 10:30. Valentine's luncheon (KFC Pot Pies, \$10) with crowning of the King and Queen, and bingo. Meetings are cancelled if Auburn schools are closed for weather
Wednesday, February 8	12:00 PM - 2:00 PM	Free	Valentine Butterfly Activity Kit - 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, February 9	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 required. Minimum 6/Max 14. Price includes transportation only.

Thursday, February 9	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: February 2, 9, 16 & 23
Thursday, February 9	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, February 10	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 December even play lawn games in the park during the fall if the weather is nice!
Friday, February 10	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.
Monday, February 13	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. Meetings are cancelled if Auburn schools are closed for weather
Monday, February 13	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, February 14	10:00 AM – 2:00 PM	Free	Age-Friendly Valentine's Meal – Enjoy a Valentine's luncheon of spaghetti, meatballs, bread, salad, water, and dessert. Doors open at 10:00 AM for fun, games, and music. Lunch served at noon. Pre-registration required.
Wednesday, February 15	9:00 AM – 3:00 PM	\$10.00 annual dues	1st Auburn Valentine Lunch/Bingo. Doors open at 9:00 AM. Bingo is price per card, starts about noon. – Regular meeting at 11:00, Valentine's Day luncheon with lasagna and a special dessert, crowning of this year's King and Queen, and bingo. Meetings are cancelled if Auburn schools are closed for weather
Thursday, February 16	11:30 AM	\$2 \$4 non- residents	Pineland Farms Shuttle (Lunch and Market) - Visit the Market at Pineland Farms and experience the best of what Pineland Farms and Maine has to offer. Find fresh lunch options in the kitchen & deli. They have a wide array of locally sourced produce, meats, cheeses and baked goods, as well as a great selection of beer, wine, and gift ideas. For grocery shopping to gift giving, the Market at Pineland Farms is your destination for the finest goods from near and far. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, February 16	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: February 2, 9, 16 & 23
Thursday, February 16	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.
Tuesday, February 21	11:00 AM – 12:30 PM	Free	Downsizing and Decluttering Lunch and Learn – Please join Ben Fournier, Schooner Estates, and Carey Zembas, MZ Cleans for a Lunch and Learn discussion on downsizing. Stuff, we've all got it, but what stuff is important? As we age, we find ourselves using less space in our home, moving into a smaller apartment, and sometime even moving into a senior living community. During this discussion we will be focusing on the downsize of stuff, not just because there's too much of it, but also because it can become a safety concern. We will spend time discussing the emotional attachment to possessions, the overwhelming feeling of "where do I start", how much will actually fit when downsizing, and the logistics of how to actually plan to downsize. HAM ITALIAN LUNCHEON SPONSORED BY AUBURN'S AGE FRIENDLY COMMUNITY COMMITTEE! Time: Doors open at 11:00 AM, Education begins at 12:00 PM Call 333-6601 x2108 for details. Pre-registration is required. Maximum 60.

Tuesday, February 21	1:00 PM – 3:00 PM	Free	Age-Friendly Movie – Based on a true story, a severely injured racehorse deserves another chance. A man and his daughter adopt the horse (in fact is a mare) and save it of being sacrificed by the owner. The arrival of the mare to Crane's farm, will be the perfect opportunity for both father and daughter to reconstruct their lost familiar bond. Call 333-6601 x2108 for details. Rated PG Pre-registration is helpful. Free popcorn!
Tuesday, February 21	4:00 PM – 5:00 PM	\$30 \$35 non- residents	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. Pre-registration is required. Minimum 4/Maximum 15. 4-week Session runs Tuesdays 2/21, 2/28, 3/7, and 3/14.
Wednesday, February 22	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. Meetings are cancelled if Auburn schools are closed for weather
Thursday, February 23	11:00 AM	\$2 \$4 non- residents	China Village Lunch Shuttle - Some of the best food around! Let's go for a fun lunch. Pre-registration is required. Minimum 6/Maximum 14. Price includes transportation only.
Thursday, February 23	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: February 2, 9, 16 & 23
Thursday, February 23	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, February 24	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 December even play lawn games in the park during the fall if the weather is nice!
Friday, February 24	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 January 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: 1/27, 2/24 & 3/24
Friday, February 24	12:00 PM	Free	Ice Cream Sundae Social here at the ASCC - Let's fight those winter boredom blues with the perfect think "summer" activity. Join Jamie and Jody for an ice cream social. All the perfect sundae making supplies will be provided. Pre-registration is required.
Monday, February 27	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. Meetings are cancelled if Auburn schools are closed for weather
Monday, February 27	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, February 28	10:00 AM	\$23 \$25 non- residents	Artful Nights Maine with Artist Nicole White here at the ASCC - 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 snowman with birch trees. Coffee, tea, and light snacks will be provided. Pre-registration is required. Minimum 10

Tuesday, February 28	4:00 PM – 5:00 PM	\$30 \$35 non- residents	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. Pre-registration is required. Minimum 4/Maximum 15. 4-week Session runs Tuesdays 2/21, 2/28, 3/7, and 3/14.
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