



# JANUARY 2023 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 ❖ = Age-Friendly New Year's Day Celebration	2 Observed Holiday – No Daytime Programs	3 ■ Winter Program Lunch/Sign Ups @11:30am	4 ⌘ = 1 <sup>st</sup> Auburn Senior Citizens Meeting	5 ■ Chair Yoga ■ Adult Craft Night	6 ■ Drop-In Day 9am	7
8	9 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma	10 ■ Matter of Balance ❖ = Age-Friendly Committee Meeting	11 ◆ = Robin Dow Meeting ■ Home Activity Kits	12 ■ Matter of Balance ■ Mystery Lunch #1 11:30am ■ Chair Yoga ■ Adult Craft Night	13 ■ Drop-In Day 9am ■ Tech Talk	14
15	16 Holiday – No Daytime Programs	17 ■ Matter of Balance ■ ❖ Lunch & Learn ❖ = Age-Friendly Movie 1pm	18 ⌘ = 1 <sup>st</sup> Auburn Senior Citizens Meeting	19 ■ Matter of Balance ■ Chair Yoga ■ Adult Craft Night	20 ■ Drop-In Day 9am ■ Goldfinch Creamery Tea Party	21
22	23 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma	24 ■ Matter of Balance ■ Mystery Lunch #2 11:30am	25 ◆ = Robin Dow Meeting	26 ■ Matter of Balance ■ Pineland Farms Market & Lunch 11:30am ■ Chair Yoga ■ Adult Craft Night	27 ■ Drop-In Day 9am ■ Book Club ■ Valentine's Day Card Crafting @12	28
29	30 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma	31 ■ Matter of Balance ■ Market Basket & Cracker Barrel Shuttle 11:30am				

**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
Sunday, January 1	9:30 AM	<b>FREE – ALL AGES WELCOME</b>	<b>ALL AGES WELCOME – Age Friendly New Year’s Day Celebration</b> – Join the Auburn Age-Friendly Community Committee as they ring in the new year! Finger roll luncheon, games and a New Year’s countdown at noon. Doors open at 9:30AM.
Tuesday, January 3	11:30 AM	<b>Free</b>	<b>1st Quarter Program Sign Ups-</b> Join Jamie and Jody for lunch as we go over our winter brochure. Doors open at 11:30am, lunch at noon. Come prepared with your sign ups! You may pre-register on this day for up to 2 (two) 1 <sup>st</sup> quarter off site programs. Payment must be made for all programs at time of sign up. <b>Pre-registration is required.</b>
Wednesday, January 4	9:00 AM – 3:00 PM	<b>\$10.00 annual dues</b>	<b>1st Auburn Meeting/Bingo.</b> Doors open at 9:00 AM. Bingo is price per card, starts about noon.
Thursday, January 5	1:30 PM – 2:30 PM	<b>\$30</b> \$35 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:</b> January 5, 12, 19 & 26
Thursday, January 5	5:30 PM – 8:00 PM	<b>Free</b> \$10 non-residents	<b>Thursday Adult Craft Night</b> - Join us every Thursday night where there will be 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, January 6	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. We December even play lawn games in the park during the fall if the weather is nice!
Monday, January 9	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>
Monday, January 9	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.
Tuesday, January 10	9:00 AM - 11:00 AM	<b>Free</b>	<b>Matter of Balance</b> - 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. <b>Pre-registration required.</b>
Tuesday, January 10	5:00 PM – 6:00 PM	N/A	<b>Age-Friendly Community Committee Meeting</b>
Wednesday, January 11	11:00 AM	\$10 annual dues	<b>Robin Dow Seniors</b> - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Wednesday, January 11	12:00 PM - 2:00 PM	<b>Free</b>	<b>Paint Your Own Plaster Stone Activity Kit</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>
Thursday, January 12	9:00 AM - 11:00 AM	<b>Free</b>	<b>Matter of Balance</b> - 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. <b>Pre-registration required.</b>
<b>Thursday, January 12</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 no knowing where the bus will take you. <b>Pre-registration is required. Minimum 6/Maximum 14. Price includes transportation only.</b>
<b>Thursday, January 12</b>	1:30 PM – 2:30 PM	<b>\$30</b> \$35 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:</b> January 5, 12, 19 & 26
<b>Thursday, January 12</b>	5:30 PM – 8:00 PM	<b>Free</b> \$10 non-residents	<b>Thursday Adult Craft Night</b> - Join us every Thursday night where there will be 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, January 13</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. We December even play lawn games in the park during the fall if the weather is nice!
<b>Friday, January 13</b>	10:00 AM – 11:00 AM	<b>Free</b>	<b>Tech Talk Friday</b> – 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. <b>Pre-registration helpful.</b>
<b>Tuesday, January 17</b>	9:00 AM - 11:00 AM	<b>Free</b>	<b>Matter of Balance</b> - 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. <b>Pre-registration required.</b>
<b>Tuesday, January 17</b>	11:00 AM – 12:30 PM	<b>Free</b>	<b>Financial Planning Lunch and Learn</b> – Please join Ben Fournier, Schooner Estates, and Jim Flagg, Edward Jones Financial for a Lunch and Learn discussion on financial planning. As people age the need for care services in home and the potential needs for services in senior living communities can be a stressful reality. During this discussion we will focus on current common costs associated with care services, budgeting, long term care insurance, answering investment questions, and discussing financial concerns in general. <b>FOOD SPONSORED BY AUBURN'S AGE FRIENDLY COMMUNITY COMMITTEE! Time: Doors open at 11:00 AM, Education begins at 12:00 PM</b> Call 333-6601 x2108 for details. <b>Pre-registration is required. Maximum 60.</b>
<b>Tuesday, January 17</b>	1:00 PM – 3:00 PM	<b>Free</b>	<b>Age-Friendly Movie</b> - In this romantic comedy, an advertising executive and ladies' man who, to win a big campaign, bets that he can make a woman fall in love with him in 10 days. Call 333-6601 x2108 for details. Rated PG-13 <b>Pre-registration is helpful. Free popcorn!</b>
<b>Wednesday, January 18</b>	9:00 AM – 3:00 PM	<b>\$10.00 annual dues</b>	<b>1st Auburn Meeting/Bingo.</b> Doors open at 9:00 AM. Bingo is price per card, starts about noon.
<b>Thursday, January 19</b>	9:00 AM - 11:00 AM	<b>Free</b>	<b>Matter of Balance</b> - 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. <b>Pre-registration required.</b>
<b>Thursday, January 19</b>	1:30 PM – 2:30 PM	<b>\$30</b> \$35 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:</b> January 5, 12, 19 & 26
<b>Thursday, January 19</b>	5:30 PM – 8:00 PM	<b>Free</b> \$10 non-residents	<b>Thursday Adult Craft Night</b> - Join us every Thursday night where there will be 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, January 20</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. We December even play lawn games in the park during the fall if the weather is nice!
<b>Friday, January 20</b>	10:00 AM – 2:00 PM	\$16 <b>\$18 non-residents</b>	<b>Goldfinch Creamery Trip in Gardiner-</b> Included in the tea party are finger sandwiches, pastries, small desserts and sweets. The finger sandwiches are turkey on wheat, ham on white, chicken salad on a croissant, cucumber with savory cream cheese on white, egg salad on white, and a spinach and feta puffs. It also includes tea (12 to choose from), coffee, and water. After lunch you will have about an hour to walk around Main Street and you can go to Renys or any other stores that wish. <b>Pre-registration is required. Min: 6/Max: 14</b>
<b>Monday, January 23</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, January 23</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, January 24</b>	9:00 AM - 11:00 AM	<b>Free</b>	<b>Matter of Balance</b> - 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. <b>Pre-registration required.</b>
<b>Tuesday, January 24</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 no knowing where the bus will take you. <b>Pre-registration is required. Minimum 6/Maximum 14. Price includes transportation only.</b>
<b>Wednesday, January 25</b>	11:00 AM	\$10 annual dues	<b>Robin Dow Seniors</b> - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
<b>Thursday, January 26</b>	9:00 AM - 11:00 AM	<b>Free</b>	<b>Matter of Balance</b> - 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. <b>Pre-registration required.</b>
<b>Thursday, January 26</b>	11:30 AM	<b>\$2</b> \$4 non-residents	<b>Pineland Farms Shuttle (Lunch and Market)</b> - 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. <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
<b>Thursday, January 26</b>	1:30 PM – 2:30 PM	<b>\$30</b> \$35 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:</b> January 5, 12, 19 & 26
<b>Thursday, January 26</b>	5:30 PM – 8:00 PM	<b>Free</b> \$10 non-residents	<b>Thursday Adult Craft Night</b> - Join us every Thursday night where there will be 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, January 27</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. We December even play lawn games in the park during the fall if the weather is nice!
<b>Friday, January 27</b>	10:00 AM – 11:00 AM	<b>Free</b>	<b>Seniors &amp; APL Connect: A Reading &amp; Discussion Group-</b> 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 <a href="mailto:dwallace@auburnpubliclibrary.org">dwallace@auburnpubliclibrary.org</a> . Dates: 1/27, 2/24 & 3/24
<b>Friday, January 27</b>	12:00 PM	<b>\$6</b> \$8 non-residents	<b>Valentine's Card Crafting</b> - This fun little afternoon will include 3 cards 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>Pre-registration is required. Maximum 12</b>
<b>Monday, January 30</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, January 30</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, January 31</b>	9:00 AM - 11:00 AM	<b>Free</b>	<b>Matter of Balance</b> - 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. <b>Pre-registration required.</b>
<b>Tuesday, January 31</b>	11:30 AM – 3:30 PM	<b>\$3</b> \$5 non-residents	<b>Cracker Barrel and Market Basket Trip in Westbrook</b> - 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. Trips will return by 3:30pm. <b>Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.</b>