



MARCH 2023 EVENT & PROGRAM CALENDAR

Auburn Senior Community Center | 48 Pettengill Park Rd
 Register online at secure.rec1.com/ME/auburn-me/catalog
 or call the Auburn Rec Department at 333-6611 (REV 3/6)



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 ■ China Village Lunch 11:30am (from 2/23) ■ Chair Yoga ■ Adult Craft Night	3 ■ Drop-In Day 9am ■ Goldfinch Creamery Tea Party 10:15am (from 1/20)	4
5	6 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma	7 ■ Artful Nights Maine with Artist Nicole White 10am (from 2/28) ■ Yoga For Balance	8 ◆ = Robin Dow Meeting ■ Home Activity Kits	9 ■ China Village Lunch 11:30am ■ Chair Yoga ■ Adult Craft Night	10 ■ Drop-In Day 9am ■ Tech Talk	11
12 Daylight Saving - clocks are turned forward 1 hour	13 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma	14 ■ Mystery Lunch 11:30am ■ Yoga For Balance ◆ Age-Friendly Committee Meeting 5pm	15 ⌘ = 1 st Auburn Senior Citizens Meeting	16 ■ Pineland Farms Market & Lunch 11:30am ■ Chair Yoga ■ Adult Craft Night	17 ◆ Age-Friendly St. Patrick's Day Meal 10am doors open - \$5.00	18
19	20 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma	21 ■ ◆ Lunch & Learn ◆ Age-Friendly Movie 1pm ■ Yoga For Balance	22 ◆ = Robin Dow Meeting	23 ■ Chair Yoga ■ Adult Craft Night	24 ■ Drop-In Day 9am ■ Book Club ■ Cracker Barrel & Market Baked leave @11:30am	25
26	27 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma	28 ■ Wilbur's of Maine 10:15am	29 ■ Oxford Casino Shuttle Trip 9:00am	30 ■ Chair Yoga ■ Adult Craft Night	31 ■ Drop-In Day 9am ■ Farm Share Info Session 12pm	

Date	Time	Cost	Description
Wednesday, March 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 *** Bingo/Raffle Table ***
Thursday, March 2	1:30 PM– 2:30 PM	\$37 \$42 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: March 2, 9, 16, 23, and 30
Thursday, March 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. Min: 4 /Max: 20 Pre-registration required.
Friday, March 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.
Friday, March 3	10:00 AM – 2:00 PM	\$16 \$18 non- residents	Goldfinch Creamery Trip in Gardiner- 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. Pre-registration is required. Min: 6/Max: 14 *** rescheduled from 1/20 ***
Monday, March 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, March 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, March 7	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 *** rescheduled from 2/28 ***
Tuesday, March 7	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, March 8	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the directors meeting 10:30am and bingo. Meetings are cancelled if Auburn schools are closed for weather
Wednesday, March 8	12:00 PM - 2:00 PM	Free	Watercolor Painting 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, March 9	11:30 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, March 9	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, March 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. Min: 4 /Max: 20 Pre-registration required.
Friday, March 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.
Friday, March 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, March 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, March 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, March 14	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.
Tuesday, March 14	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.
Tuesday, March 14	5:00 PM – 6:00 PM	N/A	Age-Friendly Community Committee Meeting
Wednesday, March 15	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. Food Auction / Bingo. Meetings are cancelled if Auburn schools are closed for weather *** Wei Li / Dessert ***
Thursday, March 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. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, March 16	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, March 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. Min: 4 /Max: 20 Pre-registration required.
Friday, March 17	10:00 AM – 2:00 PM	\$5.00 payable at the door	Age-Friendly St. Patrick's Day Meal – Enjoy a lunch of ham, cabbage, potatoes, carrots, turnip, bread and butter, dessert and beverages will be served at 12:00 Noon. Doors open at 10am. Pre-registration required. PLEASE REGISTER BY 3/13: (207) 577-2694 to register or in person in the Senior Center.
Monday, March 20	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, March 20	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, March 21	11:00 AM – 12:30 PM	Free	Transportation Lunch and Learn – Do you remember the days before the Union Street Bypass? How about when the Auburn airport offered commercial air service, or you could board a train to Boston from our downtown? Auburn is home to one of the most diverse transportation systems of any city in the state of Maine. In addition to the over 500 lane miles of streets within the community, the city supports the management of a public transit system, an airport, and a railroad company. During this lunch session, you'll be provided an overview of these services and future plans to support residents and growing the local economy. Bring your questions, concerns, and even your own stories to share. FOOD SPONSORED BY AUBURN'S AGE FRIENDLY COMMUNITY COMMITTEE! Time: Doors open at 11:00 AM, Education begins at 12:00 PM Pre-registration is required. Maximum 60.
Tuesday, March 21	1:00 PM – 3:00 PM	Free	Age-Friendly Movie – Two divorced parents who can't stand each other, head to Bali after their daughter, Lily, announces her plans to marry a local islander she just met while on holiday. They decide to put aside their differences and work together to stop the wedding, believing that doing so will keep Lily from making a dreadful mistake similar to their own. Rated PG Pre-registration is helpful. Free popcorn!
Tuesday, March 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 & 3/14. *snow day from 2/28*
Wednesday, March 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, Easter luncheon, Easter Bonnet parade, and bingo. Meetings are cancelled if Auburn schools are closed for weather
Thursday, March 23	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, March 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. Min: 4 /Max: 20 Pre-registration required.
Friday, March 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.
Friday, March 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, March 24	11:30 AM – 3:30 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. Trips will return by 3:30pm. Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.
Monday, March 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, March 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, March 28	10:15 AM – 1:00 PM	\$8 \$10 non- residents	Wilbur's of Maine Tour Trip in Freeport - Did someone say chocolate? Umm, candy? Yes, please! We will head to Freeport for a tour of the candy making process at Wilbur's (with samples, of course). Then there will be some time to look around and shop for your favorite sweet treat. Pre-registration is required. Minimum 6/Maximum 14
Wednesday, March 29	9:00 AM – 2:00 PM	\$3 \$5 non- residents	Oxford Casino Shuttle - Are you feeling lucky? Every Wednesday is Senior Day for guests 50+. Visit a promotional kiosk, get a FREE virtual entry and cookie voucher. Drawings are hourly from 10:00 am to 1:00pm. Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.
Thursday, March 30	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, March 30	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. Pre-registration required.
Friday, March 31	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, March 31	12:00 PM –	Free	Maine Senior Farm Share Info Session - Did you know that Maine Senior Farm Share (MSFP) provides income-eligible older adults the opportunity to receive share (worth \$50) of local produce at no cost from Maine farmers during the growing season? Come learn about the program, meet some farmers, and find out how to sign up. Pre-registration required.

SAVE THE DATE, EARLY APRIL...

Spring EGGstravaganza! here at the ASCC

Who said kids get to have all the fun? Join Jody and Jamie for a spring egg hunt. Candy and prize filled eggs galore. This will be an OUTSIDE event so please dress appropriately and come ready for fun. Doors will open at 11:00am. Egg hunt to start at 11:30am. NO LOOKING FOR EGGS BEFORE THEN. Coffee, tea, and light snacks will be provided. **Pre-registration is required. Sign up Online now or In Person at the Senior Center.**

Date: Tuesday, April 4th

Time: 11:00 AM here at the Auburn Senior Community Center (hunt to start at 11:30 AM)

Cost: FREE

Spring Brochure Lunch and Sign-Up Day

Join Jody for lunch to go over the spring brochure. While you are enjoying your lunch, we will be going over all things spring! Pre-register, please so we know how much food to have on hand for everyone. Doors will open at 9:00am (for our weekly drop in), however, we will serve lunch at noon. Followed by a short break and then program registration. **Pre-registration is required. Sign up Online now or In Person at the Senior Center. FOOD SPONSORED BY THE FORTIN GROUP!**

Date: Friday, April 7th

Time: 12:00 PM