



MAY 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
■ = Auburn Recreation Program				◆ = Age-Friendly Committee Event ⌘ = 1st Auburn Senior Citizens Meeting φ = New Auburn Seniors Meeting ♦ = Robin Dow Meeting		
	1 φ = New Auburn Seniors Meeting ■ Yoga with Emma	2 ⌘ = 1 st Auburn Senior Citizens Anniversary Meal at The Green Ladle, doors open 10am ■ Yoga For Balance	3 ■ Mystery Lunch 11:30am	4 ■ Maquoit Bay in Brunswick (easy) – RAIN DATE ■ Chair Yoga ■ Adult Craft Night	5 ■ No Drop In or Senior Center Programs ■ Ocean State/Daddy O's 10am ⌘ = 1 st Auburn Flea Market Set Up 12pm -	6 ⌘ = 1 st Auburn Senior Citizens Flea Market 9:00am – 2:00pm
7	8 φ = New Auburn Seniors Meeting ■ National Weather Service Tour in Gray 1:20PM ■ Yoga with Emma	9 ■ Ken's Place Seafood Restaurant / Len Libby Shuttle Trip 11am ■ Yoga For Balance ◆ = Age-Friendly Committee Meeting	10 ♦ = Robin Dow Meeting ■ Home Activity Kits	11 ■ Alewife Woods Preserve Walk West Kennebunk (easy) 9am ■ Chair Yoga ■ Adult Craft Night	12 ■ Drop In Day ■ Tech Talk	13
14	15 φ = New Auburn Seniors Meeting ■ Taste of Maine Trip ■ Yoga with Emma	16 ■ Mystery Lunch 11:30am ■ Yoga For Balance	17 ⌘ = 1 st Auburn Senior Citizens Meeting	18 ■ Mardens/Ruby Tuesday Waterville Trip 9:30am ■ Chair Yoga ■ Adult Craft Night	19 ■ EL Community Service Day – No Drop In or Senior Center Programs	20
21 ■ The Full Monty at Portland Players 12:45PM	22 φ = New Auburn Seniors Meeting ■ Yoga with Emma	23 ■ Cherry Hills Trail in Gorham (easy) ■ Yoga For Balance	24 ♦ = Robin Dow Meeting ■ Trader Joes / Market Basket Trip 9am	25 ■ Pineland Farms 11am ■ Chair Yoga ■ Adult Craft Night	26 ■ Drop In Day ■ Book Club	27
28	29 HOLIDAY - No Recreation Programs	30	31 ■ Freeport Shuttle Trip 10:00am			

Date	Time	Cost	Description
Monday, May 1	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, May 1	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, May 2	10:00 AM –		1st Auburn 60th Anniversary Party at Green Ladle - Entertainment by Milltown Road Show. Doors open at 10:00, eat at 11:30. NO MEETING ON WEDNESDAY, MAY 3. Meal Tickets Frank Pippin 212-8540
Tuesday, May 2	4:00 PM – 5:00 PM	\$10.00 drop-in fee	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. Minimum 4/Maximum 15.
Wednesday, May 3	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, May 4	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, May 4	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, May 5	10:00 AM – 3:00 PM	\$3 \$5 non-residents	Ocean State/Daddy O's/Great Kingdom in Oxford Trip - Let's do a little shopping. We will start off by heading to Ocean State in Oxford where will have at least an hour to shop! Surely you have worked up an appetite. We will stop for a quick bite at Daddy O's Restaurant in Oxford. After lunch we will hit up Oxford Barn Flea Market and the newly opened Great Kingdom Emporium. Pre-registration is required. Minimum 6/Maximum 14.
Friday, May 5	12:00 PM – 4:00 PM		1st Auburn Flea Market Set Up
Saturday, May 6	9:00 AM – 2:00 PM		1st Auburn Flea Market – call Jan Biron for info 207-576-1535
Monday, May 8	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, May 8	1:20 PM – 3:45 PM	\$3 \$5 non-residents	National Weather Service Tour in Gray – Join us for a tour of the National Weather Service in Gray, where scientists are keeping a watchful eye to the sky for both good and bad weather. We will learn about the various tools that forecasters use, such as Doppler radar, weather balloons, and sophisticated computers. The tour will last approximately one hour. Pre-registration is required. Minimum 6/Maximum 14.
Monday, May 8	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, May 9	11:00AM – 3:30PM	\$4 \$6 non-residents	Ken's Place / Len Libby's in Scarborough - Famous for seafood since 1927! After we will head on over to get our sweet tooth fix at Len Libby Candies - Home of the Life Size Chocolate Moose! Pre-registration is required. Minimum 6/Maximum 14.

Tuesday, May 9	4:00 PM – 5:00 PM	\$10.00 drop-in fee	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. Minimum 4/Maximum 15.
Tuesday, May 9	5:00 PM – 6:00 PM	N/A	Age-Friendly Community Committee Meeting
Wednesday, May 10	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with Directors meeting at 10:30, and bingo.
Wednesday, May 10	12:00 PM - 2:00 PM	Free	Frame 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, May 11	9:00 AM –	\$3 \$5 non-residents	Alewife Woods Preserve Walk near West Kennebunk (easy) - The crown jewel of Kennebunk Land Trust properties, this preserve boasts over 625 acres of land and a 45-acre pond at its center and is ideal for mixed recreational uses. The forested, scrub pine parcel provides habitat to a variety of wildlife; trails meander through a red pine plantation that was re-vegetated after the fires of 1947. Originally planned as the second phase of Alewife Farms residential development, the property was conserved by the Trust in 1990. The route, which is well-marked, can get a bit uneven in places. There are also some exposed roots on this 2.4-mile loop, so you'll want to be sure you're confident on your feet if you choose to explore this trip. Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, May 11	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, May 11	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, May 12	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!
Friday, May 12	10:00 AM – 11:00 PM	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 helpful.
Monday, May 15	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, May 15	11:00 AM – 3:00 PM	\$4 \$6 non-residents	Taste of Maine Lunch Shuttle in Woolwich - Fresh Maine Seafood Since 1978. Family owned and operated restaurant serves fresh, mouthwatering Maine lobster and seafood, perfectly complimented by our great steaks. Larry the Lobster will be up all of the 2023 Season! They will have their Osprey Cam up in the Lobby! Pre-registration is required. Minimum 6/Maximum 14.
Monday, May 15	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, May 16	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, May 16	4:00 PM – 5:00 PM	\$10.00 drop-in fee	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. Minimum 4/Maximum 15.
Wednesday, May 17	9:00 AM – 3:00 PM	\$10.00 annual dues	1st Auburn Meeting/Bingo. Doors open at 9:00 AM. Regular meeting at 11:00, with Nominations for Officers for 2023-2024, hot dogs, and bingo
Thursday, May 18	9:30 AM – 3:00 PM	\$4 \$6 non-residents	Mardens/Ruby Tuesday Waterville Trip - Marden's Surplus and Salvage in Waterville has discounts on brand name clothing, footwear, home goods, bargains on hardware, mattresses, and fabric. After about an hour and a half of shopping time we will head over to Ruby Tuesday for lunch. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, May 18	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, May 18	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.
Sunday, May 21	12:45 PM – 6:00 PM	\$25 \$30 non-residents	The Full Monty – Portland Players in South Portland - Six unemployed Buffalo steelworkers, low on both cash and prospects, decide to present a strip act at a local club. Their unlikely new job strengthens their self-esteem and friendship in this musical version of the Academy Award-nominated 1997 film. Pre-registration is required. Minimum 6/Maximum 14. No refund unless we can fill your spot.
Monday, May 22	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, May 22	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, May 23	9:00 AM	\$3 \$5 non-residents	Cherry Hills Trail Walk in Gorham (easy) - The Shaw Cherry Hills network of trails were finished in 2019 and are mostly flat and built with crushed gravel. This loop passes through the woods and along the perimeter of some large fields. Along the way there are benches carved into downed trees. This 2.9-mile loop trail is generally considered an easy route. Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration is required. Minimum 6/Maximum 14.
Tuesday, May 23	4:00 PM – 5:00 PM	\$10.00 drop-in fee	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. Minimum 4/Maximum 15.
Wednesday, May 24	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with Directors meeting at 10:30, and bingo.
Wednesday, May 24	9:00 AM – 2:00 PM	\$3 \$5 non-residents	Trader Joe's/Market Basket Shuttle to Westbrook - We all need to do some grocery shopping at some point so why not head down with us? This will be a monthly trip down to Westbrook to Market Basket to do some grocery shopping. However, there are a few other stores that are in the same parking lot as Market Basket. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, May 25	11:00 AM – 2:30 PM	\$2 \$4 non-residents	Pineland Farms Shuttle (Lunch, Market and Lilac Garden) - 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. Weather permitting and a good blooming period hopefully we can see some lilacs – wear comfortable shoes for walking on this self-guided walk! Pre-registration is required. Minimum 6/Maximum 14.

Thursday, May 25	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
Friday, May 26	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.
Wednesday, May 31	10:00 AM – 3:00 PM	\$3 \$5 non- residents	Freeport Shuttle- Shopping, dining, exploring, whatever your heart desires. This shuttle will drop you off and pick up on Main Street right by LL Bean. From there you are free to walk about for a little over 3 hours. Shop, have lunch, enjoy some sunshine. Wear comfortable shoes for walking on this self-guided day! We will meet back up at 2:00pm to return home. Pre-registration is required. Minimum 6/Maximum 14.