



# NOVEMBER 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 (REV 11/6)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>■ = Auburn Recreation Program (Jody &amp; Renee)</p>				<p>❖ = City of Auburn Age-Friendly Committee Event            ⌘ = 1st Auburn Senior Citizens Meeting            ϕ = New Auburn Seniors Meeting            ◆ = Robin Dow Meeting</p>		
			<p>1            ⌘ = 1st Auburn Senior Citizens Meeting            ■ Goodwill Shuttle Shopping Trip 9am</p>	<p>2            ■ Arctic Museum Shuttle 12:15pm            ■ Chair Yoga            ■ Adult Craft Night</p>	<p>3            ■ Drop In Day 9am            ■ Book Club 10am</p>	<p>4</p>
5	<p>6            ϕ = New Auburn Seniors Meeting (Done by 2pm)            ■ Maine Country Music Hall of Fame 9:45am</p>	<p>7 *VOTING*            ■ No In House Recreation Programs            ■ Meow Lounge in Westbrook 1pm</p>	<p>8            ◆ = Robin Dow Meeting</p>	<p>9            ■ Chair Yoga            ■ Adult Craft Night</p>	<p>10            HOLIDAY - No Recreation Programs</p>	<p>11</p>
12	<p>13            ϕ = New Auburn Seniors Meeting            ■ Yoga with Emma</p>	<p>14            ■ China Village Shuttle 11:30am            ■ Create Your Own Holiday Candle 1pm            ■ Yoga For Balance 4pm            ❖ Age-Friendly 5:30PM</p>	<p>15            ⌘ = 1st Auburn Senior Citizens Thanksgiving at The Green Ladle, Doors Open at 10am            ■ Home Activity Kits</p>	<p>16            ■ Mystery Lunch 11:30am            ■ Mixed Media Art Workshop 9:30 am            ■ Chair Yoga            ■ Adult Craft Night</p>	<p>17            ■ Drop In Day 9am            ■ Trader Joe's / Market Basket 9am            ■ Winter Card Making 10am            ■ Tech Talk 10am</p>	<p>18</p>
19	<p>20            ϕ = New Auburn Seniors Meeting            ■ Yoga with Emma</p>	<p>21            ❖ Age-Friendly Movie 1pm            ■ Yoga For Balance 4pm</p>	<p>22            ◆ = Robin Dow Meeting            ❖ Age-Friendly Thanksgiving Meal Preparations</p>	<p>23            HOLIDAY - No Recreation Programs            ❖ Age-Friendly Thanksgiving Meal 11am</p>	<p>24            HOLIDAY - No Recreation Programs</p>	<p>25</p>
<p>26            ■ ELF at Waterville Opera House</p>	<p>27            ϕ = New Auburn Seniors Meeting            ■ Yoga with Emma</p>	<p>28            ■ Sea Glass Soap Making Workshop            ■ Yoga For Balance 4pm</p>	<p>29            ■ Oxford Casino Shuttle 9am</p>	<p>30            ■ LL Bean Northern Lights Freeport Shuttle 1pm            ■ Chair Yoga            ■ Adult Craft Night            ■ Evening Wrapping Station</p>		

Date	Time	Cost	Description
Wednesday, November 1	9:00 AM – 3:00 PM	\$10.00 annual dues	<b>1st Auburn Meeting/Bingo.</b> Doors open at 9:00 AM. Regular meeting at 11:00, with raffle table, hot dogs, and bingo. <b>Meetings are cancelled if Auburn schools are closed for weather.</b>
Wednesday, November 1	9:00 AM – 4:30 PM	\$4 \$6 non-residents	<b>Goodwill Shuttle Shopping Trip</b> - Let's hit up some Goodwill shops! We will head south and start our day off at the Falmouth location. Next up is Westbrook. We will stop for lunch before heading to Gorham. Our first stop in Gorham will be the regular store before we finish at the Gorham Outlet center where this is a Buy the Pound outlet, not a regular store. We will have approximately one hour at each stop before we head home. Don't forget to bring your shopping bags! <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
Thursday, November 2	12:15 PM – 4:00 PM	\$3 \$5 non-residents	<b>Peary-MacMillan Arctic Museum at Bowdoin College</b> - Bowdoin's Peary-MacMillan Arctic Museum is dedicated entirely to all things Arctic. The museum's growing collections, expedition equipment, anthropological objects, films, photographs, natural history specimens, archival papers will all be on display for you to take in during this self-guided walk through the museum. <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
Thursday, November 2	1:30 PM – 2:30 PM	\$10.00 drop-in fee	<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. *Drop-In Fee is \$10.00: <b>Minimum 4</b>
Thursday, November 2	5:30 PM – 8:00 PM	Free \$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. Min: 4 /Max: 20
Friday, November 3	9:00 AM – 12:00 PM	Free \$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 may even play lawn games in the park during the fall if the weather is nice!
Friday, November 3 (was 10/27)	10:00 AM – 11:00 AM	Free	<b>The Auburn Senior Community Center, in partnership with the Auburn Public Library,</b> is pleased to be able to continue their reading and discussion group. This group will meet monthly at the ASCC. Questions? Contact Renee 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> . <b>Maximum 12 (can accommodate more for discussion days if people share their books before the next meet up).</b>
Monday, November 6	9:00 AM – 3:00 PM	\$10.00 annual dues	<b>New Auburn Seniors Meeting</b> - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. <b>Meetings are cancelled if Auburn schools are closed for weather.</b>
Monday, November 6	9:45 AM – 12:30 PM	\$12 \$14 non-residents	<b>Maine Country Music Hall of Fame in Mechanic Falls</b> - The 3000 square foot space is an amazing showcase for thousands of historic memorabilia accumulated over the decades, many of which were, and continue to be, donated by the Maine Country Music Hall of Fame inductees and their heirs. The beautiful displays of guitars, banjos and other instruments, costumes, photos, LP recordings and more tell the history of Maine country music and bring to life the memory and musical contributions of its inductees which are some of the finest country musicians in the U.S. The Museum is the only physical country music hall of fame museum east of Nashville! We will have a guided tour followed by a live music performance! <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
Tuesday, November 7	1:00 PM - 4:00 PM	\$12 \$14 non-residents	<b>MEow Lounge in Westbrook</b> - Who needs some cat cuddling therapy? We will head down to Westbrook to MEow Lounge where they offer a fun, safe place to interact with adoptable cats from local shelters and a gift shop. We will have a private 50-minute visit with some cool cats. Yes, we will have to sign a waiver once we arrive as cats do have teeth and claws. <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
Wednesday, November 8	9:00 AM – 3:00 PM	\$10 annual dues	<b>Robin Dow Seniors</b> - Robin Dow Meeting <b>Meetings are cancelled if Auburn schools are closed for weather.</b>
Thursday, November 9	1:30 PM – 2:30 PM	\$10.00 drop-in fee	<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. *Drop-In Fee is \$10.00: <b>Minimum 4</b>

<b>Thursday, November 9</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. Min: 4 /Max: 20
<b>Monday, November 13</b>	9:00 AM – 3:00 PM	<b>\$10.00 annual dues</b>	<b>New Auburn Seniors Meeting - Doors open at 9:00am</b> <b>Meetings are cancelled if Auburn schools are closed for weather.</b>
<b>Monday, November 13</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 14</b>	11:30 AM – 3:00 PM	<b>\$2</b> \$4 non-residents	<b>China Village Lunch Shuttle in Gray</b> - Some of the best food around! Let's for a fun lunch. <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
<b>Tuesday, November 14</b>	1:00 PM – 2:00 PM	<b>\$4</b> \$6 non-residents	<b>Create your own Holiday Candle!</b> - This will be an onsite workshop offered here at the senior center. Necessary materials will be provided, and we will work together to make soy candles in glass jars. This workshop will be about an hour long and each participant will participate fully in melting their own wax, adding the scents, and decorating the top of their candle. These could make nice gifts for friends or family. Each participant will take home 2 candles: one full size and one a bit smaller. <b>Pre-registration is required. Maximum 8</b>
<b>Tuesday, November 14</b>	4:00 PM – 5:00 PM	<b>\$10.00 drop-in fee</b>	<b>Yoga For Seniors: Balance</b> - 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. <b>Minimum 4/Maximum 15.</b>
<b>Wednesday, November 15</b>	Doors Open 10AM		First Auburn Seniors Thanksgiving <b>at The Green Ladle in Lewison, 156 Eat Avenue, Lewison</b> – Regular meeting at 11:00, with Thanksgiving celebration, entertainment (TBD) and special 50/50. Meetings are cancelled if Auburn schools are closed for weather.
<b>Wednesday, November 15</b>	12:00 PM - 2:00 PM	<b>Free</b>	<b>Give Thanks Fleece Tied Pillows 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 16</b>	11:30 AM – 3:00 PM	<b>\$2</b> \$4 non-residents	<b>Mystery Lunch Shuttle</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. Trips return by 3:00pm. Pre-registration required. <b>Minimum 6/Max 14.</b>
<b>Thursday, November 16</b>	1:30 PM – 2:30 PM	<b>\$10.00 drop-in fee</b>	<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. *Drop-In Fee is \$10.00: <b>Minimum 4</b>
<b>Thursday, November 16</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. Min: 4 /Max: 20
<b>Friday, November 17</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 may even play lawn games in the park during the fall if the weather is nice!
<b>Friday, November 17</b>	10:00 AM – 11:00 AM	<b>Free</b>	<b>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.</b>

Friday, November 17	10:00 AM – 11:00 AM	FREE	Card Making -
Friday, November 17 (was 11/3)	9:00 AM – 1:00 PM	\$3 \$5 non-residents	<b>Trader Joe's &amp; Market Basket Shuttle</b> - We all need to do some grocery shopping at some point so why not head down with us? We will head down to Westbrook to Market Basket to do some grocery shopping. You will have 2 hours here to shop. However, there are a few other stores that are in the same parking lot as Market Basket. So, feel free to go to Chick-fil-A (they serve breakfast meals until 10:30am), <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
Monday, November 20	9:00 AM – 3:00 PM	\$10.00 annual dues	<b>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.</b>
Monday, November 20	6:00 PM – 7:00 PM	\$10 \$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, November 21	1:00 PM – 3:00 PM	Free	<b>City of Auburn Age Friendly Committee Movie</b> – In the late 1880's, a widowed mother of three struggles to keep her family intact and to put food on the table. The oldest daughter sends a letter to her estranged, very wealthy grandmother urging her assistance, much to her mother's disapproval. When the grandmother arrives, old wounds are opened but eventually healed. From a story by Louisa May Alcott, Stars Jacqueline Bisset, Ted Atherton, Tatiana Masianv & Helene Jov. <b>Free popcorn, Pre-registration helpful.</b>
Tuesday, November 21	4:00 PM – 5:00 PM	\$10.00 drop-in fee	<b>Yoga For Seniors: Balance</b> - 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. <b>Minimum 4/Maximum 15.</b>
Wednesday, November 22	9:00 AM – 3:00 PM	\$10 annual dues	<b>Robin Dow Seniors</b> - Robin Dow Meeting <b>Meetings are cancelled if Auburn schools are closed for weather.</b>
Thursday, November 23	Doors Open 11am	Free – All Ages!	<b>City of Auburn Age Friendly Committee Thanksgiving Meal</b> - <u>Community event open to all ages! Doors will open at 11:00am! Food will be served from 12:00pm to 1:00pm. Pre-registration is required by 11/17 so we can have an accurate count for food. Register by Signing Up at the Senior Center or calling in. (Dessert donations being accepted on 11/22 and 11/23 at the Senior Center)</u>
Sunday, November 26	12:15 PM	\$35 \$40 non-residents	<b>Elf the Musical at Waterville Opera House</b> - Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh realities that his father is on the naughty list and his half-brother doesn't even believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas. Based on the beloved holiday film, this hilarious fish-out-of-water comedy is sure to delight the entire family. <b>*You will have to be able to walk a short distance to and from the entrance before and after the show as well as navigate a few stairs* Minimum 6/Maximum 14.</b> <b>Pre-registration is required. No refund unless we can fill your spot (payment due at time of sign up)</b>
Monday, November 27	9:00 AM – 3:00 PM	\$10.00 annual dues	<b>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.</b>

<b>Monday, November 27</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 28</b>	1:00 PM – 2:00 PM	<b>\$4</b> \$6 non - residents	<b>Sea Glass Soap Making Workshop</b> - This will be an onsite workshop offered here at the senior center. Necessary materials will be provided, and we will work together to make jars of glycerin soap that look like Sea Glass! This workshop will be about an hour long and each participant will take home 2 jars of soap: one full size and one a bit smaller. <b>Pre-registration is required. Maximum 8</b>
<b>Tuesday, November 28</b>	4:00 PM – 5:00 PM	<b>\$10.00 drop- in fee</b>	<b>Yoga For Seniors: Balance</b> - 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. <b>Minimum 4/Maximum 15.</b>
<b>Wednesday, November 29</b>	9:00 AM – 3:00 PM	<b>\$3</b> \$5 non - residents	<b>Oxford Casino Shuttle</b> - 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. <b>Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.</b>
<b>Thursday, November 30</b>	1:00 PM – 5:15 PM	<b>\$3</b> \$5 non - residents	<b>LL Bean Northern Lights Freeport Shuttle</b> - Shopping, dining, exploring, whatever your heart desires. This shuttle will drop you off and pick you up on Main Street right by LL Bean. From there you are free to walk about, explore the different activities that LL Bean offers during this time of year (full activity schedule to be determined), or have a meal. You will have about 3 hours to explore and shop. Wear comfortable shoes for walking on this self-guided day! We will meet back up at 4:30pm to return back to the Senior Center. <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
<b>Thursday, November 30</b>	1:30 PM – 2:30 PM	<b>\$10.00 drop- in fee</b>	<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. *Drop-In Fee is \$10.00: <b>Minimum 4</b>
<b>Thursday, November 30</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. Min: 4 /Max: 20
<b>Thursday, November 30</b>	5:30 PM – 8:00 PM	<b>Free</b> \$1 non- residents	<b>Drop-In Gift-Wrapping</b> - Are you trying to hide a gift? Need a bigger table? Need wrapping paper, bows or bags? Bring your gifts into the senior center and use our supplies here to wrap your gifts. If you need help, we can assist you as well.