



FEBRUARY 2024 EVENT & PROGRAM CALENDAR

Auburn Senior Community Center | 48 Pettengill Park Road
 Register online at secure.rec1.com/ME/auburn-me/catalog
 or call Auburn Rec Department at 333-6611



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
■ = Auburn Recreation Program (Renee & Jody) ❖ = Age-Friendly Committee Event ⌘ = 1st Auburn Senior Citizens Meeting φ = New Auburn Seniors Meeting ♦ = Robin Dow Meeting				1 ■ Crafting & Lunch 10:30am ■ Chair Yoga ■ Adult Craft Night	2 ■ Drop-In Day 9-12 ■ Sea Glass Soap Making 10am	3
4	5 φ = New Auburn Seniors Meeting ■ Yoga with Emma	6 ■ Cooking Matters 1pm ■ Yoga For Balance	7 ⌘ = 1 st Auburn Senior Citizens Meeting	8 ■ L/A Mystery Lunch 11:30am ■ Chair Yoga ■ Adult Craft Night	9 ■ Drop-In Day 9-12 ■ Tech Talk 10am	10
11	12 φ = New Auburn Seniors Meeting ■ Don Boudreau presents Elvis Live! 1pm ■ Yoga with Emma	13 ■ L/A Mystery Breakfast 9:00am ■ Cooking Matters 1pm ■ Yoga For Balance ❖ Age-Friendly Committee Meeting	14 ♦ = Robin Dow Meeting	15 ■ The MILL & Lunch @10:00am ■ Chair Yoga ■ Adult Craft Night	16 ■ Drop-In Day 9-12 ■ Card Crafting 10am	17
18	19 HOLIDAY - No Daytime Recreation Programs ■ Yoga with Emma	20 ■ Lunch and Learn 11:30 ❖ Age-Friendly Movie 1pm ■ Yoga For Balance	21 ⌘ = 1 st Auburn Senior Citizens Meeting	22 ■ Cracker Barrel & Market Basked leave @10:00am ■ Chair Yoga ■ Adult Craft Night	23 ■ Drop-In Day 9-12 ■ Book Club 10am	24
25	26 φ = New Auburn Seniors Meeting ■ Yoga with Emma	27 ■ L/A Arts Tour and Workshop 9:45am ■ Cooking Matters 1pm ■ Yoga For Balance	28 ♦ = Robin Dow Meeting	29 ■ Coffee Talk 8am ■ Pineland Farms Market & Lunch 11:30am ■ Chair Yoga ■ Adult Craft Night		

Date	Time	Cost	Description
Thursday, February 1	10:30 AM – 1:00 PM	\$5 \$7 non-residents	Thursday Craft and Lunch Series - Join us at the Auburn Senior Community Center on Thursday mornings to work on a supplied craft. These will be simple crafts, anyone can do! At about noon we will break for a soup lunch (there will be a choice between two). What better way to have some fun during the cold winter months. Pre-registration is required. Maximum 12 for each session.
Thursday, February 1	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, February 1	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - 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, February 2	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, February 2	10:00 AM – 11:00 AM	\$4 \$6 non-residents	Sea Glass Soap Making Workshop – This is an onsite workshop here at the senior center. Participants will work together to make colorful jars of Sea glass glycerin soap. All necessary materials will be provided. Pre-registration is required. Maximum 8 for.
Monday, February 5	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 (this includes remote learning).
Monday, February 5	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 6	1:00 PM – 2:30 PM	Free	Cooking Matters for Adults -This is a cooking and food prep class that focuses on introducing recipes that will provide you with healthy, nutritious, and budget friendly meal ideas. This group will meet 6 times on Tuesdays throughout January and February. All participants will receive a “Cooking Matters cookbook and guide. Pre-registration is required. Maximum 15 for each session.
Tuesday, February 6	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, February 7	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 raffle table, hot dogs, and bingo. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).
Thursday, February 8	11:30 AM – 2:30 PM	\$2 \$4 non-residents	L/A Mystery Lunch Shuttle for February - We will be keeping it local for these winter months! Let lunch be a surprise! Sure, you may have been there before, but have you been with us!? 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. Minimum 6/Max 14.
Thursday, February 8	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, February 8	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - 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 helpful.
Friday, February 9	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, February 9	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, February 12	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 (this includes remote learning).
Monday, February 12	1:00 PM – 5:00 PM	\$30 \$32 non-residents	Don Boudreau presents Elvis Live! at the Merrill Auditorium - Thanks to our friends at the Portland Recreation Department, we are able to offer this event to you! They are hosting this amazing event and have extended an invitation to us. Come see Maine's most well-known Elvis impersonator. If you are looking for an Elvis Tribute Artist that can deliver a show with variety, quality vocals, a great look, musicianship, and professionalism then you've come to the right place. All seating will be general admission in the Orchestra, You don't have to worry about a bad seat! What better way to warm up in February will a little "Burning Love". Pre-registration required. Minimum 6/Max 14.
Monday, February 12	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 13	9:00 AM – 12:00 PM	\$2 \$4 non-residents	L/A Mystery Shuttle Breakfast - We will be keeping it local for these winter months! Let breakfast be a surprise! Sure, you may have been there before, but have you been with us!? Sign up for the social aspect and for the thrill of not knowing where the bus will take you. Pre-registration required. Minimum 6/Max 14.
Tuesday, February 13	1:00 PM – 2:30 PM	Free	Cooking Matters for Adults -This is a cooking and food prep class that focuses on introducing recipes that will provide you with healthy, nutritious, and budget friendly meal ideas. This group will meet 6 times on Tuesdays throughout January and February. All participants will receive a "Cooking Matters cookbook and guide. Pre-registration is required. Maximum 15 for each session.
Tuesday, February 13	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, February 13	5:30 PM – 6:30 PM	N/A	Age-Friendly Community Committee Meeting - All welcome to attend
Wednesday, February 14	9:00 AM – 3:00 PM	\$10.00 annual dues	Robin Dow Seniors - Doors open at 9:00am with Directors meeting at 10:30, and bingo. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).
Thursday, February 15	10:00 AM – 2:00 PM	\$6	Maine MILL and Davinci's in Lewiston- Where history and culture spark creativity, inspire ingenuity, and drive connection. We will discover exhibits, educational programming, and events that preserve and celebrate stories of work and the diverse heritage of Central Maine. We will have an approximately 1 hour guided tour over 2 floors (there is an elevator). One floor is their standard gallery and the other has a rotating gallery of exhibits. After our tour of the museum, we will head to Davinci's for lunch. For those who don't know, they are in the same building (front and back). Pre-registration required. Minimum 6/Max 14.
Thursday, February 15	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, February 15	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - 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, February 16	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, February 16	10:00 am – 11:00 am	Free	Card Crafting with Corinne and Renee - February - This is an onsite (Auburn Senior Community Center) Hand-made card making workshop. Corinne will provide instructions and guidance as you work to make your own detailed greeting cards. All materials and instructions will be provided. This activity is being offered as Free to All with the idea that you will make a card for yourself, and you will also make one to give to Corinne for Meals-On-Wheels. Pre-registration is required. Minimum 6/Maximum 15
Monday, February 19	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 20	11:30 am – 1 pm	Free	Lunch and Learn - Mary Kate MacVicar will be here from the Maine Mill giving a presentation titled “ From Farm to Factory; Women in Maine’s Textile Mills. ” She will present a slideshow and will be bringing along historical photos and artifacts for everyone to see. The education program will be followed by a lunch of sandwiches and chips. Pre-registration is required.
Tuesday, February 20	1:00 PM – 3:00 PM	Free	Age-Friendly Movie. For decades, next door neighbors and former friends John and Max have feuded, trading insults and wicked pranks. When an attractive widow moves in nearby, their bad blood erupts into a high stakes rivalry full of mischievous jokes and adolescent hijinks. Pre-registration is helpful. Free popcorn!
Tuesday, February 20	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, February 21	9:00 AM – 3:00 PM	\$10.00 annual dues	1st Auburn Meeting/Bingo. Doors open at 9:00 AM. Valentine's Day Luncheon, meeting at 11:00, with lasagna, crowning the King and Queen, and bingo. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).
Thursday, February 22	10:00 AM – 3:00 PM	\$5 \$7 non-residents	Cracker Barrel and Market Basket Trip- Who doesn't love breakfast all day? We will head to South Portland for a late breakfast/early lunch and a look around the shop at Cracker Barrel. Then we will head to Market Basket in Westbrook to do some grocery shopping. Pre-registration required. Minimum 6/Max 14.
Thursday, February 22	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, February 22	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - 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, February 23	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, February 23	10:00 AM – 11:00 AM	Free	The Auburn Senior Community Center, in partnership with the Auburn Public Library, 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 dwallace@auburnpubliclibrary.org. Maximum 12 (can accommodate more for discussion days if people share their books before the next meet up).
Monday, February 26	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 (this includes remote learning).
Monday, February 26	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 27	1:00 PM – 2:30 PM	Free	Cooking Matters for Adults -This is a cooking and food prep class that focuses on introducing recipes that will provide you with healthy and nutritious meal ideas. This group will meet 6 times on Tuesdays throughout January and February. All participants will receive a "Cooking Matters" cookbook and guide.
Tuesday, February 27	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, February 28	9:00 AM – 3:00 PM	\$10.00 annual dues	Robin Dow Seniors - Doors open at 9:00am with Directors meeting at 10:30, and bingo. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).
Thursday, February 29	8:00 AM – 9:30 AM	Free	Coffee Talk with AARP - Come in and join us for coffee and a guest speaker. A light breakfast of pastries or snacks and coffee will be provided. A guest speaker will join the group to discuss topics relevant to retired people in our community. What a nice way to start your day!
Thursday, February 29	11:30 AM – 2:30 PM	\$2 \$4 non- residents	Pineland Farms Shuttle for January - 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 29	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, February 30	5:30 PM – 8:00 PM	Free \$10 non- residents	Thursday Adult Craft Night - 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.