



# JANUARY 2024 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 1/8)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>■ = Auburn Recreation Program (Jody &amp; Renee)</b>				<b>♦ = City of Auburn Age-Friendly Committee Event</b> <b>⌘ = 1<sup>st</sup> Auburn Senior Citizens Meeting</b> <b>φ = New Auburn Seniors Meeting</b> <b>◆ = Robin Dow Meeting</b>		
	1 <b>HOLIDAY</b> ♦ Age-Friendly New Year's Day Event ■ Yoga with Emma	2 ■ Yoga For Balance	3 ⌘ = 1 <sup>st</sup> Auburn Senior Citizens Meeting	4 ■ Crafting & Lunch ■ Chair Yoga ■ Adult Craft Night	5 ■ Drop-In Day 9-12	6
7	8 φ = New Auburn Seniors Meeting ■ Yoga with Emma	9 ■ Daddy O's McFalls Breakfast Shuttle 9:30am ■ Yoga For Balance ♦ Age-Friendly Committee Meeting	10 ◆ = Robin Dow Meeting	11 ■ Chair Yoga ■ Adult Craft Night	12 ■ Drop-In Day 9-12 ■ Tech Talk 10am ■ Pineland Farms Market & Lunch 11:30am	13
14	15 <b>HOLIDAY - No Daytime Recreation Programs</b> ■ Yoga with Emma	16 ■ ♦ Lunch & Learn 11am ♦ Age-Friendly Movie 1pm ■ Yoga For Balance	17 ⌘ = 1 <sup>st</sup> Auburn Senior Citizens Meeting	18 ■ L/A Mystery Lunch 11:30am ■ Chair Yoga ■ Adult Craft Night	19 ■ Drop-In Day 9-12 ■ Card Crafting 10am	20
21	22 φ = New Auburn Seniors Meeting ■ Yoga with Emma	23 ■ Maine Art Glass Studio Tour 9:30am ■ Cooking Matters 1pm ■ Yoga For Balance	24 ◆ = Robin Dow Meeting	25 ■ Coffee Talk with AARP 8am ■ Village Pizza 11:30am ■ Chair Yoga ■ Adult Craft Night	26 ■ Drop-In Day 9-12 ■ Book Club ■ Scherenschnitte! A Paper Cutting Craft	27
28	29 φ = New Auburn Seniors Meeting ■ Yoga with Emma	30 ■ Maine Art Glass Studio Tour 9:30am (snow day) ■ Cooking Matters 1pm ■ Yoga For Balance	31 ■ Artful Nights Maine with Artist Nicole White 11am			

Date	Time	Cost	Description
<b>Monday, January 1</b>	10:00 AM – 2:00 PM	<b>FREE TO ALL AGES</b>	<b>Age Friendly New Year's Day Celebration</b> - Doors open at 10:00 AM - Luncheon of finger rolls, chips, and dessert. New Year's Countdown at Noon! Bring games to play and all ages are welcome
<b>Monday, January 1</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 2</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, January 3</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>Meetings are cancelled if Auburn schools are closed for weather.</b>
<b>Thursday, January 4</b>	10:30 AM – 1:00 PM	<b>\$5</b> \$7 non-residents	<b>Thursday Craft and Lunch Series</b> - 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. <b>Pre-registration is required. Maximum 12 for each session.</b>
<b>Thursday, January 4</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, January 4</b>	5:30 PM – 8:00 PM	<b>Free</b> \$10 non-residents	<b>Thursday Adult Craft Night</b> - 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>Pre-registration required.</b>
<b>Friday, January 5</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>Monday, January 8</b>	9:00 AM – 3:00 PM	<b>\$10.00 annual dues</b>	<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>
<b>Monday, January 8</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 9</b>	9:30 AM – 12:30 PM	<b>\$2</b> \$4 non-residents	<b>Daddy O's McFalls Breakfast Shuttle</b> - Welcome to Daddy O's McFalls! This is their second location. They are a hometown 50's themed diner. Join us for a last-minute late morning breakfast trip. <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
<b>Tuesday, January 9</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>Tuesday, January 9</b>	5:30 PM – 6:30 PM	N/A	<b>Age-Friendly Community Committee Meeting – Open to the Community</b>
<b>Wednesday, January 10</b>	9:00 AM – 2:00 PM	<b>\$10 annual dues</b>	<b>Robin Dow Seniors</b> - Doors open at 9:00am with the Directors meeting starting at 10:30am, regular meeting 11:00am, Election of 2024 officers, plus bonus blue tickets and bonus bingo. <b>Meetings are cancelled if Auburn schools are closed for weather.</b>

<b>Thursday, January 11</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, January 11</b>	5:30 PM – 8:00 PM	<b>Free</b> \$10 non-residents	<b>Thursday Adult Craft Night</b> – 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>Pre-registration required.</b>
<b>Friday, January 12</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, January 12</b>	10:00 AM – 11:00 PM	<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>Friday, January 12</b>	11:30 AM – 2:30 PM	<b>\$2</b> \$4 non-residents	<b>Pineland Farms Shuttle for January</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>Monday, January 15</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 16</b>	11:00 AM – 1:00 PM	<b>Free</b>	<b>Lunch and Learn</b> – Join us as Jonathon Labonte comes into the senior center to talk with us about all things regarding the airport. A Pizza lunch will be provided and is sponsored by the Age Friendly committee. Doors will open at 11:00 am and the education will begin around 11:15 am. Lunch will be served at noon. <b>Pre-registration is required. Maximum 60.</b>
<b>Tuesday, January 16</b>	1:00 PM – 3:00 PM	<b>Free</b>	<b>Age-Friendly Movie.</b> 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. <b>Pre-registration is helpful. Free popcorn!</b>
<b>Tuesday, January 16</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, January 17</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>Meetings are cancelled if Auburn schools are closed for weather.</b>
<b>Thursday, January 18</b>	11:30 AM – 2:30 PM	<b>\$2</b> \$4 non-residents	<b>L/A Mystery Lunch Shuttle for January</b> - 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. <b>Pre-registration required. Minimum 6/Max 14.</b>
<b>Thursday, January 18</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, January 18</b>	5:30 PM – 8:00 PM	<b>Free</b> \$10 non-residents	<b>Thursday Adult Craft Night</b> - 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. <b>Pre-registration required.</b>
<b>Friday, January 19</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, January 19</b>	10:00 AM	<b>Free</b>	<b>Card Crafting with Corinne and Renee</b> - 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. <b>Pre-registration is required. Minimum 6/Maximum 15</b>
<b>Monday, January 22</b>	9:00 AM – 3:00 PM	<b>\$10.00 annual dues</b>	<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>
<b>Monday, January 22</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 23</b>	9:30 AM – 12:30 PM	<b>\$2</b> \$4 non- residents	<b>Maine Art Glass Studio Tour in Lisbon Falls</b> - The Maine Art Glass Studio and Sanctuary Gallery is housed in an old Catholic Church. The space has been creatively renovated to house the retail shop for all your glass art needs, a two-story gallery show-casing several local glass artists and a Bug Museum. Join us as we are welcomed by artist Paula Mikkelsen as she takes us around this amazing studio. <b>You MUST be able to walk up a flight of stairs to get to the second story. Pre-registration required. Minimum 6/Max 14. (poor weather date of January 30th)</b>
<b>Tuesday, January 23</b>	1:00 PM – 2:30 PM	<b>Free</b>	<b>Cooking Matters for Adults! - Come Cook with Us! (6 Classes – 1X per week)</b> 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. Each meeting will be about 1.5 hours and will include time to eat the foods that we prepare! This course is hands-on with all participants prepping and cooking the recipes that we choose to try. <b>Pre-registration is required. Minimum 6/Maximum 14. *Please plan to attend all meetings in the series.</b>
<b>Tuesday, January 23</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, January 24</b>	9:00 AM – 2:00 PM	<b>\$10 annual dues</b>	<b>Robin Dow Seniors</b> - Doors open at 9:00am with the Directors meeting starting at 10:30am, regular meeting 11:00am, Election of 2024 officers, plus bonus blue tickets and bonus bingo. <b>Meetings are cancelled if Auburn schools are closed for weather.</b>
<b>Thursday, January 25</b>	8:00 AM – 9:30 AM	<b>FREE</b>	<b>AARP Coffee Talk</b> – morning snacks and coffee will be provided. <b>Pre-Registration Helpful.</b>
<b>Thursday, January 25</b>	11:30 AM – 2:30 PM	<b>\$2</b> \$4 non- residents	<b>Village Pizzeria Lunch Shuttle in Mechanic Falls</b> - Some of the best food around! Let's go for a fun lunch. <b>Pre-registration is required. Minimum 6/Maximum 14.</b>
<b>Thursday, January 25</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, January 25</b>	5:30 PM – 8:00 PM	<b>Free</b> \$10 non- residents	<b>Thursday Adult Craft Night</b> - 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>Pre-registration required.</b>
<b>Friday, January 26</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, January 26</b>	10:00 AM – 11:00 AM	<b>Free</b>	<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>
Friday, <b>January 26</b>	12:30 PM – 2:30 PM	<b>Free</b>	<b>Try Scherenschnitte! A Paper Cutting Craft</b> - "Scherenschnitte" is a German word meaning "scissor cuts." In this fun craft session, you will choose and cut out a design which has been traced or printed on paper. Our cutting tools include an X-acto knife and a piece of glass. You will then glue your design to the background of your choice. These make wonderful cards or framed wall art. All necessary materials and instruction will be provided. <b>Pre-registration is required. Minimum 6/Maximum 15</b>
<b>Monday, January 29</b>	9:00 AM – 3:00 PM	<b>\$10.00 annual dues</b>	<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>
<b>Monday, January 29</b>	6:00 PM – 7:00 PM	<b>\$10 \$12 non- residents</b>	<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 30</b>	1:00 PM – 2:30 PM	<b>Free</b>	<b>Cooking Matters for Adults! - Come Cook with Us! (6 Classes – 1X per week)</b> 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. Each meeting will be about 1.5 hours and will include time to eat the foods that we prepare! This course is hands-on with all participants prepping and cooking the recipes that we choose to try. <b>Pre-registration is required. Minimum 6/Maximum 14. *Please make sure you plan to attend all meetings in the series.</b>
<b>Tuesday, January 30</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, January 31</b>	11:00 AM – 3:00 PM	<b>\$12 \$15 non- residents</b>	<b>Artful Nights Maine with Artist Nicole White here at the ASCC</b> - Wood Pallet Paint Party - Artist Nicole teaches painting for Maine restaurants, fundraisers, employee team building, private events. She has a big heart, laughter is going to fill the room, and personality that makes learning to paint fun and easy! Join us for a wood pallet paint day. Coffee, tea, and light snacks will be provided. <b>Pre-registration is required. Minimum 10</b>