



JULY 2025 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 (Jody)				❖ = City of Auburn Age-Friendly Committee Event ⌘ = 1st Auburn Senior Citizens Meeting φ = New Auburn Seniors Meeting ♦ = Robin Dow Meeting		
		1 ■ Yoga for Balance 4pm	2 ⌘ = 1 st Auburn Senior Citizens Meeting	3 NO YOGA ■ Nezinscot Farm Lunch Shuttle 11:15am ■ Uncle Sam Planter 2:30pm ■ Adult Craft Night 5:30pm	4 HOLIDAY - No Recreation Programs	5
6	7 φ = New Auburn Seniors Meeting ■ SIDESADDLE STAMPEDE at Maine State Music Theater 5:30 PM	8 ■ Walk: Androscoggin River Path, Brunswick 10am ■ Diamond Art Ocean Windchime 3pm ■ Yoga for Balance 4pm ❖ Age-Friendly Mtg 5:30pm	9 ♦ = Robin Dow Meeting ■ Lipstick and Gamblers at The Carousel 10:15 AM	10 ■ LA Arts Art Journal 10am ■ Cards for Vets 12:30pm ■ Chair Yoga 1:30 PM ■ Adult Craft Night 5:30pm	11 ■ Drop-In Day 9-12 ■ Tech Talk 10am ■ Sunshine Club 10am	12
13	14 φ = New Auburn Seniors Meeting ■ Diamond Art Sloth Keychains 2:30pm (after bingo)	15 ■ Christmas In July Diamond Art Gnome Cards 10am ■ Coastal Cruise and Lobster Roll Freeport 2:00 PM ■ Yoga for Balance 4pm	16 ⌘ = 1 st Auburn Senior Citizens Meeting ■ Mystery Lunch Shuttle 11:30am	17 ■ Mission Working Dogs 11am ■ Chair Yoga 1:30 PM ■ Adult Craft Night 5:30pm	18 No Programs	19
20	21 φ = New Auburn Seniors Meeting ■ Stained Glass Mandala Window Cling 2:30pm (after bingo)	22 NO YOGA ■ Harraseeket Lunch and Lobster Company Shuttle 10:30 AM ■ LA Arts Nature Draw 1pm	23 ♦ = Robin Dow Meeting ■ Pineland Farms Trolley tour 12:15pm	24 NO YOGA ■ Adult Craft Night 5:30pm	25 ■ Drop-In 9-12	26
27	28 φ = New Auburn Seniors Meeting	29 ■ Mystery Dinner Shuttle 3:30pm ■ Yoga for Balance 4pm	30	31 ■ Coffee Talk 8:00am ■ Walk in Litchfield 9:30am ■ Chair Yoga 1:30 PM ■ Adult Craft Night 5:30pm		

Date	Time	Cost	Description
Tuesday, July 1	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, July 2	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. Meetings are cancelled if Auburn schools are closed for weather.
Thursday, July 3	11:15 AM – 2:00 PM	\$2 \$4 non-residents	Nezinscot Farm Lunch Shuttle in Turner -Join us as we head to lunch at this James Beard award winning café. The Farm Store café menu changes seasonally. All meals are prepared in-house. using the freshest ingredients grown and harvested on-premise or sourced from local farms and artisans. There are also fresh breads, cheese, pastries, meats and more for purchase in this amazing little farm store. This café is "order at the counter" style, find a seat indoors or out is on your own. They will call your number once your meal is ready. Everything is made to order from scratch. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, July 3	2:30 PM – 4:30 PM	\$2.00	Mini Ceramic Patriotic Uncle Sam Planters Join us at the Auburn Senior Community Center to paint a mini ceramic Uncle Sam planter. We will use paints and acrylic paint pens to decorate these cute planters. You will also get a little plant to get you started in your planter! Pre-registration is required. This is an in-house program, not for pick up and take home. Max 12. Pre-registration is required.
Thursday, July 3	5:30 PM – 8:00 PM	Free \$2.00 weekly non-res	Thursday Adult Craft Night 5:30pm - 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.
Monday, July 7	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, July 7	leaving at 5:30 PM returning about 10:30 PM (Show begins at 7:30 PM)	\$55 \$60 non-residents	SIDESADDLE STAMPEDE: The Country Divas at Maine State Music Theater Celebrate the classic music of Country's greatest female icons, from Patsy Cline, Tammy Wynette, Loretta Lynn, and Barbara Mandrel to Carrie Underwood, Reba, The Judds, Miranda Lambert, and many more! Country Gals stars three country singers who have appeared on stages worldwide and a live country band! These are seats in the Balcony! The Maine State Music Theatre (MSMT) in Bowdoin College has a balcony level that can be accessed by taking the elevators in the lobby. Ushers are available to help with the elevators. Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled. partial ticket prices are being sponsored by the Fortin/Pinette Group to keep it affordable to all (Regular Price is \$97.00)
Tuesday, July 8	10:00 AM – 1:30 PM	\$2 \$4 non-residents	Walk: Androscoggin River Bike Path, Brunswick- This paved path runs along the Androscoggin River from one main parking area to another. Along the route, there are restrooms and benches to stop, rest at, and enjoy views of the river. There is also a dog park at the beginning of the trail. The trail does closely parallel US 1, so expect some road noise. Trail Details: Trail surface: paved asphalt, smooth. Generally considered an easy route. Since this is an out and back hike/walk, once we arrive (about 10:45 AM) feel free to go at your own pace. You can walk about 1 hour 15 minutes at your desired speed and then turn back around for a total time on trail of 1 hours 30 minutes. We will meet back at the bus at 12:15 PM. Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration is required. Minimum 6/Maximum 14.
Tuesday, July 8	3:00 PM – 5:00 PM	Free	Diamond Art Ocean Theme Windchime (green) Join us at the Auburn Senior Community Center to make an fun diamond art windchime. There will be different ones to decorate in diamond art, it will be a surprise which one you get. Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 12. Pre-registration is required.
Tuesday, July 8	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, July 8	5:30 PM – 6:30 PM	N/A	Age-Friendly Community Committee Meeting – Open to the Community
Wednesday, July 9	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - 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. Meetings are cancelled if Auburn schools are closed for weather.
Wednesday, July 9	10:15 AM 4:30 PM	\$58 \$60 non-residents	Lipstick and Gamblers at The Carousel in Boothbay Harbor - "Lipstick and Gamblers" A Dolly and Kenny tribute full of country cadence and rustling romance. Pre-registration is required. No refund unless we can fill your spot. Minimum 6/Maximum 14.
Thursday, July 10	10:00 AM – 12:00 PM	Free	L/A Arts -Good Morning Journal Session Good Morning Journal Session Artist teacher: Ingrid Ellison It is always the perfect time to begin or revisit your sketchbook practice. Keeping a visual journal is the perfect vessel for connecting to yourself. I have been keeping journals as part of my studio practice for years amassing volumes of drawings, collages, writing, lists and paintings. I absolutely love having a place to put my thoughts and ideas, tiny objects I collect, and record the things I notice that inspire me. On any given day I can reflect, embellish, sketch or paint a page. In this workshop, I will give hints on setting up a work space, keeping a date with yourself and introduce you to some of the processes and collage materials that I use. I'll provide you simple exercises to unblock your creative sessions and plenty of prompts for visual journal entries. I hope to share my love for spending a little time in a creative space and that you will leave feeling inspired to set aside time for yourself, creating a visual and beautiful chronicle of what matters to you most. I materials supplied. Located at the Auburn Senior Community Center. Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 15
Thursday, July 10	12:30 PM – 2:00 PM	Free	Thankful Thursday: Card Craft for Veterans Join us here at the Auburn Senior Community Center to make a few cards. This card craft is going to be be pretty simple but will have a huge impact. Each person will make 3 cards (you will assemble them with all materials provided). Then you will write a note, words of encouragement to a Vet that needs to hear them. Each has their own rough road and could use some words of encouragement and a thank you. Names have been provided by House in the Woods located in Lee, Maine. They are an outdoor retreat program that honors our veterans and their families' sacrifices and assists them in their journey towards healing the mental and physical pain of loss.I materials supplied. Located at the Auburn Senior Community Center. Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 12
Thursday, July 10	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, July 10	5:30 PM – 8:00 PM	Free \$2.00 weekly non-res	Thursday Adult Craft Night 5:30pm – 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, July 11	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, July 11	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 Izzy,Adult Services Manager at the Auburn Public Library. Pre-reg helpful
Friday, July 11	10:00 AM – 11:30 AM	Free	Sunshine Club – Do you want to bring a little sunshine to community members living in assisted living centers? Join this lively group who work together to make floral arrangements to be delivered to local long-term care facilities. Pre-registration required.

Monday, July 14	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, July 14	2:30PM to 5:00 PM (after bingo)	Free	Diamond Art Sloth Keychains Join us at the Auburn Senior Community Center to work on 2 super cute sloth diamond art keychains. Pre-registration is required. This is an in-house program, not for pick up and take home. Max 12. Pre-registration is required.
Tuesday, July 15	10:00 AM – 12:00 PM	Free	Christmas in July Diamond Art Cards Join us at the Auburn Senior Community Center to make a Christmas themed diamond art card. There will be different ones to decorate in diamond art, it will be a surprise which one you get. Pre-registration is required. This is an in-house program, not for pick up and take home. Max 12. Pre-registration is required.
Tuesday, July 15	2:00pm (Cruise is at 3:00pm) 6:00pm	\$45 \$50 non-residents	Coastal Cruise and Lobster Roll Set sail on a captivating coastal adventure in Freeport, Maine, with our Coastal Cruise and Lobster Roll experience. This 2 hour excursion invites you to immerse yourself in the beauty of Maine's coastline. Indulge in a culinary journey with our renowned lobster roll dinner from the Harraseeket Lunch & Lobster in South Freeport, Maine. Savor the rich flavors of Maine lobster, served alongside crispy chips and a homemade brownie. Locally sourced ingredients ensure an authentic taste of coastal cuisine that's sure to delight your palate. As we navigate the pristine waters surrounding Freeport, you'll be treated to stunning views of the rugged coastline and picturesque landscapes. Revel in the tranquility of the open sea as we cruise along, taking in the sights and sounds of coastal Maine.
Tuesday, July 15	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, July 16	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. Halloween meeting, with Costume Parade, finger rolls, and bingo Meetings are cancelled if Auburn schools are closed for weather.
Wednesday, July 16	11:30 AM – 2:30 PM	\$2 \$4 non-residents	L/A Mystery Lunch Shuttle for July - 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, July 17	11:00 AM program followed by lunch	Free	Mission Working Dogs / Lunch and Learn Please join us as we welcome Mission Working Dogs to the center. The Mission is to improve the lives of our community members who are living with a disability by providing them with properly trained service dogs to help them live more independently despite a physical disability and by providing therapy dogs which will bring mental well-being to people, such as those in nursing homes, hospitals, and schools. Types of Dogs They Train: Service Dogs, Therapy Dogs, Facility Dogs , Service Dogs are specifically trained to help mitigate a person's physical disability. Therapy Dogs are categorized as a pet that is trained to provide comfort and love to community groups like hospitals, nursing homes, and schools. While Facility Dogs are specially trained dogs that work with a volunteer handler to provide certain skills as well as therapeutic support to the facility. Pre-registration is required. Registration that would include lunch MUST be done by July 9th for a final head count for food.
Thursday, July 17	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, July 17	5:30 PM – 8:00 PM	Free \$2.00 weekly non-res	Thursday Adult Craft Night 5:30pm - 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. Pre-registration required.
Monday, July 21	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, July 21	2:30PM to 5:00 PM (after bingo)	\$2.00	Stained Glass Mandala Window Cling with Markers Join us at the Auburn Senior Community Center to color these blank mandala style window cling vinyls. You will use the specialty markers provided. There are 10 different designs, each person will have a different one. They measure about 8 inches in diameter. This is an in-house program, not for pick up and take home. Max 12. Pre-registration is required. Maximum 10
Tuesday, July 22	10:30 AM – 2:00 PM	\$2 \$4 non-resident	Harraseeket Lunch and Lobster Company Shuttle Harraseeket Lunch & Lobster Company, a family operated restaurant located on the beautiful South Freeport waterfront. This is similar to The Red Barn with a walk-up order window and picnic tables to eat at. They do have indoor dining too if you choose. Pre-registration required. Minimum 6/Max 14. CASH ONLY - CASH ONLY - CASH ONLY (no credit cards accepted)
Tuesday, July 22	1:00 PM – 3:00 PM	Free	L/A Arts -“Nature and Me” Drawing Workshop Guest Artist Teacher: Oliver Solmitz This workshop begins with a prompt to participants: what is your relationship to nature? What does it look and feel like? From this reflection, participants will experiment with charcoal on paper sketches and mark making in exploration of this concept. This can be as intuitive or philosophical as each person wishes. We will initially experiment with rough iterations on this concept and then focus on creating a more finished piece. Instructor Bio: Half-way through a paramedic career Ollie Solmitz went back to school earning an undergraduate degree in architecture just as architecture went entirely digital. As Ollie prefers to work with his hands and mind, he earned a graduate degree in studio art in 2016. Today, Ollie adjunct teaches drawing at the college level as well as keeping an active studio practice and exhibition record, while paying the rent through bartered finish carpentry. All materials supplied. Located at the Auburn Senior Community Center. Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 15
Wednesday, July 23	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - 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. Meetings are cancelled if Auburn schools are closed for weather.
Wednesday, July 23	12:15PM - 3:45PM	\$13.00 \$15.00 non-residents	Pineland Farms Trolley Tour Description: This 1.5-hour journey designed for a mature audience will begin at our Market and Welcome Center where you will climb aboard Trina, our 25-passenger trolley. We will begin with a driving tour of the historic Pineland Farms campus before taking the scenic, winding road down to the Valley Farm. There we will get off the trolley at multiple locations to explore and visit the animals that call Pineland home before returning to the Market and Welcome Center. We can't wait to share the farm with you! Pre-registration required. Minimum 6/Max 14.
Thursday, July 24	5:30 PM – 8:00 PM	Free \$2.00 weekly non-res	Thursday Adult Craft Night 5:30pm - 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, July 25	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!
Monday, July 28	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.
Tuesday, July 29	3:30 PM -	\$3.00 \$5.00 non-residents	Mystery Dinner Shuttle Let dinner be a surprise! Sign up for the social aspect and for the thrill of not knowing where the bus will take you. Pre-registration is required. Minimum 6/Maximum 14
Tuesday, July 29	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.

Thursday, July 31	8:00 AM – 9:30 AM	Free	Coffee Talk with AARP – Come in and join us for coffee and a guest speaker focused on issues of interest to retired community members. A light breakfast of pastries, snacks and coffee/tea will be provided. Pre-registration required. Max 30.
Thursday, July 31	9:30 AM – 1:00 PM	\$3 \$5 non- residents	Great Back Lots and Valiant Trail Loop in Litchfield - Explore this 2.2-mile loop trail near Litchfield, Maine. Generally considered an easy route, it takes an average of 51 min to complete. This trail is great for cross-country skiing, hiking, and snowshoeing, and it's unlikely you'll encounter many other people while exploring. The best times to visit this trail are July through August. Dogs are welcome and may be off-leash in some areas. This wooded property is filled with stone walls and the remains of an old sugar house built by the Small and Burnham families who lived on the property beginning in the 1840s. The area is managed by the Kennebec Land Trust who acquired the property in 2010. Hike: Pre-registration required. Min 6/Max 14.
Thursday, July 31	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, July 31	5:30 PM – 8:00 PM	Free \$2.00 weekly non-res	Thursday Adult Craft Night 5:30pm - 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. Pre-registration required.



Looking for updates on programs – check us out on Facebook

- **Auburn Recreation Department – Maine**
- **Friends of the Auburn Senior Community Center**