



MAY 2025 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 Dept. 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 ■ Pumpkin Valley Farm in Dayton 9:30am ■ Chair Yoga 1:30 PM ■ Adult Craft Night 5:30pm	2 ■ Portersfield Cider: Hard Cider Tasting in Pownal 1:30pm	3
4	5 φ = New Auburn Seniors Meeting ■ Cinco De Mayo at Margaritas 3pm ■ Yoga with Emma 6pm	6 ■ Crypto Museum and lunch at Bissell 10am ■ Yoga For Balance 4pm	7 ⌘ = 1 st Auburn Senior Citizens Anniversary Party at the Green Ladle	8 ■ Chair Yoga 1:30 PM ■ Adult Craft Night 5:30pm ■ The Legendary Count Basie Orchestra at Merrill Auditorium 5:45pm	9 ■ Drop-In Day 9-12 ■ Tech Talk	10
11 	12 φ = New Auburn Seniors Meeting ■ Turtle Diamond Art Cards 2:30pm ■ Yoga with Emma 6pm	13 ■ Strawberry Banke Museum in Portsmouth, NH 9am ■ Yoga For Balance 4pm ❖ Age-Friendly Mtg 5:30	14 ◆ = Robin Dow Meeting – Mother's Day Lunch	15 ■ Mystery Lunch Shuttle 11:30am ■ Chair Yoga 1:30 PM ■ Adult Craft Night 5:30pm	16 ■ Drop-In Day 9-12 ■ Card Crafting w/Corrine 10am ■ Education Understanding Vascular Disease 1pm	17
18	19 φ = New Auburn Seniors Meeting ■ Spring Flower Diamond Art Cards 2:30pm ■ Yoga with Emma 6pm	20 ■ Walk: Androscoggin River Path, Brunswick 10am ■ L/A Arts Beginner Watercolor 1pm ■ Mystery Dinner Shuttle 3:45pm ■ Yoga For Balance 4pm	21 ⌘ = 1 st Auburn Senior Citizens Meeting ■ Brunswick Naval Aviation Museum and Lunch 10am	22 ■ Chair Yoga 1:30 PM ■ Adult Craft Night 5:30pm	23 ■ Drop-In Day 9-12 ■ Book Club 10am	24
25	26 HOLIDAY - No Recreation Programs 	27 ■ Walk: Broad Cove Reserve in Cumberland Foreside 10am ■ L/A Arts Block Printing 1pm ■ Yoga For Balance 4pm	28 ◆ = Robin Dow Meeting ■ Broadway National Tour Ain't Too Proud at Merrill Auditorium 5:30pm	29 ■ Coffee Talk 8am ■ Clambake/Len Libby Lunch 11am ■ Chair Yoga 1:30 PM ■ Adult Craft Night 5:30pm	30 ■ Drop-In Day 9-12	31

Date	Time	Cost	Description
Thursday, May 1	9:30 AM - 4:00 PM	\$12 \$15 non-residents	Spring is Baby Animals at Pumpkin Valley Farm in Dayton- Spring is Baby Animals! Join us as we head to Pumpkin Valley Farm to check out what new little ones are there. We will arrive about 10:30 and head out by noon. We will stop for lunch on our way home. Admission Includes: Goats, Bunnies, Cows, Donkey, Chicks, Jumping Pillow, Corn Pit, Slide, Giant Bubbles & So Much Fun! Pre-registration is required. Minimum 6/Max 14
Thursday, May 1	1:30 PM - 2:30 PM	\$10.00 drop-in fee	Chair Yoga 1:30pm - 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. Minimum 4
Thursday, May 1	5:30 PM - 8:00 PM	Free \$10 non-residents	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, May 2	1:30 PM - 4:30 PM	\$14 \$16 non-residents	Portersfield Cider: Hard Cider Pairing in Pownal – Think wine tasting, but hard cider instead Portersfield Cider: Artisan Cider from American Heritage Apples Small Batch Focus: We re a small family farm that produces less than 2,000 gallons annually. Our focus is quality, not quantity. The ciders we produce are fully dry, lightly bottle conditioned, and blended with food pairing in mind. We believe that much like wine, the best farmhouse ciders should be enjoyed with good company and a good meal. Portersfield Cider makes craft hard cider. Each person will get a flight of four pours (4oz each). You will have the option to purchase cheese plates for \$8 while there. Crackers are complementary. All ciders are dry and lightly sparkling, meant to pair with food. Pre-registration is required. Minimum 6/Max 14
Monday, May 5	9:00 AM - 3:00 PM	\$10.00 annual	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, May 5	3:00 PM	\$2 \$4 non-residents	Cinco de Mayo at Margaritas Auburn- Let s celebrate Cinco de Mayo together and go for an early dinner. Pre- registration is required. Minimum 6/Maximum 14.
Monday, May 5	6:00 PM - 7:00 PM	\$10 \$12 non-residents	Yoga w/Emma 6pm - 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 6	10:00 AM - 3:30 PM	\$12 \$15 non-residents	International Cryptozoology Museum and lunch in Portland- Cryptozoology is the study of hidden or unknown animals, and Maine has the world's only cryptozoology museum. The International Cryptozoology Museum™ in Portland, includes exhibits about cryptids (beyond Bigfoot & Nessie). They also feature displays about the finds of "living fossils" and other classic animals of discovery - the successful cryptozoological stories. One of the most famous, of course, is the coelacanth. We have a 5.5 ft long, life-size model of the first one taken off Africa in 1938 in the museum. The International Cryptozoology Museum has many rare and unique pieces of remarkable evidence. Some of the items on exhibit are actual hair samples of Abominable Snowmen, Bigfoot, Yowie, and Orang Pendek. A letter from the actor Jimmy Stewart is on display as he is linked to the Pangboche Yeti hand mystery. Fecal matter from a small Yeti was collected by the Tom Slick-F. Kirk Johnson Snowman Expedition of 1959, and the ICM's sample has been featured on three television series: <i>In Search Of</i> , <i>MonsterQuest</i> , and <i>Mysteries at the Museum</i> . A footprint cast taken in 2001, during an alleged Thylacine encounter, is among the over 10,000 items on exhibit. The museum is filled with unique items, including the full-sized art sculptures of the Crookston Bigfoot (by Curtis Christensen), Freaky Links' pterodactyl (by Haxan sfx), P.T. Barnum's FeeJee Mermaid (by Erik Gosselin), the Naden Harbor Caddy (by Lee Murphy), a lifesize bronze of a Thylacine, and other cryptid and new species replicas, evidence, and more. Our fiberglass coelacanth (from Fantastic Fish) is the only life-size exact model of the first 1938 specimen displayed in North America. We will arrive at about 10:45 am and start at the museum. When you are done, you can walk next door to have lunch at your leisure at Bissell Brothers (they have 2 different dining room options). Bissell Brothers Kitchen serves up a wide selection of pub-style favorites. Executive Chef Dave Rinaldi and his team use as many local ingredients as possible. Offerings include sandwiches, salads, and charcuterie, vegan and vegetarian options. Pre-registration required.
Tuesday, May 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. Min4/Maximum 15.
Wednesday, May 7	9:00 AM - 3:00 PM	\$10 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, May 8	1:30 PM - 2:30 PM	\$10.00 drop-in fee	Chair Yoga 1:30pm - 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. Minimum 4
Thursday, May 8	5:30 PM - 8:00 PM	Free \$10 non-residents	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.

Thursday, May 8	5:30 PM returning about 10PM (Show at 7pm) (Terrace, Section 3)	\$40 \$45 non- residents	The Legendary Count Basie Orchestra Directed by Scotty Barnhart- In the history of jazz music, there is only one bandleader that has the distinction of having his orchestra still performing sold out concerts all over the world, and nearly 40 years after his passing, by musicians personally chosen by him. Pianist and bandleader William James "Count" Basie was and still is an American institution that personifies the grandeur and excellence of jazz. The Count Basie Orchestra, today directed by Scotty Barnhart, has won every respected jazz poll in the world at least once, garnered 18 Grammy Awards, performed for kings, queens, and other royalty, and appeared in several movies, television shows, at every major jazz festival and concert hall in the world. Scotty Barnhart is an internationally acclaimed Jazz trumpeter, composer, arranger, educator, author, producer, three-time Grammy Winner, and Director of The Count Basie Orchestra. Prior to being selected Director in 2013, he was its featured trumpet soloist for 20 years. Pre-registration is required. Min 6/Max14. 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
Friday, May 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. Get together with friends or make new ones.
Friday, May 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 Izzy, Adult Services Manager at the Auburn Public Library. Pre-reg helpful
Monday, May 12	9:00 AM - 3:00 PM	\$10.00 annual	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, May 12	2:30PM (after bingo) to 4:30PM	Free	Diamond Art Turtle Card - Join us at the Auburn Senior Community Center to make a fun turtle theme card. There will be different cards 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.
Monday, May 12	6:00 PM - 7:00 PM	\$10 \$12 non- residents	Yoga w/Emma 6pm - 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 13	9:00 AM - 4:00 PM	\$15 \$18 non-residents	Strawbery Banke Museum tells the story of the neighborhood called Puddle Dock. This region has a deep history of seasonal gatherings by Indigenous peoples. Archeologists at Strawbery Banke have uncovered pieces of pottery, stone tools, and tent holes that demonstrate the presence of the Abenaki. For over 12,000 years they visited the Seacoast seasonally for hunting, fishing, and food preparation. In 1623, English colonists established a settlement along what is now the "New Hampshire" coast, built houses along the Piscataqua River, and more sheltered cove that is now Portsmouth Harbor. They named the settlement "Strawbery Banke," likely for the abundant wild strawberries growing along the banks of the river. The neighborhood grew through cycles of maritime prosperity to become a multicultural "neighborhood of newcomers." In 1958, a group of concerned citizens banded together to preserve the nearly 10-acre area known as Puddle Dock, located at the South End of Portsmouth, NH. Strawbery Banke, Inc., was formed and took its name from the earliest settlement. By 1965, the site was opened to the public as an outdoor living history museum, with only a handful of the historic houses open to the public. The early founders of Strawbery Banke went door-to-door gathering support from the community to continue preservation efforts. Today Strawbery Banke is unique among outdoor history museums, sharing change over time in the same waterfront neighborhood. The Museum interprets a long span of history, from the history of Indigenous peoples (artifacts dating back to 10,000-12,000 years ago), to the present day. It has evolved from a grassroots nonprofit to a pillar in the community welcoming over 100,000 annual visitors for year-round programming. We will stop for lunch on our way home (place TBD). Pre-registration is required. Min. 6/Max. 14.
Tuesday, May 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. Min4/Maximum 15.
Tuesday, May 13	5:30 PM - 6:30 PM	N/A	Age-Friendly Community Committee Meeting – Everyone is welcome to attend
Wednesday, May 14	9:00 AM - 3:00 PM	\$10.00 annual	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, May 15	11:30 AM - 3:00 PM	\$2 \$4 non-residents	Mystery Lunch Shuttle - 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. Min 6/Max 14.
Thursday, May 15	1:30 PM - 2:30 PM	\$10.00 drop-in fee	Chair Yoga 1:30pm - 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. Minimum 4

Thursday, May 15	5:30 PM - 8:00 PM	Free \$10 non-residents	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, May 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.
Friday, May 16	10:00 AM - 11:00 AM	Free	Card Crafting with Corinne - This is an onsite (Auburn Senior Community Center) Hand-made card making workshop. All materials will be provided by the Senior Center. The theme for March will be Father's Day. Feel free to bring your own card crafting supplies if you have them. Pre-registration is required. Minimum 6/Maximum 15
Friday, May 16	Lunch at 12:00 PM - 1:00 PM	Free	Community Education Program - Understanding Vascular Disease Join us here at the Auburn Senior Community Center as Dr. Nathan Aranson, Vascular Surgeon is coming to speak about vascular disease. Learning Benefit: Understand your risk factors Learn about the symptoms Gain valuable information regarding the many treatment options available Pre-registration is required. Lunch will be served at 12pm thanks to the City of Auburn Age-Friendly Community Committee
Monday, May 19	9:00 AM - 3:00 PM	\$10.00 annual	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, May 19	2:30PM (after bingo) to 5:00PM	Free	Diamond Art "Best Wishes" Flower Cards - Join us at the Auburn Senior Community Center to make an fun flower theme card. There will be different cards to decorate in diamond art, it will be a surprise which one you get. This is an in-house program, not for pick up and take home. Max 15. Pre-registration is required.
Monday, May 19	6:00 PM - 7:00 PM	\$10 \$12 non-residents	Yoga w/Emma 6pm - 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 20	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, May 20	1:00 PM - 3:00 PM	Free	Watercolor for the Absolute Beginner *Administered in partnership with LA Arts " Have you ever wanted to try watercolor painting but it just seemed too overwhelming, too many supplies to buy, and too many things to worry about? Come join us for a quick glimpse of this incredible medium. Students will learn about the joys of watercolor painting. We will learn to paint in a simple three layer method that guarantees results. During this workshop you will also learn about watercolor supplies, history, famous painters and some basic techniques. 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
Tuesday, May 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. Min4/Maximum 15.
Wednesday, May 21	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. Regular meeting at 11:00, with nomination of officers for 2025-2026 and bingo.
Wednesday, May 21	10:00 AM - 3:00 PM	\$5 \$7 non-residents	Brunswick Naval Aviation Museum The Brunswick Naval Aviation Museum was founded in 2009 as a 501(c)3 non-profit corporation. Our mission is to preserve the rich heritage of NAS Brunswick (NASB) by honoring the tens of thousands of men and women who served here, educate the public about the history of maritime patrol aviation and NASB, and maintain a memorial for those NASB-based airmen who gave their lives in service to their country. We will arrive at about 10:45 am and start at the museum. When we are done, we will head across the street for lunch at the Wild Oats Bakery & Cafe. Wild Oats is a locally-owned, from-scratch bakery, deli and cafe. Pre-registration required. Min 6/Max 14. Price includes transportation and the museum (lunch is on your own).
Thursday, May 22	1:30 PM - 2:30 PM	\$10.00 drop-in fee	Chair Yoga 1:30pm - 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. Minimum 4
Thursday, May 22	5:30 PM - 8:00 PM	Free \$10 non-residents	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, May 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.

Friday, May 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 APL: 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).
Tuesday, May 27	10:00 AM - 2:00 PM	\$2 \$4 non-residents	Walk: Broad Cove Reserve in Cumberland Foreside- Join us at Broad Cove Reserve to look for some horseshoe crabs who have emerged from the ocean to lay their eggs on sandy beaches like this one for 445 million years. You will likely be able to see these harmless arthropods up close! Take your shoes off, get your feet wet! Sit and relax, walk on the beach, this will be an informal visit (weather permitting). There is a staircase you will need to go up and down to get to the beach. Bring your cameras, hiking sticks, a snack/lunch, a towel/chair to sit on and walking shoes. Pre-registration is required. Minimum 6/Maximum 14.
Tuesday, May 27	1:00 PM - 3:00 PM	Free	Block Printing on Flour Sack Towels *Administered in partnership with LA Arts * Participants will take home a hand-carved printing block with a repeating design and a printed flour sack hand towel. We will learn about block printing-its history, techniques, and principles of repeating patterns. 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 12
Tuesday, May 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. Min4/Maximum 15.
Wednesday, May 28	9:00 AM - 3:00 PM	\$10.00 annual	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).
Wednesday, May 28	5:30 PM returning about 10:00 PM (Show begins at 7pm)	\$40.00 residents \$45.00 non-residents (seats are in Terrace, Section 3)	Broadway National Tour Ain't Too Proud- Please Note: This production may contain atmospheric haze and flashing lights. Nominated for 12 Tony Awards and the winner of the 2019 Tony Award for Best Choreography, it's a thrilling story of brotherhood, family, loyalty, and betrayal during a decade of civil unrest in America. Set to the beat of the group's treasured hits, including "My Girl," "Just My Imagination," "Get Ready," and "Papa Was a Rolling Stone," Ain't Too Proud tells the unforgettable story of the legendary quintet that Billboard Magazine named the greatest R&B group of all time. Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled. Partial ticket prices are sponsored by the Fortin/Pinette Group to keep it affordable to all.

Thursday, May 29	8:00 AM - 9:30 AM	Free	Coffee Talk with AARP - Eating As We Age: Hannaford Dietician Emily Duran will be discussing ways in which we can all take a look at our eating habits. Topics covered will include: Discussing the importance of nutrition as we age, identifying the unique nutrition needs for older adults, looking at the guidelines for following a heart healthy diet, looking at some basic tips for meal planning, highlighting the benefits & recommendations for physical activity, and discuss Hannaford tools that make shopping easier. A light breakfast of coffee and pastries will be provided. This is offered in collaboration with AARP.
Thursday, May 29	11:00 AM - 3:30 PM	\$3 \$5 non- residents	Clambake Seafood Restaurant / Len Libby's in Scarborough The Clambake sits on Maine's largest salt water marsh right beside the famous Old Orchard Beach. The Clambake is a unique restaurant where you choose from our large selection of fresh Maine seafood along with a great selection from our grill. After ordering your meal at our registers, you may choose a seat in any of our air-conditioned dining rooms; enjoy a cocktail or other beverage while your order is being prepared. When your order is ready, you may pick up your meal and enjoy the finest seafood you will ever taste! 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.
Thursday, May 29	1:30 PM - 2:30 PM	\$10.00 drop- in fee	Chair Yoga 1:30pm - 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. Minimum 4
Thursday, May 29	5:30 PM - 8:00 PM	Free \$10 non- residents	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, May 30	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.



Watch for updates on our programs - check us out on Facebook!

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