



OCTOBER 2025 EVENT & PROGRAM CALENDAR

Auburn Senior Community Center | 48 Pettengill Park Rd
 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)				♦ = Age-Friendly Committee Event ⌘ = 1 st Auburn Senior Citizens Meeting ϕ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting		
			1 ⌘ = 1 st Auburn Senior Citizens Meeting ■ LC Bates Museum/walk 10am	2 ■ Chair Yoga 1:30pm ■ Halloween Diamond Art Glow Magnet 3:00pm ■ Adult Craft Night 5:30 ■ iLuminate at Waterville Opera House 6pm	3 ■ Drop-In Day 9-12 ■ Tech Talk 10am ■ Sunshine Club 10am ■ Mini Ceramic Pumpkins 12pm	4
5 ■ Songo River Princess 11:30am	6 ϕ = New Auburn Seniors Meeting ■ Halloween Diamond Art Cards 2:30pm ■ Yoga w/Emma 6pm	7 ■ Diamond Art Fairy Cards 2:30pm ■ Yoga for Balance 4pm	8 ◆ = Robin Dow Meeting (Anniversary Party)	9 ■ Chair Yoga 1:30pm ■ Diamond Art Turtle Keychains 3:00pm ■ Adult Craft Night 5:30	10 ■ Drop-In Day 9-12	11
12	13 HOLIDAY - No Recreation Programs	14 ■ Mystery Lunch Shuttle 11:30am ■ Halloween Diamond Art Gothic Magnet 3pm ■ Yoga Balance 4pm ♦ Age-Friendly Mtg	15 ⌘ = 1 st Auburn Senior Citizens Meeting ■ ME Water Buffalo Farm Tour 12:30pm	16 ■ Norlands Living History Museum Tour/Lunch 9:45am ■ Chair Yoga 1:30pm ■ Diamond Art Floral Theme Cards 3pm ■ Adult Craft Night 5:30	17 ■ Drop-In Day 9-12 ■ Card Crafting w/Corrine 10am	18
19	20 ϕ = New Auburn Seniors Meeting ■ Christmas In Oct Diamond Art Cards 2:30pm ■ Yoga w/Emma 6pm	21 ♦ Age-Friendly Program 11:30am ■ Yoga Balance 4pm	22 ◆ = Robin Dow Meeting (Halloween Parade) ■ The Originals present the 39 Steps at Saco River Theater 1:30pm	23 ■ Walk: Royal River Park, Yarmouth 9am ■ Crafting with Nancy 1pm ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30	24 ■ Drop-In Day 9-12 ■ Book Club 10am ■ Julie Benko - Standby Me 5:30pm	25
26 ALL PROGRAMS THIS WEEK WILL BE ON THE BIG SIDE!	27 ϕ = New Auburn Seniors Meeting ■ Yoga w/Emma 6pm	28 ■ Misery at The Public Theatre 9am ■ Diamond Art Fall Door Décor 12:30pm ■ Yoga Balance 4pm	29 ■ Senior Group(s) BBQ @Lost Valley 11am	30 ■ Coffee Talk 8am (Big Side) ■ Pumpkin Fairy Garden stakes 10am (Big Side) ■ Chair Yoga 1:30pm (Big Side)	31 ■ South Portland area shopping 9am ■ Drop-In Day 9-12	

Date	Time	Cost	Description
Wednesday, October 1	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, starting about noon. Meetings are cancelled if Auburn schools are closed due to weather. (this includes remote learning)
Wednesday, October 1	10:00 AM – 4:30 PM	\$18 \$10 non-residents	L.C. Bates Museum Shuttle in Hinckley Join us as we head to the LC Bates museum for an informal visit to the museum. We will have a short introduction and then you will be off to explore on your own. The L.C. Bates Museum is an early 20th-century museum full of unique cabinets of curiosities and Maine wildlife dioramas. Discover the wonders of nature. Explore exhibits of art, Maine Native American baskets, minerals, and Maine history and archaeology, and experience Maine's natural beauty firsthand on our forest walking trails. The National Endowment for the Humanities recently featured the L.C. Bates Museum in its 50 States of Preservation project. This series highlights how small and mid-sized museums across the country are helping preserve the nation's cultural heritage. Satisfy your curiosity and visit the L.C. Bates Museum today! There are also walking trails and picnic tables, so feel free to pack a lunch! We will arrive around 11am and head back to Auburn at 2pm. Pre-registration is required.
Thursday, October 2	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, October 2	3:00 PM – 5:00 PM	Free	Halloween Glow in the Dark Diamond Art Magnet Join us at the Auburn Senior Community Center to make an fun glow in the dark magnets. There will be different ones to decorate in diamond art, it will be a surprise which one you get (max 15, each person will get 2). Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 12. Pre-registration is required.
Thursday, October 2	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.
Thursday, October 2	6:00 PM – 10:00 PM	\$40 \$45 non-residents	iLuminate at the Waterville Opera House A fantastic fusion of cutting edge technology and dance that has been wowing the world ever since appearing on America's Got Talent over a decade ago. iLuminate features a brilliant cast of the country's top dancers performing to energetic music – including top Pop & Rock hits from the 70s, 80s, & 90s. The dancers are outfitted with customized LED suits synced to iLuminate's proprietary software to create extraordinary lighting effects with each of the phenomenally choreographed dance moves. This mind-blowing, multi-sensory experience is completely unique and incomparable to any other stage spectacular as the dancers perform dynamic routines & illusions on a darkened stage. Pre-registration is required. No refund unless we can fill your spot. Minimum 6/Maximum 14.
Friday, October 3	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, October 3	10:00 AM – 11:00 AM	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, October 3	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.
Friday, October 3	12:00 PM – 2:00 PM	\$2.00	Mini Ceramic Pumpkin Tea Light Holders - Join us at the Auburn Senior Community Center to paint a fun Mini Ceramic Pumpkin Tea Light Holders. Each person will also receive a battery operated tea light. Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 12. Pre-registration is required.

Sunday, October 5	11:30 AM – 4:30 PM	\$40 \$45 non- residents	Songo River Princess Cruise Cruise Long Lake, the Chute River & Brandy Pond- Embark on an unforgettable tour. Our scenic cruise aboard the Princess offers a unique glimpse into the heart of Maine's beautiful waterways. As the Princess gracefully glides into the expansive waters of Long Lake, the vista opens up to reveal panoramic views of sparkling blue water stretching far into the horizon. The sky above is a perfect canvas of soft clouds and sunlight, and the lakeside views are dotted with beautiful homes and boats. Then, the boat leisurely cruises under the iconic Naples Bridge, a picturesque structure that has become a beloved landmark in the area.
Monday, October 6	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, October 6	2:30 PM (after bingo) - 5:00 PM	Free	Diamond Art Halloween Cards - Join us at the Auburn Senior Community Center to make an fun Halloween 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. Maximum 12. Pre-registration is required.
Monday, October 6	6:00 PM – 7:00 PM	\$10 \$12 non-res	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, October 7	2:30 PM – 4:30 PM	Free	Diamond Art Fairy Cards Join us at the Auburn Senior Community Center to make fun 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. Maximum 12. Pre-registration is required.
Tuesday, October 7	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, October 8	9:00 AM – 3:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).
Thursday, October 9	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, October 9	3:00 PM – 5:00 PM	Free	Diamond Art Turtle Keychains - Join us at the Auburn Senior Community Center to make fun turtle keychains, you will get to choose two. There will be different ones to decorate in diamond art, it will be a surprise which one(s) 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.
Thursday, October 9	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, October 10	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.
Tuesday, October 14	11:30 AM – 3:00 PM	\$3 \$5 non- residents	Mystery Lunch Shuttle for October - 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.
Tuesday, October 14	3:00 PM – 5:00 PM	Free	Halloween Gothic Potion Bottle Diamond Art Magnet - Join us at the Auburn Senior Community Center to make an fun glow in the dark magnets. There will be different ones to decorate in diamond art, it will be a surprise which one you get (max 15, each person will get 2). Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 15. Pre-registration is required.

Tuesday, October 14	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, October 14	5:30 PM – 6:30 PM	N/A	Age-Friendly Community Committee Meeting – Open to the public.
Wednesday, October 15	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, starting about noon. Meetings are cancelled if Auburn schools are closed due to weather. (this includes remote learning)
Wednesday, October 15	12:30 PM – 5:00 PM	\$8 \$10 non- residents	ME Water Buffalo Company Tour in Appleton Let's take a trip to see some water buffalo! They are family owned & operated water buffalo farm located in beautifully scenic Appleton, Maine, raising a herd of water buffalo for their exceptionally creamy milk, their deliciously healthy meat and for the love of it! Portable toilet available. Hand wash station available. The farm store will be open during your visit if you would like to pick up anything to help you remember your visit to ME Water Buffalo Co. We will make an ice cream stop on our way home. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, October 16	9:45 AM – 2:30 PM	\$40 \$45 non- residents	NORLANDS Living History Museum Meal, Laugh and Learn - Join us as we head to the historic Norlands. The Washburn-Norlands Foundation's mission is to preserve the heritage and traditions of rural life in Maine's past, celebrate the achievements of Livermore's Washburn family, and use living history methods to make the values, activities, and issues of the past relevant to present and future generations. This program includes a luncheon and (2) programs, the first in the one-room schoolhouse and the second in the Washburn Family home. In this Busy Cradle program you learn of the remarkable achievements of the Washburn family's 10 children, that cradle was busy!! This program takes about 3 hours. The luncheon is prepared by the on site cook and farmer. It MAY consist of a chicken pot pie, coleslaw, pickled beets, cornbread and a seasonal dessert. There is no choosing of your meal. 10:30-11:30 - School Program 11:30-12:30 - Luncheon 12:30-1:30 - Interactive Washburn Story in the Main House Pre-registration is required. Min 6/Maximum 14.
Thursday, October 16	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, October 16	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, October 17	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, October 17	10:00 AM – 11:00 AM	Free	Card Crafting with Corinne Oct 2025 Halloween - This is an onsite (Auburn Senior Community Center) Hand-made card making workshop. All materials will be provided by the Senior Center. 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 her Meals-On-Wheels volunteer work. This class is hands-on with all participants cutting their own materials and creating their own cards. Pre-registration is required. Minimum 6/Maximum 15
Monday, October 20	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, October 20	2:30 PM (after bingo) - 5:00 PM	Free	Christmas in October 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.

Monday, October 20	6:00 PM – 7:00 PM	\$10 \$12 non-res	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, October 21	11:30 AM	Free	Age Friendly Lunch/learn/movie day–
Tuesday, October 21	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, October 22	9:00 AM – 3:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).
Wednesday, October 22	1:30 PM – 6:30 PM	\$22 \$25 non- residents	The Originals present The 39 Steps adapted by Patrick Barlow, from the novel by John Buchan *seating is general admission* Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have The 39 Steps, a fast-paced whodunit for anyone who loves the magic of theatre! This two-time Tony and Drama Desk Award-winning treat is packed with nonstop laughs, over 150 zany characters (played by a ridiculously talented cast of four), an onstage plane crash, handcuffs, missing fingers, and some good old-fashioned romance. In The 39 Steps, a man with a boring life meets a woman with a thick accent who says she's a spy. When he takes her home, she is murdered. Soon, a mysterious organization called The 39 Steps is hot on the man's trail in a nationwide manhunt that climaxes in a death-defying finale. A riotous blend of virtuoso performances and wildly inventive stagecraft, The 39 Steps amounts to an unforgettable evening of pure pleasure! Pre-registration is required. No refund unless we can fill your spot. Minimum 6/Maximum 14.
Thursday, October 23	9:00 AM – 12:00 PM	\$3 \$5 non- residents	Walk: Royal River Park in Yarmouth With a beautiful paved path running the length of the park along the river and parallel to the heart of the village, this is one of Yarmouth's most beloved parks, owned and managed by the Town. Highlights include views of three waterfalls, two at old dam sites and another at a historic mill site. There are picnic tables and open fields as well as floodplain forest and a 75- to a 200-year-old stand of hemlock. Most of the park is built on former industrial and mill sites. The Middle (or Third, counting upstream from tidewater) Falls with its brick remnants and Factory Island was once completely spanned by the massive Forest Paper Company mill complex in the early 1900s. The primary path through the park runs from East Elm Street, near the Upper (or Fourth) Falls, down along the river through open fields to the Third Falls overlook. It then descends by brick mill remnants and enters a stretch of basswood and locust floodplain forest, followed by hemlock and pine forest, before meeting the Beth Condon Pathway, where a pedestrian bridge crosses the river. It continues south under US Route One to the final dam and the Second Falls (the "Cotton Mill Falls") at Bridge Street. Historical interpretative signs are stationed alongside the path. There are several connections to Main Street from the path. A second path extends from East Elm Street and the upper dam along a small peninsula between the river and an old mill sluiceway. From here, you can look over to Gooch Island which you can also view from a pathway between Park Street and Forest Falls Drive. Length: 1.3 miles Trail surfaces: Asphalt Since this is an out and back hike/walk, once we arrive (about 9:45 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 11:15 PM. Bring your cameras, hiking sticks, a snack/lunch, and walking shoes. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, October 23	1:00 PM – 3:00 PM	\$8.00	Crafting with Nancy: Wire Art Lighthouse Join us at the Auburn Senior Community Center to create a Wire Art Lighthouse You will be led by instructor, Nancy Lander. All materials will be provided. Pre-registration is required. Maximum 12.

Thursday, October 23	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, October 23	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, October 24	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, October 24	10:00 AM – 11:00 AM	Free	The Auburn Senior Community Center, in partnership with the Auburn Public Library , 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 Donna at the Auburn Public Library -- 207-333-6640, ext. 4, or via email at dwallace@auburnpubliclibrary.org . Maximum 15 (can accommodate more for discussion days if people share their books before the next meet up). If you CANNOT make a discussion, please do not take a book the prior month.
Friday, October 24	5:30 PM leave time (doors open at 6:30 PM, show at 7:00 PM) – returning by 9:30 PM	\$45 \$50 non- residents	Julie Benko - Standby Me *seating is general admission* Join us as we head to Good Theater's grand re-opening at the stunning, newly renovated Stevens Square Theater! When Julie Benko first took the stage as the standby for Fanny Brice in Funny Girl, she could not have anticipated that she would take her bow as Broadway's newest breakout star. Joined by her husband Jason Yeager on piano, Julie reflects on the journey leading to her meteoric rise, sharing songs and behind-the-scenes stories of her days understudying in Les Misérables, Fiddler on the Roof, Spring Awakening, and more. From Broadway classics ("People," "Matchmaker") to jazz standards ("Twisted") to contemporary favorites ("What's Gonna Happen," & "I Dreamed A Dream,") Standby, Me offers an evening of spectacular vocals, theatrical lore, and inspiration for all the greatest stars-to-be. Pre-registration is required. No refund unless we can fill your spot. Min6/Max14. Date: Seating is general admission, first-come, first-served. Doors open 30 minutes before showtime. Approximate Running time is 90 minutes, no intermission.
Monday, October 27	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, October 27	6:00 PM – 7:00 PM	\$10 \$12 non-res	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, October 28	9:00 AM leave time – returning by 12:30 PM (show is at 9:30 AM)	\$28 \$30 non-res	Misery at the Public Theater in Lewiston Stephen King's best-selling psychological thriller and Oscar-winning film is now a spine-chilling play! Truth is stranger than fiction when a famous romance novelist veers off the road in a winter storm and wakes up incapacitated in the home of his "number-one fan". Unexpected events turn his number-one fan into his number-one enemy and a heart-pounding life or death game of cat and mouse ensues. Public Theatre policy requires you to pay for your entire seat – even though you'll only be using the edge. Pre-registration is required. No refund unless we can fill your spot. Minimum 6/Maximum 14.
Tuesday, October 28	12:30 PM – 3:00 PM	\$3.00	Diamond Art Fall Door Decoration Join us at the Auburn Senior Community Center to create a Diamond Art Fall Door Decoration. These are roughly 7x7 inches. We will be on the LARGE side for this program. Pre-registration is required. Maximum 12.
Tuesday, October 28	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, October 29	11:00 AM		11am to 3pm – the annual BBQ for members of New Auburn Seniors, First Auburn Seniors and Robin Dow Seniors Pre-Registration IS Required BY 10/13 – register with Jody
Thursday, October 30	8:00 AM – 9:30 AM	FREE	Coffee Talk with AARP – Oct. 30 Lisa Nelson The Basics of Healthy Foot Care, Central Maine Foot Care Lisa Nelson is a registered nurse specializing in podiatry, Lisa identifies and treats nail and foot diseases—including fungi of the nail. She treats and recommends treatments for callouses, corns, and ingrown toenails. Lisa will discuss techniques of healthy foot care and will explain gait analyses and foot measurement as one ages. She noted that the size of the average woman's shoe increases by two sizes by the age of 50. She will share tips on gaining and maintaining maximum mobility through the aging process. There will be a small display of shoes and over the counter products for attendees to examine. Pre-registration required. Max 30.
Thursday, October 30	10:00 AM - 12:00 PM	\$5.00	Pumpkin Topper Decorative Garden Stakes Join us at the Auburn Senior Community Center to create three decorative garden stakes (one each of yellow, black and orange). These are metal yard stakes with pumpkin toppers and various beads. All materials will be provided. Pre-registration is required. Maximum 14.
Thursday, October 30	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, October 31	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, October 31	9:00 AM – 4:00 PM	\$6 \$8 non-residents	Marden's / Marshalls & Home Goods / Lunch / Burlington in South Portland area Heading south for a little shopping and Lunch! First stop Marden's where you will have about an hour to shop then we will head across the street to Marshalls & Home Goods for another hour or so. Then lunch at TBD! If you haven't had enough shopping, we have one more stop on the way home at Burlington where you will have one more hour to fill those bags. Pre-registration is required. Minimum 6/Maximum 14.



Looking for updates on programs – check us out on Facebook

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

Luck of the Draw Trips Rules and Regulations

- These trips will be drawn on the date listed/published.
- You are allowed to put your name (and potential seat buddy) only ONCE per trip.
- I will be checking to make sure there are no duplicates before names are drawn.
- You will be notified on the date of the drawing if you are chosen.
- If not chosen, I will choose leftover names for the wait list.
- Please do not contact me, I will reach out to you that day once I have drawn names.
- If you do not have a credit card or credit already on your account, you will be required to make payment in full within 5 days of the drawing.
 - If you do not make payment in full, you will be removed from the trip, and I will contact those on the wait list. The date the names are drawn on is day 1.