



SEPTEMBER 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 HOLIDAY - No Recreation Programs	2 ■ Coastal Lobster Boat Tour Kennebunkport 9am ■ Diamond Art Birthday Cards 3:30pm ■ Yoga Balance 4pm	3 ⌘ = 1 st Auburn Senior Citizens Meeting 9am ■ When Elvis met the Beatles/Ogunquit 12:30pm	4 ■ Fortin & Pinette Group 1pm ■ Chair Yoga 1:30pm ■ Thursday Night Cruisin' in Gardiner 4:30pm ■ Adult Craft Night	5 ■ Drop-In Day 9-12 ■ Sunshine Club 10am	6
7	8 φ = New Auburn Seniors Meeting 9am	9 ■ Crafting w/Nancy 1pm ■ Yoga Balance 4pm ❖ Age-Friendly Committee Mtg 5:30	10 ◆ = Robin Dow Meeting 9am ■ Foster's Clambake 10:15am	11 ■ Diamond Art Mixed Christmas Cards 11am ■ The Irish and How They Got That Way 1:30pm ■ Chair Yoga 1:30pm ■ Adult Craft Night	12 ■ Drop-In Day 9-12 ■ Tech Talk 10am ■ Diamond Art Nature Cards 10am ■ Brick Store Museum 12:30pm	13 ❖ Age-Friendly Program – Lobster Feed 12pm
14	15 φ = New Auburn Seniors Meeting 9am ■ Christmas In Sept Diamond Art Cards 2:30pm	16 ■ Manie Tasting Center: Flavors of Maine 101 12:30pm ■ Yoga Balance 4pm	17 ⌘ = 1 st Auburn Senior Citizens Meeting 9am ■ Murder, It's No Day at the Beach Boothbay 10:15am	18 ■ Sunshine Club Card Making 10am ■ Chair Yoga 1:30pm ■ Adult Craft Night	19 ■ Drop-In Day 9-12 ■ Card Crafting w/Corrine 10am	20
21	22 φ = New Auburn Seniors Meeting 9am ■ Snow Pond Cruise 12:30pm	23 ■ Barn Quilt Pumpkin/Lunch 9:30am ■ Yoga Balance 4pm	24 ◆ = Robin Dow Meeting 9am ■ Get Out! Nature Walk: Watson Woods, Cumberland 1:15pm	25 ■ Coffee Talk 8am ■ Chair Yoga 1:30pm ■ Adult Craft Night	26 ■ Drop-In Day 9-12 ■ Book Club 10am ■ Mystery Lunch Shuttle 11:30am	27 ■ The Haunted Market at the Augusta Civic Center 11:30am
28	29 φ = New Auburn Seniors Meeting 9am	30 ■ Walk: Androscoggin River Path, 10am ■ Yoga Balance 4pm				

Date	Time	Cost	Description
Tuesday, Sept 2 (original date was 6/24)	9:00 AM – 3:30 PM	\$45 \$50 non-residents	Coastal Lobster Boat Tour and Lunch in Kennebunkport- A Hands-On Lobster Boat Tour in Kennebunkport, Maine Join us for a private charter tour in Kennebunkport in a fun-filled 1.25 hour trip, you take a tour of the Kennebunk River, enjoy a scenic tour of the beautiful coastline, and watch Rugosa Tours haul their lobster traps. Sit back and relax or roll up your sleeves and join in the fun! Our charter is from 10:30am to 11:45am. After we get back from our lobster boat tour you will have until 2pm to go for lunch, walk around, shop - anything you feel like doing. We will then meet up and head home. Pre-registration is required. Minimum 6/Maximum 14. (partial ticket prices are being sponsored by the Fortin/Pinette Group to keep it affordable to all)
Tuesday, Sept 2	3:30 PM – 5:30 PM	Free	Diamond Art Underwater Birthday Cards- - Join us at the Auburn Senior Community Center to make an fun 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. WE WILL BE ON THE LARGE SIDE, YOGA IS ON THE SMALL SIDE. PLEASE DO NOT ENTER THE SMALL SIDE.
Tuesday, Sept 2	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, Sept 3	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 for weather.
Wednesday, Sept 3	12:30 PM returning about 6:00 PM (Show begins at 2pm)	\$40 residents; \$45 non-residents (seats are in Choice Level)	When Elvis Met the Beatles at Ogunquit Playhouse The clock struck 11 PM at Elvis Presley's Los Angeles mansion. Under the glow of red and blue lights, The Beatles stepped into a room that seemed to echo the future of music—a jukebox, a crescent couch, and a bar set the stage. Elvis stood at the center, ready for the convergence of two worlds. That night, rock 'n' roll royalty sealed its legacy. Based on the book 'Elvis Meets The Beatles' by Christopher Hutchins and Peter Thompson. 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
Thursday, Sept 4	1:00 PM	FREE	The Fortin & Pinette Group – Funeral Preplanning & MaineCare Join us for an informative seminar focused on funeral preplanning and how it relates to MaineCare. Light refreshments will be provided.
Thursday, Sept 4	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, Sept 4	4:30 PM - 7:45 PM	\$3 \$5 non-residents	Thursday Night Cruisin' at Waterfront park in Gardiner May Thru September Thursday Night Cruisin' at Waterfront park in Gardiner Maine. All Antique, Muscle, special Interest, Cars Truck and Bikes are welcome. Come and check out these amazing pieces for transportation. I will drop you off and pick you up at one location. Feel free to roam Gardiner. Shop, eat, take in the cars - we will head back to Auburn at 7pm from Gardiner. Pre-registration is required. Minimum 6/Maximum 14
Thursday, Sept 4	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, Sept 5	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, Sept 5	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, Sept 8	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, Sept 9	1:00 PM – 3:00 PM	\$5.00 \$4 non-residents	Crafting with Nancy: Neurologic Doodle on the fabric bags- Join us at the Auburn Senior Community Center to create a Neurologic Doodle on fabric bags with fabric markers. You will be led by instructor, Nancy Lander. All materials will be provided. Pre-registration is required. Maximum 12.
Tuesday, Sept 9	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, Sept 9	5:30 PM – 6:30 PM	N/A	Age-Friendly Community Committee Meeting – Open to the Community
Wednesday, Sept 10	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, Sept 10	10:15 AM leave time – returning about 3:00 PM	\$50 residents; \$55 non-residents	Foster's Clambake in York Foster's has been steaming up a true "Taste of Maine" experience for over 65 years. Entrée will include succulent Maine lobster, New England clam chowder, steamed mussels, corn on the cob, roasted red potatoes and onions, rolls, butter hot drawn butter and blueberry crumb cake. Hot coffee, tea, iced tea and lemonade are also included with all meal. There is a cash bar on site. Pre-registration is required. Minimum 6/Maximum 14. No refund unless we can fill your spot (payment due at time of sign up).
Thursday, Sept 11	11:00 AM – 1:00 PM	Free	Diamond Art Christmas Cards - Join us at the Auburn Senior Community Center to make a fun 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.
Thursday, Sept 11	1:30 PM returning by 5:00 PM (Show begins at 2pm)	\$35 residents; \$38 non-residents	The Irish and How They Got That Way at The Public Theater - Maine State Music Theatre and The Public Theatre proudly present a not-to-be-missed co-production of The Irish...And How They Got That Way! This lively and heartfelt musical revue, written by Pulitzer Prize-winning author Frank McCourt (Angela's Ashes), offers a stirring tribute to the Irish-American experience. Through a seamless blend of storytelling, humor, and music, the production showcases beloved ballads like "Danny Boy" and "The Rose of Tralee" alongside contemporary hits from U2, creating a theatrical journey that is both poignant and uplifting. 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
Thursday, Sept 11	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, Sept 11	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, Sept 12	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, Sept 12	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, Sept 12	10:00 AM – 12:00 PM	Free	Diamond Art Nature Theme Cards- Join us at the Auburn Senior Community Center to make an fun 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.
Friday, Sept 12	12:30 PM – 4:30 PM	\$8 residents; \$10 non-residents	Brick Store Museum in Kennebunk Join us as we head to the Brick Store Museum in Kennebunk for an informal visit to the museum. We will have about 2 hours to explore on your own. The Museum is dedicated to exhibiting exhilarating stories through the scope of local people and places. Because of the wealth of history and art in our

			region, the Museum offers continuously rotating exhibitions in six galleries throughout the year. Because there are so many stories to tell, Museum exhibitions change every 3-4 months. There is always something new to see and do. In addition to our changing galleries on Main Street, the Museum offers the Learning Gallery, an outdoor History Garden, our Mobile Exhibit Program and the Patsy Bauman Contemporary Gallery.
Saturday, Sept 13	12:00 PM	\$35.00	Age-Friendly Program – Lobster Feed. Tickets are \$35.00 and can be purchased from any Age Friendly Member Call Tina for tickets 207-577-2704
Monday, Sept 15	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, Sept 15	2:30 PM (after bingo) - 5:00 PM	Free	Christmas in September 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, Sept 16	12:30PM leave time (Class is from 1:30PM to 3:00PM) returning about 5:00PM	\$23 residents; \$25 non-residents	Maine Tasting Center: Maine Potato Candy Experience in Wiscasset Description: Maine Potato Candy Experience Get to know an iconic Maine candy made from our state's top crop - potatoes! Learn the story behind this tasty treat - and Maine's potato industry - while watching a demonstration on how they're made. Each attendee will leave with potato candy recipes and have the opportunity to try several flavors of Needhams. Pre-registration required. Minimum 6/Max 14. After our program we will have a little time to "visit" in the Tasting Room. The Tasting Room is our brewpub-style space where we serve Maine beer, wine, cider, and cocktails plus a selection of small plates that spotlight ingredients from Maine farmers and producers. The Tasting Room offers indoor and outdoor seating and a small retail shop.
Tuesday, Sept 16	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, Sept 17	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 for weather.
Wednesday, Sept 17	10:15 AM – 4:30 PM	\$58 \$60 non res	Murder...It's No Day at the Beach at The Carousel in Boothbay Harbor "Murder...It's No Day at the Beach" Bring your swimsuit for some beach blanket bingo, but beware, this is not Gidget meets Johnny! Pre-registration is required. No refund unless we can fill your spot. Minimum 6/Maximum 14.
Thursday, Sept 18	10:00 AM – 12:00 PM	Free	Sunshine Club Card Crafting -This is an onsite (Auburn Senior Community Center) session. Corinne is in need of help to make the cards that go along with the flowers for Sunshine Club.
Thursday, Sept 18	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, Sept 18	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, Sept 19	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, Sept 19	10:00 AM	Free	Card Crafting with Corinne - Sept 2025 Men's Birthday- Card Crafting – Men's Birthday Cards with Corinne This is an onsite (Auburn Senior Community Center) card making workshop. All materials will be provided. Feel free to bring your own card making supplies if you have them. Preregistration is required. Minimum 6/Maximum 15

Monday, Sept 22	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, Sept 22	12:30 PM leave time (cruise starts at 2pm) returning by 5:30pm	\$30.00 \$32.00 non-residents	Private Cruise on Snow Pond Lake in Oakland Private luxury cruise on Snow Pond, Oakland, Maine. Take a private cruise and discover the splendor and beauty of the third largest lake in the Belgrade Chain. With nearly 31 miles of shoreline Snow Pond (Messalonskee Lake) is the deepest in the chain of seven lakes at over 113'. The towns of Oakland, Sidney and Belgrade all share beautiful shoreline on Snow Pond. Snow Pond is a 9-mile natural creation caused by continental collision and glacial scouring millions of years ago. The Snowdrifter II is a 25' Godfrey Sanpan Limited Edition Luxury Cruiser. Manufactured in Elkhart, Indiana she is equipped with oversize pontoons allowing a passenger capacity of 19 persons. However, State of Maine regulations restrict the number of guests to 12 on any charter cruise. 2 Hour Mariner Cruise: Travel over the deepest parts of Messalonskee Lake while learning about how Messalonskee was formed, visit "Rock Island" and view the world renowned New England Music Camp and their facilities. Learn about the lakes ecosystem and the challenges faced by its inhabitants while enjoying a refreshing bottled water. Pre-registration is required. Minimum 6/Maximum 11.
Tuesday, Sept 23	9:30 AM – 1:30 PM	\$10.00	Barn Quilt Kit Workshop: 12x12 "Pumpkin " & Lunch Join us at the Auburn Senior Community Center to create a DIY Barn Quilt Kit that lets you use your own creativity with your color choices! These come from a small family owned home based business located in the mountains of south central Pennsylvania specializing in DIY Barn Quilt Kits. What is a barn quilt kit? Recreation is sponsoring partial costs of this activity. Kits are normally \$45.00 each. A barn quilt kit gives you the opportunity to create your own barn quilt without all the measuring and taping. These kits come with 1/4" maple laser cut pieces in the pattern of your choosing. Ready to be painted or stained in the colors of your choice. A 1/4" backer to glue your pieces to, and a beautiful frame for your finished project. Simply pick your colors, paint and assemble like a puzzle. We will be using acrylic marker pens. Get creative and have fun! We will also have a light soup lunch served (there will be two to choose from)
Tuesday, Sept 23	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, Sept 24	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, Sept 24	1:15pm - returning by 4:30pm	\$3.00 \$5.00 non res	Get Out! Nature Walk: New Trail Exploration at Watson Woods in Cumberland Location: Watson Woods, Cumberland Curriculum: Explore the nascent trail system at our newest property! Naturalist: Karen Herold Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration is required. Minimum 6/Maximum 14. (walk 2pm to 3:30pm)
Thursday, Sept 25	8:00 AM – 9:30 AM	FREE	AARP Coffee Talk – September 25 Jessica Fay, Policy Director Maine Agency on Aging -Ageism impacts us all. People who live with age-positive views and in age-positive cultures live 7.5 years longer than those who don't, with fewer chronic conditions and less anxiety. People who live with purpose – a reason to get up in the morning – live longer and have fewer cognition problems than those who don't. Universally, research shows we're also happiest later in life than at any other time of life. Yet, our current culture is steeped in negative stereotypes that equate the very act of aging with disease, disability, and death. Popular media pushes us to "fight aging" and too regularly associates age with decline. We actively recruit younger workers and pass over older workers because of unproductive stereotypes. We literally push older people out of our communities, segregating them together where we don't have to watch the inevitable aging process we think we understand. In this presentation you will learn what ageism is and what we can all do to combat its impact. morning snacks and coffee will be provided. Pre-Registration Helpful.
Thursday, Sept 25	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, Sept 25	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, Sept 26	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, Sept 26	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, Sept 26	11:30 AM – 3:00 PM	\$3 \$5 non-residents	Mystery Lunch Shuttle for September - 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.
Saturday, Sept 27	11:30 AM – 4:00 PM	\$8 \$10 non-residents	The Haunted Market at the Augusta Civic Center Inspired by fictional stories (like the Haunted Mansion, Casper, and Hocus Pocus) Tarot, Spiritualism, Hauntings, Ghosts, Spooky affairs, & the unknown, this exhibition & market comes to life. It often brings together vendors with works in Strange Curiosities, Mediumship, Afterlife, Crystals & the paranormal, various sides of Parapsychology, Strange Collections, Magic, Herbology, Artisan Jewelry, the Halloween and witch-oriented connections, Fragrance and Body, & hand-crafts. It also ties together various works of counterculture & Spiritual/Paranormal disciplines. Pre-registration is required. Minimum 6/Maximum 14
Monday, Sept 29	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, Sept 30	10:00 AM – 1:30 PM	\$3 \$5 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, Sept 30	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.



Looking for updates on programs – check us out on Facebook

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