



OCTOBER 2024 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 & Renee)

◆ = City of Auburn Age-Friendly Committee Event
 ⌘ = 1st Auburn Senior Citizens Meeting
 φ = New Auburn Seniors Meeting
 ◆ = Robin Dow Meeting

		1 ■ Trader Joe's 9:30am ■ Halloween Figures 3 pm ■ Yoga for Balance 4pm	2 ⌘ = 1 st Auburn Senior Citizens Meeting	3 ■ Chair Yoga 1:30 PM ■ Adult Craft Night 5:30pm	4 ■ Drop-In Day 9-12	5
6	7 φ = New Auburn Seniors Meeting ■ Yoga with Emma 6pm	8 ■ Sanborn River Hike 9am ■ Cooking Matters 1:30 ■ Yoga for Balance 4pm ◆ Age-Friendly Mtg	9 ◆ = Robin Dow Meeting ■ Seashore Trolley Museum 12:15pm	10 ■ North Conway 9am ■ Chair Yoga 1:30 PM ■ Halloween Boxes 3 pm ■ Adult Craft Night 5:30pm	11 ■ Drop-In Day 9-12 ■ Tech Talk 10am ■ Card Crafting 10am	12
13	14 HOLIDAY - No Daytime Recreation Programs	15 ■ Reny's & Market Basket Topsham 10:30am ◆ Age-Friendly Movie 12:30 ■ Cooking Matters 1:30 ■ Yoga for Balance 4pm	16 ⌘ = 1 st Auburn Senior Citizens Meeting ■ Mystery Lunch 11:30am	17 ■ Cirque Kalabanté 8:45am ■ Chair Yoga 1:30 PM ■ Intro Painting 3 pm ■ Adult Craft Night 5:30pm	18 ■ Drop-In Day 9-12	19
20	21 φ = New Auburn Seniors Mtg (BIG SIDE) ■ Conway Train Sawyer River Excursion 1pm ■ Yoga with Emma 6pm (BIG SIDE)	22 ■ Yoga for Balance 4pm (BIG SIDE)	23 ◆ = Robin Dow at Marcos ■ Sam Ristich Nature Trail 1pm	24 ■ My Best Friend's Wedding - Ogunquit 12pm ■ Chair Yoga (BIG SIDE) ■ Adult Craft Night 5:30pm (BIG SIDE)	25 ■ Drop-In Day 9-12 (BIG SIDE) ■ Book Club 10am (BIG SIDE) ■ Maine Military Museum 12:15pm	26
27	28 φ = New Auburn Seniors Meeting ■ Yoga with Emma 6pm	29 ■ Andro River Hike 9am ■ Cooking Matter 1:30 ■ Yoga for Balance 4pm	30 ■ Northern Stars Planetarium 10:30 AM	31 ■ Coffee Talk 8:00 am ■ Chair Yoga 1:30 PM		

Date	Time	Cost	Description
Tuesday, October 1	9:30 AM – 12:30 PM	\$2 \$3 non-residents	Trader Joe's Shopping Shuttle - A neighborhood grocery store. Step inside and you'll find unconventional and interesting products. Pre-registration is required. Minimum 6/Maximum 14.
Tuesday, October 1	3:00 PM – 4:30 PM	Free	Simple Crafts – Painting Halloween Figures: This is an onsite (ASCC) crafting workshop. We will be painting miniature ceramic Halloween figures, like ghosts and pumpkins. All materials will be provided. Pre-registration is required. Minimum 6/Maximum 15
Tuesday, October 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, October 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, October 3	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 3	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, October 4	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, October 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, October 7	6:00 PM – 7:00 PM	\$10 \$12 non-residents	Yoga with 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, October 8	9:00 AM	\$3 \$5 non-residents	Hike: Sanborn River Loop, Greenwood - Experience this 3.1-mile loop trail near Greenwood, Maine. Generally considered an easy route. This is a wonderful loop, the distance is not too long and the elevation gain is manageable. The trail is mostly single track with a short section on Willis Mills Road. It has a nice mix of trees and the river! Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration required. Minimum 6/Maximum 14.
Tuesday, October 8	1:30 PM – 3:00 PM	Free	Cooking Matters for Adults – Join us for a 6-week cooking class that is intended to provide participants with healthy, nutritious, and budget friendly meal ideas. This is a hands-on course with all participants prepping, cooking, and eating the recipes/foods that we try! Pre-registration is required. Minimum 6/Maximum 14
Tuesday, October 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, October 8	5:30 PM – 6:30 PM	N/A	Age-Friendly Community Committee Meeting – Open to the Community
Wednesday, October 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, October 9	12:15 PM – 4:15 PM	\$13 \$15 non-residents	Seashore Trolley Museum in Kennebunkport - Visitors experience History in Motion at the world's first and largest electric railway museum, riding in restored antique electric trolleys on the very right of way used by the Atlantic Shore Line Railway from 1904 to 1927. Guests are surprised and delighted to discover streetcars from almost every major U.S. city that had trolley service as well as vehicles from every corner of the globe. History, transportation, antiques, restoration, technology, beautiful objects, fine craftsmanship, the great Maine outdoors ... Seashore Trolley Museum is as entertaining as it is informative! Allow 1 ½ hours for our typical tour: □ 15 minutes: Exhibit Hall "History in Motion, Connecting Maine Communities" explains our history, the importance of our collection, where the streetcars come from, and more. □ 30 minutes: Scenic Narrated Ride on our 3-mile heritage railroad in a meticulously restored century-old streetcar. □ 30-45 minutes: Tour 1-2 exhibit barns showcasing 30 stars in our collection of restored trolleys. Time permitting, visit Restoration Shop to see and hear about projects in progress. □ 15 minutes: Museum Store is the place for "Rare and Unusual Finds", featuring an outstanding selection of trolley collectibles, videos, books, postcards, and souvenirs. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, October 10	9:00 AM – 6:00 PM	\$8 \$10 non-residents	North Conway, NH Shuttle - This trip is for those who want to shop until they drop. We will start off our trip by heading to downtown North Conway where we will let you off in the area of Zeb's General Store. Here you will have about an hour to explore, shop, whatever you wish. We will meet up about 11:30 AM and head on over to Sea Dog Brewing for lunch (lunch location MAY change based upon availability). After we will stop off at the Christmas Loft for about an hour. Final stop, Settler's Green Outlets. Here you will have another hour to walk and shop before we head for a quick stop at L.L. Bean Outlet at Settler's Crossing (down the road a bit) and then head home. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, October 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, October 10	3:00 PM – 4:30 PM	\$12.00	Halloween Boxes Workshop – Join Karen Pelletier as she teaches us how to paint adorable Halloween themed boxes; great for gifts or décor. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, October 10	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, October 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. We may even play lawn games in the park during the fall if the weather is nice!
Friday, October 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-registration helpful.
Friday, October 11	10:00 AM – 11:30 PM	Free	Card Crafting with Corinne and Renee - - This is an onsite (Auburn Senior Community Center) Hand-made card making workshop. This month we will be making cards with beautiful Fall themed papers. All materials will be provided but please bring your own cutter/adhesive if you have them. Pre-registration is required. Min 6/Max 15
Tuesday, October 15	10:30 AM – 2:30 PM	\$2 \$4 non-residents	Reny's and Market Basket Trip in Topsham - We will head out from the Senior Center and make a stop at Reny's Department store first where you will have about an hour to shop and look around. At noon we will hop back on the bus and make the wo minute drive over to Market Basket. Shop, grab a bit or both while there. We will have until 1:45pm here until we board the bus to head back to Auburn. Pre-registration is required. Minimum 6/Maximum 14.
Tuesday, October 15	12:30 PM – 2:30 PM	Free	Age-Friendly Movie. When retired engineer Frank Corvin is called upon to rescue a failing satellite, he insists that his equally old teammates accompany him into space. Pre-registration is helpful. Free popcorn!
Tuesday, October 15	1:30 PM –	Free	Cooking Matters for Adults – Join us for a 6-week cooking class that is intended to provide participants with healthy, nutritious, and budget friendly meal ideas. This is a hands-on course with all participants prepping,

	3:00 PM		cooking, and eating the recipes/foods that we try! Pre-registration is required. Minimum 6/Maximum 14
Tuesday, October 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, October 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, October 16	11:30 AM – 2:30 PM	\$2 \$4 non-residents	L/A Mystery Lunch Shuttle for October - 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, October 17	8:45 AM – 12:30 PM	\$12 \$15 non-residents	Cirque Kalabanté: Afrique En Cirque at Merrill Auditorium - Join us for gravity-defying acrobatics, astonishing human pyramids, Afro-jazz, percussion and kora, a stringed instrument used extensively in West Africa. Cirque Kalabanté is the creation of Guinean artist Yamoussa Bangoura, an alum of Cirque Éloize and Cirque Baobab who has also performed with Cirque du Soleil. Prepare for an unforgettable experience! Now a resident of Montreal, Canada, Yamoussa Bangoura transmits and shares his values, passion, and expertise as Artistic Director of Cirque Kalabanté and as an educator of the various artistic disciplines in circus arts, African dance and traditional music of West Africa. This is a shortened version of the evening performance. Show begins at 10:00 am and lasts for 50 minutes. Pre-registration required. Minimum 6/Max 14.
Thursday, October 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, October 17	3:00 PM – 5:00 PM	Free	Introduction to Painting with Acrylics: Join this workshop led by artist Karolyn Greenstreet. Karolyn will be giving instructions on basic painting techniques using acrylic paints. This workshop is being offered in collaboration with L/A Arts. Pre-registration required. Minimum 6/Max 15.
Thursday, October 17	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. Pre-registration required.
Friday, October 18	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, October 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, October 21	1:00 PM (Train Ride is at 3:00 PM) returning about 6:00 PM	\$40 \$45 non-residents	Conway Valley Train (First Class- Gertrude Emma) - Travel back in time on this heritage rail excursion! The Conway Valley Train is our classic rural train ride. This 11-mile, 55-minute round-trip journey. Conway Scenic Railroad's Valley excursions to Conway allow you to experience the thrill of Golden Age of American railroad travel when trains connected towns and cities. Choose to ride in one of our variety of vintage rail cars and take a relaxing train journey back in time. No outside food is allowed on the train. There is a cash only snack bar onboard. Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled.
Monday, October 21	6:00 PM – 7:00 PM	\$10 \$12 non-residents	Yoga with 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, October 22	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, October 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, October 23	1:00 PM – 4:00 PM (about)	\$3 \$5 non- residents	Guided Walk: Sam Ristich Nature Trail, North Yarmouth - Nature Walks are volunteer-led by trained master naturalists and other skilled volunteer leaders. We will stay together as a group (there may be folks from the public along as well). Nature walks typically involve getting on our knees with a hand lens, or standing still for ten minutes craning up at a treetop. Curriculum: Mushrooms. Master Naturalists: Karen Massey, Beth Sturtevant. This town-managed and town-maintained trail network is owned by the Town of North Yarmouth. The trail connects town parks, town forests, and old railroad beds, and is buffered by conservation easements held by the Royal River Conservation Trust. Dr. Samuel S. Ristich was an entomologist, mycologist, lover of nature, and enthusiastic teacher. Sam retired from Cornell in 1980. For over fifteen years he kept a uniquely styled mycological journal, "Sam's Corner," published in Maine Mycological Association's quarterly newsletter. Sam passed away in 2008. Sam gained mycological immortality in 1983 by finding a new species in the family Amanita, aptly named Amanita ristichii. Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, October 24	12:00 PM (show starts at 2:00 PM) returning about 6:00 PM	\$55 \$58 non- residents	My Best Friend's Wedding at Ogunquit Playhouse - Fiery food critic Julianne Potter has always turned her nose up at romance, which is why she broke up with her longtime boyfriend Michael. All that changes when he announces his engagement and Julianne vows to win him back. But with his perfectly lovely fiancée Kimmy in the way, it's not as easy as she thought. Can Julianne possibly bring herself to derail her best friend's wedding? Based on the wickedly funny romantic comedy, this world premiere musical features iconic pop anthems by Burt Bacharach and Hal David, including I'll Never Fall in Love Again, Walk on By, Say A Little Prayer, and What's New Pussycat. Run Time: 2.5 hours with intermission Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled.
Thursday, October 24	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 24	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, October 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!
Friday, October 25	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 Auburn Public Library -- 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).
Friday, October 25	12:15 PM – 4:00 PM	\$3 \$5 non- residents	Maine Military Museum & Learning Center in South Portland - The Maine Military Museum in South Portland is a treasure trove of military history, containing items and artifacts from the Revolutionary War to the current conflicts. This expansive collection includes everything from 18th Century playing cards to an F14 ejection seat, representing every conflict in American history. Every item displayed in the museum is authentic, as historical

			proof is a prerequisite for being displayed. Visitors can encounter living artifacts like Lee, the curator, an Air Force veteran, and Jim, a 100-year-old World War II veteran, who shares his experiences in Normandy six days after D-Day or being present at the Battle of the Bulge. There's also Pete, a Vietnam veteran, and other volunteers who help keep the exhibits accurate. Pre-registration is required. Minimum 6/Maximum 14.
Monday, October 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.
Monday, October 28	6:00 PM – 7:00 PM	\$10 \$12 non-residents	Yoga with 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, October 29	9:00 AM – 1:30 PM	\$3 \$5 non-residents	Hike: 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 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 2 hours 30 minutes. Pre-registration is required. Min 6/Maximum 14.
Tuesday, October 29	1:30 PM – 3:00 PM	Free	Cooking Matters for Adults – Join us for a 6-week cooking class that is intended to provide participants with healthy, nutritious, and budget friendly meal ideas. This is a hands-on course with all participants prepping, cooking, and eating the recipes/foods that we try! Pre-registration is required. Minimum 6/Maximum 14
Tuesday, October 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.
Wednesday, October 30	10:30 AM – 11:30 AM	Free	Northern Stars Planetarium – Join us when Northern Stars Planetarium visits the senior center. They will be giving a presentation called, "The Sky Tonight" and will be describing and showing us what will be visible in the Fall night sky. Pre-registration required.
Thursday, October 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, October 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



Looking for updates on programs – check us out on Facebook

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