



SEPTEMBER 2023 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 (REV 9/11)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
■ = Auburn Recreation Program (Jody & Renee) ❖ = City of Auburn Age-Friendly Committee Event ⌘ = 1 st Auburn Senior Citizens Meeting φ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting					1 ■ Drop In Day ■ Mystery Lunch 11:30am	2
3	4 HOLIDAY - No Recreation Programs	5 ■ Damariscotta River Cruise Trip 11am ■ Yoga For Balance 4pm	6 ⌘ = 1 st Auburn Senior Citizens Meeting ■ Bay Haven Lobster Pound Lunch Trip 10:30am	7 ■ Cooking Matters for Adults 11am ■ Chair Yoga ■ Adult Craft Night	8 ■ Drop In Day ■ Tech Talk	9
10	11 φ = New Auburn Seniors Meeting	12 ■ China Village Lunch Shuttle 11:30am ■ Yoga For Balance 4pm ❖ City of Auburn Age-Friendly Committee Meeting	13 ◆ = Robin Dow Meeting ■ Home Activity Kits	14 ■ Cooking Matters for Adults 11am ■ Chair Yoga ■ Adult Craft Night	15 ■ Drop In Day ■ Card Crafting w/Corinne ■ "Allagash" at Sawyer Memorial AND Vista of Maine 1:00 pm	16
17 ■ Spamalot at Portland Players 12:45PM	18 φ = New Auburn Seniors Meeting ■ Ricker Hill Apple Picking and Tasting 12:30pm	19 ■ Duck Boat Tour in Portland 1pm ■ Yoga For Balance 4pm	20 ⌘ = 1 st Auburn Senior Citizens Meeting	21 ■ Cooking Matters for Adults 11am ■ Chair Yoga ■ Adult Craft Night	22 ■ Drop In Day ■ Book Club 10am	23
24	25 φ = New Auburn Seniors Meeting	26 ■ Fort Williams Park / Portland Headlight 9am ■ Yoga For Balance 4pm	27 ◆ = Robin Dow Meeting	28 ■ Cumberland Fair 10am ■ Cooking Matters for Adults 11am ■ Chair Yoga ■ Adult Craft Night	29 ■ Fall Program Sign Ups 9:30am	30

Date	Time	Cost	Description
Friday, Sept 1	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, Sept 1	11:30 AM	\$2 \$4 non-residents	Mystery Lunch Shuttle - Let lunch be a surprise! Sign up for the social aspect and for the thrill of not knowing where the bus will take you. Pre-registration is required. Minimum 6/Maximum 14. Price includes transportation only.
Tuesday, Sept 5	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 6	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.
Wednesday, Sept 6	10:30 AM – 3:00 PM	\$4 \$6 non-residents	Bay Haven Lobster Pound in Cornish - Fresh Maine Seafood and a beautiful late summer drive. Full-service family restaurant serving a wide variety of American cuisine. Seafood is their specialty! Pre-registration is required. Minimum 6/Maximum 14.
Thursday, Sept 7	11:00 AM – 12:30 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, cooking, and eating the recipes/foods that we try! Pre-registration is required. Minimum 6/Maximum 14
Thursday, Sept 7	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 7	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - Join us at 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
Friday, Sept 8	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, Sept 8	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 Donna, Adult Services Manager at the Auburn Public Library.
Monday, Sept 11	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.
Tuesday, Sept 12	11:30 AM – 3:00 PM	\$2 \$4 non-residents	China Village Lunch Shuttle in Gray - Some of the best food around! Join us for a fun lunch. Pre-registration is required. Minimum 6/Maximum 14.
Tuesday, Sept 12	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 13	9:00 AM – 3:00 PM	\$10.00 annual dues	Robin Dow Seniors - Directors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Wednesday, Sept 13	12:00 PM - 2:00 PM	Free	Burlap Mason Jar Centerpiece Activity Kits - Free for Auburn residents ages 60 and over, these activity kits are fun for everyone and can be done from home, with a small group of friends, or grandkids! Pre-registration required.
Thursday, Sept 14	11:00 AM – 12:30 PM		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 that we try! Pre-registration is required. Minimum 6/Maximum 14
Thursday, Sept 14	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 14	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - Join us at the Auburn Senior Community Center on Thursday nights for DIY crafting. Bring your quilting, rug braiding, paper crafts or stamps and spend time with others in your community. Min: 4 /Max: 20
Friday, Sept 15	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, Sept 15	10:00 AM – 11:30 PM	Free	Card Crafting with Corinne – Come on in and join us for a “Make one (to take home) and Leave One (to donate)” Card making event. You will learn how to make beautiful hand-crafted cards, beginners welcome! All materials and instructions will be provided Free of Charge to participants. Pre-registration is required. Minimum 6/Maximum 14.
Friday, Sept 15	1:00 PM – 7:30 PM	\$3 \$5 non-residents	Sawyer Foundation – ALLAGASH: NEW ENGLAND’S WILD RIVER – Tim Caverly AND Vista of Maine Vineyard and Cidery Trip in Greene - Narrated by retired Maine Park Ranger Supervisor, Tim Caverly, the audience will virtually canoe the 92-mile Allagash River and hear the lore and legends from Maine's wilderness. Caverly's presentations are always both informative and fun. Cheers! Enjoy a flight or a glass in the Big Red Barn. Originally built in 1833 by the local 'Hill' Family - this barn is now home to a beautiful tasting room. With a view that can't be beaten, take your glass outside and enjoy the view. Often featuring live music and food on Friday evenings (please feel free to pack your own cooler of food for this trip). We will stay for the beautiful sunset (approximately 6:51pm) and then head back. Pre-registration is required. Minimum 6/Maximum 14.
Sunday, Sept 17	12:45 PM – 6:00 PM	\$25 \$30 non-residents	Spamalot – Portland Players in South Portland - This Tony Award-winner for Best Musical is a musical comedy “lovingly ripped off” from the 1975 film “Monty Python and the Holy Grail.”. Story: King Arthur is traveling around England recruiting his Knights of the Round Table. When he and his band of misfit knights finally gather in Camelot, they receive a charge from God to find the Holy Grail. The quest brings King Arthur and the Knights of the Round Table to strange places and into the company of strange characters, challenging them to keep their heads on straight or die terribly weird deaths. Pre-registration is required. Minimum 6/Maximum 14. No refund unless we can fill your spot.
Monday, Sept 18	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.
Monday, Sept 18	12:30 PM –	\$7 \$9 non-residents	Ricker Hill Orchards Apple Picking, Tour, and Cider Tasting in Turner (Rain Date the 18th) - Apple picking season is in full swing. Ricker Hill Orchards has been growing Maine apples for over nine generations in the small town of Turner, Maine. We will take a tour of their farm, pick apples, and visit their store. Pre-registration is required. Minimum 6/Maximum 14.
Tuesday, Sept 19	1:00 PM – 5:00 PM	\$45 \$48 non-residents	Maine Duck Boat Tour in Portland - Land & Sea Historical Tour of Portland and Casco Bay. On this history and sightseeing tour, we'll travel aboard a modern land & sea vehicle to explore many different points of interest. Climb aboard as we twist n' turn through the historic city of Portland, Maine and without skipping a beat, we splash (you will not get wet) into beautiful Casco Bay!) Duration is 60 minutes (~35 minutes land/~25 minutes on the water). Pre-registration is required. Minimum 6/Maximum 14. No refund unless we can fill your spot

Tuesday, Sept 19	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 20	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.
Thursday, Sept 21	11:00 AM – 12:30 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, cooking, and eating the recipes that we try! Pre-registration is required. Minimum 6/Maximum 14
Thursday, Sept 21	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 21	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - Join us at 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
Friday, Sept 22	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, Sept 22	10:00 AM – 11:00 AM	Free	Book Club - Pre-registration is required. Maximum 12 Books (more if folks can share or supply their own book). 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 Fall. This group will meet monthly at the Auburn Senior Community Center. Our first meeting will be on September 22 nd and will be organizational in nature; getting to know one another and discussing various books in an effort to select our first book. Pre-registration is required.
Monday, Sept 25	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.
Tuesday, Sept 26	9:00 AM – 3:00 PM	\$3 \$7 non-residents	Portland Head Light & Fort Williams Park Walk in Cape Elizabeth - Fort Williams Park is a 90-acre park managed by the town of Cape Elizabeth and home to Portland Head Light which looks out over Casco Bay. Explore this 1.0-mile loop trail generally considered an easy route. The park is also home to a rocky beach, picnic area, and playground. You will have free time to explore, go to the museum (admission fee: \$2.00 if you choose) or have your lunch (bring your own). The museum is located in the former keepers' house which was built in 1891 as a duplex for the head Keeper and the Assistant Keeper and their families. The park has no trash cans, we will carry out all trash. Pre-registration is required. Minimum 6/Maximum 14.
Tuesday, Sept 26	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 27	9:00 AM – 3:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Thursday, Sept 28	10:00 AM -2:00 PM	\$3 \$5 non-residents	Cumberland Fair Shuttle - Senior Day is Thursday, \$5 Admission 65 & Over! Let's go and visit some of your favorite agricultural fairs to see live animals, tractor pulls, horse races, amazing entertainment, arts and crafts vendors, and try lots of delicious food! We will provide transportation and parking and you will pay any applicable entrance fee. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, Sept 28	11:00 AM – 12:30 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, cooking, and eating the recipes that we try! Pre-registration is required. Minimum 6/Maximum 14

Thursday, Sept 28	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 28	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - Join us at 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
Friday, Sept 29	Doors Open at 9:30 AM	Free	Fall Brochure Lunch and Sign-Up Day - Join Jody and Renee for lunch to go over the fall brochure. Please arrive for a 10:00am start time. We will go over the brochure details and have time for questions, etc. Then we will serve lunch. While you are eating, we will start the registration lottery. Pre-register, please so we know how much food to have on hand for everyone. Doors will open at 9:30am. More details to follow. Pre-registration is required, registration ends on 9/20/2023. FOOD SPONSORED BY THE FORTIN GROUP!