



MARCH 2026 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)					<div style="text-align: right;"> ❖ = City of Auburn Age-Friendly Committee Event ⌘ = 1st Auburn Senior Citizens Meeting ◊ = New Auburn Seniors Meeting ♦ = Robin Dow Meeting The above programs are independent of Rec Programs </div>	
1	2 ◊ = New Auburn Seniors Meeting ■ Yoga w/Emma 6pm	3 ■ Les Ballets Africains at Merrill Auditorium 8:45am ■ Diamond Art Easter Card 1pm ■ Yoga For Balance 4pm	4 ⌘ = 1 st Auburn Senior Citizens Meeting ■ Lend Me a Soprano at Good Theater 12:30pm	5 ■ Easter Egg Barn Quilt 10am ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30pm	6 ■ ALL IN THE TIMING, 6 ONE-ACT PLAYS at USM 8:45am ■ Drop-In Day 9-12 ■ Sunshine Club 10am	7
8 Daylight Saving Spring Forward	9 ◊ = New Auburn Seniors Meeting ■ Yoga w/Emma 6pm	10 ■ Crafting with Nancy 1pm ■ Yoga For Balance 4pm ♦ = Age-Friendly Mtg 5:30	11 ♦ = Robin Dow Meeting ■ Natalie MacMaster & Donnell Leahy & The Celtic All Stars at Merrill 5:30pm	12 ■ Sunshine Club Cards w/Corinne 10am ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30pm	13 ■ Drop-In Day 9-12 ■ Tech Talk 10am ■ Bates College Dining Shuttle 10:45am	14 ■ star wars: the empire strikes back in concert at Merrill 5:30pm
15	16 ◊ = New Auburn Seniors Meeting ■ Yoga w/Emma 6pm	17 ■ Yoga For Balance 4pm	18 ⌘ = 1 st Auburn Senior Citizens Meeting	19 ■ Crafting & Lunch 10:30am ■ Chair Yoga 1:30pm ■ Adult Craft Night	20 ■ Drop-In Day 9-12 ■ Card Crafting w/Corinne 10am ■ Pizza Lunch @ASCC at	21
22	23 ◊ = New Auburn Seniors Meeting ■ Yoga w/Emma 6pm	24 ■ China through the eyes of Judy & Lunch 11am ■ Yoga For Balance 4pm	25 ♦ = Robin Dow Meeting ■ Get Out! Nature Walk 1:15pm	26 ■ Coffee Talk 8 am ■ The Peking Acrobats at Merrill 8:45am ■ Chair Yoga 1:30pm ■ Adult Craft Night	27 ■ Drop-In Day 9-12 ■ Book Club 10am ■ China Village Lunch Shuttle 11:30am	28
29	30 ◊ = New Auburn Seniors Meeting ■ L/A Mystery Lunch Shuttle 11:30am ■ Yoga w/Emma 6pm	31 ■ Clothespin Wreaths with Corinne 10am ■ Yoga For Balance 4pm				

Date	Time	Cost	Description
Monday, March 2nd	9:00 AM – 3:00 PM	\$10.00 annual	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning)
Monday, March 2nd	6:00 PM – 7:00 PM	\$12 \$15 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, March 3	8:45 AM – 12:00 PM	\$16 \$18 non-res	Les Ballets Africains at Merrill Auditorium - Formed by distinguished Guinean choreographer, Keita Fodeba in 1952 and recognized as the National Dance Company of the Republic of Guinea, Les Ballets Africains brings their inimitable blend of traditional dance, music, and storytelling to Portland. Featuring striking demonstrations of spectacle, acrobatics, comedy and drama, Les Ballets Africains thrills audiences with the multilayered intensity of traditional polyrhythms, and the power of African percussion. Through their use of traditional dance, authentic Guinean instruments and costumes, the company proudly shares their culture and message of unity. Les Ballets Africains has visited the four corners of the earth, sometimes remaining on tour for up to two years at a stretch, with the mission to foster a greater understanding of West Africa by sharing their art and culture with the rest of the world. RUN TIME 60 minutes. Pre-registration is required. Minimum 6/Maximum 14.
Tuesday, March 3	1:00 PM – 3:00 PM	Free	Diamond Art Easter Cards (Max 12) - - Join us at the Auburn Senior Community Center to make a fun Easter 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.
Tuesday, March 3	4:00 PM – 5:00 PM	\$12.00 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, March 4	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. (this includes remote learning)
Wednesday, March 4	12:45 PM – 5:00 PM	\$36 \$38 non-res	Lend Me a Soprano at Good Theater in Portland - Maine Premiere by Ken Ludwig It's 1934, and the clever and combustible Lucille Wiley, Manager of the Cleveland Grand Opera Company, is ready to welcome world-class soprano Elena Frenzi for her one-night-only starring role in Carmen. Alas, Elena arrives late, her impassioned husband Pasquale has a fit of jealousy, and it remains to be seen whether Mrs. Wiley's mousy but determined assistant Jo can save the day. Based on Ken Ludwig's Tony Award-winning Lend Me A Tenor, this madcap screwball comedy features ladies in the leading roles and is guaranteed to leave audiences teary-eyed with laughter. Seating General Admission for all Main Stage shows Pre-registration is required. Minimum 6/Maximum 14.
Thursday, March 5	10:00 AM – 12:00 PM	\$15.00	DIY Seasonal Easter Egg Barn Quilt (Max 15) - This adorable Easter egg comes with 1/4" maple laser cut pieces and a 1/4" backer with scored lines for easy pattern placement. Egg measures 10" h x 8" w. Comes with stand for display. All materials will be provided. We will be using acrylic paint pens for this project. Pre-registration is required. Maximum 15. Recreation is sponsoring partial costs of this activity. Barn Quilts come from Covert Creations and sell for \$25.00 on their site.
Thursday, March 5	1:30 PM – 2:30 PM	\$12.00 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 \$12.00: Minimum 4
Thursday, March 5	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, March 6	8:45 AM – 1:30 PM	\$16 \$18 non-res	ALL IN THE TIMING, 6 ONE-ACT PLAYS at Russell Hall USM Gorham Campus- Winner of the John Gassner Playwriting Award, this critically acclaimed, award-winning evening of six comedies combines wit, intellect, satire and just plain fun. By David Ives Directed by Jared Mongeau Content Advisories: Adult language; best for ages 14+. Run Time: Approximately 75 minutes, with no intermission. Show begins at 10:00 am (doors open at 9:30 am) and will end approximately at 12:30. Pre-registration required. Minimum 6/Max 14.
Friday, March 6	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, March 6	11:00 AM – 12:30 PM	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, March 9	9:00 AM – 3:00 PM	\$10.00 annual	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning)
Monday, March 9	6:00 PM – 7:00 PM	\$12 \$15 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, March 10	1:00 PM - 3:00 PM	\$8.00	Crafting with Nancy: Stitched Landscape Art (Max 12) - Join us as Nancy guides us through a creative process to make a beautiful take home piece of art. This will be a stitched landscape design. This will be an onsite workshop offered here at the senior center. All necessary materials and instruction will be provided. Pre-registration is required. Minimum 6/Maximum 12
Tuesday, March 10	4:00 PM – 5:00 PM	\$12.00 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, March 10	5:30 PM – 6:30 PM	N/A	Age-Friendly Community Committee Meeting – Open to the Community
Wednesday, March 11	9:00 AM – 3:00 PM	\$10.00 annual	Robin Dow Seniors - Doors open at 9:00am with Directors meeting at 10:30, and bingo. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).
Wednesday, March 11	5:30PM (Show at 7PM) – 10:00PM	\$60 \$62 non-res	NATALIE MACMASTER, DONNELL LEAHY & THE CELTIC ALL STARS at Merrill Auditorium in Portland - Cape Breton's beloved Natalie MacMaster and fiddle virtuoso Donnell Leahy, along with their daughter Mary Frances, invite some of the world's top Celtic musicians to join them for an incredible concert experience. Through dancing, singing, and merry music-making, the evening highlights the unique talents, influences, and stories of the "first family of traditional fiddlers." This musical journey features true all-stars of the Celtic world from Ireland, England, Scotland, and beyond. Together MacMaster, Leahy and guests explore the connections between Celtic styles across globe, taking the audience from the music's ancient roots to its modern trends. Run time: Approx. 2 hrs. with intermission. Seats: Terrace, Section 4 Row E. Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled. Price includes transportation and show tickets.
Thursday, March 12	10:00 AM	Free	Help! Corrine Make Cards for Sunshine Club – March- Help! Corrine Make Cards for Sunshine Club This is an onsite (Auburn Senior Community Center) session. Corrine is in need of help to make the cards that go along with the flowers for Sunshine Club.
Thursday, March 12	1:30 PM – 2:30 PM	\$12.00 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 \$12.00: Minimum 4
Thursday, March 12	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, March 13	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, March 13	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, March 13	10:45 AM	\$2 \$4 non-res	Bates College Dining Shuttle Feb 2026 We will be keeping it local for these winter months! Let's head over the bridge and have a wonderful buffet lunch at Bates College Dining! Sure, you may have been there before, but have you been with us!? We will arrive about 11am to avoid the rush of students dining. Trips return by 12:45pm. Pre-registration required. Minimum 6/Max 14. You pay for your buffet lunch directly to Bates the day of. Cost is \$14 and MUST be paid via credit card, Visa or Mastercard only!
Saturday, March 14	5:30 PM (show is at 7PM) - 10:00 PM	\$36 \$138 non-res	star wars: the empire strikes back in concert at Merrill Auditorium - Travel to a galaxy far, far away and experience the continuation of Luke Skywalker's epic journey. After the destruction of the Death Star, Darth Vader pursues Luke Skywalker, who is studying the ways of the Force with Jedi Master Yoda. Experience the critically acclaimed second installment of the original Star Wars trilogy, as The Empire Strikes Back is projected on the big screen at Merrill Auditorium, with John Williams' iconic score performed live by your Portland Symphony Orchestra. Run Time: Approximately 2.5 hours Seats: Terrace Section 4 (These seats are \$100 each if you were to go on your own) partial ticket prices are being sponsored by the Fortin/Pinette Group Pre-registration is required. Minimum 6/Maximum 14. No refund unless your spot can be filled.
Monday, March 16	9:00 AM – 3:00 PM	\$10.00 annual	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning)
Monday, March 16	6:00 PM – 7:00 PM	\$12 \$15 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, March 17	4:00 PM – 5:00 PM	\$12.00 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, March 18	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. (this includes remote learning)
Thursday, March 19	10:30 AM – 1:00 PM	\$8.00	Thursday Craft and Lunch Series March 2026 - Join us at the Auburn Senior Community Center on Thursday mornings to work on a supplied craft. These will be simple crafts, anyone can do! At about noon we will break for a soup lunch (there will be a choice between two). What better way to have some fun during the cold winter months. Pre-registration is required. Maximum 12 for each session.
Thursday, March 19	1:30 PM – 2:30 PM	\$12.00 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 \$12.00: Minimum 4
Thursday, March 19	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, March 20	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, March 20	10:00 AM – 11:00 AM	Free	Card Crafting with Corinne – March 2026 - This is an onsite (Auburn Senior Community Center) Hand-made card making workshop. All materials will be provided by the Senior Center. The theme Easter card and paper Easter basket. Feel free to bring your own card crafting supplies if you have them. Pre-registration is required. Minimum 6/Maximum 15

Friday, March 20	12:00 PM – 1:30 PM	\$6.00	Pizza Lunch @ ASCC March 2026- Join us at the Auburn Senior Community Center for a cheese pizza lunch. You will get 2 slices of cheese pizza, chips and soda/water. Hang out with your friends or make some new ones. Pre-registration is required. This is an in-house program. Maximum 20.
Monday, March 23	9:00 AM – 3:00 PM	\$10.00 annual	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning)
Monday, March 23	6:00 PM – 7:00 PM	\$12 \$15 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, March 24	11:00 AM – 1:30 PM	Free	China through the eyes of Judy and Lunch Join us at the Auburn Senior Community Center to take a virtual trip to China with Judy! Judy lived in China for five years where she taught in two different areas of China and will have a sideshow to show some of her adventures. One of her students, Harris (his English name) is now a teacher in a very poor area of China (Lijia Primary School - in Qingliu, Sanming, Fujian Province) and we will have a donation bashed out so that we can assist him and the students in obtaining their uniforms for school. Judy will facilitate getting our donations to him for the students. So please help us, help him! We are reaping the spoils of the trip as they present us with their journey. Doors will open at 11am, lunch to follow about 11:30am and then the show about noon. This is an in-house program. Pre-registration is required. (this program and lunch is being sponsored by Auburn Recreation)
Tuesday, March 24	4:00 PM – 5:00 PM	\$12.00 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, March 25	9:00 AM – 3:00 PM	\$10.00 annual	Robin Dow Seniors - Doors open at 9:00am with Directors meeting at 10:30, and bingo. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).
Wednesday, March 25	1:15 PM – 4:30 PM	\$3 \$5 non-res	Get Out! Nature Walk: Moss & Lichen (Watson Woods in Cumberland) Location: Watson Woods, Cumberland Curriculum: We will learn about the fascinating and mysterious world of moss and lichen. The area along Mill Brook will provide an ideal habitat for our explorations. Naturalist: Karen Massey & Margaret Reimann Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-registration is required. Minimum 6/Maximum 14.
Thursday, March 26	8:00 AM – 9:30 AM	Free	Coffee Talk with AARP – AARP Fraud Watch Network is a free resource for all. With AARP as your partner, you'll learn how to proactively spot scams, get guidance from our fraud specialists if you've been targeted, and feel more secure knowing that we advocate at the federal, state, and local levels to protect consumers and enforce the law. This presentation features one of AARP Maine's trained fraud watch speakers who will raise our awareness about what's happening and how we can protect ourselves. A light breakfast of pastries, snacks and coffee/tea will be provided. Pre-registration required. Max 30.
Thursday, March 26	8:45 AM – 12:00 PM	\$16 \$18 non-res	The Peking Acrobats at Merrill Auditorium - Defying gravity with amazing displays of contortion, flexibility and control — The Peking Acrobats push the limits of human ability. Daring maneuvers atop a precarious pagoda of chairs. Incredible trick-cycling. Precision juggling. Awe-inspiring tumbling, somersaulting and gymnastics. Rich pageantry. With a time-honored tradition rooted in centuries of Chinese history and folk art, The Peking Acrobats ignite delight from astonished audiences from around the world and of all ages. RUN TIME 60 minutes Pre-registration is required. Minimum 6/Maximum 14.
Thursday, March 26	1:30 PM – 2:30 PM	\$12.00 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 \$12.00: Minimum 4
Thursday, March 26	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, March 27	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, March 27	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 16 (can accommodate more for discussion days if people share their books before the next meet up).
Friday, March. 27	11:30 AM – 2:30 PM	\$3 \$5 non-res	China Village Lunch Shuttle in Gray - Some of the best food around! Let's for a fun lunch. Pre-registration is required. Minimum 6/Maximum 14. Online registration opens 30 days prior to trip.
Monday, March 30	9:00 AM – 3:00 PM	\$10.00 annual	New Auburn Seniors Meeting - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow. Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning)
Monday, March 30	11:30 AM – 2:30 PM	\$2 \$4 non-res	L/A Mystery Lunch Shuttle for March Winter months bring some local trips. These mystery meals will all be in the L/A area. Let lunch be a surprise! Sign up for the social aspect and for the thrill of no knowing where the bus will take you. Pre-registration is required. Minimum 6/Maximum 14
Monday, March 30	6:00 PM – 7:00 PM	\$12 \$15 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, March 31	10:00 AM – 12:00 PM	\$3.00	Crafting with Corinne: Clothespin Wreaths (Max 12) - Join us here at the senior center with Corinne to create a beautiful Cloths pin Wreath. All necessary materials and instruction will be provided. Light snacks will be provided! Pre-registration is required. Minimum 6/Maximum 12
Tuesday, March 31	4:00 PM – 5:00 PM	\$12.00 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.



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

- You **MUST** have a Civic Rec account so you can be registered.
- 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.**