



NOVEMBER 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 (REV 11/14)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
■ = Auburn Recreation Program (Renee & Jody) ❖ = City of Auburn Age-Friendly Committee Event ⌘ = 1st Auburn Senior Citizens Meeting ⊕ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting					1 ■ Drop-In Day 9-12 ■ Birds on Parade 10 ■ Diamond Art Fall/Thanksgiving Cards 12pm	2
3 Daylight Savings – Fall Backward	4 ⊕ = New Auburn Seniors Meeting ■ Goodwill Shuttle Shopping 9am	5 *VOTING* No Recreation Programs	6 ⌘ = 1 st Auburn Senior Citizens Meeting	7 ■ Chair Yoga 1:30pm ■ Simple Crafts 3 pm ■ Adult Craft Night	8 ■ Drop-In Day 9-12 ■ Holiday Card Making 10 am ■ Tech Talk 10am	9
10	11 HOLIDAY - No Daytime Recreation Programs ■ Yoga with Emma 6pm	12 ■ Artist Nicole 11am ■ Cooking Matters 1:30 ■ Yoga For Balance 4pm ❖ Age-Friendly Committee Meeting	13 ◆ = Robin Dow Meeting	14 ■ Chair Yoga 1:30pm ■ Oyster ornaments 3pm ■ Adult Craft Night 5:30	15 ■ Drop-In Day 9-12 ■ Sunshine Club 10 ■ Winter Coir Doormat Craft Project 12:00pm	16
17	18 ⊕ = New Auburn Seniors Meeting ■ Yoga with Emma 6pm	19 ■ Mystery Lunch 11:30am ■ Cooking Matters 1:30 ■ Fall Movie, Cider and Donuts 3:30 PM ■ Yoga For Balance 4pm	20 ⌘ = 1 st Auburn Senior Citizens at Green Ladle	21 ■ North Conway 9am ■ Holiday boxes 12 pm ■ Chair Yoga 1:30pm ■ Adult Craft Night	22 ■ Drop-In Day 9-12 ■ Book Club 10am ■ Nezinscot Farm Lunch Shuttle 11:15am	23
24	25 ⊕ = New Auburn Seniors Meeting ■ Diamond Art Christmas Cards 3pm ■ Yoga with Emma 6pm	26 ■ L/A Mystery Lunch 11:30am ■ Cooking Matters 1:30 ■ Yoga For Balance 4pm	27	28 HOLIDAY - No Recreation Programs ❖ Age-Friendly Thanksgiving 11:00AM	29 HOLIDAY - No Recreation Programs	30

Date	Time	Cost	Description
Friday, Nov 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, Nov 1	10:00 AM – 12:00 PM	Free	Birds on Parade! – Join Nancy Lander as she teaches this creative workshop! Participants will make a 3-D Bird for home décor. You will be decorating your birds with patterned papers and meaningful phrases. This workshop is offered in collaboration with L/A Arts. Pre-registration is required. Minimum 6/Maximum 15.
Friday, Nov 1	12:00 PM – 2:00 PM	Free	Diamond Art Fall/Thanksgiving Cards - Join us at the Auburn Senior Community Center to make some Fall themed (Thanksgiving) Cards. There will be 3 different cards to decorate in diamond art, it will be a surprise which ones you get. Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 12.
Monday, Nov 4	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, Nov 4	9:00 AM – 4:00 PM	\$4 \$6 non-residents	Goodwill Shuttle Shopping Trip - Let's hit up some Goodwill shops! We will head south and start our day off at the Falmouth location. Next up is Westbrook. We will stop for lunch before heading to Gorham. Gorham will be the regular store, not the outlet store We will have approximately one hour at each stop before we head home. Don't forget to bring your shopping bags! Pre-registration is required. Minimum 6/Maximum 14.
Wednesday, Nov 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.
Thursday, Nov 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, Nov 7	3:00 PM – 4:30 PM	Free	Simple Crafts and Social Hour – Join us for a Simple Craft Activity! This will be 90 minutes of crafting fun and socializing. This time we will be making Diamond Art animal themed keychains. All materials, coffee, tea, and water will be provided. Pre-registration required. Min 6/Max 12
Thursday, Nov 7	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, Nov 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, Nov 8	10:00 AM – 11:30 AM	Free	Card Crafting with Corinne and Renee - - This is an onsite (Auburn Senior Community Center) Hand-made card making workshop. "Holiday Theme." Create your own Holiday Card and gift card holder.. This class is hands-on with all participants cutting their own materials and creating their own cards. Materials will be provided but please bring your own cutter/adhesive if you have them. Pre-registration is required. Min 6/Max 15
Friday, Nov 8	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.
Monday, Nov 11	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, Nov 12	11:00 AM	\$12 \$15 non-residents	Artful Nights Maine with Artist Nicole White here at the ASCC Sea Glass Light Up Tree Workshop - Sea Glass Light Up Tree Workshop - with Artist Nicole. Artist Nicole teaches painting for Maine restaurants, fundraisers, employee team building, private events. She has a big heart, laughter is going to fill the room, and personality that makes learning

			to paint fun and easy! Join us for a Sea Glass Light Up Tree Workshop Day. Coffee, tea, and light snacks will be provided. Pre-registration is required. Minimum 10
Tuesday, Nov 12	1:30 PM – 3:00 PM	Free	Cooking Matters for Adults – Join us for a 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! Call Renee to register today! Pre-registration is required. Minimum 6/Maximum 14
Tuesday, Nov 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, Nov 13	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Bingo to follow.
Thursday, Nov 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, Nov 14	3:00 PM – 5:00 PM	Free	Oyster Shell ornaments: Join this workshop led by artist Karolyn Greenstreet. Karolyn will be teaching us how to make beautiful oyster shell ornaments. This workshop is being offered in collaboration with L/A Arts. Pre-registration required. Minimum 6/Max 15.
Thursday, Nov 14	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, Nov 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, Nov 15	10:00 Am – 11:30 AM	Free	Sunshine Club – Do you want to bring a little sunshine to community members living in assisted living centers? Join this lively group who work together to make floral arrangements to be delivered to local long-term care facilities. Pre-registration required.
Friday, Nov 15	12:00 PM – 2:30 PM	\$5.00	Winter Coir Doormat Craft Project - Join us at the Auburn Senior Community Center to paint our 18x30 coir doormat for Winter. Doormat, brushes, stencil, paints and spray sealant all provided. Pre-registration is required. Max 12.
Monday, Nov 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, Nov 18	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, Nov 19	11:30 AM – 3:00 PM	\$2 \$4 non-residents	Mystery Lunch Shuttle - 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. Min 6/Max 14.
Tuesday, Nov 19	1:30 PM – 3:00 PM	Free	Cooking Matters for Adults – Join us for a 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! Call Renee to register today! Pre-registration is required. Minimum 6/Maximum 14

Tuesday, Nov 19	3:30 PM – 5:00 PM	Free	Fall Movie, Cider and Donuts: Celebrate Fall with us as we watch a lighthearted Fall themed movie. We will be serving Hot apple cider and cider donuts to enjoy while we watch. Pre-registration is required. Minimum 6/Maximum 40
Tuesday, Nov 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, Nov 20	9:00 AM – 3:00 PM	\$10.00 annual dues	1st Auburn Thanksgiving at the Green Ladle – Advanced Ticket Purchase required
Thursday, Nov 21	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, Nov 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, Nov 21	12:00 PM – 2:00 PM	\$15.00	Holiday Gift Box Workshop- Join this workshop led by artist Karen Pelletier. Participants will make a Gift Box with "Merry Christmas" or "Welcome Winter" stenciled on the top. They will use chalk paint, stencils, and decorative transfers to create these beautiful boxes. Nice for home décor or for a gift! Pre-registration is required. Minimum 6/Maximum 15.
Thursday, Nov 21	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, Nov 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, Nov 22	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, Nov 22	11:15 AM – 2:00 PM	\$2 \$4 non-residents	Nezinscot Farm Lunch Shuttle in Turner -Join us as we head to lunch at this James Beard award winning café. The Farm Store café menu changes seasonally. All meals are prepared in-house. using the freshest ingredients grown and harvested on-premise or sourced from local farms and artisans. There are also fresh breads, cheese, pastries, meats and more for purchase in this amazing little farm store. This café is "order at the counter" style, find a seat indoors or out is on your own. They will call your number once your meal is ready. Everything is made to order from scratch. Pre-registration is required. Minimum 6/Maximum 14.
Monday, Nov 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.
Monday, Nov 25	3:00 PM – 5:00 PM	FREE	Diamond Art Christmas Cards - Join us at the Auburn Senior Community Center to make some Christmas Cards. There will be 5 different Christmas cards to decorate in diamond art, it will be a surprise which ones you get. Pre-registration is required. This is an in-house program, not for pick up and take home. Maximum 12.

Monday, Nov 25	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, Nov 26	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.
Tuesday, Nov 26	1:30 PM – 3:00 PM	Free	Cooking Matters for Adults – Join us for a 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! Call Renee to register today! Pre-registration is required. Minimum 6/Maximum 14
Tuesday, Nov 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.
Thursday, Nov 28	11:00 AM	FREE	Age-Friendly Thanksgiving 11:00AM doors open



Looking for updates on programs – check us out on Facebook

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