



MAY 2024 EVENT & PROGRAM CALENDAR

Auburn Senior Community Center | 48 Pettengill Park Rd
 Register online at secure.rec1.com/ME/auburn-me/catalog
 or call the Auburn Rec Department at 333-6611 (REV 5/7)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>■ = Auburn Recreation Program (Jody and Renee)</p>				<p>❖ = Age-Friendly Committee Event ⌘ = 1st Auburn Senior Citizens Meeting ϕ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting</p>		
			1 ⌘ = 1 st Auburn Senior Citizens Meeting (Anniversary Lunch at Green Ladle) 10am	2 ■ Ken's Place Seafood Restaurant / Len Libby Shuttle Trip 11am ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30	3 ■ Drop-In Day 9-12 ■ Museum of Beadwork/Lunch 10:15am	4
5	6 ■ Mystery Breakfast 7:00aam ϕ = New Auburn Seniors ■ Yoga with Emma 6pm	7 ■ Mystery Lunch 11:30am ■ Yoga for Balance 4pm	8 ◆ = Robin Dow Meeting – Mother's Day Lunch	9 ■ Cookie decorating class 11:00 am ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30	10 ■ Drop-In Day 9-12 ■ Sunshine Club 10am ■ Tech Talk 10am	11
12 	13 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma 6pm	14 ■ Androscoggin River Bike Path, 9am ■ Wire Sculpture 2:00PM ■ Yoga for Balance 4pm	15 ⌘ = 1 st Auburn Senior Citizens Meeting ■ Dolphin Restaurant 11am	16 ■ Colby College Museum and Big G's Lunch 9am ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30	17 ■ Drop-In Day 9-12 ■ Card Crafting 10 am ■ Waitress -Ogunquit Playhouse 12pm	18
19	20 ϕ = New Auburn Seniors Meeting ■ Lighthouses & Nature Cruise 2pm ■ Yoga with Emma 6pm	21 ■ Hamilton Audubon Sanctuary, 9am ❖ Age-Friendly Movie 1pm ■ Yoga for Balance 4pm	22 ◆ = Robin Dow Meeting ■ Broad Cove Reserve 1pm	23 ■ Elmer's / Maine State Prison Showroom 9am ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30 ■ Chestnut Tree Film 6:00 PM	24 ■ Drop-In Day 9-12 ■ Book Club 10am	25
26	27 HOLIDAY - No Daytime Recreation Programs	28 ■ Yoga for Balance 4pm	29 ■ Owls of Maine Presentation - 10am	30 ■ Coffee Talk 8am ■ Art as medicine 10 am ■ Monument Hill Trailhead 12:30pm ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30	31 ■ Drop-In Day 9-12	

Date	Time	Cost	Description
Wednesday, May 1	10:00 AM	\$10.00 annual dues	1st Auburn Meeting/Bingo. Anniversary Lunch at the Green Ladle. Doors open at 10:00am.
Thursday, May 2	11:00 AM – 4:00 PM	\$4 \$6 non-res	Ken's Place / Len Libby's in Scarborough - Famous for seafood since 1927! After we will head on over to get our sweet tooth fix at Len Libby Candies - Home of the Life Size Chocolate Moose! Pre-registration is required. Min 6/Maximum 14.
Thursday, May 2	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: Min 4
Thursday, May 2	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - 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 helpful.
Friday, May 3	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, May 3	10:15 AM – 3:00 PM	\$10 \$12 non-residents	The Museum of Beadwork is a new museum showcasing beaded art in Portland, Maine. The Museum of Beadwork showcases beaded artwork by housing and displaying the finest examples of beaded jewelry, clothing, sculpture, accessories, and tapestries as well as the work of contemporary artists. Our ongoing exhibitions present information on beadwork styles from all over the globe, the historic development of beads throughout human history, highlights of modern bead making processes, as well as an extensive representations of beadwork. After we have had a chance to marvel at the amazing works of art we will head to lunch before heading back to the senior center. Pre-registration required. Min 6/Max 14.
Monday, May 6	7:00 AM – 10:00 PM	\$2 \$4 non-residents	Mystery Breakfast Shuttle – Let breakfast 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. Pre-registration required. Min 6/Max 14.
Monday, May 6	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, May 6	12:00 PM – 5:00 PM	\$3 \$5 non-residents	HIKE : Thayer Brook Preserve in Gray (Mill Trail) Great Blue Heron Nesting – On our recent trip (4/24) to Riverfront Woods Preserve we found out about Thayer Brook Preserve. More specifically, that is holds are large population of nesting great blue herons. They suggested a trip in the next two weeks or so to try to get to see them. So, we are going! This is about a mile in and a mile out. It is not a neatly groomed trail, but it isn't the worst either. I have attached a pictures I found. If you have any questions about the trail, I can discuss it with you before you sign up. If you take it slow, you should be fine but wanted everyone to know what they are getting into. Since this is a slower walk in, I am going to put us being back at 5pm. Pre-registration is required. Min 6/Maximum 14
Monday, May 6	6:00 PM – 7:00 PM	\$10 \$12 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, May 7	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, May 7	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. Min 4/Maximum 15.
Wednesday, May 8	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).
Thursday, May 9	11:00 AM – 12:30 PM	\$12.00	Cookie Decorating Class – This will be a hands-on introductory class for decorating cookies with icing. The focus will be on mixing consistency and color, bagging and piping icing to create beautiful cookies. All materials and instruction will be provided. Pre-registration required. Min 4/Max 10
Thursday, May 9	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: Min 4
Thursday, May 9	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - 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 helpful.
Friday, May 10	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, May 10	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 of ladies who work together to make floral arrangements to be delivered to local long-term care facilities. Pre-registration required.
Friday, May 10	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, May 13	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, May 13	6:00 PM – 7:00 PM	\$10 \$12 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, May 14	9:00 AM -	\$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, May 14	2:00 PM – 4:00 PM	Free	Wire Art Sculptures – Create your own small wire art sculptures! Start by picking a topic; a favorite animal, thing, special event, sport, etc. Using your imagination, wire, and paper samples you will make a one-of-a-kind work of art. All materials and instructions will be provided.
Tuesday, May 14	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. Min 4/Maximum 15.
Tuesday, May 14	5:30 PM – 6:30 PM	N/A	Age-Friendly Community Committee Meeting – Open to the public.
Wednesday, May 15	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. Food Auction / Bingo. Meetings are cancelled if Auburn schools are closed for weather

Wednesday, May 15	11:00 AM – 3:00 PM	\$4 \$6 non-resi	Dolphin Marina & Restaurant Shuttle - Classic seafood spot known for its panoramic views of Casco Bay & the Calendar Islands. Pre-registration is required. Min 6/Maximum 14
Thursday, May 16	9:00 AM – 3:00 PM	\$4 \$6 non-residents	Colby College Museum of Art in Waterville / Big G's Deli -lunch in Winslow- The Colby College Museum of Art is a teaching museum, a destination for American art, and a place for education and engagement with local, national, and global communities. After about two hours in the museum we will head to Winslow to Big G's for lunch (noontime leave the museum). Big G's was featured in the November 2005 issue of Down East Magazine as one of "150 Reasons to Give Thanks We Live in Maine". Pre-registration is required. Min 6/Maximum 14.
Thursday, May 16	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: Min 4
Thursday, May 16	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - 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 helpful.
Friday, May 17	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, May 17	10:00 AM – 11:00 AM	Free	Card Crafting with Corinne and Renee - May 2024 - This is an onsite (Auburn Senior Community Center) Hand-made card making workshop. All materials will be provided by the Senior Center. This activity is being offered as Free to All with the idea that you will make a card for yourself, and you will also make one to give to Corinne for her Meals-On-Wheels volunteer work. This class is hands-on with all participants cutting their own materials and creating their own cards. Pre-registration is required. Minimum 6/Maximum 15
Friday, May 17	12:00 PM – 6:00 PM	\$55.00 \$58.00 non-residents	Waitress The Musical at Ogunquit Playhouse - Meet Jenna, a waitress and expert pie-maker who dreams of a way out of her small town and rocky marriage. Pouring her heart into her pies, she crafts desserts that mirror her topsy-turvy life such as "The Key (Lime) to Happiness Pie" and "Betrayed By My Eggs Pie." When a baking contest in a nearby county — and a satisfying run-in with someone new — show Jenna a chance at a fresh start, she must find the courage to seize it. Change is on the menu, as long as Jenna can write her own perfectly personal recipe for happiness. Featuring music and lyrics by Grammy Award winner Sara Bareilles, this hit musical is a little slice of Broadway heaven. Run Time: 2.5 hours with intermission Pre-registration is required. Min 6/Maximum 14. No refund unless your spot can be filled.
Monday, May 20	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, May 20	2:00 PM – 6:30 PM	\$40.00 \$45.00 non-residents	Maine Maritime Museum Lighthouses & Nature Cruise - 2 Hour - Lighthouse, Nature & Special Cruises See some of the Kennebec's most beautiful lighthouses! During this cruise you'll see up to six lighthouses: Doubling Point Light, Kennebec Range Lights, Squirrel Point Light, Perkins Island Light, Pond Island Light, and Seguin Island Light. Passengers will remain on the boat for the length of the cruise. The Merrymeeting's professionally trained crew provides fascinating narration and a safe, comfortable cruise. We're pleased to offer a snack bar onboard with beer, wine, soda and light snacks. Guests are welcome to bring aboard food and non-alcoholic beverages. Cruise comfortably with plenty of space to move around the open upper deck and enclosed lower deck. Pre-registration is required. Min 6/Maximum 14. No refund unless your spot can be filled.
Monday, May 20	6:00 PM – 7:00 PM	\$10 \$12 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, May 21	9:00 AM – 1:30 PM	\$3 \$5 non- residents	Hike : Hamilton Audubon Sanctuary, West Bath – Explore this 3.1-mile loop trail near West Bath, Maine. Generally considered an easy route. This route includes all of the established trails in Hamilton Audubon Sanctuary combining the red, green, yellow, and blue trails. The trail leads through the forest, through open fields, and along the coast of Back Cove. If 3.1 miles are too long for you, there are shorter trails to take and enjoy without doing all 4 trails this day. Red Trail Starting across the road from the sanctuary parking lot, the Red Trail loops around an open meadow, offering great views of Back Cove's marshes and mud flats. Blue Trail Take the Red Trail a short distance to reach the trail head for the Blue Trail, which traverses spruce and pine forest and crosses a brook before hugging the peninsula's eastern shore. Reaching commanding views at Back Cove Point, the trail continues to follow the shoreline and reconnects with the Red Trail. Benches along the way offer spots to enjoy spectacular views of rocky shoreline, salt marsh, and open water. It passes a freshwater pond and forested wetland while offering great views of Back Cove and nearby Williams Island. Since this location has four trails (total of about 3 miles), once we arrive (about 9:50 AM) feel free to go at your own pace. You can walk about 2 hours at your desired speed and then we will meet back at the bus at 12:00 PM. Bring your cameras, hiking sticks, a snack/lunch and walking shoes. Pre-reg required. Min 6/Maximum 14.
Tuesday, May 21	1:00 PM – 3:00 PM	Free	Age-Friendly Movie – A corporate billionaire and a working-class mechanic have nothing in common except for their terminal illnesses. While sharing a hospital room together, they decide to leave it and do all the things they have ever wanted to do before they die. In the process, both heal each other, become unlikely friends, and ultimately find joy in life. Pre-registration is helpful. Free popcorn!
Tuesday, May 21	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. Min 4/Maximum 15.
Wednesday, May 22	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Easter luncheon, Easter Bonnet parade, and bingo. Meetings are cancelled if Auburn schools are closed for weather
Wednesday, May 22	1:00 PM	\$3 \$5 non- residents	Guided Walk: Broad Cove Reserve, Cumberland Foreside - 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: Horseshoe Crabs.*** Broad Cove Reserve is a beautiful 23-acre property that has a beach, pier, and walking trails along the perimeter! The property has an interesting history, originally as the site of important fishing grounds for Abenaki people, and later as the location of Cumberland's town farm. Broad Cove Reserve contains 1.2 miles of EASY trails Bring your cameras, hiking sticks, and walking shoes. Pre-registration is required. Min 6/Maximum 14.
Thursday, May 23	9:00 AM – 4:30 PM	\$8 \$10 non- residents	Elmer's, Morse's, Lunch & Main State Prison Showroom - First off, this is going to be a LONG DAY with walking and stairs. We will start our adventure today with a trip to Elmer's Barn, a true Maine antique adventure located in Cooper's Mills. This is a treasure seekers delight, multiple floors, uneven floors, narrow stairs await you here along with many treasures. We will have a little over an hour here before we travel onto our next stop, Morse's Sauerkraut, a European delicatessen, specialty grocery store in Waldoboro. You will have about a half hour here before we head to lunch at Moody's Diner which has been a true family tradition since 1927 (pending them being open). After lunch we head to the Maine State Prison Showroom in Thomaston. An old-fashioned shop featuring wooden, inmate-carved home furniture, crafts & novelty items. You will have to walk from the parking lot up about 10 steps to enter the showroom to browse and shop. Pre-registration required. Min 6/Max 14. Price includes transportation only.
Thursday, May 23	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: Min 4

Thursday, May 23	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - 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 helpful.
Thursday, May 23	6:00 PM – 8:00 PM	Free	Clear Day Thunder – Rescuing the American Chestnut Tree – In honor of Arbor Week and in collaboration with our local Community Forest Working group, we will be showing a film about the mission to restore the American Chestnut Tree to the East Coast. Pre- registration is helpful
Friday, May 24	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, May 24	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).
Tuesday, May 28	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. Min 4/Maximum 15.
Wednesday, May 29	10:30 AM- 11:30 AM	Free	Owls of Maine Presentation -Come into the senior center to see a presentation about the Owl species of Maine and New England. The highlight of this event will be meeting 2 LIVE OWLS near the end of the program. Pre-registration required. Maximum 45
Thursday, May 30	8:00 AM – 9:30 AM	FREE	Coffee Talk with AARP – Come in and join us for coffee and a guest speaker. A light breakfast of pastries, snacks and coffee/tea will be provided. The May guest speaker will be Andy Cutko, Director of Maine’s Bureau of Parks and Lands. This will be a great start to the upcoming outdoor season! Pre-registration required. Maximum 30.
Thursday, May 30	10:00 AM – 11:30 AM	Free	Art as Medicine Workshop – Join Michael Libby as he introduces the idea of using Art as medicine. The workshop will involve drums, movement, and free artistic expression on expansive sheets of paper and fabric.. Basically, creating giant mural like paintings. Pre-registration is required. Minimum 6/Maximum 15
Thursday, May 30 (MOVED FROM 5/8)	12:30 PM - 4:00 PM	\$3 \$5 non-residents	Hike & Ice Cream: Monument Hill Trailhead, Leeds- Experience this 0.9-mile loop trail near Leeds, Maine. Generally considered an easy route, it takes an average of 27 min to complete. This trail is great for hiking and snowshoeing, and it's unlikely you'll encounter many other people while exploring. The top of the hill features a Civil War monument with some partial views from the top. Mount Washington is visible on a day with good visibility. The trail is quiet and features a monument, flagpole, and picnic tables as a tribute to veterans. On our way home we will stop at Northland Dairy Treat in Turner for a sweet treat! Pre-reg required.Min 6/Max 14.
Thursday, May 30	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: Min 4
Thursday, May 30	5:30 PM – 8:00 PM	Free \$10 non-residents	Thursday Adult Craft Night - 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 helpful.
Friday, May 31	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.