



FEBRUARY 2025 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 Dept at 333-6611



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>■ = Auburn Recreation Program (Jody)</p>				<p>❖ = Age-Friendly Committee Event ⌘ = 1st Auburn Senior Citizens Meeting ϕ = New Auburn Seniors Meeting ◆ = Robin Dow Meeting</p>		1
2	3 ϕ = New Auburn Seniors Meeting ■ L/A Mystery Lunch Shuttle 11:30am ■ Diamond Art Valentine Magnet 2:30pm ■ Yoga with Emma 6pm	4 ■ Yoga For Balance 4pm	5 ⌘ = 1 st Auburn Senior Citizens Meeting	6 ■ CONTRA-TIEMPO at Merrill 8:45am ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30pm m	7 ■ Drop-In Day 9-12 ■ Tech Talk 10 am ■ Pizza Lunch @ASCC at 12:00pm	8
9	10 ϕ = New Auburn Seniors Meeting ■ Valentine Diamond Art Keychain 2:30pm ■ Yoga with Emma 6pm	11 ■ Bates College Lunch Shuttle 10:45am ■ Yoga For Balance 4pm ❖ Age-Friendly Mtg 5:00	12 ◆ = Robin Dow Meeting	13 ■ Murder on the Links at Portland Stage 12:45pm ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30pm	14 ❖ Age-Friendly Valentine Lunch 10am	15
16	17 HOLIDAY - No Programs ■ Yoga with Emma 6pm	18 ■ Yoga For Balance 4pm	19 ⌘ = 1 st Auburn Senior Citizens Meeting	20 ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30pm	21 ■ Drop-In Day 9-12 ■ Card Crafting with Corrine 10am	22
23	24 ϕ = New Auburn Seniors Meeting ■ Yoga with Emma 6pm	25 ■ Yoga For Balance 4pm	26 ■ THE BIRDS at Russell Hall USM 8:45am ◆ = Robin Dow Meeting	27 ■ Coffee Talk 8am ■ Crafting & Lunch 10:30am ■ Chair Yoga 1:30pm ■ Adult Craft Night 5:30pm	28 ■ Drop-In Day 9-12 ■ Book Club 10am ■ L/A Mystery Lunch Shuttle 11:30am	

Date	Time	Cost	Description
Monday, February 3	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, February 3	11:30 AM – 2:30 PM	\$2 \$4 non-residents	L/A Mystery Lunch Shuttle - 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.
Monday, February 3 Bad weather date 2/5	2:30 PM – 4:00 PM	Free	Valentine Diamond Art Magnets - Join us at the Auburn Senior Community Center to make some Valentine diamond art heart magnets. You will get one magnet, they are different, 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 24. Pre-registration is required. Bad weather date 2/5
Monday, February 3	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, February 4	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, February 5	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 (this includes remote learning). – Regular mee! ng at 11:00, with raffl e table and bingo.
Thursday, February 6	8:45 AM – 12:30 PM	\$12 \$15 non-residents	CONTRA-TIEMPO: “joyUS justUS” at Merrill Auditorium - Bold, multilingual Los-Angeles–based activist dance theater company, CONTRA-TIEMPO draws on salsa, Afro-Cuban, hip-hop, and contemporary dance combined with text and original music to create an original physical, visual and sonic vocabulary in this exciting performance. CONTRA-TIEMPO inspires and embraces communities where all people are awakened to a sense of themselves as artists and social change agents who move through the world with compassion, confidence and optimism. This performance designed specifically for students shares excerpts of joyUS justUS, where the expressive dancers take on joy as the ultimate expression of resistance. Embodying stories of hope, faith, family, strength, and of course, joy — joyUS justUS — creates a space of both jubilation and healing, allowing the collective “us” to feel more connected, loved, powerful, and alive. Show begins at 10:00 am and lasts for 60 minutes. Pre-registration required. Minimum 6/Max 14.
Thursday, February 6	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, February 6	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, February 7	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, February 7	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, February 7	12:00 PM to 1:30 PM	\$5.00	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, February 10	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, February 10 <i>Bad weather date 2/12</i>	2:30 PM – 4:30 PM (after Bingo)	Free	Valentine Diamond Art Keychain - Join us at the Auburn Senior Community Center to make some Valentine diamond art keychains. You will get one keychain, they are different, 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 24. Pre-registration is required. Bad weather date 2/12
Monday, February 10	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, February 11	10:45 AM – 12:30 PM	\$2 \$4 non- residents	Bates College Dining Shuttle Jan 2025- 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. <u>You pay for your buffet lunch directly to Bates the day of. Cost is \$12 and MUST be paid via credit card. Visa or Mastercard only!</u>
Tuesday, February 11	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, February 12	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).
Thursday, February 13	12:45 PM – 5:30 PM	\$20 \$25 non- residents	Murder on the Links - Playwright by Steven Dietz, from the novel by Agatha Christie This hilarious adaptation of Agatha Christie's murder mystery takes audiences on an exciting romp through Merlinville-Sur-Mer, France, to find the killer of a rich businessman. Follow famous detective Hercule Poirot as he puts the puzzle pieces together in this classic whodunnit! Pre-registration is required. Minimum 6/Maximum 14.
Thursday, February 13	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, February 13	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 helpful.
Friday, February 14	10:00 AM	Free	Age-Friendly Valentine Lunch (OPEN TO ALL AGES); registration required. Doors open at 10am, lunch served at noon followed by Bingo.
Monday, February 17	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, February 18	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, February 19	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 (this includes remote learning). Regular meeting at 11:00, Valentine Luncheon (lasagna and bismarks!), crowning of the King and Queen and bingo
Thursday, February 20	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, February 20	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 helpful.
Friday, February 21	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, February 21	10:00 AM – 11:00 AM	Free	Card Crafting with Corinne - February 2024 - This is an onsite (Auburn Senior Community Center) Hand-made card making workshop. All materials will be provided by the Senior Center. The theme for February will be Birthday, etc. Feel free to bring your own card crafting supplies if you have them. Pre-registration is required. Minimum 6/Maximum 15
Monday, February 24	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, February 24	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, February 25	3:00 PM – 4:00 PM Summer Hours	\$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, February 26	8:45 AM – 12:30 PM	\$12 \$15 non- residents	THE BIRDS at Russell Hall USM Gorham Campus - Daphne du Maurier's short story, also the basis for Alfred Hitchcock's classic film, is boldly adapted by Conor McPherson—a gripping, unsettling, and moving look at human relationships in the face of societal collapse. In an isolated house, strangers Nat and Diane take shelter from relentless masses of attacking birds. They find relative sanctuary but not comfort or peace; there's no electricity, little food, and a nearby neighbor may still be alive and watching them. Another refugee, the young and attractive Julia, arrives with some news of the outside world, but her presence also brings discord. Their survival becomes even more doubtful when paranoia takes hold of the makeshift fortress—an internal threat to match that of the birds outside. Content advisory: Strong language, adult themes. Age appropriateness: 13+ Show begins at 10:00 am (doors open at 9:30 am) and will end approximately at noon. Pre-registration required. Minimum 6/Max 14.
Wednesday, February 26	9:00 AM – 2:00 PM	\$10 annual dues	Robin Dow Seniors - Doors open at 9:00am with the meeting starting at 11:00am, Meetings are cancelled if Auburn schools are closed for weather (this includes remote learning).
Thursday, February 27	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. AARP Scam and Fraud Prevention 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. Maximum 30.

Thursday, February 27	10:30 AM – 1:00 PM	\$5.00	Thursday Craft and Lunch Series Jan 2025- 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, February 27	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, February 27	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 helpful.
Friday, February 28	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, February 28	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, February 28	11:30 AM – 2:30 PM	\$2 \$4 non- residents	L/A Mystery Lunch Shuttle - 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.



Looking for updates on programs – check us out on Facebook

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