



March 2024

Parks & Recreation News

auburnparksandrec.com

Pot O'Gold Scavenger Hunt

Lucky the Leprechaun hid his pot of gold somewhere in Auburn. It is your job to find it and collect some gold for yourself. On Saturday, March 16 there will be 5 rainbows throughout town that will lead you to his hidden treasure. Bring your smartphone with you because on each rainbow will be a QR code. Scan that code and you will find a number as well as the location of the next rainbow. All the numbers that you collect along the way will give you the combination to unlock Lucky's treasure and collect your gold.

You will start your search at the Severance School Community Center (515 Manchester Road) where you will find the first rainbow. If at any point you need a hint or have a question, you can call or text the Scavenger Hunt Hotline at 603-587-1038. The rainbows will be placed outside at 9:00 am and removed at 4:00 pm. The scavenger hunt takes about 30 minutes so join in at any time that is convenient to you. In the event of bad weather, the hunt may be postponed. Please check on the P&R website or Facebook and Instagram pages before you head out if it looks questionable.

Bunny Brunch

Hop on over to the Parks & Rec's annual Bunny Brunch! Join us for a pancake brunch that will include bunny activities and crafts at each table. The Bunny will be there for pictures so be sure to bring your camera capture the moment. The Bunny Brunch will be held on Saturday, March 30 at the Severance School Community Center. There will be 3 seating options: 8:00-9:00 am. 9:30-10:30 am and 11:00 am -12:00 pm. There is limited seating at each time slot so advanced registration is required. The fee is \$8 per person. (Children under 2 are free). You can register online at auburnparksandrec.com.



Town Wide Yard Sale

It's time to start planning for the Town-Wide Yard Sale. If you are spending the winter cleaning out your attics, basements and garages and are ready to get rid of your old stuff, join the Auburn Town-Wide Yard Sale. This event will be held on Saturday, May 11 from 8:00 am to 2:00 pm. You price and tag your own items, set the sale up outside at your own house and then you keep the profits. The registration fee is only \$15. When you register with the Parks and Recreation department, your house will be included on the official town wide yard sale map, you will receive location sign to help shoppers find your sale easily and we will take care of all the advertising for you.



Do you want to participate in the Town-Wide Yard Sale but live on a road that is too busy or unsafe for visitors to stop? Sign up to sell at a public location. (The location will be determined by how many need this option.) To sign up to be included in the Town-Wide Yard Sale, register at auburnparksandrec.com. The deadline to register is Monday, April 29.

Register for all programs online at
auburnparksandrec.com

Adult Programs

Cookie Decorating- "Taylor Swift"

Thursday, April 11, 6:00-8:00 pm (\$52 res/\$62 non-res) at Severance School Community Center

Swifties know all too well that Taylor never goes out of style, regardless of the season! Get your cardigan on and join us for an all things Taylor Swift cookie class. In this class we'll be decorating 6 T-Swift themed cookies, involving multiple techniques and lots of fun! All instruction is beginner friendly and includes all tools and supplies needed to create our delicious masterpieces. This class is perfect for your lover, best friend, mom, or Swiftie co worker, ages 15+ only please. Are you ready for it? We hope to see you there! If the class is full, please add your name to the waiting list. If there are enough additional people, a second night will be added.



Crafts with Kelley- Address Planter

Thursday, April 18, 6:00-8:00 pm (\$37 res/\$44 non-res) at Severance School

Get crafty with Kelley and create a customized address sign with attached planter.

Crochet Social Hour

Wednesdays, March & April, 7:00-8:00 pm at Severance School Community Center

If you are an experienced crocheter, drop-in to the new crochet social hour. Meet new friends and neighbors while you complete your current crochet projects. (No program 3/13 or 4/10)

Learn to Crochet

Wednesdays, March 20- April 24, 6:00-7:00 pm (\$60 res/\$72 non-res for the 6 week session) at Severance School

Participants will learn the basic stitches of crochet (single, half double and double crochet). Mid-way through the session participants will be able to pick a beginner project (hat or scarf) from patterns provided. Yarn and hook will be provided for the practice swatches.

Game Night- BUNCO

Mondays, March 4 and 18, 6:00 pm at Severance School

Grab your friends and come join us for our first game night, featuring Bunco. It will be a fun evenings of excitement, laughs, and rolling dice. What is Bunco? Bunco is a social dice game, traditionally played with 12 players who are divided into three tables with four players at each table. It is a popular game played with nine dice and a whole lot of luck. It's hard to explain but very easy to play. Come see what it's all about. **There is no fee to participate. However please send an email to recreation@townofauburnNH.com if you plan to attend so we can set up appropriately.**

Resistance Training

Mondays, March 11- April 29, 6:00-6:45 pm (\$74 res/\$89 non-res for the 8-week session) at Severance School

In this dynamic class, we merge the principles of traditional resistance training with modern techniques to create a comprehensive workout experience. Get ready to challenge your muscles, boost your metabolism, and enhance your overall strength. Our expert instructor will guide you through a series of exercises targeting major muscle groups. From arms to legs, back, and core, every part of your body will be engaged for maximum results.

Strength Training for Active Seniors

Wednesdays, March 13-April 17, 8:45-9:30 am (\$60 res/\$72 non-res for the 6 week session)

Fridays, March 15-April 19, 8:45 am-9:30 am (\$60 res/\$72 non-res for the 6 week session) at Severance School

This strength training class for active seniors will be a mixture of light weights and your own body weight. With Joelle Ray as your trainer, you are sure to be challenged but yet encouraged to try your best and most importantly to have fun!

Drop-in Rate (for both Wednesdays & Friday classes)- \$14 res/\$16 non-res per class, paid at class, as space allows

Tai Chi

Thursdays, March 14-May 2, 11:00 am noon (\$58 res/\$70 non-res for the 8 week session) at Severance School

Tai Chi is a mind-body exercise from China. It has its roots in martial arts, philosophy, and Traditional Chinese Medicine. The Tai Chi forms are slow, gentle choreographed movements that gracefully flow from one to the next like a dance. More seniors are doing Tai Chi to improve their health and reduce their risk of falling

Yoga

Tuesdays, March 12-April 30, 6:00-6:45 pm (\$74 res/\$89 non-res for the 8-week session) at Severance School

Welcome to our invigorating all levels Yoga class, where students of all experience levels come together to explore the transformative power of yoga. In this dynamic and inclusive class, we'll guide you through a balanced practice that combines physical postures, breathwork, and meditation techniques. Whether you're a beginner or an experienced yogi, this class is designed to meet you exactly where you are on your yoga journey.

Zumba

Tuesdays, March 5-April 16, 8:30-9:30 am (\$70 res/\$84 non-res for the 7 week session) at Severance School

Zumba Fitness classes are designed to bring people together to sweat it on. We take the "work" out of workout with moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Drop-in Rate (for both Wednesdays & Friday classes)- \$14 res/\$16 non-res per class, paid at class, as space allows

Weekend Yoga Workshop: "Unwind and Release"

Saturday, March 23, 10:00 am-11:30 am (\$35 res/\$40 non-res) at Severance School Community Center

Indulge in a rejuvenating journey of self-discovery and relaxation with our "Unwind and Release" workshop, a 90-minute session designed to unlock tension, reduce/eliminate pain and promote overall well-being through the practice of self-myofascial release. This transformative experience combines the therapeutic benefits of foam rollers, specialized body release balls, and stretch straps to enhance your body's flexibility, release muscular tension, and restore balance.

Youth Programs

Babysitter Training Class

Saturday, April 6, 10:00 am- 1:30 pm (\$65 res/\$78 non-res) at Severance School Community Center

This BLAST! (Babysitter Lessons & Safety Training) class, from the American Academy of Pediatrics, will teach potential babysitters how to handle the basics of infant and childcare. Participants will gain knowledge in many basic childcare skills, as well as the fundamentals of emergency care. The training will include pediatric first aid, household safety and fundamentals of childcare.

This class is open to students in grades 5-8. Participants receive a certificate of completion, easy to follow first aid instructions and a sitter checklist to copy for each job. Participants should bring a drink and lunch to class.

Jumping Beans

Wednesdays, March 13-April 17, 9:45-10:30 am (\$42 res/\$49 non-res for the 6 week session) at Severance School

Jumping Beans is a fun class for children ages 2-4 to get out and get moving with Miss Joelle. This parent/child class kids gives kids an opportunity to make new friends and dance to some of their favorite songs. With simple dance moves and sing-along songs, our little beans will definitely be jumping!

Summer Basketball Camp

Monday, August 12-Friday, August 16, 8:30 am- 2:00 pm (\$225 for the week) at the Auburn Village School Gym

Coaches DeGraffe and Howell are back for another year of Summer Basketball Camp. This is a weeklong basketball camp where players will have the ability to work on ball handling and defensive skills as well as learn about how to move and handle themselves on the court. This camp is open to students entering grades 5-8 in the 2024-2025 school year. Register online at auburnparksandrec.com.

Camp Adventure- Week 4

At the time the Crier went to print, there was still room in week 4 of Camp Adventure, July 29-August 2. Visit auburnparksandrec.com for availability, details and to register.

Build your own Leprechaun Trap

Saturday, March 16, 10:00-11:00 am (\$20 res/\$24 non-res) at Severance School Community Center

Have you always wanted to catch that crazy leprechaun? Join us in creating an epic leprechaun trap using a variety of materials and your creativity. You will create your very own trap to bring home along with some crucial leprechaun lure such as gold coins, and leprechaun charm. This class is open to kids in kindergarten through 4th grade.

You & Me Art Class

Tuesdays, March 19-April 16, 10:00-10:45 am (\$70* res/\$82* non-res for the 5 week session) at Severance School

Join Mrs. Diorio (formerly of Tiny Tots) and share a special experience with your child as they create, experiment and discover art. In You & Me Art, you (or a caregiver) and your child, ages 2-4, will explore a variety of art materials, experience new textures and enjoy being creative in a group setting. (*Price increase for this session only. A special teddy bear workshop is included in this session)

Tiny Tot Soccer for 3-year-olds & Tot Soccer for 4-year-olds

Saturdays, May 4-June 8 (no soccer 5/25) at Wayne Eddows

Tiny Tot & Tot Soccer is back this season for the youngest soccer players. Both programs will be led by the soccer pros from SNHU. The kids will learn basic soccer skills as well as develop strength, coordination, listening skills, and teamwork. This program will run for 5 weeks on Saturdays starting May 4 through June 8 (no soccer Memorial Day weekend). Both programs will be held at Wayne Eddows. Preregistration is required as space is limited. The Tiny Tots program for 3-year-olds runs 9:30 am to 10:00 am for a fee of \$50 (Players must be at least 3 during the session). The Tot Soccer program for 4-year-olds will be held at 10:00-11:00 am for a fee of \$65 (Players must be at least 4 years old during the session.)

Friday Night Kids' Club

Friday, March 15, 6:00-9:00 pm (\$39) at Severance School Community Center

Join us for a fun, kids-only night for our Friday Night Kids' Club where kids in grades 1-5 can have a great Friday night out with their friends. Mrs. Lewis will lead a fun night of Candy BINGO, crafts and games. Pizza dinner and dessert is also included. This event will be held at the Severance School Community Center.

Karate

Friday, March 22-April 12, 4:30-5:15 pm (\$36 res/\$44 non-res) at Severance School Community Center

Come and learn Kenpo Karate. This class offers a four week introduction to the art of self-defense. Your instructor, Michelle Wurster, is a fifth degree black belt and been training students at Kenpo Academy in Derry for 20 years. The class is offered to students in grades K -4. Additional classes may be available, based on interest. Train for the Unexpected!

Register for all programs online at
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