



Parks & Recreation News

auburnparksandrec.com

Shop the Town-Wide Yard Sale

It's almost time to shop the Auburn Town-Wide Yard Sale on Saturday, May 11 from 8:00 am to 2:00 pm. Maps that show all the yard sale locations can be picked up starting on Friday, May 3 at the Town Hall or found online at auburnparksandrec.com. There will be a QR code that will link you to a google map. You can also pick up a paper map on the day of the sale at the Town Hall from 7:30 am-12:00 pm. Just follow the yellow "Town-Wide Yard Sale" signs around town. Have fun and happy shopping!



If you get hungry as you are out shopping, stop by the Town Hall for...

- Breakfast sandwiches with the Auburn Fire Association between 7:30 and 9:30 am.
- Baked goods with the Auburn Destination Imagination Team starting at 9:30 am until they sell out.

Monday Morning Walking Club

Enjoy the physical and social benefits of walking with friends. The Monday Morning Walking Club is back for a second year. It starts at 8:30 am at the Severance School Community Center beginning on May 13. The walks will take us through the trails of Massabesic to the front park. The walking program is for all ages and walking speeds. We do walk in most types of weather unless it is heavy rain. Please dress appropriately.

Once a month, members of the Auburn Police Department will join the walk. Their first "guest appearance" will be on Monday, May 20. There is no fee and registration required to participate in the Walking Club. Please call the Recreation Department at 603-483-5052 x101 with any questions.

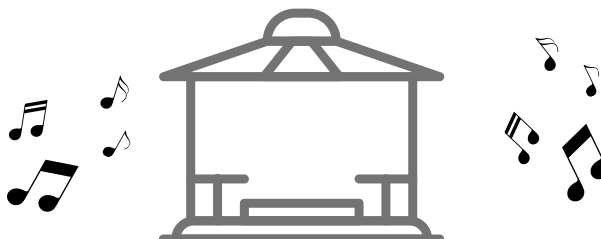
Summer Concerts in the Park

The Parks and Recreation's annual summer concert series is back for it's 11th year!! Mark your calendars for free family entertainment. Bring the kids to enjoy the playground and sit back and relax to the music. All concerts are held at the Circle of Fun playground at 5 Bunker Hill Road starting at 6:00 pm.

June 20- Jennifer Mitchell Band

July 18- Ukeladies

August 15- Bob Pratte Band



Register for all programs online at
auburnparksandrec.com

Adult Programs- Spring Session

Crafts with Kelley- String Art Project

Thursday, May 16, 6:00 pm (\$33 res/\$39 non-res) at Severance School Community Center

Come create some String Art! Choose among three designs and use your creativity by choosing your own stain or paint color as well as your own string colors. This is a fabulous craft for all levels. The options are 1. State of NH 2. Succulent 3. Monogram. Please indicate your choice when registering.

Crochet Social Hour

Wednesdays, 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.

Cookie Decorating- "Get Groovy"

Tuesday, May 21, 6:00-8:00 pm, (\$52 res/\$62 non-res) at Severance School Community Center

Think peace signs & VW bugs in the fun new theme, "Get Groovy". This class is open to beginners and experienced cookie decorators, each participant will learn the basics of royal icing including how to handle a piping bag, pressure, and piping techniques.

Game Night- BUNCO- Cinco de Mayo Theme

Mondays, May 6, 6:00 pm at Severance School

Our Bunco bunch has been having so much fun learning the game and laughing with new friends. This month will be extra fun with a Cinco de Mayo theme with festive snacks and prizes.

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. If you plan to attend, please add your name to the roster at auburnparksandrec.com so we can set up appropriately.

Learn to Crochet

Wednesdays, May 1-June 5, 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.

Needle Felting

Thursday, May 30, 6:00-8:00 pm. (\$39 res/\$47 non-res) at Severance School Community Center

Join us for our first intro to Needle Felting class. Needle felting is a creative craft that involves sculpting shapes and figures using wool and special felting needles. It's a simple yet versatile technique that allows you to create amazing creations with just a few supplies.

Resistance Training

Mondays, May 6-June 24 (no class 5/27), 6:30-7:15 pm (\$65 res/\$78 non-res for the 7-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, May 1-June 19, 8:45-9:30 am (\$80 res/\$96 non-res for the 8-week session)

Fridays, May 3-June 21, 8:45 am-9:30 am (\$80 res/\$96 non-res for the 8-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, May 9- June 27, 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, May 7-June 25, 6:30-7:15 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, May 21-June 25, 8:30-9:30 am (\$60 res/\$72 non-res for the 6-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- \$14 res/\$16 non-res per class, paid at class, as space allows

Weekend Yoga Workshop: “Yoga Fundamentals”

Saturday, May 18, 10:00 am-11:15 am (\$35 res/\$40 non-res) at Severance School Community Center

Get back to basics with our invigorating 75-minute Yoga Fundamentals Workshop! Designed to demystify the foundational poses commonly found in yoga practices, this class is perfect for beginners and seasoned practitioners alike. In this workshop, we break down essential yoga poses seen in various yoga videos, focusing on alignment, form, and breath awareness. Led by experienced yoga instructor/corrective exercise specialist, Nicole Detellis, you'll delve into the intricacies of each pose, understanding how proper alignment enhances both the physical and mental aspects of your practice.

Whether you're new to yoga or seeking to refine your technique, this tutorial-style class provides a supportive environment to deepen your understanding. Through mindful movement and intentional breathing, you'll cultivate body awareness, strength, and flexibility. Join Nicole for an enriching experience that will empower you to approach your yoga practice with confidence and mindfulness. Let's journey together as we align body, mind, and spirit in this transformative Yoga Fundamentals Workshop.

Register for all programs online at
auburnparksandrec.com

Youth Programs- Spring Session

Jumping Beans

Wednesdays, May 1-June 19, 9:45-10:30 am (\$56 res/\$66 non-res for the 8-week session) at the Safety Complex Field at 99 Raymond Road (in inclement weather, the class will be moved inside to the Severance Community Center)

Jumping Beans is a fun class for children ages 2-4 to get out and get moving with Miss Joelle. This parent/child class 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!

Fast Feet Running Series

Sundays, May 5-June 9, 9:00 am (\$39 for 5-week program) at the Safety Complex Field

All kids aged 2-14 come join Fast Feet Running Series for 5 weekly races. Start off the series with a jog or slow run and watch yourself get faster and faster as the weeks go by. It's great exercise and a lot of fun to hang with and cheer on your friends. Races include 50 yards for under 4 years old, 100 yards for under kindergarten, ¼ mile for kindergarten and first graders, ½ mile for 2nd and 3rd graders and 1 mile for 4th grade and up.

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

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 is \$65 (Players must be at least 4 years old during the session.)

Karate

Fridays, May 3-31 (no class 5/24) 4:30-5:15 pm 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!

Youth Programs- Summer Camp

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

There is still room in week 4 of Camp Adventure, July 29-August 2. still room in week 4 of Camp Adventure, July 29-August 2.

Camp Adventure is open to students entering grades 5-8 in the 2024-2025. Visit auburnparksandrec.com for availability, details and to register.

New Senior Trip Registration Procedure

Registration for Parks & Rec Senior Trips will now be done by lottery. Over the past few years, interest in our trips has increased and the “first come-first serve” system is no longer working. To create a more fair way to register interested travelers, here are the guidelines for this new registration procedure.

- You will have a week to return your registration form to Parks & Rec. Registrations forms will be accepted between May 1 through May 8.
 - Please return the form along with the fee to Auburn Parks and Recreation, PO Box 309, Auburn, NH 03032 or you can drop it off at the Town Hall. All forms must be received by May 8.
 - If you are traveling with a spouse or a friend, register them on the same form with you. You can include up to 4 names on a registration form so they can be drawn together.
- The cost for this trip is \$30 per person and is open to Auburn residents 65 and over.
- Registration forms will be drawn on May 9. The first 54 names will be added to the trip and the remainder will be put on the waiting list.
- Confirmations and waiting list notices will be mailed to the address provided on the registration form.
- Also new this year, we are offering 3 different trips! Yay! So if you are on the waiting list for this trip, you’ll still have 2 more chances to join us this year.

Please call the Parks and Recreation office at 603-483-5052 x101 or email Recreation@townofauburnNH.com with any questions.



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Auburn Parks & Recreation Senior Trip

Billings Farm in Woodstock, VT with lunch at Quechee Inn Wednesday, June 12, 2024

Billings Farm & Museum is just a scenic stroll from the village center of Woodstock, Vermont, and is regarded as one of the finest outdoor history museums in the country. Combining a fully-operating Jersey dairy farm with educational exhibits and interactive programs and events, Billings Farm & Museum is committed to providing education and enjoyment to visitors of all ages.



Then we'll head to the historic Quechee Inn at Marshland for the Innkeeper Deli Platter Buffet. This includes house made soup, assorted deli meats and sandwich breads and fresh cookies.

Motorcoach transportation, farm admission and lunch is included in this trip. We will depart Auburn from St. Peter's Church at 8:30 am and expect to return around 3:30 pm on Wednesday, June 12.

Spring 2024 Senior Trip Registration Form

Your Name(s): _____

Address: _____

Email: _____ Phone: _____

Your Name(s): _____

Address: _____

Email: _____ Phone: _____

Registration for Parks & Rec Senior Trips will now be done by lottery. **Please read previous page for the NEW registration procedure.**

Please return the form along with the fee (\$30 per person) to Auburn Parks and Recreation, PO Box 309, Auburn, NH 03032 or you can drop it off at the Town Hall. All forms must be received by May 9.