

# MARK YOUR CALENDAR!

## CRAFTY CREW

Friday, March 3rd from 2:00PM - 3:30PM at HC

Come hang out with us and enjoy making Natural Bug Spray, instructed by Wendy! **Please register in advance and pay \$10 per person to cover the cost of supplies.**

## MOVIE NIGHT AT THE HARRIS CENTER

Thursday, March 23rd from 5:30PM - 8:00PM

Movie: Till

Nothing like enjoying food and a good flick together! Come join us for a movie and pizza. **Please register by 5:00PM on the Wednesday prior and pay \$5 to cover dinner.**

## FOOD FOR THOUGHT: BREAKFAST AND SPEAKER SERIES

Tuesday, March 28th from 9:00AM - 10:00AM at HC

On a select Tuesday in January & February, join us for a FREE breakfast and entertaining speaker. Please register in advance at the Harris Center so we can provide enough food. **FREE to the public. This month's speaker will be Engagement and Outreach Librarian for the City of Auburn, Cynthia Ledbetter!**

## READ AND REFLECT BOOK CLUB

Tuesday, March 28th from 1:30PM - 2:30PM

Gather together to discuss the book *Midnight at the Blackbird Café* by Heather Webber.

## MUNCH & MINGLE

Wednesday, March 15th from 11:00AM - 12:30PM

**Tavern on The Trax - 307 N College St, Auburn, AL 36830**

Get together with old friends and make some new ones as we gather for lunch at a local restaurant. Participants must provide their own transportation and cover the cost of lunch. **Please register by 5:00PM on the Tuesday prior so reservations can be made for the group.**

## GET OUT AND GO! LOCAL ADVENTURE CLUB

Friday, March 3rd from 11:00AM - 12:00PM

**Kreher Preserve - 2222 N College St, Auburn, AL 36830**

Join us for an afternoon at the Kreher Preserve. This month we will be campfire cooking and enjoying each others company in nature!

## TOTAL BRAIN HEALTH MEMORY CLASS 2.0

Monday January 23rd - March 27th from 2:00PM - 3:00PM

Come join us for this unique program and learn valuable memory strategies to rev up recall. We will be hosting a series of Total Brain Health Memory training classes to help you learn how memory works and why we forget, strategies for boosting attention and improving retention, and how we can better remember names, places, and lists regardless of your age! **FREE to the public.**

## COOKBOOK CLUB

Wednesday, March 29th from Noon - 1:00PM

This new club is a book club and potluck dinner all in one. This quarter's cookbook is *Better Homes and Gardens New Cook Book*, and you can swing by the Harris Center to browse the cookbook and pick a recipe. Bring your recipe to share and discuss with everyone on March 29. **Bring enough for 10 people.**

## RECURRING PROGRAMS

### BINGO & LUNCH TO-GO (PRE-REGISTRATION REQUIRED)

Tuesday, March 7th and 21st from 10:30AM - 12:00PM

Lunch for Bingo this month will be Honey Baked Ham and BBQ.

**\*YOU MUST BE REGISTERED THE FRIDAY BEFORE BINGO TO PARTICIPATE AND RECIEVE A LUNCH\***

## FIELD TRIPS!

### THE PEKING ACROBATS, COLUMBUS, GA - \$45

**This Field Trip is full but you can be added to the waitlist**

Friday, March 10th, from 3:30 - 10:00 PM

Come with us to watch The Peking Acrobats perform daring stunts through Chinese acrobatics. The cost of trip includes admission and transportation. Please bring extra money for dinner.

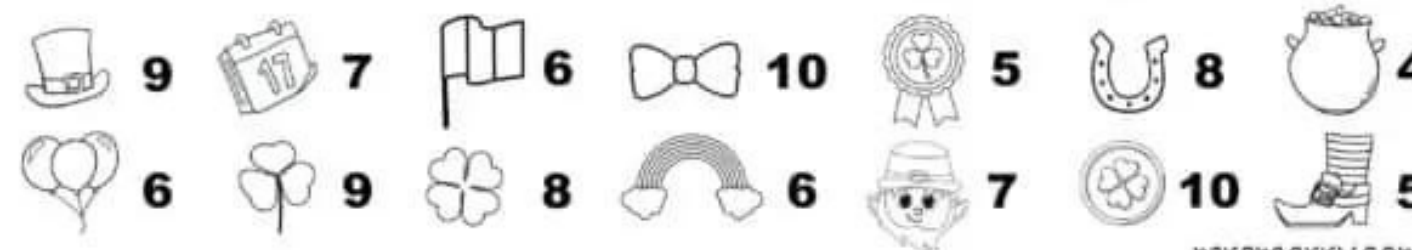
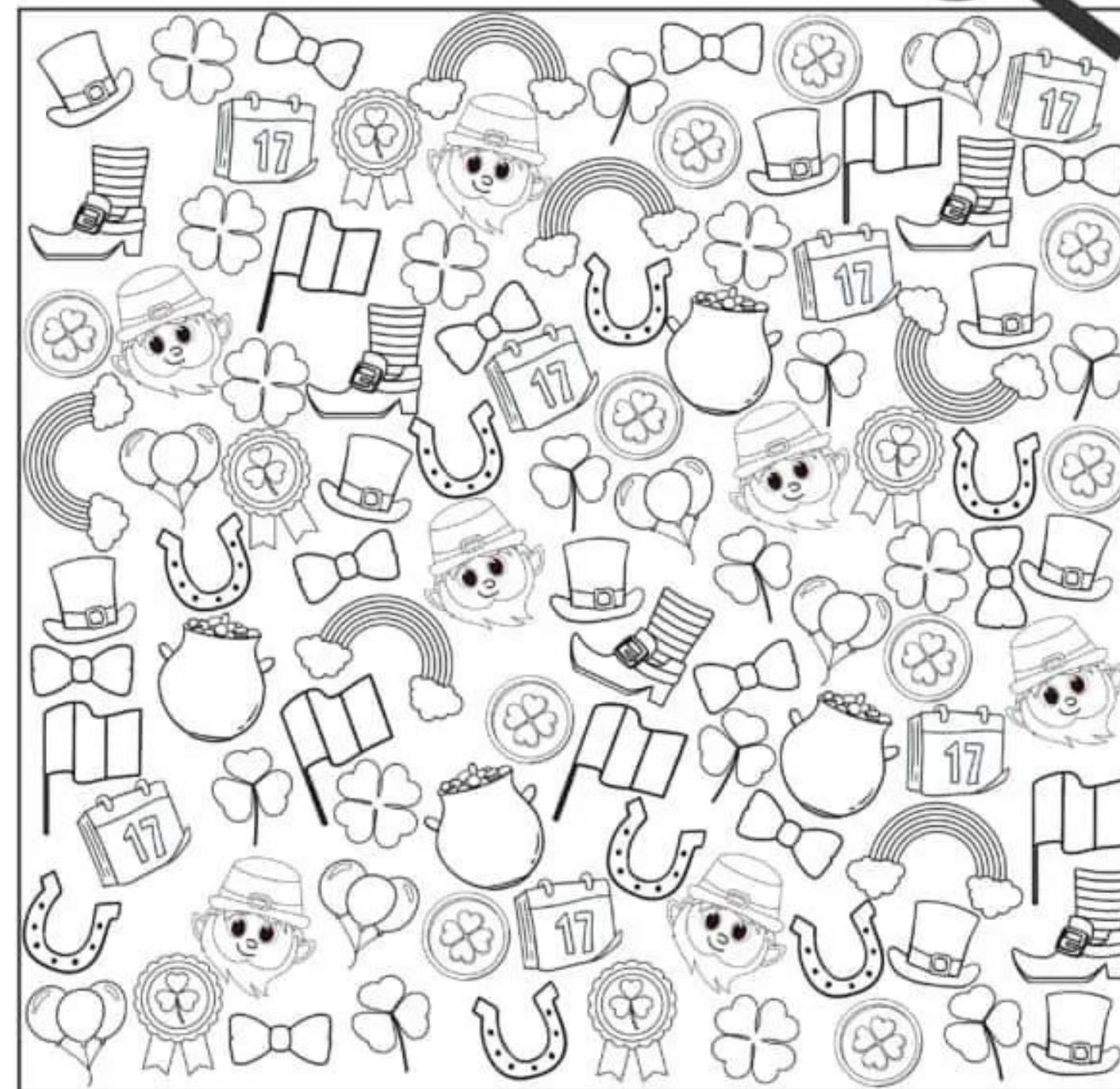
### ATLANTA BOTANICAL GARDEN, ATLANTA, GA - \$35

**This Field Trip is full but you can be added to the waitlist**

Friday, March 31st, from 7:30 AM - 4:00 PM

Join us as we travel to the Atlanta Botanical Garden to view renowned plant collections, beautiful displays, and spectacular exhibitions! The cost of trip includes transportation and admission. Please bring extra money for lunch.

# I SPY St. Patrick's Day



mrsmerry.com



# MARCH 2023

M	Tu	W	Th	F	Sa
		1	2	3 Crafty Crew 2:00 PM Get Out and Go Adventure Club 11:00 AM	4
6 Total Brain Health Memory Class 2.0 2:00 PM	7 Bingo 10:30 AM 	8	9	10 Field Trip 3:30 PM 	11
13 Total Brain Health Memory Class 2.0 2:00 PM	14	15 Munch & Mingle Tavern on The Trax 11:00 AM	16	17 <i>Saint Patrick's Day</i>	18 Bark in the Park Kiesel Park 9 AM - 2 PM
20 Total Brain Health Memory Class 2.0 2:00 PM	21 Bingo 10:30 AM 	22	23 Movie Night 5:30 PM 	24	25 Empty Bowls Kiesel Park 5 - 7 PM
27 Total Brain Health Memory Class 2.0 2:00 PM	28 Food For Thought 9:00 AM Read and Reflect Book Club 1:30 PM	29 Cookbook Club Noon 	30	31 Field Trip 7:30 AM 	

# SENIOR CONNECTION

A Newsletter for Active Adults 50+  
March 2023 - Volume 10, Issue 3



## The Tony & Libba Rane Culinary Science Center Tour

Join Sarah on April 3rd at 10:00 AM for a tour of the new Tony & Libba Rane Culinary Science Center. The Tony & Libba Rane Culinary Science Center was completed in 2022. The culinary center is home to 1856 Teaching Restaurant, The Laurel Hotel, The Spa, Culinary Laboratories, Food and Beverage Multimedia Studio, The Hey Day Market, and Sky Rooftop Garden. Limited spots are available and you must pre-register online or in person at the Harris Center. Registration will open March 3rd.

## FITNESS CLASSES

- Zumba Gold 10 AM: Mondays
- Zumba Gold 8:30 AM: Wednesdays
- Seated Zumba 11 AM: Mondays
- Seated Zumba 9:30 AM: Wednesdays
- Yin Yoga 9AM: Wednesdays
- Silver Sneakers 9 AM: Mondays & Thursdays
- Silver Sneakers 2 PM: Tuesdays

Harris Center | 425 Perry Street | Auburn, AL 36830  
334 - 501 - 2930  
Monday - Friday | 8 a.m. - 5 p.m.  
[www.auburnalabama.org/parks](http://www.auburnalabama.org/parks) | [scook@auburnalabama.org](mailto:scook@auburnalabama.org)

