

MARK YOUR CALENDAR!

COFFEE AND CONVERSATION WITH SARAH

Join Sarah the first Monday of each month from **9 to 10 AM** at Well Red (223 Opelika Rd. Auburn, AL) for a cup of coffee, cinnamon roll, and casual conversation. Participants must provide their own transportation and cover the cost of coffee and breakfast. Senior discounts may apply at some restaurants.

CRAFTY CREW

Come hang out with us on **Wednesday, May 4th** at **2 p.m.** at the Harris Center. We will be making Modge Podge flower pots with plants! **\$5/person to cover the cost of supplies. Please register in advance. Payable to the AAB.**

This program is full, but you can be added to the waitlist

FOOD FOR THOUGHT: BREAKFAST AND SPEAKER SERIES

Join us at the Harris Center on **Tuesday, May 10th** at **9 a.m.** for a FREE breakfast and an entertaining speaker. Please register in advance at the Harris Center so we can provide enough food. Our speaker will be The AU Raptor Center, who will be discussing Lee County Literacy Coalition. **FREE to the public.**

GONE FISHING!

Join us on **Monday, May 16th** at **8am** for a relaxing morning of fishing! Breakfast, chairs, fishing rods, bait and tackle will be provided. We will fish in the pond at the Wire Road Soccer Complex located at 2340 Wire Road. **\$10 per person. Payable to AAB. Register by Friday, 13th at 5pm.**

MOVIE NIGHT AT THE HARRIS CENTER

Nothing like enjoying a good flick together! Come join us for a movie on **Thursday, May 19th** at **5:30 p.m.** to watch *Downton Abbey: A New Era* Please be sure to pre-register so that you can be contacted in case of cancellation. **\$5. Payable to the AAB.**

MUNCH AND MINGLE LUNCH CLUB

Get together with old friends and make some new ones as we gather on **Wednesday, May 25th** at **11:30 a.m.** for lunch at The Plaza (800 Main Street, Auburn, AL 36830). Participants must provide their own transportation and cover the cost of lunch. **Please register by 5 p.m. on the Tuesday prior so reservations can be made for the group.**

This program is full, but you can be added to the waitlist

READ AND REFLECT BOOK CLUB

Read and Reflect Book Club is now meeting in - person at the Harris Center or via ZOOM on **Tuesday, May 31st** at **1:30 p.m.** to discuss The End of Your Life Book Club by Will Schwalbe. **FREE to the public.**

BRUNCH & BRUSHES

Join Sarah at the Harris Center on **Wednesday, May 11th** for a scrumptious brunch buffet followed by a step by step spring painting project by Art Education Specialists, Emillie Dombrowski. **\$20 includes brunch. Payable to AAB.**

RECURRING PROGRAMS

TOTAL BRAIN HEALTH WORKOUT 1.0

Every Monday at 2 p.m.

BINGO & LUNCH TO-GO

May 3rd and **17th** at 10:30 a.m.

FIELD TRIPS!

MAY 6TH: WHITEWATER EXPRESS – CLASSIC TRIP, COLUMBUS, GA

Join us on **Friday, May 6th** at **8:30am** to enjoy class I-III+ rapids on the Classic Trip! This is the most popular trip on the Chattahoochee. Guests will get to experience our popular Habitat Pool; a lazy river section of our river where guests get in river position and the natural current of the Chattahoochee pulls them downstream. Guests will have the opportunity to ‘surf’ the rapids on this trip! This trip is 2 hours of whitewater fun. This trip departs from our Columbus, Georgia location. Bring a towel, sunscreen, and a change of clothes. The cost of the trip includes transportation and admission.

Please bring extra money for lunch. \$45.

This program is full, but you can be added to the waitlist

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Watergate Salad

Ingredients

3.4 oz pistachio Jell-O instant pudding mix

20 oz can crushed pineapple

1 cup miniature marshmallows

1/2 cup chopped nuts your favorite

8 oz container Cool Whip I used lite - thawed

Instructions

Combine pudding mix, pineapple (with juice), marshmallows and nuts in a large bowl and mix well.

Blend in Cool Whip and chill until ready to serve.



MAY 2022 *Happy Mother's Day*

SENIOR CONNECTION

A Newsletter for Active Adults 50+

May 2022 - Volume 9, Issue 5

M	Tu	W	Th	F	Sa
2 Coffee and Conversation 9 AM Brain Workout 2 PM	3 Bingo 10:30 AM 	4 Crafty Crew 2 PM	5	6 Field Trip: Whitewater Express 8:30 AM	7
9 Brain Workout 2 PM	10 Food 4 Thought 9 AM	11 Brunch & Brushes 10:30 AM	12	13	14
16 Gone Fishing 8 AM Brain Workout 2 PM	17 Bingo 10:30 AM 	18	19 Movie Night 5:30 PM 	20	21 City Market 8AM 
23 Brain Workout 2 PM	24	25 Munch and Mingle @ The Plaza 11:30 AM	26	27	28 City Market 8AM 
30 Harris Center Closed 	31 Read & Reflect Book Club 1:30 PM 				

FITNESS CLASSES

Zumba Gold 10 AM: Mondays
Zumba Gold 8:30 AM: Wednesdays
Seated Zumba 11 AM: Mondays
Seated Zumba 9:30 AM: Wednesdays

Silver Sneakers w/ Elizabeth 9 AM: Mondays
Silver Sneakers w/ Sarah 9 AM: Thursdays
Cardio/ Sculpt 10 AM: Tuesday & Thursdays
Yin Yoga 9AM: Wednesdays



ANNOUNCEMENTS!

Summer registration begins May 2nd!

Summer registration opens Monday, May 2nd for Auburn residents! Register online at auburnalabama.org/parks/register or stop by the Harris Center Monday-Friday from 8 a.m. - 5 p.m. to register for upcoming Summer programs!

If you have not already set up your MyRec account please stop by the Harris Center or create one online at auburnalabama.org/parks/register.

Harris Center | 425 Perry Street | Auburn, AL 36830
334 - 501 - 2930

Monday - Friday | 8 a.m. - 5 p.m.

www.auburnalabama.org/parks | scook@auburnalabama.org



City of Auburn