



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAFTON SENIOR CENTER

YMCA TRAFTON CENTER
19 Elm Street
PO BOX 249
Sanford ME, 04073
(P) 207 457 0080
(W) sanfordymca.org
(O) Facebook | Twitter | Instagram



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CONTACT US

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HOURS OF OPERATION

Monday - Friday	8:00 am - 5:00 pm
Saturday	Events Only
Sunday	Closed

Closed New Year's Day, Easter, Memorial Day, July 4th,
Labor Day, Thanksgiving Day and Christmas.

The YMCA Trafton Center is a membership based organization dedicated to providing individuals 50 and older with opportunities to connect with others, participate in learning and wellness opportunities and socialize.

- Annual Membership \$72
- No additional cost for Sanford-Springvale YMCA Members

Trafton Class Descriptions

POTTERY

Meet new friends and create your own piece of art. Participants will learn the basic skills of working with flat clay, different effects based on form and glazes and tools of the trade.

BRUSH STROKES PAINTING

Let your creative side shine while you learn the basics of painting with friends. You can work with water colors or acrylics. Participants will be provided with paints and paper for the first

Trafton Class Descriptions cont.

CRAFT GROUP

Knitting, Crocheting, Needle Point, instruction and conversation, this group has it all. They are always ready to welcome a new member and share ideas, patterns and expertise. Bring your project or just visit.

DRAWING WITH JANE/BEGINNING PAINTING

Jane Garnsey offers an in depth class on drawing and/or beginning painting. Each class is about 2 hours long and the cost is \$4.00. You will need to bring your own supplies; however, we may have a few extra items to help you get started.

EARLY BIRD EXERCISE

This is a self directed video, participants follow the Leslie Sansone walking video

LIVING FIT EXERCISE

Deb Gullison leads the group through aerobic, strength training and balance. You progress at your own fitness rate, and much of the exercise is done sitting. This is a great way to start your fitness routine

POWER AGING

Cindy Simon runs a varied program featuring natural ways to combat aging, there is always a lot of information shared in this class, and a bit of humor as well

YMCA EXERCISE CLASS

Following a warm up, activities include strength, stability, balance and flexibility.

YOGA MUDRAS

Yoga mudras are symbolic gestures often practiced with the hands and fingers. They facilitate the flow of energy in the subtle body and enhance one's journey within.

YOGA

Betsy Baker and Cindy Simon both offer classes at the center. Progress at your own level, and only do what you are comfortable performing. We have a few extra mats, but you will probably want your own

TAI CHI

Discover the benefits of this ancient form of martial arts practiced for the purposes of health and longevity that will improve balance, agility, strength, relaxation, and coordination. A practice that emphasizes breathing and slow movements as a type of moving meditation

LINE DANCING

Brice and Chari are happy to welcome any level of dancer and once you get started they will have you kicking up your heels and having a great time.

NEW BEGINNINGS

This group is a support group for singles. They often go out for lunch, play cards or just visit.

Trafton Class Descriptions cont.

HAND AND FOOT

Cards, Cards and more cards. Folks who play this game are happy to teach you so don't be shy, give it a try.

WHIST

Again, this group is willing to teach folks to play. Stop by and meet the folks to find out more



Social Center

The Trafton Center is a hub of activity. From coffee on the patio in the summer to lunches in the new Café all year long there is always something to do and someone to connect to.

Growing Community

The Trafton Center's Greenhouse is perfect for those who have a green thumb or who simply like to smell the roses! Connect with nature all year round and grow something new here at Trafton.



Trafton Travelers

Explore the city, state, country or world with the Trafton Travelers! With surprise trips, international trips and day trips offered there is something for everyone to discover.

Trafton Kitchen

In 2018 the Trafton Kitchen was remodeled. Stop by for lunch! Lunch is served Tuesdays and Fridays.



For more information on our programs and offerings please call
use at 207.457.0080