



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Trafton Center October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| | Yoga 8:30 AM Main Room Bring your own mat | Craft Group 8:30-11 AM Milligan Room | Morning Coffee 9:00 AM Café | Crafters Group 8:30-11:00 AM Milligan Room |
| Scrabble 10:00 AM Milligan Room | Hand and Foot 8:30-11:00AM Milligan Room | Bridge Group 12:30-3:30 PM Milligan Room | Brush Strokes 9:30-11:30 Main Room | Yoga Main Room 9:00 am Bring your own mat |
| Tai Chi 10:00 Main Room | Cornhole 9:30-11 AM Outside in the back parking area | | Power Aging 10:30-11:30 AM Milligan Room | Seated Tai Chi Main Room 11:15-11:45 AM |
| Whist 1-3:30 PM Milligan Room | Scat 1:00-3:30 PM Main Room | FOR INFORMATION ON CLASSES CALL 207-457-0080 | Mah Jongg 1-3:30 PM Milligan Room | Tai Chi Main Room 1-2 PM |
| Drawing/Painting with Jane 11:30-3:30 PM Pottery Room | Whist 1-3:30 PM Milligan Room | Tuesday, October 19th at 10:30 AM Matthew Voccola from Collette Travel will share about Canyon Country and Classic Danube trips RSVP a MUST! | Pottery 12:30 AM-3:30 PM Pottery Room | Scat 1-3:30 PM Main Room |
| Bingo 1:00- 3:00 PM Main Room | Tuesday/Thursday 8AM Living Fit at the Y with Merilee | | Thursday Bridge Group Main Room 12:30 PM- 3:30 PM | Friday, October 22nd at 11:45 AM (Just before lunch) Jen Davie, candidate for School Board will share why she is running for school committee. |