



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Trafton Senior Center

Activity Schedule 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
Early Bird Exercise 8:00am		YMCA Exercise Class 7:30am		Early Bird Exercise 8:00am		YMCA Exercise Class 7:30am		Early Bird Exercise 8:00am	
Living Fit Exercise 9:00am		Yoga 8:30am		Living Fit Exercise 9:00am	Craft Group 9:00am	Morning Coffee 8:30am		Yoga 9:00am	Crafters Group 9:00am
Scrabble 10:00am	Tai Chi 10:00-11:00am	Line Dancing 9:30am	Hand and Foot 9:30am	Bridge 12:30pm		Line Dancing 9:00am		Seated Tai Chi 11:15-11:45am	
Whist 12:30 Setup 1:00 Whist Begins		New Beginnings*** 10am		Yoga 5:00-5:45pm		Brush Strokes 9:30am		Lunch Noon	
Drawing with Jane 11:30-1:00pm		Lunch Noon				Power Aging 10:00am	Pottery 10:00am	Tai Chi 1:00pm	
Bingo/Whist 1:00pm		Whist 12:30 Setup 1:00 Whist Begins				Mah Jongg 1:00pm	Beginners Pottery Class 1:00pm	Yoga Mudras 2:00pm	
Beginning Painting 1:30-3:30pm		Cards and Social Time 12:45				Whist and Scat 6:00pm			

***First and Third Tuesdays