



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Trafton Senior Center November 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
Wednesday, November 16th at 11:30 AM Collette's presents "British Landscapes"		YMCA Exercise Class 8:00 am		Craft Group 8:30-11 AM		YMCA Exercise Class 8:00 am		Crafters Group 8:30-11 AM	
Wednesday, November 23rd 1:00 PM Movie and Popcorn		Yoga 8:30am Bring your own mat		Bridge 12:30pm	Cribbage 12:30 PM	Morning Coffee 8:30am		Yoga 9:00AM Bring your own mat	Line Dancing 10 AM Main Room
Scrabble 10:00 am	Tai Chi 10:00-11:00AM	Morning Coffee 8:30 AM	Hand and Foot 8:30-11AM	Pottery 12:30 PM		Brush Strokes 9:30am		Seated Tai Chi 11:15-11:45 AM	
Whist 12:45-3:30PM		Cornhole 9:30 AM		For More Information, Call 207-457-0080		Power Aging 10:30am		Lunch By RSVP Noon	
Drawing/Painting with Jane 11:30-3:30 PM		Whist 12:45-3:30PM		Ice Cream Sundaes! Join us for lunch on 11/4 and receive a sundae made from local ice cream. Only want dessert? It's just a \$1!		Mah Jongg 1:00pm	Bridge 12:30	Scat 1:00-3:30 PM	
Bingo 1:00-3:00 PM		Scat 1:00-3:30 PM		Ice Cream Sundaes! Join us for lunch on 11/4 and receive a sundae made from local ice cream. Only want dessert? It's just a \$1!				Tai Chi 1:00 PM	
Friday, November 4th 11:30 AM Ken and Mo		Wednesday, November 30th at 2 PM Games and Snacks		Ice Cream Sundaes! Join us for lunch on 11/4 and receive a sundae made from local ice cream. Only want dessert? It's just a \$1!		Take Notice Camera Club November 3 & 17 2-3:30			