



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](http://sanfordymca.org)



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## Welcome to the Trafton Senior Center

SANFORD-SPRINGVALE YMCA

### CONTACT US

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PO BOX 249  
Sanford ME, 04073  
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(O) Facebook

### HOURS OF OPERATION

Monday - Friday	8:30 am - 3:30 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 \$84.00 (\*effective 1.1.23)

### 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. Participants pay for their own clay and \$5.00 for other supplies.

#### BRUSH STROKES PAINTING

Let your creative side shine while you paint with friends. Whatever your medium, come join the fun and receive feedback from other artists.



## Trafton Class Descriptions cont.

### CRAFT GROUP

Knitting, Crocheting, 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 \$5.00. You will need to bring your own supplies; however, we may have a few extra items to help you get started.

### POWER AGING

Robin Bibber runs a varied program featuring natural ways to combat aging, and other topics related to living well. There is always a lot of information shared in this class, some lively discussion and a bit of humor as well.

### YMCA LIVING FIT EXERCISE CLASS

Join Merilee Perkins for this group exercise class designed for people over 50. Class consists of warm up, strength training, balance exercises and fun.

### YOGA

Join Betsy Baker for this gentle yoga experience. Progress at your own level, and only do what you are comfortable performing. You will need your own mat.

### 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. \$3 donation request for this class.

### SEATED TAI CHI

All of the benefits of standing Tai Chi, but geared for those who are more comfortable sitting. You will still improve your balance, agility and core strength. \$2 donation request for this class.

### 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.

### SCAT

Know the suits in a deck of cards and how to count to 31? Then this is a card game for you. You will need some quarters and be ready for some laughs.

## Trafton Class Descriptions cont.

### BRIDGE

Pick up games or regular play. We have options for you.

### MAH JONGG

As old as time, this game using patterns and tiles is sure to please. Our group is happy to teach you!



### Social Center

The Trafton Center is a hub of activity. From coffee on the patio in the summer to lunches in the 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

Stop by for lunch! Lunch is served by RSVP on Friday's for just \$8.00 Café items available as well daily.



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