



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Trafton Senior Center February 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
Friday, February 3rd 11:30 AM Ken and Mo sing		YMCA Exercise Class 8:00 am		Craft Group 8:30-11 AM		YMCA Exercise Class 8:00 am		Crafters Group 8:30-11 AM	
Chair Yoga with Jess 9:00 AM Main Room (bring your own mat)		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	
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		Wednesday, February 15th at 1 PM Movie and Popcorn		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							
Tuesday, February 14th Valentines Treats all day!		Wednesday, February 22nd 1:30PM Game Afternoon!				Thursday, February 9th at 1:30 Come dip Chocolate		Tai Chi 1:00 PM	