

YMCA Trafton Center September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	
	YMCA Exercise Class 8:00 am	Crafters Group 8:30 - 11 AM	YMCA Exercise Class 8:00 am	Crafters Group 8:30 - 11 AM	
Scrabble 10:00 am	Yoga 8:30 am bring your own mat	Bridge 12:30 pm	Morning Coffee 8:00 am	Yoga 9:00 am bring your own mat	Line Dancing 10-11 am Main Room
Tai Chi 10-11 am	Morning Coffee 8:30 am	Hand & Foot 8:30 am	Cribbage 1:00 pm call ahead to confirm enough players	Brush Strokes 9:30 am	Seated Tai Chi 11:15 - 11:45 am
Whist 12:45 - 3:30 pm	Cornhole 9:30 am	Pottery 12:30 pm	Power Aging 10:30 am	Lunch by RSVP Noon	
Drawing/Painting with Jane 11:30-3:30 pm	Whist 12:45 - 3:30 pm	FMI call 207-457-0080	Bridge 12:30 pm	Scat 1 - 3:30 pm	
Bingo 1:00 - 3:00 pm	Scat 1 - 3:30 pm		Mah Jongg 1:00 pm	Tai Chi 1:00 pm	

Special Events this month:

- Friday, September 1st at 11:30 AM Ken and Mo Sing
- Wednesday, September 20th 1:30 PM Game Afternoon
- Thursday, September 28th Flu Shot Clinic
- Wednesday, September 27th "Walk for Fun"

YMCA TRAFTON CENTER
 19 ELM STREET
 SANFORD, ME 04073
 207-457-0080