



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Trafton Center January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga 9:00 am Main Room (bring your own mat)	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
Tai Chi 10–11 am	Morning Coffee 8:30 am	Pottery 12:30 pm	Brush Strokes 9:30 am	Seated Tai Chi 11:15 – 11:45 am
Whist 12:45 – 3:30 pm	Cornhole 9:30 am		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:

- **Wednesday, January 3rd at 1:30 Games and Snacks**
- **Friday, January 5th at 11:30 Ken and Mo Sing**
- **Friday, January 5th at Noon–Potluck**
- **Thursday, January 18th, 1 PM Movie and Popcorn**
- **Wednesday, January 24th at 1:30PM Trip Talk**

YMCA TRAFTON CENTER
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207-457-0080