

# YMCA Trafton Center January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga 9:00 am	YMCA Exercise Class 8:00 am	Crafters Group 8:30 - 11 AM	YMCA Exercise Class 8:00 am	Crafters Group 8:30 - 11 AM
Monday Morning Games 10:00 am	Yoga 8:30 am bring your own mat	Zumba Gold 9:00 am	Morning Coffee 8:30am	Yoga 9:00 am bring your own mat
Tai Chi 10-11 am	Morning Coffee 8:30 am	Pottery 12:30 pm	Chair Yoga Front Room 9:00 AM Brush Strokes 9:30 am	Seated Tai Chi 11:15 - 11:45 am
Whist 12:45 - 3:30 pm	Cornhole 9:30 am	Bridge 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 12:00 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, January 3rd Join us at 11:30 as Ken and Mo play and sing for us!
- Wednesday, January 8th at 1:30 PM Game Afternoon!
- Thursday, January 9th at 10:30 AM. John Moro shares about CBD for pain.
- Wednesday, January 22nd at 1:30 Trafton Travelers Trip Talk!

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