

YMCA Trafton Center July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga 9:00 am Main Room	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 8:30am	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	Line Dancing 10:00 AM
Whist 12:45 - 3:30 pm	Hand & Foot 8:30 am		Power Aging 10:30 am	Seated Tai Chi 11:15 - 11:45 am
Whist 12:45 - 3:30 pm	Cornhole 9:30 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:

- Wednesday, July 3rd 1:30 PM Root Beer Floats
- Friday, July 5th 11:30 AM Ken and Mo play and sing
- Friday, July 5th at Noon. Potluck Lunch
- Thursday, July 11th 2PM Creative Connections begins
- Wednesday, July 17th 9:45 AM Life's A Beach trip to Castleton
- Friday, July 19th BBQ at Noon
- Wednesday, July 31st 1:30 PM Walk for Fun

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