



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Trafton Center September 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/Cribbage 10:00 am	Yoga 8:30 am bring your own mat		Morning Coffee 8:30am	Yoga 9:00 am bring your own mat	Hand Knee and Foot 8:30 AM Cafe
Tai Chi 10–11 am	Morning Coffee 8:30 am	Hand & Foot 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:

- **Wednesday, September 3<sup>rd</sup> at 1:00PM. Andrew from Collette Travel**
- **Friday, September 5<sup>th</sup> at 11:30 AM Music with Ken and Mo!**
- **Wednesday, September 10<sup>th</sup> 3–5PM Trafton Annual Meeting**
- **Thursday, September 18<sup>th</sup> 10:30 AM John Moro– Natural Alternatives for Pain**

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