

YMCA Trafton Center March 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, March 7th. Join us at 11:30 as Ken and Mo play and sing!
 - Saturday, March 8th "Spring Ahead Puzzle Tournament"
 - Thursday, March 13th "St. Patrick's Day trip to Indian Head"
 - Friday, March 14th St. Patrick's Day Lunch at Noon \$12
 - Thursday, March 20th "Advanced Directives" with Jessie Krall, Esq.
 - Wednesday, March 26th, 1:30 PM Jigsaw Puzzle Social

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