

YMCA Trafton Center August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events this month: • Thursday, Aug. 6th 1-3 PM Open Painting • Friday, Aug. 7th 11:30 AM Ken and Mo play and sing! • Wednesday, Aug. 12th 11AM Walk and Picnic at the Sanford Community Forest • Wednesday, Aug. 19th 10:30 AM Sanford Comprehensive Plan Committee Presentation and Q&A • Friday, Aug. 21st at Noon BBQ! This month is BBQ Chicken • Wednesday, Aug. 26th 8 AM Bus leaves for Oxford Casino • Thursday, August 27th at 11:30 AM Book Club
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	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 Christine covering	Whist 12:45 - 3:30 pm	FMI call 207-457-0080	Mah Jongg 1:00 pm	Scat 1 - 3:30 pm	
Bingo 1:00 - 3:00 pm	Scat 1 - 3:30 pm	Line Dancing 1 PM		Tai Chi 1:00 pm	YMCA TRAFTON CENTER 19 ELM STREET SANFORD, ME 04073 207-457-0080