



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Trafton Center February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events this month:
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	<ul style="list-style-type: none">Wednesday February 4th at 1:30 PM Chocolate Dipped FruitFriday, February 6th at noon –Ken and Mo, Polish Lunch and wear your Pats gearThursday, February 12th at 1:30 PM Valentine's Day PartyWednesday, February 18th at 1 PM Movie and PopcornWednesday, February 25th at 1:30 PM Board Game Afternoon
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	Mah Jongg 1:00 pm	Scat 1 – 3:30 pm	
Bingo 1:00 – 3:00 pm	Scat 1 – 3:30 pm			Tai Chi 1:00 pm	YMCA TRAFTON CENTER 19 ELM STREET SANFORD, ME 04073 207-457-0080