



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Trafton Center February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events this month:
<b>Chair Yoga</b> 9:00 am	<b>YMCA Exercise Class</b> 8:00 am	<b>Crafters Group</b> 8:30 - 11 AM	<b>YMCA Exercise Class</b> 8:00 am	<b>Crafters Group</b> 8:30 - 11 AM	<ul style="list-style-type: none"><li>• <b>Wednesday February 4<sup>th</sup> at 1:30 PM</b> <b>Chocolate Dipped Fruit</b></li><li>• <b>Friday, February 6<sup>th</sup> at noon -Ken and Mo, Polish Lunch and wear your Pats gear</b></li><li>• <b>Thursday, February 12<sup>th</sup> at 1:30 PM</b> <b>Valentine's Day Party</b></li><li>• <b>Wednesday, February 18<sup>th</sup> at 1 PM</b> Movie and Popcorn</li><li>• <b>Wednesday, February 25<sup>th</sup> at 1:30 PM</b> Board Game Afternoon</li></ul>
<b>Monday Morning Games/Cribbage</b> 10:00 am	<b>Yoga</b> 8:30 am bring your own mat		<b>Morning Coffee</b> 8:30am	<b>Yoga</b> 9:00 am bring your own mat	
<b>Tai Chi</b> 10-11 am	<b>Morning Coffee</b> 8:30 am	<b>Pottery</b> 12:30 pm	<b>Chair Yoga Front Room</b> 9:00 AM <b>Brush Strokes</b> 9:30 am	<b>Hand Knee and Foot</b> 8:30 AM Cafe	
<b>Whist</b> 12:45 - 3:30 pm	<b>Cornhole</b> 9:30 am	<b>Bridge</b> 12:30 pm	<b>Power Aging</b> 10:30 am	<b>Seated Tai Chi</b> 11:15 - 11:45 am	
<b>Drawing/Painting with Jane</b> 11:30-3:30 pm	<b>Whist</b> 12:45 - 3:30 pm	<b>FMI call</b> 207-457-0080	<b>Mah Jongg</b> 1:00 pm	<b>Lunch by RSVP</b> Noon	
<b>Bingo</b> 1:00 - 3:00 pm	<b>Scat</b> 1 - 3:30 pm			<b>Scat</b> 1 - 3:30 pm	
				<b>Tai Chi</b> 1:00 pm	

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