

YMCA Trafton Center October 2024

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
Scrabble 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 Hand & Foot 8:30 am	Pottery 12:30 pm	Chair Yoga Front Room 9:00 AM Brush Strokes 9:30 am	Line Dancing 10:30 AM
Whist 12:45 - 3:30 pm	Cornhole 9:30 am	Bridge 12:30 pm	Power Aging 10:30 am	Seated Tai Chi 11:15 - 11:45 am
Drawing/Painting with Jane 11:30-3:30 pm	Whist 12:45 - 3:30 pm	FMI call 207-457-0080	Bridge 12:00 pm	Lunch by RSVP Noon
Bingo 1:00 - 3:00 pm	Scat 1 - 3:30 pm		Mah Jongg 1:00 pm	Scat 1 - 3:30 pm
				Tai Chi 1:00 pm

- Special Events this month:**
- Wednesday, October 2nd 9 AM Zumba Gold starts!
 - Friday, October 4th 11:30 AM Ken and Mo play and sing
 - Wednesday, October 9th 2 PM Bouy Toss Demo
 - Thursday, October 10th 1:30 PM Collette's trip talk on Ireland
 - Wednesday, October 16th 1:30 PM Paint Pumpkins
 - Thursday, October 31st All Day Celebrate Halloween

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