

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

## Special Events this month:

- Friday, November 1 11:45 AM Ken and Mo play and sing
- Saturday, November 9th, 9-2 Annual Craft Fair
- Week of November 11th Food Drive
- Wednesday, November 20th at 1:30 PM Games and Snacks
- Friday, November 22nd at Noon Thanksgiving Dinner

YMCA TRAFTON CENTER  
19 ELM STREET  
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207-457-0080