

YMCA Trafton Center June 2026

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
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
Tai Chi 10-11 am	Morning Coffee 8:30 am	Pottery 12:30 pm	Chair Yoga Front Room 9:00 AM Brush Strokes 9:30 am	Hand Knee and Foot 8:30 AM Cafe
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	Mah Jongg 1:00 pm	Lunch by RSVP Noon
Bingo 1:00 - 3:00 pm	Scat 1 - 3:30 pm	Line Dancing 1 PM		Scat 1 - 3:30 pm
				Tai Chi 1:00 pm

Special Events this month:

- Wednesday, June 3rd 10 AM Tour Sweat-Morin Homestead
- Friday, June 5th 11:30 AM Ken and Mo play and sing
- Wednesday, June 10th 10-12 Healthy Living Expo at YMCA
- Thursday, June 11th 1:30 PM "Downsizing" with Mike Roy
- Friday, June 19th at 12:30 PM Lunch and Learn with Dr. Marc Dupuis
- Thursday, June 25th at 11:30 Book Club and at 1:30 Walk Deering Pond
- Friday, June 26th at Noon BBQ Lunch by RSVP