



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Trafton Center December 2025

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, December 3rd, Time TBD "Wicked: For Good" at Smitty'sTuesday, December 9th 10 AM Pen Pals to St. Thomas SchoolThursday, December 11th 11:30 AM Book ClubThursday, December 11th at 1:30 PM Holiday Sweater Yankee SwapTues-Thurs Dec.16th-18th White Mountain Hotel tripFriday, December 19th at Noon Trafton Holiday Lunch by RSVP (members and their guests only)Wed. Dec 24-Friday. Dec. 26th Trafton CLOSED for Christmas HolidayWednesday, Dec. 31st at noon Closing for NYE
Monday Morning Games/Cribbage 10:00 am	Yoga 8:30 am bring your own mat	Balance For Everyone 9 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 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	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	

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