

YMCA Trafton Center November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events this month: - Friday, Nov. 6th at 11:30 AM Ken and Mo play and sing! - Thursday, Nov 12th at 1 PM "Fraud Bingo" with Partners Bank - Saturday, Nov. 14th 9-2 Trafton Holiday Craft Fair - Wednesday, Nov. 18th 9 AM Bus leaves for Freeport Shopping Trip (Space Available) - Thursday, Nov. 19th 1-3 PM BYO Painting/Craft Time - Friday Nov. 20th at Noon Trafton member Thanksgiving Lunch
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	Hand Knee and Foot 8:30 AM Cafe
Tai Chi 10-11 am	Morning Coffee 8:30 am	Pottery 12:30 pm	Chair Yoga 9:00 AM Brush Strokes 9:30 am	Seated Tai Chi 11:15 - 11:45 am	
Whist 12:45 - 3:30 pm	Cornhole 9:30 am	Bridge 12:30 pm	Power Aging 10:30 am	Lunch by RSVP Noon	
Drawing/Painting with Jane 12:30-2:30 pm Christine covering	Whist 12:45 - 3:30 pm	FMI call 207-457-0080	Mah Jongg 1:00 pm	Scat 1 - 3:30 pm	
Bingo 1:00 - 3:00 pm	Scat 1 - 3:30 pm	Line Dancing 1 PM		Tai Chi 1:00 pm	

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