



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Trafton Center January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events this month:
<b>Chair Yoga</b> 9:00 am	<b>YMCA Exercise Class</b> 8:00 am	<b>Crafters Group</b> 8:30 - 11 AM	<b>YMCA Exercise Class</b> 8:00 am	<b>Crafters Group</b> 8:30 - 11 AM	<ul style="list-style-type: none"><li>• Friday, January 2<sup>nd</sup> at Noon- Pizza Party and Bring In Your Leftover Desserts!</li><li>• Friday, January 9<sup>th</sup> at 11:30 Ken and Mo play and sing.</li><li>• Friday, January 16<sup>th</sup> at Noon "Souper Pot Luck"</li><li>• Wednesday, January 21<sup>st</sup> at 1:30 Trivia Contest</li><li>• Thursday, January 22<sup>nd</sup> at 1:30 Trip Talk!</li><li>• Saturday, January 24<sup>th</sup> 4-6 PM Italian Night Fundraising Dinner</li><li>• Wednesday, January 28<sup>th</sup>, "Small Steps Forward for the New Year" with Merilee Perkins</li></ul>
<b>Monday Morning Games/Cribbage</b> 10:00 am	<b>Yoga</b> 8:30 am bring your own mat	<b>Balance For Everyone</b> 9 AM	<b>Morning Coffee</b> 8:30am	<b>Yoga</b> 9:00 am bring your own mat	
<b>Tai Chi</b> 10-11 am	<b>Morning Coffee</b> 8:30 am	<b>Pottery</b> 12:30 pm	<b>Chair Yoga Front Room</b> 9:00 AM <b>Brush Strokes</b> 9:30 am	<b>Hand Knee and Foot</b> 8:30 AM Cafe	
<b>Whist</b> 12:45 - 3:30 pm	<b>Cornhole</b> 9:30 am	<b>Bridge</b> 12:30 pm	<b>Power Aging</b> 10:30 am	<b>Seated Tai Chi</b> 11:15 - 11:45 am	
<b>Drawing/Painting with Jane</b> 11:30-3:30 pm	<b>Whist</b> 12:45 - 3:30 pm	<b>FMI call</b> 207-457-0080	<b>Bridge</b> 12:00 pm	<b>Lunch by RSVP</b> Noon	
<b>Bingo</b> 1:00 - 3:00 pm	<b>Scat</b> 1 - 3:30 pm		<b>Mah Jongg</b> 1:00 pm	<b>Scat</b> 1 - 3:30 pm	
				<b>Tai Chi</b> 1:00 pm	

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