



YMCA Trafton Center January 2026

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">Friday, January 2nd at Noon- Pizza Party and Bring In Your Leftover Desserts!Friday, January 9th at 11:30 Ken and Mo play and sing.Friday, January 16th at Noon "Souper Pot Luck"Wednesday, January 21st at 1:30 Trivia ContestThursday, January 22nd at 1:30 Trip Talk!Saturday, January 24th 4-6 PM Italian Night Fundraising DinnerWednesday, January 28th, "Small Steps Forward for the New Year" with Merilee Perkins
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	Hand Knee and Foot 8:30 AM Cafe
Tai Chi 10-11 am	Morning Coffee 8:30 am	Hand & Foot 8:30 am	Pottery 12:30 pm	Chair Yoga Front Room 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 11:30-3:30 pm	Whist 12:45 – 3:30 pm	FMI call 207-457-0080	Bridge 12:00 pm	Scat 1 – 3:30 pm	
Bingo 1:00 – 3:00 pm	Scat 1 – 3:30 pm		Mah Jongg 1:00 pm	Tai Chi 1:00 pm	YMCA TRAFTON CENTER 19 ELM STREET SANFORD, ME 04073 207-457-0080