



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Trafton Center March 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 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	Mah Jongg 1:00 pm	Scat 1 - 3:30 pm
Bingo 1:00 - 3:00 pm	Scat 1 - 3:30 pm			Tai Chi 1:00 pm

Special Events this month:

- Thursday, March 5th 2PM Pets Unlonely: Pet Story
- Friday, March 6th at 11:30 Ken and Mo play and sing.
- Thursday, March 12th 10:30 AM John Moro RPh "Bone Health"
- Thursday, March 12th 2 PM Pets Unlonely: Celebration of Life
- Friday, March 13th at Noon Corned Beef Dinner by RSVP
- Saturday, March 14th 1-4 PM Shamrock Puzzle Tournament

YMCA TRAFTON CENTER
19 ELM STREET
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207-457-0080