

YMCA Trafton Center October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events this month: - Friday, Oct 2nd at 11:30 AM Ken and Mo play and sing! - Thurs. October 8th 1-3 PM BYO Painting/Craft - Thurs. October 15th 1:30 PM "Medicare 101" with Kevin Kaulback - Friday, October 16th Pot Luck at Noon - Thurs. October 22nd at 11:30 AM Book Club - Thurs. October 22nd Michelle LaBree, Sanford EMA Winter/Emergency Preparedness - Thurs. Oct. 29th 1:30 Game Afternoon - Friday, Oct. 30th Costume Raffle
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	
Tai Chi 10-11 am	Morning Coffee 8:30 am	Pottery 12:30 pm	Chair Yoga 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 12:30-2:30 pm Christine covering	Whist 12:45 - 3:30 pm	FMI call 207-457-0080	Mah Jongg 1:00 pm	Lunch by RSVP Noon	
Bingo 1:00 - 3:00 pm	Scat 1 - 3:30 pm	Line Dancing 1 PM No LD on 10/7, 10/14, 10/21		Scat 1 - 3:30 pm	
				Tai Chi 1:00 pm	YMCA TRAFTON CENTER 19 ELM STREET SANFORD, ME 04073 207-457-0080