

# YMCA Trafton Center July 2026

| Monday                                      | Tuesday                               | Wednesday                      | Thursday                       | Friday                             | <b>Special Events this month:</b> <ul style="list-style-type: none"> <li>• Thursday, July 2<sup>nd</sup> at 1:30 PM Happy Birthday America Party</li> <li>• Thursday, July 9<sup>th</sup> 1 PM Movie and Watermelon</li> <li>• Friday, July 10<sup>th</sup> at 11:30 AM Ken and Mo!</li> <li>• Tuesday, July 14<sup>th</sup> 11:30-1:30 UHC Day of Caring BBQ</li> <li>• Wednesday, July 22<sup>nd</sup> 10 AM Walk for Fun at Virginia Morin Preserve</li> <li>• Thursday, July 23<sup>rd</sup>, 1:30 PM Hannaford Dietician Julia Williams</li> <li>• Thursday, July 30<sup>th</sup> Casco Bay Mailboat by RSVP</li> <li>• Friday, July 31<sup>st</sup> Noon Grilled Pork Loin BBQ</li> </ul> |
|---|---------------------------------------|--------------------------------|--------------------------------|------------------------------------|---|
| Chair Yoga<br>9:00 am                       | YMCA Exercise Class<br>8:00 am        | Crafters Group<br>8:30 - 11 AM | YMCA Exercise Class<br>8:00 am | Crafters Group<br>8:30 - 11 AM     |   |
| Monday Morning Games/Cribbage<br>10:00 am   | Yoga<br>8:30 am<br>bring your own mat |                                | Morning Coffee<br>8:30am       | Yoga 9:00 am<br>bring your own mat |   |
| Tai Chi<br>10-11 am                         | Morning Coffee 8:30 am                | Pottery<br>12:30 pm            | Brush Strokes<br>9:30 am       | Hand Knee and Foot 8:30 AM Cafe    |   |
| Whist<br>12:45 - 3:30 pm                    | Cornhole<br>9:30 am                   | Bridge<br>12:30 pm             | Power Aging<br>10:30 am        | Seated Tai Chi<br>11:15 - 11:45 am |   |
| Drawing/Painting with Jane<br>11:30-3:30 pm | Whist<br>12:45 - 3:30 pm              | FMI call<br>207-457-0080       | Mah Jongg<br>1:00 pm           | Lunch by RSVP<br>Noon              |   |
| Bingo<br>1:00 - 3:00 pm                     | Scat<br>1 - 3:30 pm                   | Line Dancing<br>1 PM           |                                | Scat<br>1 - 3:30 pm                |   |
|   |                                       |                                |                                | Tai Chi<br>1:00 pm                 |   |

**YMCA TRAFTON CENTER**  
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