



YMCA Trafton Center April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events this month: <ul style="list-style-type: none"> Friday, April 3rd at 11:30 Ken and Mo play and sing. Friday, April 3rd at Noon: Good Friday Haddock Lunch Wednesday, April 15th 1:30 PM Game Afternoon Wednesday, April 22nd 1:30 PM: Sheriff Bill King talks about Scams Thursday, April 23rd at 11:30 AM Book Club Thursday, April 23rd 1:30 PM: Make a polymer clay Ornament with Taryn Menard Wednesday, April 29th 1 PM Line Dancing Thursday April 30th 1-4 ART SHOW
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 Front Room 9:00 AM	Hand Knee and Foot 8:30 AM Cafe	
Whist 12:45 - 3:30 pm	Cornhole 9:30 am	Bridge 12:30 pm	Brush Strokes 9:30 am	Seated Tai Chi 11:15 - 11:45 am	
Drawing/Painting with Jane 11:30-3:30 pm	Whist 12:45 - 3:30 pm	FMI call 207-457-0080	Power Aging 10:30 am	Lunch by RSVP Noon	
Bingo 1:00 - 3:00 pm	Scat 1 - 3:30 pm	Line Dancing 1 PM Starting April 29th	Mah Jongg 1:00 pm	Scat 1 - 3:30 pm	
				Tai Chi 1:00 pm	

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