



INTERLOCHEN

Redeemer Fellowship Center
US 31/ 1896 Rogers Road



KINGSLEY

The Rock
115 E. Blair Street



FIFE LAKE

Fife Lake Library
77 Lakecrest Lane

Day	Time	Activity
Mondays	9 am	Mindful Movement
	10 am	Fit and Strong

Tuesdays	10:30 am	Beginner Line Dancing
	12:30 pm	American Style Mah Jongg
	2:30 pm	Euchre

Thursdays	8:30 am	Mindful Movement
	10 am	Fit and Strong
	11 am	Massage
	12 pm	Lunch+
	1 pm	Hobby Group
	1 pm	Club Day / Open Games

January 2020

Day/Date	Time	Activity
Thursday, 1/2	11 am - 3pm	Open House
Thursday, 1/16	12 pm	Hot Cocoa Bar

Day	Time	Activity
Wednesdays	10:30 am	BINGO
	11 am	Billiards/ Wii
	12 pm	Lunch+

Fridays	9 am	Chair Yoga
	10 am	Euchre

January 2020

Day/Date	Time	Activity
Saturday, 1/11	5-8 pm	Rock n Jam
Wednesday, 1/15	12 pm	Hot Cocoa Bar



Day	Time	Activity
Tuesdays	11 am	Fitness Over 50
Thursdays	11 am	Fitness Over 50
Fridays	9 am	Yoga

January 2020

Day/Date	Time	Activity
Wednesday, 1/15	12 pm	Lunch
Wednesday, 1/15	12 pm	Hot Cocoa Bar

Senior Center Network's Winter Weather Cancellation Policy; Outreach locations:

When Traverse City Area Public Schools are closed due to bad weather, all outreach locations will be closed. If Kingsley schools also are closed due to bad weather, only Kingsley and Fife Lake programs will be canceled. If Forest Area Community Schools are closed due to bad weather, then only Fife Lake programs will be canceled.

NOTES:

+Lunch registration required by Monday week of for Kingsley and Interlochen sites.
Fife Lake registration required by Friday week prior. See monthly lunch menu for complete details.

*Advanced registration required by calling the Senior Center at (231) 922-4911.

All dates and times are subject to change. Please see our newsletter;
People, Parks and Programs for complete details of all listed programs.