TRAVERSE CITY

801 E. Front Street, Traverse City, MI 49686
grandtraverse.org/scn
Monday through Friday 8 a.m. to 4:30 p.m.

Locations also in Acme, Kingsley, Interlochen, and Fife Lake.

Full details for all programs available on our website and in our newsletter.

50 Years OF SERVICE 1969-2019 Senior Center Network

WEEKLY RECURRING PROGRAMS

*Require advance registration, call 231-922-4911. +Lunch reservations required, call 231-947-5285.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
8 am	Billiards	8 am	Billiards	8:30 am	Yoga	8 am	Billiards	8 am	Billiards	1/11, 12p Volunteer Party*
8:30 am	Table Tennis	8:45 am	Energetics	9 am	Pickleball*	8:45 am	Energetics	10:30 am	BINGO	
9 am	Swimming*	9 am	Pickleball*	10 am	Watercolor	9 am	Pickleball*	11:30 am	Girl Friends*	
9:30 am	Active for Life	11 am	Grief Support	10:15 am	Pilates	9:30 am	Discussion Group	12 pm	Lunch +	
10:30 am	BINGO	12 pm	Lunch +	12 pm	Lunch +	12 pm	Lunch +	12 pm	Mens' Group*	
11 am	Hobby Group	12:30 pm	Mah Jongg	1 pm	Double Pinochle	12:30 pm	Mah Jongg	1:30 pm	Club Day and Poker	**SUNDAY**
12 pm	Lunch +	1 pm	Cribbage	1:30 pm	Beg. Line Dancing	1 pm	Single Pinochle			7 pm Euchre
1 pm	Scrabble	1:30 pm	Int. Line Dancing	2:15 pm	Strong Bones	1 pm	Bridge Social	2:15 pm	Strong Bones	
1:30 pm	Club Day	6 pm	Pinochle	6 pm	Table Tennis	1:15 pm	Dominoes	7 pm	Euchre	

SPECIAL PROGRAMS January 2020

*Require advance registration, call 231-922-4911.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
1/13, 4 pm	Tech Club	1/1	Senior Center Closed	1/8, 10:30 am	Money Series*	1/2 and 1/16 9:30 am	Foot Care*	1/10 - 2/14, 9 am	Bridge Refresher	
1/20	Senior Center Closed	1/7 and 1/21, 11 am	Blood Pressure	1/8, 12:30 pm	Ask the Lawyer*	1/16, 5:30 pm	Weaver's Guild	1/20, 10 am	Reflexology *	
		1/14, 1 pm	Reiki*	1/8, 3:30 pm	Membership Orientation*					**SUNDAY**
		1/21, 5 pm	Basket Guild	1/15, 12 pm	Learning for Longevity*					
				1/22, 10 am	Parkinson's					
				1/22, 1 pm	Massage*					

ALL DATES AND TIMES ARE SUBJECT TO CHANGE.

Revised 12/23/2019