



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 Kingsley,
 Interlochen, and Fife Lake.

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



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

SPECIAL PROGRAMS March 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/9, 4 pm Tech Club*	3/3—3/24, 10 am Mah Jongg Lessons* 3/3 and 3/17, 11 am Blood Pressure 3/10, 1 pm Reiki* 3/17, 5 pm Basket Guild	3/4, 12:30 pm Ask the Lawyer* 3/4, 3 pm Farkel 3/4, 7 pm Steelheaders 3/11, 10:30 am Money Series* 3/11, 3:30 pm Membership Orientation* 3/18, 10 am Beekeeping Class Preview* 3/18, 1:30 pm Learning for Longevity* 3/25, 10 am Parkinson's 3/25, 1 pm Massage*	3/5 and 3/19 Foot Care* 9:30 am 3/5, 6:30 pm Bee Keepers 3/12, 5 pm Grief Support Potluck 3/19, 5:30 pm Weaver's Guild	3/6 - 4/10, Bridge Refresher* 9 am 3/13, Doling Out Health 3:30 pm Info* 3/20, 10 am Reflexology *	3/21 Beginning and Beekeeping 3//28 class
					SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE.

Revised 2/28/2020