



**Grand Traverse County
Senior Center Network**

801 E. Front St.
Traverse City, MI 49686
231-922-4911
www.gtcoa.org

FOR IMMEDIATE RELEASE

Date: Monday, November 3, 2014

Contact Person/Title: Ericca Hovie / Program Coordinator

Phone/Email: 231-922-4911 / ehovie@grandtraverse.org

Subject: Resolve Your Retirement Conundrum, Gentlemen!

For many, the dream of retirement differs greatly from its reality, often bringing with it unforeseen challenges and opportunities. A new “Guy Time” group, facilitated by Tom McWhorter, MSW will convene over lunch, on Friday, November 14th, from noon until 1 p.m., to discuss work, volunteering, leisure activities, new friendships, as well as, issues associated with aging, health, and emotions. Participants will decide discussion direction, and can bring a lunch, or call, 231-947-5285, 24 hours in advance to reserve a lunch at the Traverse City Senior Center, 801 E Front Street; a luncheon meal costs \$3 for those 60 and over, all others are \$5.

***Lori Wells, Deputy Director
Grand Traverse County Senior Center Network
801 East Front Street
Traverse City, MI 49686
922-4911 Fax: 231-922-4854***

The Senior Center Network is part of the Commission on Aging, “Caring For Those Who Cared For You.” The Network provides many programs to older adults in Grand Traverse County. There are locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of seniors enjoy dozens of activities on a daily basis. Business hours are Monday – Friday 8 am – 5 pm. Call 922-4911, check our website or FaceBook page for more information.