



TRAVERSE CITY

801 E. Front Street, Traverse City, MI 49686
grandtraverse.org/scn

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

Full schedules for each location available on our website.



WEEKLY RECURRING PROGRAMS

*Require Advance Registration call 231-922-2080

+Lunch Reservation call 231-947-5285

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a Billiards 8:30a Table Tennis 9:00a Swimming 9:30a Active for Life 10:30a BINGO 11:00a Meditation 11:00a Hobby Group 12:00p +Lunch 1:00p Scrabble 1:30p Club Day 2:30p Watercolor Class	8:00a Billiards 8:45a Energetics 9:00a Pickleball 11:00a Grief Support 12:00p +Lunch 12:30p Mah Jongg 1:00p Cribbage 1:30p Int. Line Dancing 6:00p Pinochle	8:30a Yoga 9:00a Pickleball 10:15a Pilates 12:00p +Lunch 1:00p Double Pinochle 1:30p Beg. Line Dancing 2:15p Strong Bones 3:00p Farkel (12/5) 6:00p Table Tennis	8:00a Billiards 8:45a Energetics 9:00a Pickleball 9:30a Discussion Group 12:00p +Lunch 12:30p Mah Jongg 1:00p Single Pinochle 1:00p Bridge Social 1:15p Dominoes	8:00a Billiards 10:30a Zumba 10:30a BINGO 11:30a Girl Friends 11:30p +Lunch 12:00p Mens Group 1:30p Chess 1:30p Poker 2:15p Strong Bones 3:00p Knitting Circle & Afghan Angels 7:00p Euchre	
					SUNDAY
					7:00p Euchre

SPECIAL PROGRAMS December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12/3 *Shopping Day 12/10 *Tech Club 4p 12/17 - 12/21 Specialty Coffee Days	12/4 *Boost Your Immunity 10a 12/4 *Cross Country Ski 10:30a 12/4 Blood Pressure 11a 12/11 *Reiki 1p 12/18 *Coffee w/Mayor 9a 12/18 Blood Pressure 11a 12/18 Basket Guild 5p	12/5 *Day Trip Travel Guide 9a 12/5 *Ask The Lawyer 12:30p 12/12 *Learning for Longevity 11a 12/12 Parkinson's 10a 12/12 *Balance Program 3:30p 12/19 *Holiday Lunch 12p 12/19 *Housing Consultation 4p 12/19 *Massage 1p	12/6 *Foot Care 9:30a 11/1—12/13 * Wii Bowling 10a 12/13 Grief Support Potluck 5p 12/13 Weavers Guild 5:30p 12/20 *Foot Care 9:30a	12/21 *Reflexology 10a	
					SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Revised 11/26/2018