



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 1:00 p *Cross Country Ski 1:00p Scrabble 1:30p Club Day 2:30p Watercolor Class	8:00a Billiards 8:45a Energetics 9:00a *Pickleball 10:00a Coffee and Conversation 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 (1/2) 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 JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1/14 *Tech Club 4p	1/8 *Reiki 1p 1/15 Blood Pressure 11a 1/15 Basket Guild 5p 1/15 - 1/29 Mah Jongg Strategy Session 10a	1/2 *Ask The Lawyer 12:30p 1/2 Steelheaders 1/9 *Senior Odyssey Team Meeting 4p 1/16 *Money Series 10:30a 1/16 *Learning for Longevity 1:30p 1/16 *Housing Consultation 4p 1/23 Parkinson's 10a 1/23 *Massage 1p	1/3 *Foot Care 9:30a 1/3 GT Beekeeping Club 6:30p 1/17 *Foot Care 9:30a	1/11 - 2/15 *Bridge Refresher 9a 1/18 *Reflexology 10a	1/12 *Volunteer Appreciation Party 12p
					SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Revised 12/19/2018