



TRAVERSE CITY

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

Locations also in Acme, 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 231-922-2080.

+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	
8:30 am Table Tennis	8:45 am Energetics	9 am Pickleball *	8:45 am Energetics	10:30 am Zumba	
9 am Swimming*	9 am Pickleball *	10:15 am Pilates	9 am Pickleball *	11:30 am BINGO	
9:30 am Active for Life	10 am Coffee & Convo	12 pm Lunch +	9:30 am Discussion Group	12 pm Girl Friends *	
10:30 am BINGO	11 am Grief Support	1 pm Double Pinochle	12 pm Lunch +	12 pm Lunch +	
11 am Meditation	12 pm Lunch +	1:30 pm Beg. Line Dancing	12:30 pm Mah Jongg	12 pm Mens' Group *	
11 am Hobby Group	12:30 pm Mah Jongg	2:15 pm Strong Bones	1 pm Single Pinochle	1:30 pm Chess	
12 pm Lunch +	1 pm Cribbage	3 pm Farkel	1 pm Bridge Social	1:30 pm Club Day	
1 pm Cross Country	1 pm Snowshoe *	6 pm Table Tennis	1:15 pm Dominoes	1:30 pm Poker	
Ski*	1:30 pm Int. Line Dancing			2:15 pm Strong Bones	
1 pm Scrabble	6 pm Pinochle			3 pm Knitting & Afghan Angels	
1:30 pm Club Day				7 pm Euchre	
2:30 pm Watercolor Class					

SPECIAL PROGRAMS FEBRUARY 2019

*Require advance registration, call 231-922-2080.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2/11, 4 pm Tech Club *	2/5, 11 am Blood Pressure	2/6, 12:30 pm Ask the Lawyer*	2/7, 9:30 am Foot Care *	1/11-2/22, Bridge	
	2/19, 11 am Blood Pressure	2/6, 6 pm Steelheaders	2/7-3/28, Wii Bowling *	9 am Refresher *	
	2/19, 6 pm Basket Guild	2/14, 12 pm Valentine's Day Party *	10 am	2/8, 12 pm Pizza Party *	
		2/20, 1:30 pm Learning for Longevity *	2/7, 6:30 pm GT Beekeepers	2/15, 10 am Reflexology *	
		2/27, 10 am Parkinson's	2/14, 5 pm Grief Support		
		2/27, 1 pm Massage *	Potluck		
			2/21, 9:30 am Foot Care *		
			2/21, 5:30 pm Weavers Guild		

ALL DATES AND TIMES ARE SUBJECT TO CHANGE.

Revised 2/1/2019