

# INTERLOCHEN SENIOR CENTER - GOLDEN FELLOWSHIP HALL



9700 Riley Road  
Interlochen, MI 49643  
[grandtraverse.org/scn](http://grandtraverse.org/scn)

Locations also in Fife Lake, Kingsley, Acme  
and Traverse City

Full schedules for each location available  
on our website.



## FEBRUARY WEEKLY RECURRING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.: Gentle Yoga	11 a.m.: Line Dancing		10 a.m.: Strong Bones & Balance Exercise	1:30 p.m.: Wii
10 a.m.: Strong Bones & Balance Exercise	12:30 p.m.: Mah Jongg		11 a.m.: Massage	1:30 p.m.: Hobby Group
	3:30 p.m.: Euchre		12 noon: **Lunch	1:30 p.m.: Club Day
				<b>SATURDAY</b>

## FEBRUARY SPECIAL PROGRAMS (See Newsletter for Details)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2/26: AARP Tax Preparation; 11 a.m. - 4 p.m.		2/14: Valentine's Day Party; 12 noon	2/21: Heart Health Presentation; 12:30 p.m.
	2/26: Line Dancing - canceled. Mah Jongg-TBD 12:30 p.m. Euchre-Incredible Mo's 3:30 p.m.		2/14: BP Clinic; 11:30 a.m. - 12:30 p.m.	2/28: Legal Clinic; 1 - 2 p.m. By appointment only.
				<b>SATURDAY</b>
				<b>SUNDAY</b>

**\*\*Lunch:** Please call (231) 922-2080 to make or cancel your reservation by Monday the week you would like to attend. Cost: \$3 suggested donation for those 60+; \$5 all others. If lunch is canceled due to schools being closed, you are automatically scheduled for the next lunch. \*\*

**ALL DATES AND TIMES ARE SUBJECT TO CHANGE.** When TCAPS is closed, all programs are canceled for that day. Please see the People, Parks and Programs Newsletter for details of all above programs. To register for special programs or if you have questions, please call the Traverse City Senior Center at (231) 922-2080.