

INTERLOCHEN SENIOR CENTER - GOLDEN FELLOWSHIP HALL



9700 Riley Road

Interlochen, MI 49643

grandtraverse.org/scn

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

Full schedules for each location available
on our website.



MARCH WEEKLY RECURRING PROGRAMS *(See newsletter for details)*

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

MARCH SPECIAL PROGRAMS *(See newsletter for details)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3/26: AARP Tax Preparation; 11 a.m. - 4 p.m. (by appointment only)	3/13: Ides of March Party @ the Rock of Kingsley; 12 noon	3/21: Blood Pressure Clinic; 11:30 a.m.	3/1: Kingsley Open House @ the Rock; 12:30 - 2 p.m.
	3/26: Line Dancing - canceled. Mah Jongg-Bradleys 12:30 p.m. Euchre-Incredible Mo's 3:30 p.m.		3/21: Money Series - ROTH Conversation; 12:30 p.m.	SATURDAY
			3/28: Legal Clinic; 1 - 2 p.m. (By appointment only)	3/9: Rock n Jam @ The Rock of Kingsley; 5-8 p.m.
			4/4: Tiger Opening Day Lunch & Euchre Tournament	SUNDAY

****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.