



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

SPECIAL PROGRAMS MARCH 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/11, 4 pm Tech Club *	3/5, 11 am Blood Pressure 3/19, 11 am Blood Pressure 3/19, 5 pm Basket Guild	3/6, 12:30 pm Ask the Lawyer* 3/6, 6 pm Steelheaders 3/13, 10:30 am Money Series 3/20, 1:30 pm Learning for Longevity * 3/27, 10 am Parkinson's 3/27, 1 pm Massage *	3/7, 9:30 am Foot Care * 2/21-3/28, Wii Bowling * 10 am 3/7, 6:30 pm GT Beekeepers 3/14, 5 pm Grief Support 3/21, 9:30 am Foot Care * 3/21, 5:30 pm Weavers Guild	3/15, 10 am Reflexology *	
					SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE.

Revised 2/28/2019