



TRAVERSE CITY

801 E. Front Street, Traverse City, MI 49686
grandtraverse.org/scn
 Monday through Friday 8:00 a.m. to 4:30 p.m.

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 *	10:30 am BINGO	
9:30 am Active for Life	10 am Coffee & Convo	12 pm Lunch +	9:30 am Discussion Group	11:30 am Girl Friends *	
10:30 am BINGO	11 am Grief Support	1 pm Double Pinochle	12 pm Lunch +	12 pm Lunch +	
11 am Hobby Group	12 pm Lunch +	1:30 pm Beg. Line Dancing	12:30 pm Mah Jongg	12 pm Mens' Group *	
12 pm Lunch +	12:30 pm Mah Jongg	2:15 pm Strong Bones	1 pm Single Pinochle	1:30 pm Chess	
1 pm Scrabble	1 pm Cribbage	3 pm Farkel (4/3 only)	1 pm Bridge Social	1:30 pm Club Day	
1:30 pm Club Day	1:30 pm Int. Line Dancing	6 pm Table Tennis	1:15 pm Dominoes	1:30 pm Poker	
2:30 pm Watercolor Class	6 pm Pinochle			2:15 pm Strong Bones	
				3 pm Knitting & Afghan Angels	
				7 pm Euchre	

SUNDAY

7 pm Euchre

SPECIAL PROGRAMS APRIL 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4/8 4 pm Tech Club *	4/2, 10:30 am Ready Steady*	4/3, 12:30 pm Ask the Lawyer*	4/4, 9:30 am Foot Care *	4/12, 9 am Membership Orientation*	
	4/2, 11 am Blood Pressure	4/3, 6 pm Steelheaders	2/21-4/25, Wii Bowling *	4/26, 10 am Reflexology *	
	4/16, 11 am Blood Pressure	4/10, 9 am Window 10*	10 am		
	4/16 1:30 pm Learning For Longevity*	4/17 1:30 pm Travel Show *	4/4 12 pm Tiger's Lunch*		
	4/16, 5 pm Basket Guild	4/17 - 5/1 Senior Odyssey *	4/4, 6:30 pm GT Beekeepers		
	4/23, 4 pm Cycling meeting	5 pm	4/11, 5 pm Grief Support		
		4/24, 10 am Parkinson's	4/18, 9:30 am Foot Care *		
		4/24, 1 pm Massage *	4/18, 5:30 pm Weavers Guild		
			4/25, 10a iPad Tips*		

SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE.

Revised 3/27/2019