



# INTERLOCHEN

Golden Fellowship Hall  
9700 Riley Road

Day	Time	Activity
<b>Mondays</b>	9 am	Gentle Yoga
	10 am	Strong Bones and Balance Exercise
<b>Tuesdays</b>	9:30 am	Golf: Interlochen Golf Course
	11 am	Line Dancing
	1 pm	Mah Jongg
	4 pm	Euchre
<b>Thursdays</b>	8:30 am	Yoga to Energize
	10 am	Strong Bones and Balance Exercise
	11 am	Massage
	12 pm	Lunch+
	1:30 pm	Hobby Group
	2 pm	Club Day

## JULY

Day/Date	Time	Activity
<b>Thursday, 7/4</b>	NA	<b>CLOSED.</b> Happy 4th of July
<b>Thursday, 7/11</b>	12:30 pm	Veterans Benefits: Explained*
<b>Thursday, 7/18</b>	11:30 am	Blood Pressure Clinic
<b>Thursday, 7/18</b>	1:15 - 2:15 pm	Legal Clinic*
<b>Thursday, 7/25</b>	12 pm	For the Love of Country Picnic w/ Cliff Shelder
<b>Thursday, 7/18</b>		Massage Canceled



# KINGSLEY

The Rock  
115 E. Blair Street

Day	Time	Activity
<b>Wednesdays</b>	10:30 am	BINGO
	11 am	Billiards/ Wii
	12 pm	Lunch+
<b>Fridays</b>	9 am	Chair Yoga
	10 am	Euchre

## JULY

Day/Date	Time	Activity
<b>Friday, 7/5</b>	NA	<b>CLOSED</b> for Holiday Weekend
<b>Wednesday, 7/10</b>	12:30 pm	History of the TC Opera House
<b>Wednesday, 7/17</b>	12 pm	Kingsley Library provides Pizza Lunch
<b>Wednesday, 7/17</b>	12:30 pm	Love & Kisses Max: Untold Stories WWII
<b>Wednesday, 7/24</b>	12 pm	For the Love of Country Picnic w/ Cliff Shelder
<b>Wednesday, 7/31</b>	11:30 am	Blood Pressure Clinic

### NOTES:

+Registration required by Monday week of. See monthly lunch menu for complete details.

\*Advanced registration required by calling the Senior Center at (231) 922-2080.

All dates and times are subject to change. Please see our newsletter; People, Parks and Programs for complete details of all listed programs.



# FIFE LAKE

Fife Lake Library  
77 Lakecrest Lane

Day	Time	Activity
<b>Tuesdays</b>	11 am	Fitness Over 50
<b>Thursdays</b>	11 am	Fitness Over 50
<b>Fridays</b>	9 am	Yoga

## JULY

Day/Date	Time	Activity
<b>Wednesday, 7/3</b>	12 pm	Lunch+
<b>Wednesday, 7/17</b>	12 pm	Lunch+
<b>Wednesday, 7/24</b>	12 pm	For the Love of Country Picnic @ the Rock



# ACME

Samaritas  
4354 Mount Hope Road

Monthly Dinner & Presentation Series offered April—October. \*

