



# TRAVERSE CITY

801 E. Front Street, Traverse City, MI 49686  
[grandtraverse.org/scn](http://grandtraverse.org/scn)

Locations also in Acme, Kingsley, Interlochen, and Fife Lake.

Full schedules for each location available on our website.



## WEEKLY RECURRING PROGRAMS

\*Require Advance Registration call 231-922-4911 +Lunch Reservation call 231-947-5285 TL- Twin Lakes Lodge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a Table Tennis 8:00a Tennis 9:00a Swimming 9:30a Active for Life 9:30a Table Tennis 10:00a Cycling 10:30a BINGO 11:00a Hobby Group 11:00a Pilates 12:00p +Lunch 1:00p Club Day 1:00p Social Bridge 2:30p Watercolor Class	8:00a Billiards 8:00a Pickleball 8:00a Yoga on the Beach 8:45a Energetics 10:00a Shuffleboard 10:00a Corebar 10:00a Grief Support 11:15a Grief Support— Newly Bereaved 12:00p +Lunch 1:00p Cribbage 1:00p Int. Line Dancing 1:00p Mah Jongg 1:00p Scrabble 3:00p Tap Practice 6:30p Pinochle	8:00a Tennis 8:30a Yoga 10:15a Pilates 12:00p +Lunch 12:30p Chair-a-Size 1:00p Beg. Line Dancing (TL) 1:00p Double Pinochle 1:00p Hiking 2:15p Strong Bones 2:30p Paint & Color Club 3:00p Farkel ( June 7) 6:00p Table Tennis	8:00a Billiards 8:00a Pickleball 8:45a Energetics 9:30a Discussion Group 10:00a Wii Bowling Invitational 10:00a Shuffleboard 12:00p +Lunch 12:00p Music with Treva 1:00p Mah Jongg 1:00p Single Pinochle 1:00p Bridge Social 1:15p Dominoes	10:00 Men's Golf 10:00a Chair-a-Size 10:30a Pickleball 10:30a Women's Golf 10:30a TropiFitness 10:30a BINGO 12:00p +Lunch 12:00p *Girl Friends 12:00p Mens Group 1:30p Chess 1:30p Poker 2:15p Strong Bones & Bal. 3:00p Knitting Circle 7:00p Euchre & Euchre Club	
					SUNDAY
					7:00p Euchre
					NOTES

## SPECIAL PROGRAMS – JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6/12 *Healthy Eating 6:30p 6/12 *Tech Club 4p 6/19 –6/23 Specialty Coffee Days	6/6 *Chicago Pre-Departure Meeting 4p 6/13 *Foot Pain 3:30p 6/13 *Intro to Kayaking 6p 6/20 Blood Pressure 11a 6/20 *Weaving on a Small Loom Demonstration 3:30p 6/20 Basket Guild 6p 6/20 & 6/27 Kayaking 10a 6/27 *Tendinitis 3:30p	6/7 *Legal Advice 12:30p 6/7 Human Rights Commission Discussion 3:30p 6/7 & 6/14 - Steelheaders 7p 6/14 *How to Visit a Loved One in a Nursing Home 3p 6/14 Grief Support 5p 6/14 Grief Support, Loss of Parent 6p 6/21 *Housing Hours 3:30p 6/21 *Volunteer Appreciation Event 5p 6/21 NMC Band Concert 7:30p 6/28 Parkinson's 10:15a 6/28 *Massage 1p 6/28 *Painting in the Park 5p	6/1 *Foot Care 9:30a 6/1 *Want to Kayak? 12p 6/1 *Job Support 1p 6/8 Blood Pressure 11a 6/15 *Foot Care 9:30a 6/15 *Painting in the Park (Senior Center) 5p 6/15 Weavers Guild 5:30p 6/22 *Singles Fun Night 6p	6/2—6/23 - Pickleball Lessons 9a 6/2—6/23 - Tennis Lessons 8a 6/2 Music-Dulcimers 11:30a 6/16 *Reflexology 10a 6/16 *Father's Day Lunch 12p 6/16 Car Cruise 4p 6/23 *Parade of Homes 9a	
					SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Revised 5/22/2017