



TRAVERSE CITY

801 E. Front Street, Traverse City, MI 49686
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 Tennis 8:30a Table Tennis 9:30a Active for Life 10:00a Cycling 10:30a BINGO 11:00a Hobby Group 11:00a Pilates 12:00p +Lunch 1:00p Club Day 1:00p Social Bridge 1:00p Scrabble 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 10:00a Kayaking 11:15a Grief Support— Newly Bereaved 12:00p +Lunch 1:00p Cribbage 1:00p Int. Line Dancing 1:00p Mah Jongg 1:00p Scrabble 6:30p Pinochle	8:00a Tennis 8:00a Tai Chi on the Beach 8:30a Yoga 10:00p Hiking 10:15a Pilates 12:00p +Lunch 12:30p Chair-a-Size 1:00p Beg. Line Dancing (TL) 1:00p Double Pinochle 2:15p Strong Bones 2:30p Paint & Color Club 3:00p Farkel (July 5) 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 – JULY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7/10 *Tech Club 4p 7/17–7/21 Specialty Coffee Days	7/11* Reiki 1p 7/11-7/25 Tap Practice 3p 7/18 Blood Pressure 11a	7/5 *CF Mah Jongg Tournament 10a 7/5 *Legal Advice 12:30p 7/12 Grief Support 5p 7/12 Grief Support, Loss of Parent 6p 7/12 *Painting in the Park 5p 7/19 *Coffee with the Mayor 9a 7/19 *Housing Hours 4p 7/19 *Painting in the Park 5p 7/19 *Healthy Eating 6:30p 7/26 Parkinson's 10:15a 7/28 *Massage 1p	7/6 *CF Shuffleboard Tournament 9a 7/6 *Foot Care 9:30a 7/6 –7/27 *Wii Bowling 7/6 *Job Support 1p 7/13 Blood Pressure 11a 7/20 *Foot Care 9:30a 7/27 *Country Line Dance at Twin Lakes	7/7 CF BINGO 10:30a 7/7 CF Euchre 7p 7/14 - 8/4 - Pickleball Lessons 9a 7/14 - 8/4 - Tennis Lessons 8a 7/7 & 7/21 Music - Dulcimers 11:30a 7/21 *Reflexology 10a 7/21 CapTel Phone Rep 1p	
					SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Revised 6/27/2017