



# INTERLOCHEN

9700 Riley Road, Interlochen, MI 49643  
[grandtraverse.org/scn](http://grandtraverse.org/scn)

Locations also in Acme, Fife Lake, Traverse City and Kingsley

Full schedules for each location available on our website.



## INTERLOCHEN SENIOR CENTER CALENDAR - JULY 2017

### WEEKLY RECURRING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 a.m. Chair Yoga (starts 7/10)	11:00 a.m. Line Dancing	10:00 a.m.: Art with a Heart	9:00 a.m.: Intermediate Yoga (starts 7/13)		
10:00 a.m.: Strong Bones & Balance Exercise	11:00 a.m. Open Games	1:00 p.m.: Beginner Line Dancing - Gilbert Lodge	10:00a.m.: Strong Bones & Balance Exercise		
11:00 a.m.: Zumba Gold (starts 7/10)	1:00 p.m. Mah Jongg		11:00 a.m.: Open Games		
	4:00 p.m. Euchre		11:00 a.m.: Massage		
			12:00 noon: Lunch		
			1:00 p.m.: Creative Circle & Wii		

### INTERLOCHEN SPECIAL PROGRAMS (See Newsletter for Details)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7/3: Closed	7/4: Closed		7/13: Free Blood Pressure/ Glucose Check (11:30-12:30P)	7/7: Euchre Tournament - Kingsley 10:00a.m.	
			7/20: Great American Western Picnic w/ Cliff Shelder; 12 noon	(Cherry Brats after; \$3)	
			7/27: Top 10 Legal Tips; 12:30 p.m.		<b>SUNDAY</b>

Lunch: Please call (231) 922-4911 to make your reservation by Monday the week you would like to attend. Cost: \$3 suggested donation for those 60+; \$5 charge for all others.

ALL DATES AND TIMES ARE SUBJECT TO CHANGE. To register in advance, please call the Senior Center at (231) 922-4911.