

INTERLOCHEN SENIOR CENTER - GOLDEN FELLOWSHIP HALL



9700 Riley Road
 Interlochen, MI 49643
grandtraverse.org/scn

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

Full schedules for each location available on our
 website.



NOVEMBER WEEKLY RECURRING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m. : Beginner Yoga 10 a.m.: Strong Bones & Balance Exercise	11 a.m Line Dancing 1 p.m. Mah Jongg 4 p.m. Euchre	10 a.m. Art with a Heart (Every Wednesday except first Wednesday of the month)	9 a.m. Intermediate Yoga 10 a.m. Strong Bones & Balance Exercise 11 a.m. Open Games 11:00 a.m. Massage 12 noon: Lunch 1 pm. Creative Circle & Wii		

NOVEMBER SPECIAL PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11/6: No Senior Programming; Closed for Voting	11/7: Hall used for voting; all programming moved. See below. 11/7: Line Dancing @ Incredible Mo's; 9:30am 11/7: Mah Jongg @ Interlochen Golf Club 1pm; (12 noon lunch) 11/7: Euchre @ Incredible Mo's; 4pm		11/8: Yoga only; All other regular programs cancelled. 11/8: Veterans Event; 11:30 - 2pm 11/16: Blood Pressure/ Glucose Check 11:30-12:30 p.m. 11/16: Thanks For Giving/ Thanksgiving Lunch; 12 noon 11/23: CLOSED; Thanksgiving 11/30: Glimmers of Hope Presentation; 12:30pm		
					SUNDAY

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. Please see the Front & Center Newsletter for details of all above programs. To register in advance for special programs or if you have questions, call the Senior Center at (231) 922-4911.