



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
8:30a Table Tennis 9:00a Swimming 9:30a Active for Life 10:30a BINGO 11:00a Hobby Group 11:00a Pilates 12:00p +Lunch 12:30p Knit & Crochet Tutor 1:00p Club Day 1:00p Social Bridge 1:00p Scrabble 2:30p Watercolor Class	8:00a Billiards 8:45a Energetics 9:00a Pickleball –Winter 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 6:30p Pinochle	8:30a Yoga 9:00a Pickleball –Winter 10:15a Pilates 12:00p +Lunch 12:30p Chair-a-Size 1:00p Beg. Line Dancing (TL) Last class Nov 15 1:00p Double Pinochle 2:15p Strong Bones 2:30p Paint & Color Club 6:00p Table Tennis	8:00a Billiards 8:45a Energetics 9:00a Pickleball –Winter 9:30a Discussion Group 12:00p +Lunch 12:00p Music with Treva 1:00p Mah Jongg 1:00p Single Pinochle 1:00p Bridge Social 1:15p Dominoes	10:00a Chair-a-Size 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	 SUNDAY 7:00p Euchre

SPECIAL PROGRAMS – November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11/13 *Tech Club 4p 11/20—11/22 Specialty Coffee Days 	11/7 *Creative Coasters 3:30p 11/7 *Putting Affairs in Order 3:30p 11/7 Basket Guild 6p 11/14 *Advance Care Planning 3:30p 11/14 *Reiki 1p 11/21 Blood Pressure 11a	11/1 & 11/8 *Int. Bridge 11:30a 11/1 *Legal Advice 12:30p 11/1 Farkel 3p 11/1 Steelheaders 7p 11/8 *Lives & Legacies 10a 11/8 Grief Support 5p, Loss of Parent 6p (Ornament Craft) 11/15 *Coffee w/Mayor 9a 11/15 *Thanksgiving Lunch 12p 11/15 Massage 1p 11/15 *Housing Hours 4p 11/22 Parkinson's 10a 11/29 *Lady Bird Deed 10:30a	11/2 *Foot Care 9:30a 10/5 –11/30 *Wii Bowling 10a 11/2 *Job Support 1p 11/9 Blood Pressure 11a 11/16 *Foot Care 9:30a 11/16 Weavers Guild 5:30p 11/23 Senior Center Closed	11/3 Dulcimers 11:30a 11/10 Senior Center Closed 11/17 Dulcimers 11:30a 11/24 Senior Center Closed	SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Revised 10/24/2017