



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

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 Cross Country Ski 1:00p Scrabble 1:30p Club Day 2:30p Watercolor Class	8:00a Billiards 8:45a Energetics 9:00a Pickleball –Winter 10:00a Corebar 11:00a Grief Support 12:00p +Lunch 12:30p Mah Jongg 1:00p Cribbage 1:30p Int. Line Dancing 6:30p Pinochle	8:30a Yoga 9:00a Pickleball –Winter 10:15a Pilates 12:00p +Lunch 12:30p Chair-a-Size 1:00p Double Pinochle 1:30p Beg. Line Dancing 2:15p Strong Bones 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 12:30p 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 1:00p Snowshoe 1:30p Chess 1:30p Poker 2:15p Strong Bones & Bal. 3:00p Knitting Circle 7:00p Euchre	 SUNDAY 7:00p Euchre

SPECIAL PROGRAMS – January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1/1 Senior Center Closed 1/8 *Tech Club 4p 1/15 -1/19 Specialty Coffee Days 	1/2 Senior Center Closed 1/9 *Reiki 1p 1/16 *Coffee w/Mayor 9a 1/16 Blood Pressure 11a 1/16 *10 Signs of Alzheimer's 4p 1/16 Basket Guild 1/23 *Mah Jongg Strategy 10a 1/30 *Aging in Place 4p 1/30 *Mah Jongg Strategy 10a	1/3 *Ask the Lawyer 12:30p 1/3 Farkel 3p 1/3 Steelheaders 7p 1/10 *Senior Odyssey 4p 1/17 *Variable Annuities 10:30a 1/17 *Options for Senior Living 4p 1/24 Parkinson's 10:15a 1/24 *Learning for Longevity 11a 1/24 *Massage 1p	1/4 *Foot Care 9:30a 1/4 - 2/22 *Wii Bowling 10 1/4 *Job Seeker Assist. 1p 1/11 Blood Pressure 11a 1/11 Grief Support Potluck 5p 1/18 *Foot Care 9:30a 1/18 Weavers Guild 5:30p	1/5 Dulcimers 11:30a 1/19 *Reflexology 10a 1/19 Dulcimers 11:30a	1/13 Volunteer Appreciation Party 1p 1/20 New Games in Town 1p SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Revised 12/22/2017