

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.



FEBRUARY WEEKLY RECURRING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m. Yoga (all levels) 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)	9:30 a.m.: Walking with Ease 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		

FEBRUARY SPECIAL PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2/19: Senior Center Closed; President's Day			2/1: Bingo; 1 p.m. 2/8: Winter Luau Party 2/15: Blood Pressure/ Glucose Check 11:30-12:30 p.m. 2/22: Oral Health Presentation; 12:30 pm 2/22: No Massage		
					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 People, Parks and Programs 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.