

# INTERLOCHEN SENIOR CENTER - GOLDEN FELLOWSHIP HALL



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

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

Full schedules for each location available on our  
 website.



## MARCH WEEKLY RECURRING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m.: 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)	9:30 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		

## MARCH SPECIAL PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/5: Hospice & Palliative Care; 1:30 p.m.  3/19: NO REGULAR PROGRAMMING: AARP TAX PREPERATION  3/26: Navigating the HealthCare Maze; 1:30 p.m.			3/1: Bingo; 1 p.m.  3/8: Blood Pressure/ Glucose Check 11:30-12:30 p.m. 3/8: Euchre Club begins; 2 pm 3/15: St Patrick's Party; 12 noon 3/29: Glory of Having a Railroad; 12:30pm	3/23: Euchre Tournament @ Kingsley; 10 a.m. 3/23: Tiger Opening Day Lunch; 12:30pm (\$3)  3/30: All Senior Center's CLOSED; Good Friday	3/10: Rock n Jam @ Kingsley the Rock; 5 - 8 p.m.
					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.**