



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 231-922-2080

+Lunch Reservation call 231-947-5285

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a Billiards 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 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 4:00p Pinochle	8:30a Yoga 9:00a Pickleball –Winter 10:15a Pilates 12:00p +Lunch 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	10:30a 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 3:00p Knitting Circle 7:00p Euchre	
					SUNDAY
					7:00p Euchre

SPECIAL PROGRAMS – March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/12 *Reiki 1p 3/12 *Tech Club 4p 3/19 - 3/23 Specialty Coffee Days	2/6 - 3/13 *New Grandma's Learn to Knit 10:30a 3/13 *Glory of Having a Railroad 4p 3/20 *Coffee w/Mayor 9a 3/20 Blood Pressure 11a 3/20 Basket Guild	3/7 - 4/11 *Bridge Refresher 10a 3/7 *Ask The Lawyer 12:30p 3/7 Farkel 3p 3/7 Steelheaders 7p 3/14 *Learning for Longevity–Thyroid 11a 3/14 *Ready Steady Balance 3:30 p 3/21 *Money Series 10:30a 3/21 *Options for Living 4p 3/28 *Learning for Longevity 2p 3/28 Parkinson's 10:15a 3/28 *Massage 1p	3/1 *Foot Care 9:30a 3/1 *Job Seeker Assist. 1p 3/8 - 4/26 Wii Bowling 10a 3/8 Blood Pressure 11a 3/8 Grief Support Potluck 5p 3/15 *Foot Care 9:30a 3/29 *Tigers' Opening Day Lunch 12p	3/2 Dulcimers 11:30a 3/16 *Reflexology 10a 3/16 Dulcimers 11:30a 3/30 Senior Center Closed	
					SUNDAY
					3/11 Daylight Savings Time begins

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Revised 2/26/2018