

# 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.



## APRIL WEEKLY RECURRING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.: Walk The Hall 10 a.m.: Strong Bones & Balance Exercise 11 a.m.: Open Games 11:00 a.m.: Massage 12 noon: Lunch 1 pm. Creative Circle	1 p.m.: Wii 2 p.m.: Beginner Euchre Club
				SATURDAY

## APRIL SPECIAL PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4/16 & 4/23: Age Matters: Beyond the Grief; 1:30 p.m.  <u>Week of 4/23: Locked Shred totes available during regular programming</u>	4/3: Cruise Ship Week; Prizes at MJ and Euchre.  4/17: Euchre w/ Kingsley Tournament; 4 p.m.		4/5: Cruise Ship Bingo; 1 p.m. 4/5: Free Lunch; Cruise Ship Party. Must Pre-register by 4/3 4/19: Blood Pressure/ Glucose Check 11:30-12:30 p.m. 4/19: Native American Healing Practices; 12:30 p.m.		4/14: Rock n Jam @ Kingsley the Rock; 5 - 8 p.m.
					SUNDAY

**Lunch: Please call (231) 922-2080 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) 922-2080.**