

# KINGSLEY SENIOR CENTER - THE ROCK



115 E. Blair Street  
Kingsley, MI 49649

[grandtraverse.org/scn](http://grandtraverse.org/scn)

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

Full schedules for each location  
available on our website.



## APRIL WEEKLY RECURRING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:30 a.m.: Bingo 11a.m.: Wii Bowling / Pool 12 noon: Lunch		9:30 a.m. Walk the Rock 10 a.m.: Euchre (\$1 to play) 10 a.m.: Table Tennis	
					SUNDAY

## APRIL SPECIAL PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4/16: Native American Healing Practices; 6 p.m.  Week of 4/23: Locked Shred Totes available during regular programming and normal Rock hours.		4/4: Cruise Ship Party w/ Dominic Fortuna; 12 noon 4/18: Navigating the Healthcare Maze; 12:30 p.m. 4/25: Hospice & Palliative Care; 12:30 p.m. 4/25: Blood Pressure Check; 11:30-12:30 p.m.		4/6: Cruise Ship Week: Prizes for Euchre  4/13: Foot Care; 10 - 12 p.m.	4/14: Rock n Jam; 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.