



# TRAVERSE CITY

801 E. Front Street, Traverse City, MI 49686  
[grandtraverse.org/scn](http://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 6:30p 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	<div style="text-align: center;">  </div> <div style="background-color: #0072bc; color: white; padding: 5px; text-align: center;"> <b>SUNDAY</b> </div> <div style="text-align: center; padding-top: 10px;">           7:00p Euchre         </div>

## SPECIAL PROGRAMS – April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4/2 *Pool Party 4/9 *Reiki 1p 4/9 *Tech Club 4p 4/16 - 4/20 Specialty Coffee Days 4/19 Summer Sports Registration Begins 4/23-4/27 Shredding Week at Profile	4/3 *Aromatherapy 9a 4/3 *Meditation 4p 4/17 *Coffee w/Mayor 9a 4/17 Blood Pressure 11a 4/17 *Basket Making Class 5p 4/17 Cycling Meeting 4p	3/7 - 4/11 *Bridge Refresher 10a 4/4 *Land Excursion 11:10a 4/4 *Ask The Lawyer 12:30p 4/4 Farkel 3p 4/4 *History of Boating 3:30p 4/4 Steelheaders 7p 4/11 *Native Healing Practices 10a 4/11 *Learning for Longevity 11a 4/11 *Ready Steady Balance 3:30p 4/11 *Housing Consultation 4p 4/25 Parkinson's 10:15a 4/25 *Massage 1p 4/25 *Reverse Mortgages 3:30p	3/8 - 4/26 Wii Bowling 10a 4/5 *Foot Care 9:30a 4/5 – 5/10 *Baby Quilt 11a 4/5 *Job Seeker Assist. 1p 4/5 * Bike Repair at McLain Cycle 6:30p 4/12 Blood Pressure 11a 4/12 Grief Support Potluck 5p 4/12 *Bike Repair at McLain Cycle 6:30p 4/19 *Foot Care 9:30a 4/19 Weaver's Guild 5:30p	4/20 *Parade of Homes 9a 4/20 *Reflexology 10a 4/20 Dulcimers 11:30a 4/27 Hearing Screening & Aid Repair 9:30a	4/14 Senior Odyssey Competition 4/14 *Trashin' Fashion 6p
					<div style="background-color: #0072bc; color: white; padding: 5px;"> <b>SUNDAY</b> </div>

**ALL DATES AND TIMES ARE SUBJECT TO CHANGE**

Revised 3/21/2018