

INTERLOCHEN SENIOR CENTER - GOLDEN FELLOWSHIP HALL



9700 Riley Road
 Interlochen, MI 49643
grandtraverse.org/scn

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

Full schedules for each location available on
 our website.



MAY WEEKLY RECURRING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.: Yoga 10 a.m.: Strong Bones & Balance Exercise 11 a.m.: Walk the Hall	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)	9:00 a.m.: Beginner Meditation 10 a.m.: Strong Bones & Balance Exercise 11 a.m.: Open Games 11 a.m.: Massage 12 noon: Lunch 1 pm. Creative Circle	1 p.m.: Wii 2 p.m.: Beginner Euchre Club (Pre-registration required) 2 p.m.: Social Bridge (pre-registration required)
				SATURDAY

MAY SPECIAL PROGRAMS (See Newsletter for Details)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/21: Judge Stanton / Learn about Probate Court; 1:30 p.m. 5/29: Memorial Day; CLOSED	5/15: Art Class starts; 1 p.m.	5/9: Bereavement Group Starts; 10 a.m. 5/16: Free ride to Senior Expo at Civic Center: Pick-up @ former Ric's parking lot; 10:30a.m. Return trip from Civic Center: 1:30 p.m.	5/3: Bingo; 1 p.m. 5/10: Sights & Sounds of Cuba; 12:30 p.m. 5/10: Blood Pressure/ Glucose Check 11:30-12:30 p.m. 5/17: Green Lake Townhall Meeting; 12:30 p.m.	5/24: Self-Defense Tips; 12:30 p.m. 5/31: Green Burials; 12:30 p.m.
				SATURDAY

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.