# 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.

SENIOR CENTER NETWORK
Grand Traverse County Parks & Recreation

## 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<br>8:30a Table Tennis<br>9:00a Swimming<br>9:30a Active for Life<br>10:30a BINGO<br>11:00a Hobby Group<br>11:00a Pilates<br>12:00p +Lunch<br>1:00p Scrabble<br>1:30p Club Day<br>2:30p Watercolor Class | 8:00a Billiards<br>8:45a Energetics<br>10:00a Corebar<br>11:00a Grief Support<br>12:00p +Lunch<br>12:30p Mah Jongg<br>1:00p Cribbage<br>1:30p Int. Line Dancing<br>1:30p Hiking (5/15, 5/29)<br>6:00p Pinochle | 8:30a Yoga<br>10:15a Pilates<br>12:00p +Lunch<br>1:00p Double Pinochle<br>1:30p Beg. Line Dancing<br>1:30p Hiking (5/2, 5/9, 5/23)<br>2:15p Strong Bones<br>6:00p Table Tennis | 8:00a Billiards<br>8:45a Energetics<br>9:30a Discussion Group<br>12:00p +Lunch<br>12:00p Music with Treva<br>12:30p Mah Jongg<br>1:00p Single Pinochle<br>1:00p Bridge Social<br>1:15p Dominoes | 8:00a Billiards<br>10:00a Mens Golf<br>10:30a Womens Golf<br>10:30a TropiFitness<br>10:30a BINGO<br>12:00p +Lunch<br>12:00p Girl Friends<br>12:00p Mens Group<br>1:30p Chess<br>1:30p Poker<br>2:15p Strong Bones<br>3:00p Knitting Circle<br>7:00p Euchre | **SUNDAY**<br>7:00p Euchre |

## SPECIAL PROGRAMS – May 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| 5/14 *Tech Club 4p<br>5/14 Learning Lab Ribbon Cutting 4:30p<br>5/21 - 5/25 Specialty Coffee Days<br>5/21 *Deep South/Sedona Travel Show 4p<br>**5/28 Senior Center Closed** | 5/8 *Reiki 1p<br>5/15 *Coffee w/Mayor 9a<br>5/15 *Shuffleboard Breakfast 10a<br>5/15 Blood Pressure 11a<br>5/15 *Basket Making Class 5p<br>5/22 *Learn More About Probate Court 4p | 5/2 *Ask The Lawyer 12:30p<br>5/2 Farkel 3p<br>5/2 Steelheaders 7p<br>5/9 *Windows10 9a<br>5/9 *Balance Program 3:30p<br>5/23 Parkinson's 10:15a<br>5/23 *Learning for Longevity 11a<br>5/23 *Massage 1p<br>5/23 *Advanced Care 3:30p<br>5/30 *iPad Tips & Tricks 9a<br>5/30 * BATA Day 11a<br>5/30 *Grand Experience Travel Show 4:30p | 3/8 - 5/3 Wii Bowling 10a<br>5/3 *Foot Care 9:30a<br>4/5 – 5/10 *Baby Quilt 11a<br>5/10 Blood Pressure 11a<br>5/10 Grief Support Potluck 5p<br>5/17 *Foot Care 9:30a<br>5/17 *Self Expression 5p<br>5/17 Weaver's Guild 5:30p<br>5/24 *Self Expression 5p<br>5/30 Self Expression Painting Show 5p | 5/4 *90 Over 90 10a<br>5/4 Dulcimers 11:30a<br>5/18 *Reflexology 10a<br>5/18 Dulcimers 11:30a<br>5/18 Spring Clean-Up Day 10a | 5/5 Senior Odyssey Competition<br>**SUNDAY**<br>5/6 TADL Spelling Bee 2p |

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

Revised 4/25/2018