



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.



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 8:00a Tennis 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 1:00p Scrabble 1:30p Club Day 2:30p Watercolor Class	8:00a Billiards 8:00a Pickleball 8:00a Yoga on the Beach 8:45a Energetics 10:00a Corebar 10:00a Shuffleboard 11:00a Grief Support 12:00p +Lunch 12:30p Mah Jongg 1:00p Cribbage 1:30p Int. Line Dancing 1:30p Hiking (6/12, 6/26) 3:45p Tap Practice 6:00p Pinochle	8:00a Moving Meditation 8:00a Tennis 8:30a Yoga 10:15a Pilates 12:00p +Lunch 1:00p Double Pinochle 1:30p Beg. Line Dancing 1:30p Hiking (6/6, 6/20) 2:15p Strong Bones 6:00p Table Tennis	8:00a Billiards 8:00a Pickleball 8:45a Energetics 9:30a Discussion Group 10:00a Shuffleboard 12:00p +Lunch 12:00p Music with Treva 12:30p Mah Jongg 1:00p Single Pinochle 1:00p Bridge Social 1:15p Dominoes	8:00a Billiards 8:30a Pickleball Lessons 10:00 Pickleball 10:00a Mens Golf 10:30a Womens Golf 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	
					SUNDAY
					7:00p Euchre

SPECIAL PROGRAMS – June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6/11 *Tech Club 4p 6/18 - 6/22 Specialty Coffee Days 6/18 *Wii Bowling Tournament 10a (Offsite)	6/12 *Reiki 1p 6/19 *Coffee w/Mayor 9a 6/19 Blood Pressure 11a 6/19 Basket Guild 5p	6/6 *Ask The Lawyer 12:30p 6/6 Farkel 3p 6/6 Steelheaders 7p 6/13 *Balance Program 3:30p 6/20 *Housing Consultation 4p 6/20 Volunteer Appreciation 5p 6/20 NMC Band Concert 7:30p 6/27 Parkinson's 10:15a 6/27 *Learning for Longevity 11a 6/27 *Massage 1p 6/27 *I Do, Take Two 6p	6/7 *Foot Care 9:30a 6/7, 6/14, 6/28 *Wii Bowling Tournament 10a 6/21 *Foot Care 9:30a 6/21 Weaver's Guild 5:30p	6/1 Dulcimers 11:30a 6/15 Dulcimers 11:30a 6/15 *Father's Day Lunch 12p 6/15 Car Cruise 4p 6/18 *Reflexology 10a 6/22 *Parade of Senior Homes 9a	
					SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Revised 5/18/2018