

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.



JULY WEEKLY RECURRING PROGRAMS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.: Yoga 10 a.m.: Strong Bones & Balance Exercise	11 a.m.: Line Dancing 1 p.m.: Mah Jongg 1:30 p.m.: Social Bridge 4 p.m.: Euchre	10 a.m.: Art with a Heart	10 a.m.: Strong Bones & Balance Exercise 11 a.m.: Open Games 11 a.m.: Massage (\$1/min.) 12 noon: Lunch 1p.m.: Hobby Group	1 p.m.: Wii 2 p.m.: Beginner Euchre Club (pre-registration required)
				SATURDAY

JULY SPECIAL PROGRAMS <small>(See Newsletter for Details)</small>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7/3: Line Dancing cancelled	7/4: Happy Independence Day! All Senior Centers Closed	7/5: Bingo; 1 p.m. 7/19: Aging in Place Home Modifications; 12:30 p.m. 7/19: Blood Pressure/ Glucose Check 11:30-12:30 p.m. 7/26: Christmas in July party w/ Cliff Shelder; 12 noon	7/20: Euchre Tournament @ Kingsley; 10 a.m. \$3 for Brat lunch after	7/14: Rock n Jam @ Kingsley the Rock; 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.