



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 9:30a 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 9:30a Hiking (7/17, 7/31) 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 3:45p Tap Practice 6:00p Pinochle	8:00a Moving Meditation 8:00a Tennis 9:30a Hiking (7/11, 7/25) 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 8:00a 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 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 3:00p Knitting Circle 7:00p Euchre	
					SUNDAY
					7:00p Euchre

SPECIAL PROGRAMS – July 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7/9 *Tech Club 4p 7/16 - 7/20 Specialty Coffee Days	7/3 CF Pinochle Tournament 6p 7/10 *Wii Bowling Tournament 10a (Offsite) 7/10 *Reiki 1p 7/17 *Coffee w/Mayor 9a 7/17 Blood Pressure 11a 7/17 Basket Guild 5p	7/11 *Ask The Lawyer 12:30p 7/11 *Balance Program 3:30p 7/18 *Housing Consultation 4p 7/24 * Kayak Class 7/25 Parkinson's 10a 7/25 *Learning for Longevity 11a 7/25 *Massage 1p 7/4 Senior Center Closed	7/12 - 8/2 *Mah Jongg Lessons 1p 7/19 *Foot Care 9:30a 7/19, 7/26 *Wii Bowling Tournament 10a	7/6 *CF Shuffleboard Tournament 9:30a 7/6 CF BINGO 10:30a 7/6 Dulcimers 11:30a 7/6 *CF Cherry Brat Lunch 12p 7/6 CF Euchre Tournament 7p 7/13 - 8/3 *Pickleball Lessons 8:30a 7/20 *Reflexology 10a 7/20 Dulcimers 11:30a	
					SUNDAY



ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Revised 6/26/2018