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FOR IMMEDIATE RELEASE

Date: Tuesday, December 20, 2016

Contact: Ericca Hovie, Program Coordinator

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Subject: Senior Center Network Hosts Cross Country Skiing and Snowshoe Groups

TRAVERSE CITY – Socialize AND exercise! The Senior Center Network hosts a cross-country group on Mondays, 1 p.m., at various locations throughout northern Michigan, and a snowshoeing group on Fridays, 1 p.m., at Timber Ridge.

To join either group is free, and outing details are regularly sent by e-mail to participants. Timber Ridge offers special Senior Center Member passes for just \$35 for the current season, and daily passes for just \$3 per person. To take advantage of this special offer, participants are required to be Senior Center members and to register at the center.

Said Ericca Hovie, Senior Center Network Program Coordinator, “Both groups are led by someone who is very passionate about enjoying all four seasons our area has to offer, John Morris.” Morris has led Senior Center Network outdoor groups for over three years.

Advance registration for both groups is required. Call 231-922-4911.

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