



801 E. Front Street, Traverse City, MI 49686

231-922-4911

www.grandtraverse.org/scn

FOR IMMEDIATE RELEASE

Date: Wednesday, January 20, 2016

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Subject: Ultimate Ladies Day

The Senior Center Network at 801 E Front Street is hosting the ultimate ladies day on Saturday, February 27 beginning at 8:00 a.m. This full day is truly an all-around rejuvenating, creative and learning experience.

The day will begin with the choice of an energizing Pilates or sunrise yoga session. Keynote speaker, Anne Bonney, will talk about personal evolution, inspiring participants. Presentation and discussion topics will include how to get and stay organized, self-defense, and a history of influential women in Traverse City. Additional classes by experienced and knowledgeable facilitators include creating a painting to take home, introduction to Mah Jongg and traveling tips especially for women.

Live entertainment with Clint Weaner during dinner and a winter bonfire with gourmet s'mores and hot chocolate bar wrap up the day. Spa-like experiences including reflexology and mini manicures will be offered throughout the day to really pamper participants.

"We are very excited to offer this special event for ladies and have a great schedule with something to interest everyone," says Ericca Hovie, Program Coordinator.

All meals are included in this full day of inspiration, education and pampering. Members pay just \$25 and non-members pay \$35. Full schedule and registration form are available at the Senior Center or online at grandtraverse.org/scn. Advance registration required by February 19 and spots are limited. Questions? Call 231-922-4911.

Lori Wells, Manager

Grand Traverse County Senior Center Network

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The Senior Center Network is part of the Grand Traverse County Parks & Recreation Department. The Network provides many programs to older adults in Grand Traverse County with locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of adults enjoy dozens of activities on a daily basis. Business hours are Monday – Friday, 8 am – 5 pm. Call 231-922-4911, check the website or Facebook page for more information.