



Making longer lives, better lives.

801 E. Front Street, Traverse City, Michigan 49686

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FOR IMMEDIATE RELEASE

Date: April 15, 2019

Contact: Lori Wells, Manager

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Subject: 90 Over 90 Celebration

Traverse City – Age is often seen as an enemy to be outwitted or feared – never mind getting older is inevitable, everyone does it, and the alternative to growing older is dying younger. When you think about the people who have reached their 90s, you realize that they are still vital and that they have achieved their age, not by running hours every week on a treadmill or downing handfuls of vitamins or looking for the fountain of youth, but by staying optimistic and in good spirits.

They have not tightened the circle of aging by becoming narrow minded or limiting their friendships or stopping the stimulation of their minds or discontinuing physical activity. Instead, they have lived their lives with a sense of purpose and humor – working, traveling, engaging in creative and mental pursuits, socializing with family and friends – doing whatever gives them joy!

On Friday, May 3, 11 a.m., at the Hagerty Center, 715 E. Front Street, help celebrate the lives of those who have reached the age of 90 and beyond.

The Senior Center Network, sponsors and guests will be honoring those special individuals who helped shape our community and make it what it is today. They continue to make the Grand Traverse Region a vibrant place to live, work and play.

At the celebration, stories, photos, lunch and a view of the bay are offered for every ones' enjoyment. The tickets for the 90 Over 90 Celebration are free for those 90 and older; \$20 for all others. The dead line to pick-up or purchase tickets at the Traverse City Senior Center, 801 E. Front Street, is Friday April 26.

Thank you to the 90 Over 90 Celebration sponsors: Grand Traverse Pavilions, Comfort Keepers, Monarch Home Health, Munson Home Health, Life Story Funeral Home, Boardman Lake Glens, Hospice of Michigan, Swenson Memorials, Village at Bay Ridge, BrightStar of Northern Michigan, Area Agency on Aging of Northwest Michigan, Options for Senior Living, Grand Traverse County Commission on Aging, Villa at Traverse Point, Jordan Balkema Elder Law Center, Heartland Hospice and Cordia at Grand Traverse Commons.

For more information, email dmikowski@grandtraverse.org or call 231-922-4911.

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The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 4:30 p.m. For more information, call 231-922-4911, or visit www.grandtraverse.org/scn or our Facebook page.