



INTERLOCHEN

Golden Fellowship Hall
9700 Riley Road

Day	Time	Activity
Mondays	9 am	Gentle Yoga
	10 am	Strong Bones and Balance Exercise
Tuesdays	9:30 am	Golf: Interlochen Golf Course
	11 am	Line Dancing
	1 pm	Mah Jongg
	4 pm	Euchre
Thursdays	8:30 am	Yoga to Energize
	10 am	Strong Bones and Balance Exercise
	11 am	Massage
	12 pm	Lunch+
	1:30 pm	Hobby Group
	1:30 pm	Club Day



KINGSLEY

The Rock
115 E. Blair Street

Day	Time	Activity
Wednesdays	10:30 am	BINGO
	11 am	Billiards/ Wii
	12 pm	Lunch+
Fridays	9 am	Chair Yoga
	10 am	Euchre
Saturday, 9/14	5 - 8 pm	Rock n Jam
Wednesday, 9/25	NA	All regular programs cancelled



FIFE LAKE

Fife Lake Library
77 Lakecrest Lane

Day	Time	Activity
Tuesdays	11 am	Fitness Over 50
Thursdays	11 am	Fitness Over 50
Fridays	9 am	Yoga
	9/4 & 9/18	12 pm Lunch



ACME

Samaritas
4354 Mount Hope Road

Dinner/Presentation Series

9/16 - Abraham Lincoln through the Eyes of Political Cartoons*
10/14 - Ghost Stories of Traverse City*

SEPTEMBER

Day/Date	Time	Activity
Thursday, 9/12	1:30 pm	Art Class begins*
Tuesday, 9/17	1 pm	Mah Jongg Tournament* at Redeemer Lutheran
	11 am	Line Dancing at Interlochen Library
	4 pm	Euchre at Incredible Mo's

KINGSLEY HOME & HEALTH FAIR (@ the Rock) WEDNESDAY, SEPTEMBER 25 11 AM - 2 PM

Free services: information regarding in home care, senior housing, health screenings and flu shots (with insurance card). Safely discard of old medication. Donate eye glasses and hearing aids. Door prizes, healthy snacks and much, much more. Advanced registration not required; open to all.

FIFE LAKE WELLNESS DAYS (@ Fife Lake Library)

Wednesday, 9/4 11am - 12:30pm

Free fall risk assessments from Fyzical Therapy. Optional lunch served at noon. See Senior Center monthly lunch menu for details.

Wednesday, 9/18 11am - 1pm

Free flu shot (with insurance card), Blood pressure and glucose check. Taco lunch available at noon; \$3. Advance registration required for lunch by calling the Fife Lake Library by Friday, September 13.

NOTES:

+Registration required. See monthly lunch menu for complete details.

*Advanced registration required by calling the Senior Center at (231) 922-2080. All dates and times are subject to change. Please see our newsletter; People, Parks and Programs for complete details of all listed programs.