



TRAVERSE CITY

801 E. Front Street, Traverse City, MI 49686
grandtraverse.org/scn
 Monday through Friday 8 a.m. to 4:30 p.m.

Locations also in Acme, Kingsley, Interlochen, and Fife Lake.

Full details for all programs available on our website and in our newsletter.



WEEKLY RECURRING PROGRAMS

Hiking schedule listed separately.
 Cycling schedule varies.

*Require advance registration, call 231-922-2080.

+Lunch reservations required, call 231-947-5285.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 am Billiards 8:30 am Table Tennis 9 am Swimming* 9 am Tennis* 9:30 am Active for Life 10:30 am BINGO 11 am Hobby Group 12 pm Lunch + 1 pm Scrabble 1:30 pm Club Day	8 am Billiards 8 am Pickleball* 8:45 am Energetics 10 am Shuffleboard* 11 am Grief Support 12 pm Lunch + 12:30 pm Mah Jongg 1 pm Cribbage 1:30 pm Int. Line Dancing 6 pm Pinochle	8:30 am Yoga 9 am Tennis* 10 am Watercolor 10:15 am Pilates 12 pm Lunch + 1 pm Double Pinochle 1:30 pm Beg. Line Dancing 2:15 pm Strong Bones 3 pm Farkel (9/4 only) 6 pm Table Tennis	8 am Billiards 8 am Pickleball* 8:45 am Energetics 9:30 am Discussion Group 10 am Shuffleboard* 12 pm Lunch + 12:30 pm Mah Jongg 1 pm Single Pinochle 1 pm Bridge Social 1:15 pm Dominoes	8 am Billiards 9:30 am Mens' Golf* 10 am Womens' Golf* 10 am Pickleball* 10:30 am Zumba 10:30 am BINGO 11:30 am Girl Friends* 12 pm Lunch + 12 pm Mens' Group* 1:30 pm Chess, Club Day and Poker 2:15 pm Strong Bones 3 pm Knitting 7 pm Euchre	
					SUNDAY
					7 pm Euchre

SPECIAL PROGRAMS September 2019

*Require advance registration, call 231-922-2080.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9/9, 4 pm Tech Club* 9/16 - 10/7, Mah Jongg - 10:30 am Hong Kong Style Lessons* 9/30, Create Cards* 2:30 pm	9/3, Ready, Steady, 10:30 am Balance* 9/3, 9/10 & Coffee & Convo* 9/17, 10 am 9/3 & 9/17, Blood Pressure 11 am 9/10, 1 pm Reiki* 9/17 9 am Skin Cancer Screening* 9/17, 5 pm Basket Guild	9/4, 12:30 pm Ask the Lawyer* 9/4, 7 pm Steelheaders 9/11, 9 am Avoid Knee Replacement* 9/18, 2 pm 2020 Travel Show* 9/18, 1:30 pm Learning for Longevity* 9/25, 10 am Parkinson's 9/25, 1 pm Massage* 9/25, 4 pm Scotland Pre-Departure*	8/1 - 9/19, Wii Bowling* 10 am 9/5, 9:30 am Foot Care* 9/5, 6:30 pm GT Beekeepers* 9/12, 5 pm Grief Support Potluck 9/19, 9:30 am Foot Care * 9/19, 5:30 pm Weaver's Guild	9/20, 9 am Bridge Refresher* 9/20, 9am Fall Risk Assessment* 9/20, 9 am Membership and 4 pm Orientation* 9/20, 10 am Reflexology * 9/27, all day 50th Anniversary Celebration	9/7 Grief 10 am Support Butterfly Release 9/21, Fish Fry* 12 pm
					SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE.

Revised 8/28/2019