



# INTERLOCHEN

Golden Fellowship Hall  
9700 Riley Road

Day	Time	Activity
<b>Mondays</b>	9 am	Gentle Yoga
	10 am	Strong Bones and Balance Exercise
<b>Tuesdays</b>	12:30 pm	Mah Jongg
	3:30 pm	Euchre
<b>Thursdays</b>	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 / Open Games

## November 2019

Day/Date	Time	Activity
<b>Thursday, 11/7</b>	NA	Only Yoga is meeting at 8:30am; all other programming canceled due to Veterans Event @ Redeemer.
<b>Thursday, 11/14</b>	12:30 pm	Ice Safety and Winter Arthritis presentation*
<b>Thursday, 11/21</b>	10 am	Open Exercise; Strong Bones instructor gone.
<b>Thursday, 11/21</b>	12 pm	Thanksgiving lunch+
<b>Thursday, 11/28</b>	NA	CLOSED; Thanksgiving.



# KINGSLEY

The Rock  
115 E. Blair Street

Day	Time	Activity
<b>Wednesdays</b>	10:30 am	BINGO
	11 am	Billiards/ Wii
	12 pm	Lunch+
<b>Fridays</b>	9 am	Chair Yoga
	10 am	Euchre

## November 2019

Day/Date	Time	Activity
<b>Wednesday, 11/6</b>	NA	All regular programming canceled
<b>Wednesday, 11/6</b>	11 am	Veteran Event*
<b>Wednesday, 11/20</b>	12 pm	Thanksgiving lunch+
<b>Wednesday, 11/20</b>	12:30 pm	Ice Safety and Winter Arthritis presentation*
<b>Friday, 11/29</b>	NA	CLOSED; Thanksgiving Holiday

### NOTES:

**+Registration required by Monday week of for Kingsley and Interlochen sites. Fife Lake registration required by Friday week prior. See monthly lunch menu for complete details.**

**\*Advanced registration required by calling the Senior Center at (231) 922-4911. All dates and times are subject to change. Please see our newsletter; People, Parks and Programs for complete details of all listed programs.**



# FIFE LAKE

Fife Lake Library  
77 Lakecrest Lane

Day	Time	Activity
<b>Tuesdays</b>	11 am	Fitness Over 50
<b>Thursdays</b>	11 am	Fitness Over 50
<b>Fridays</b>	9 am	Yoga

## November 2019

Day/Date	Time	Activity
<b>Wednesday, 11/6</b>	11:30 am	Veteran Lunch+
<b>Wednesday, 11/20</b>	12 pm	Thanksgiving Lunch+

# INTERLOCHEN

Redeemer Lutheran Community Center  
US 31/ 1896 Rogers Rd

<b>Tuesdays</b>	10:30 am	Line Dancing
<b>Thursday, 11/7</b>	11 am	Veterans Appreciation Luncheon *

