



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

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

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

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

SPECIAL PROGRAMS November 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11/11 Senior Center Closed for Veterans Day	10/15, - 11/12 Mah Jongg Lessons* 10:30 am 11/5, 11/12 & 11/19, 10 am 11/5 & 11/19, 11 am 11/12, 1 pm 11/19, 5 pm	11/6, 10 am Medicare* 11/6, 12:30 pm Ask the Lawyer* 11/6, 4 pm Medicare* 11/6, 7 pm Steelheaders 11/13, 10:30 am Money Series* 11/13, 1:30 pm Learning for Longevity* 11/20, 12 pm Thanksgiving Lunch 11/27, 10 am Parkinson's 11/27, 1 pm Massage*	11/17 - 11/28, Wii Bowling* 10 am 11/7, 9:30 am Foot Care* 11/7, 6:30 pm GT Beekeepers* 11/14, 5 pm Grief Support Potluck 11/21, 9:30 am Foot Care * 11/21, 5:30 pm Weaver's Guild 11/28 Senior Center Closed for Thanksgiving	11/15, 9 am Membership and 4 pm Orientation* 11/15, 10 am Reflexology * 11/29 Senior Center Closed for Thanksgiving	
					SUNDAY

ALL DATES AND TIMES ARE SUBJECT TO CHANGE.

Revised 11/1/2019