



SENIOR CENTER NETWORK

Grand Traverse County Parks & Recreation

801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

www.grandtraverse.org/scn

Making longer lives, better lives.

Week of July 13, 2020

Dear Senior Center Friends – Curbside Meals Week Seventeen:



New this week: Senior Center WOW (WithOut Walls)!

Although we are not yet able to meet together inside our buildings, we are gradually bringing back programs to give you a place to go. Our primary concern is to open safely and responsibly. The following programs have been reinstated at the Senior Center: Legal Assistance, Hiking, Line Dancing, Yoga on the Beach, and court reservations for Tennis and Pickleball. All activities require a reservation, so please call ahead to learn more. Coming soon: Exercise/Yoga classes at most locations, BINGO in the park at most locations, foot care, and shuffleboard. Please remember – if you don't feel good, stay home and stay safe!

THEME of the WEEK: Beach Party! Wear your beach hat, shades, and celebrate summer with us! We'll have some fun toys to get you in the spirit! The Senior Center location in Traverse City is a great place to meet a friend for a visit. Bring a lawn chair and sunhat (although there is plenty of shade). There are picnic tables and outdoor restrooms for your convenience. The view is spectacular, you'll see kids playing, wildlife, boats sailing, and even a windsurfer every now and then. Please take advantage of YOUR Senior Center beach and take in the views!

NEXT WEEK'S THEME: Zookeeper Week! Don't be surprised if you see some untamed animal's onsite when picking up meals next week! We're celebrating our furry friends and our love for animals. Bring your pet or let us know you have one at home and we'll have a little treat for them too! Our pets are our family and I'm sure, like me, they've been a lifesaver to you during this pandemic.

Our thanks to Meals on Wheels for collaborating with us to prepare the Curbside Meal Services during COVID 19. If you are unable to get out or know someone who can't, please contact Meals on Wheels at 231-947-3780 to see about being put on the delivery route. Monthly, Meals on Wheels will send out statements indicating how many meals you picked up with instructions on how to make a **donation** to cover cost, if you are inclined to do so. Please understand there is absolutely **NO OBLIGATION** to pay for the meals. We understand this is a difficult time for everyone. We would be devastated to learn of anyone who wasn't taking meals because of lack of funds.

Lori Wells