



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 |
| | 2 pm | Club Day |

MAY

| Day/Date | Time | Activity |
|------------------------|----------|---|
| Thursday, 5/9 | 12 pm | Mother's Day Lunch+ |
| | 12:30 pm | Native Plants & Flowers* |
| | 2 pm | Art class begins* |
| Wednesday, 5/15 | 10:30 am | BATA pick-up: former Ric's Parking Lot to Senior Expo |
| Thursday, 5/16 | 11:30 am | Blood Pressure Clinic |
| Thursday, 5/23 | 1 pm | Legal Clinic* |
| Thursday, 5/30 | 12:30 pm | Memory Loss, Alzheimer & Dementia* |



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 |

MAY

| Day/Date | Time | Activity |
|------------------------|----------|---|
| Wednesday, 5/8 | 12 pm | Mother's Day Lunch+ |
| | 12:30 pm | Native Plants & Flowers* |
| Saturday, 5/11 | 5-8 pm | Rock n Jam |
| Wednesday, 5/15 | 11 am | BATA ride to Senior Expo from the Rock* |
| | NA | ALL Programs Canceled. |
| Wednesday, 5/29 | 12:30 pm | Memory Loss, Alzheimer & Dementia |



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 |

MAY

| Day/Date | Time | Activity |
|------------------------|----------|--|
| Wednesday, 5/1 | 12 pm | Lunch+ |
| | 12:30 pm | Secrets of Air Force One * |
| Wednesday, 5/15 | 10:40am | BATA ride to Senior Expo from Fife Lake Library* |



ACME

Samaritas
4354 Mount Hope Road

Monthly Dinner & Presentation Series offered April—October. *



NOTES:

+Registration required by Monday week of. 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.

*****All Senior Center locations are closed Monday, May 27 for Memorial Day*****