



# TRAVERSE CITY

801 E. Front Street, Traverse City, MI 49686  
[grandtraverse.org/scn](http://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. Hiking and cycling schedules are separate.



## 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 8:30 am Table Tennis 9 am Swimming* 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 8:45 am Energetics 10 am Coffee & Convo 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 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 (5/1 only) 6 pm Table Tennis	8 am Billiards 8:45 am Energetics 9:30 am Discussion Group 12 pm Lunch + 12:30 pm Mah Jongg 1 pm Single Pinochle 1 pm Bridge Social 1:15 pm Dominoes	8 am Billiards 10 am Mens' Golf 10:30 am Womens' Golf 10:30 am Zumba 10:30 am BINGO 11:30 am Girl Friends * 12 pm Lunch + 12 pm Mens' Group * 1:30 pm Chess 1:30 pm Club Day 1:30 pm Poker 2:15 pm Strong Bones 3 pm Knitting & Afghan Angels 7 pm Euchre	
					SUNDAY
					7 pm Euchre

## SPECIAL PROGRAMS MAY 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5/13, 12 pm Police Week Lunch* 5/13, 4 pm Tech Club*	5/7 - 5/28, 9am Mah Jongg Lessons* 5/7, 10:30 am Ready Steady* 5/7 & 5/11, Blood Pressure 11 am 5/14, 10 am Shuffleboard Breakfast* 5/14, 1 pm Reiki* 5/14, 1:30 pm Learning For Longevity* 5/21, 5 pm Basket Guild	5/1, 10:30 am Money Series* 5/1, 12:30 pm Ask the Lawyer* 5/1, 6 pm Steelheaders 5/8, 10 am Can Reiki Help?* 5/8, 3:30 pm Basket Class* 5/22, 10 am Parkinson's 5/22, 1 pm Massage* 5/22, 6 pm What's up with Bees?* 5/29, 11 am BATA Day*	5/2, 9:30 am Foot Care * 5/2-6/20, Wii Bowling * 10 am 5/2, 6:30 pm GT Beekeepers* 5/9, 9 am Skin Cancer Screening* 5/9, 5 pm Grief Support 5/16, 9:30 am Foot Care * 5/16, 5:30 pm Weavers Guild	5/3, 10 am 90 Over 90* 5/10, 12 pm Mother's Day Lunch* 5/17, 9 am New Member & 4 pm Orientation* 5/17, 10 am Reflexology *	5/4, 8 am Senior Odyssey Competition 5/11 & 5/18, 1 pm Bee Keeping 101
					SUNDAY
					5/5, 2 pm Spelling Bee

ALL DATES AND TIMES ARE SUBJECT TO CHANGE.

Revised 4/30/2019